

## Learning Objectives

### Drugs Drugs Drugs: A brief history of American addiction

- ◆ Learn about the historical and cultural aspects of humankind relationship with addictive drugs.
- ◆ Discover the origin of the term “addiction” to describe dependence on substances.
- ◆ Review current drug abuse statistics of the commonly abused substances in the US.
- ◆ Learn about the historical use of each class of abused drugs in the US.

### Criminal Capacity and Competency Restoration

- ◆ Review elements of general and specific competency.
- ◆ Identify the range of defendant capacities encompassed under the phrase “competency to stand trial”.
- ◆ Identify conditions which may render a defendant permanently or temporarily incompetent.
- ◆ Identify the challenges of competency restoration in different settings.

### Managing Chaos in a Chaotic World Mindfully & Creating Trauma-Responsive Mind Body Practices

- ◆ Understand the impact of stress on the nervous system and the benefits of mind-body practices.
- ◆ Explore how movement, breath work and relaxation techniques help establish a sense of safety, stability, and connection with the mind, body, and heart.
- ◆ Experience how techniques and activities of mindfulness & yoga-based movement impact participants physically, emotionally, and mentally.

### Holistic Healing & Addiction

- ◆ Learn how to integrate other modalities to cope with addiction, stress, and anxiety—acupuncture, yoga, nutrition counseling, and meditation.
- ◆ Learn new methods of discovering the root cause by asking new questions. How a few simple questions can open the doors to treatment.
- ◆ Acupuncture is not only for pain management. Treating addiction with acupuncture.

### What’s New in Psychiatry?

- ◆ Learn implications of pharmacogenomic testing in psychopharmacologic treatment of mental illness.
- ◆ Learn the implications, risk, and benefits of esketamine treatment.
- ◆ Learn emerging pharmacological treatments in mental health that are under research.
- ◆ learn new indications for mental health medications.

### Friend or Foe: Technology and Mental Health

- ◆ Describe the relationship between technology, screen use, and mental health.
- ◆ Learn to critically analyze current and developing mental health apps.
- ◆ Identify 3-5 apps for clinical utility.
- ◆ Evaluate a new mental health app for self-care.

### Current Drug Trends

- ◆ Gain an understanding of the most prevalent drugs in the community.
- ◆ Realize the concept of “non-violent drug offender” is often a misconception.
- ◆ Know the difference between the addicted drug offender and the criminal drug offender.
- ◆ Gain an understanding of how narcotics units conduct business and work closely with courts and social services.

## Learning Objectives

### The Expansion of Cannabis: Use & Outcomes in MN & Other States

- ◆ Understand how recreational and medical cannabis laws have changed in the U.S. over the past two decades .
- ◆ Learn about how medical cannabis is used in Minnesota in relation to mental health practice .
- ◆ Understand how attitudes about cannabis and utilization of cannabis have changed in the United States.
- ◆ Increase knowledge about some implications & concerns raised with expanded recreational & medical cannabis use in MN and other states.

### The Nuts & Bolts of Competency Restoration

- ◆ Learn the processes by which individuals are treated to capacity after they are found incompetent.
- ◆ Learn the two main types of treatment tracks that are employed to treat individual’s competency to proceed.
- ◆ Identify conditions which may render a defendant permanently or temporarily incompetent.
- ◆ Identify reasons a patient may not want to be restored to competency.
- ◆ Become familiar with the term ‘malingering’ and learn ways evaluators assess for malingering in the context of competency restoration.

## 8th Annual SCCBI Mental Health Conference

Register **ONLINE** at [www.SCCBI.info](http://www.SCCBI.info)  
Registration Deadline is September 30, 2019

	<u>Registration Rates</u>	
Regular		\$99/person
Agency Groups of 6 or more		\$80/person
County Staff within SCCBI		\$50/person
Students		\$20/person

**Rates include lunch on site. Electronic materials are of no cost.  
Booklets may be requested for an additional \$10/each**

### Payment

Invoices will be emailed upon registration.

**CANCELLATIONS WILL BE ACCEPTED WITH A FULL REFUND UNTIL SEPTEMBER 30**

**Intended Participants:** Mental Health Professionals and Practitioners, Nurses, Social Workers, Case Managers, LADCs, Primary Care Physicians, Community Support Workers, Rehabilitation Workers, Law Enforcement, and Group Home Staff.

CEUs being applied for Boards of Behavioral Health, Psychology, Nursing, Social Work, Licensed Alcohol and Drug Abuse Counselor, Licensed Professional Counselor, Licensed Professional Clinical Counselor, Law Enforcement (POST) and Licensed Marriage and Family Therapist.

This training is  
sponsored by:



In partnership with:  
Department of Social Work, Minnesota State University, Mankato



**SOUTH CENTRAL COMMUNITY  
BASED INITIATIVE**

BLUE EARTH BROWN FARIBAULT FREEBORN LE SUEUR  
MARTIN NICOLLET RICE SIBLEY WATONWAN

# 8th Annual SCCBI Mental Health Conference



Keynote Speakers:

**Michael Farnsworth  
MD, DFAPA**

&

**Kathy Flaminio  
LGSW, MSW, E-RYT-200**

**Wednesday, October 9, 2019**

Minnesota State University, Mankato  
Centennial Student Union Ballroom  
Mankato, MN

## About the Speakers

### KEYNOTE SPEAKERS



**Michael Farnsworth, MD, DFAPA**, is a Board Certified General Adult and Forensic Psychiatrist with over 30 years of experience evaluating and managing complex mental health issues in both inpatient and outpatient settings. Dr. Farnsworth currently serves as the Medical Director of the Blue Earth County Mental Health Center in Mankato from his home in Nisswa, MN and maintains an active forensic practice.



**Kathy Flaminio, LGSW, MSW, E-RYT-200**, is the founder of 1000 Petals LLC. She is the creator of Move Mindfully® Workshops, products and curriculum. Kathy holds a master's degree in social work and twenty plus years of experience in regular and special education settings. She is adjunct faculty at Saint Mary's University and is a frequent presenter both locally and nationally.

**Ross Aalgaard, DSW, MDiv, LICSW, LADC**, started at Minnesota State University, Mankato in Fall 2013 as an Assistant Professor and in Fall 2014 continued as a tenure-track Assistant Professor. Before becoming a social worker, Ross had careers in pastoral ministry and customer service. In addition to his faculty position, he practices as a psychotherapist at Mankato Marriage & Family Therapy Center.

**Tricia Aiken PsyD, ABPP, LP**, received her doctorate degree in clinical psychology in 2003. Dr. Aiken has worked full-time for the State of Minnesota as a Forensic Psychologist since 2006. She conducts a variety of evaluations including competency to stand trial, not guilty by reason of insanity, psychosexual and various treatment reports, with adults and adolescents. In addition, Dr. Aiken owns and operates Minneapolis Forensic Psychological Services ([www.mplsforensicpsych.com](http://www.mplsforensicpsych.com)), where she conducts evaluations and offers professional trainings. Dr. Aiken is a Psychologist at Blue Earth County Mental Health Center.

**David Beimers, PhD, LISW**, received his doctorate degree in Social Welfare in 2009. He started at Minnesota State University, Mankato in 2013, where he is Associate Professor and Chair of the Department of Social Work.

**Amanda Burg, LADC**, is the owner and operator of Mankato Chemical Health, LLC, a chemical dependency outpatient treatment program in North Mankato. She provides evidence-based outpatient treatment with a holistic component focusing on the person's individual needs. Her goal is to expand services and treatment modalities that are not always offered.

**Michael Goblish, APRN, CNP**, is a Board Certified Psychiatric Mental Health Nurse Practitioner practicing on an outpatient basis at Blue Earth County Mental Health Center and Avera in Marshall. Past experience includes working at the Competency Restoration Program.

**Stephanie L. Hylla, L.Ac.**, is a Board-Certified Licensed Acupuncturist who owns and operates Mankato Acupuncture Clinic, LLC in Mankato. She uses Traditional Chinese Medicine to successfully treat a wide array of chronic and acute pain issues, infertility, emotional health, and neurological disorders. Stephanie is adjunct faculty at Northwestern Health Sciences University and Clinic Supervisor at Courage Kenny Rehabilitation Institute where she supervises three advanced acupuncture student interns each trimester.

**Lindsay Murn, PhD, LP**, received her Doctorate of Counseling Psychology in 2013. She has been a Licensed Psychologist and Assistant Professor at Minnesota State University, Mankato since 2017. Dr. Murn provides clinical supervision of individual and group therapy to graduate-level practicum trainees, and group supervision to the trainee cohort on a rotating basis.

**Kimberly M. Sommers, Psy.D., LP**, received her Doctorate of Clinical Psychology in 2014. She is a Licensed Psychologist and Assistant Professor at Minnesota State University, Mankato where she conducts personal individual counseling with students and provides group supervision to trainees on a rotating basis. Dr. Sommers conducts on-going scholarly research within the Counseling Center focused on student retention, counseling outcomes, and social justice issues.

**Jeff Wersal** has been a licensed police officer in the State of Minnesota for over 16 years. He is employed as a Lieutenant with the Blue Earth County Sheriff's Office and is currently assigned to the Minnesota River Valley Drug Task Force (MRVDTF) as the task force Commander. Commander Wersal has investigated numerous crimes relating to narcotics possession and sales, and unlawful possession of firearms. Commander Wersal has attended numerous trainings about narcotics possession and sales.

## Program Overview

### AGENDA

7:30-8:15	Registration
8:15-8:30	Welcome & Introduction
8:30-9:30	<b><u>Drugs, Drugs, Drugs:</u></b> <b><u>A Brief History of American Addiction</u></b> Michael Farnsworth, MD, DFAPA
9:30-10:30	<b><u>Criminal Capacity &amp; Competency Restoration</u></b> Michael Farnsworth, MD, DFAPA
10:30-10:45	Break
10:45-11:30	<b><u>Managing Chaos in a Chaotic World Mindfully</u></b> Kathy Flaminio, LGSW, MSW, E-RYT-200
11:30-12:30	Lunch
12:30-1:10	<b><u>Breakout Session #1</u></b>
1:10-1:20	Short Break
1:20-2:00	<b><u>Breakout Session #2</u></b>
2:00-2:10	Short Break
2:10-2:50	<b><u>Breakout Session #3</u></b>
2:50-3:00	Short Break
3:00-3:30	<b><u>What's New In Psychiatry?</u></b> Michael Goblish, APRN, CNP
3:30-4:00	Wrap-Up & Adjourn, CEU Certificate Disbursement

## Breakout Sessions

<b>Topic</b>	<b>Presenters</b>
Creating Trauma-Responsive Mind-Body Practices	Kathy Flaminio
The Expansion of Cannabis: Use & Outcomes in MN & Other States	Ross Aalgaard & David Beimers
Friend or Foe: Technology and Mental Health	Lindsay Murn & Kim Sommers
Holistic Healing & Addiction	Amanda Burg & Stephanie Hylla
Current Drug Trends	Jeff Wersal
The Nuts & Bolts of Competency Restoration	Tricia Aiken