



Training & Continuing Education Bulletin

Orange County Health Care Agency Behavioral Health Services

Upcoming Trainings

June 2009

Establishing Culturally Sensitive Professional and Supportive Relationships with Iranian Clients (Repeat)

Co-Occurring Disorders Screening Assessment, Brief Intervention

Vietnamese Spiritual Values and Their Role in Mental Health

MHSA Training Website

BHS Training Website: http://www.ochealthinfo.com/ Behavioral/TrainingActivities

To register for all trainings please e-mail to mtrainingprogram@ochca.com

If you have any questions or concerns, please call (714) 667-5600.

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To register for trainings, please e-mail to mtrainingprogram@ochca.com

Include the following information in your registration:

Training Name
Training Date
Your Name
License Type & License Number
(Example: PSY1234, LCS1234, RN1234)
Division & Program Name
(Example: ADAS – West Drug Court)
Supervisor's Name

We do not accept phone registration unless indicated in the training description.

Please be sure you have received confirmation before attending training.

BHS MHSA Training Team

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Joshua Taylor, Psy. D. Assistant Training Coordinator

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Contact MHSA's Training Staff Main Line: (714) 667-5600 Fax: (714) 667-5612 mtrainingprogram@ochca.com

Establishing Culturally Sensitive Professional and Supportive Relationships with Iranian Clients (Repeat)

Presenter: Faye Hezar, Psy.D.

Date and Time: May 14, 2009 from 9:00 a.m. to 12:00 p.m.

Location: 600 W. Santa Ana Blvd., Rm 525, Santa Ana, CA 92701

Parking Fee: \$2 every 30 minutes, \$18/day maximum

<u>OR</u>

Date and Time: May 20, 2009 from 9:00 a.m. to 12:00 p.m. **Location:** Evecina Cultural and Educational Foundation

15560-A Rockfield Blvd. Irvine, CA 92618

For Driving Directions Please Call: (949) 454-1555

Parking is Free

Description: Cultural competence is a set of academic and interpersonal skills that allow an individual to increase their understanding and appreciation of cultural differences and similarities within, among and between groups. This 3 hour training has been designed to assist clinicians incorporate the cultural perspective into the course of treatment in order to facilitate mindful treatment that is both effective and culturally appropriate for Iranian American Clients.

Participants in the training can expect to:

- Become familiar with and have an understanding of Iranian culture and traditions.
- Learn basic fundamental skills on engaging, building trust, and establishing relationships with Iranian clients.
- Apply treatment strategies that are relevant while culturally appropriate for this population.

About the presenter: Faye (Fariba) Hezar was born in Iran and graduated from high school in Iran prior to moving to the United States in 1978. She holds a doctorate in clinical psychology from the American Behavioral Institute. Ms. Hezar completed her internship at the OMID Institute (a private practice facility in Irvine), IMCES Institute for multicultural counseling and educational services in Los Angeles and in various domestic violence shelters in Orange County. In addition, she is a certified instructor for parent-training classes for foster and adoptive parents. Dr. Hezar has been extremely active in both the Iranian and the American community. She is a founding board member of the Iranian Recovery Center, a non-profit organization, and has held positions as president, secretary and treasurer. Dr. Hezar is a member of the Iranian-American Psychological Association and the Orange County Psychological Association. She has organized and presented educational workshops on the topics of drug and alcohol addiction and prevention in the Iranian community. In addition, Dr. Hezar has translated various informational materials from English to Farsi in order to educate and assist the Farsi speaking population in the United States.

3 Continuing Education Credits have been approved for Psychologists, LCSWs, MFTs, and RNs.

The County of Orange Health Care Agency is an approved provider of continuing education credits for the California Board of Behavioral Sciences (provider no. PCE389). Provider approved by the California Board of Registered Nursing, Provider No. CEP 15019 for 3 contact hours, and is approved by the American Psychological Association to sponsor continuing education for psychologists. The Orange County Health Care Agency maintains responsibility for this program and its content.



Screening & Assessment of Co-Occurring Substance Use and Mental Health Disorders

Date: May 26, 2009 from 9:00 a.m. to 4:30 p.m.

Location: Delhi Center, 505 E. Central Ave., Santa Ana, CA 92707

Providers are invited to attend one of two trainings listed below (identical curriculum):

UCLA Integrated Substance Abuse Programs (UCLA-ISAP) and Orange County Health Care Agency (OCHCA) are providing full-day trainings on screening and assessment of co-occurring substance use and mental health disorders (COD). Appropriate identification of clients dealing with both mental health and substance use disorders is critical for effective treatment. This course will provide training participants with guidelines for initial screening, assessment, and brief intervention, as well as techniques to encourage clients to participate in treatment for co-occurring disorders.

Providers are invited to attend one of two trainings listed below (identical curriculum):

At the conclusion of the training, participants will be able to: (1) describe strategies for screening (2) define critical elements for assessing and (3) demonstrate techniques for encouraging clients to engage in treatment for COD.

For more information about trainings, resources, and on-going consultation, please visit **www.uclaisap.org/cod**.

6 Continuing Education Credits have been approved for Psychologists, LCSWs, MFTs, RNs, AOD and CAADAC Counselors

The County of Orange Health Care Agency is an approved provider of continuing education credits for the California Board of Behavioral Sciences (provider no. PCE389). Provider approved by the California Board of Registered Nursing, Provider No. CEP 15019 for 6 contact hours, and is approved by the American Psychological Association to sponsor continuing education for psychologists. The Orange County Health Care Agency maintains responsibility for this program and its content. In addition, these Continuing Education Hours comply with section §13055 of Chapter 8, Division 4, Title 9 of the California Code of Regulations concerning renewal of an Alcohol or Other Drug (AOD) Counselor Certification and for CAADAC (Provider #1N-06-834-0508).



Child-Parent Relationship Model: A Filial Model (Previously Advertised on April 15, 2009)

Date: May 1, 2009 from 9:00 a.m. to 12:00 p.m.

Location: Orange County Head Start, 2900 S. Harbor Blvd., Ste. 101

(La Vista Room) Santa Ana, CA 92704

Presented by:

Orange County Early Childhood Mental Health Collaboration

This will be an experiential workshop on a short-term manualized filial play therapy method. Participants will:

- review the principles of Child Parent Relationship Therapy
- learn how to apply these principles in their collateral work with parents

3 Continuing Education Credits have been approved for Psychologists, LCSWs, and MFTs

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QRTIPS

This section provides monthly critical reminders in relation to Children and Youth Services (CYS) documentation standards.

Dear Happy to Help,

I have a case that has OC Wrap referred through probation and I was asked to sign off on the CSP goals developed by the Wrap program. Do I have to even if I have not been included on the Wrap team?

Sincerely, Inquiring

Dear Inquiring,

That is an excellent question! Despite the very real fact that you may not have been involved in the referral that originated from SSA or Probation, the child may have mental health issues and be seeing you for therapy. In order for Wraparound to provide Rehabilitation services to support your work with the client, your signature on the CSP is required. This supports Medical Necessity in order for MediCal to be billed for specific services provided; and, it insures that you are aware of all adjunct mental health services provided to your client. Ideally, the clinician should participate on the Wrap team to provide his/her valuable perspective and expertise. Collaboration can work wonders! If for some reason you, as the clinician, are not in agreement with the client receiving Rehab services this would have to be clearly documented and conveyed to the Wrap program. In such a case the Wraparound services would continue but the MediCal Rehabilitation and Case Management services would not be provided.

Sincerely, Happy to Help

Dear Happy to Help,

My MRT has been requesting that I re-write notes because she says the interventions do not "relate closely enough" to the CSP goals! Sincerely.

Fuming

Dear Furning,

The tediousness of writing notes can only be made worse when you are asked to write them...again! This is a task that is requiring a great deal of mindfulness these days to pass snuff. There are a few situations that may contribute to interventions not relating to CSP milestones and they are related to how the milestones are written. I have to mention that developing CSP goals and milestones that are "specific, observable and measurable/quantifiable" is no easy task. Developing milestones that align with the needs of the client, as well as your clinical style and approach may help to simplify and streamline the note-writing process. I would like to make the following suggestions:

1. <u>Dates</u>: When you put dates on the milestones, consider using a desired end milestone (for the full year) with clear incremental improvements from baseline (at 4 and 8 months perhaps?) in order to avoid limiting the length of time that a goal is active and therefore can be addressed with an intervention. For example, if a milestone addresses improving coping skills with a date perhaps three months into the treatment year, the goal becomes inactive unless you document in a note and on the CSP that the goal is going to be continued past the 3 months....given that we can be forgetful we end up with interventions that are not addressing active goals and therefore the notes become *noncompliant*. To avoid this type of problem using the example above write something like (mm/yy=12months) client will develop a repertoire of 5-6 coping skills to manage depressed mood; by (mm/yy=by 4 months) client will learn 1-2 relaxation exercises and/or cognitive strategies; by (mm/yy=8months) client will learn 2 additional coping skills such as journaling and drawing of feelings.

- 2. Address the main issue of each included diagnosis given: Make at least one desired end milestone (for the full year) plus incremental improvement points for that milestone for each diagnosis the client has been given and that you will likely address in your session.
- 3. <u>Clinical relevance</u>: Please design the desired end milestones based on clinical priorities and the severity of the impairments. This speaks to the need to address safety issues first and to consider the interplay between diagnoses.

In summary, writing milestones from this angle will naturally make it easier on the note-writing process because you will only need to document what you have determined you need to do to best help your clients meet their goals. A little more time taken to write a CSP that captures the language of your individual work with the client can be generalized to the note writing process. In other words "make it your own."

Sincerely, Happy to Help