

CE Instructions

RN's through CA Board of Registered Nursing, BRN Provider # 16262
CFAAP/CAADAC, Provider 31S-12-163-0518

California Association for Alcohol/Drug Educators (CAADE) CP20 952 C0818for (5) CEH's.
*MARTSE Training Services (MTS) maintains responsibility for this program and its educational content.

Aurora Behavioral Health Care, is a CAMFT Provider #83638 and this course meets 5 hours of CE credits for LMFTs, LCSWs, LPCCs, and/or LEPs. Aurora maintains responsibility for this program/course and its content. Certificates will be issued at the end of the presentation upon completion of the Evaluation.

If you have any questions about the CE content or process see the CE table in the registration area or contact Mary Hubbard at 619.971.666 or contact@marsteservices.com, or for BBS-related disciplines, please email Susan Writer, the Program Administrator, at swriter@aurorabehavioral.com

DIRECTIONS

1. Sign-In & Sign-Out at the CE table in the check-in area. Please ensure you provide an e-mail address and your certification or licensure number when you sign in.
 2. Pick-up a CE evaluation at the CE table in the registration area, evaluate the conference, and return your completed **CE evaluation** to the CE table.
- Continuing Education is being provided by MARSTE Training Services (MTS) and Aurora Behavioral Health Care. 5 continuing education hours (CEH's) are being awarded for the full day conference. No partial CEH's will be given.

Summit Planning Committee

Marty Adelman, MA, CPRP, Health Center Partners
Leon Altamirano, PsyD, North County Health Services
Myra Buby, LCSW, Family Health Centers of San Diego
Jennifer Covin, MPH, Health Center Partners
Shannon Jackson, LPCC, Vista Hill
Megan Partch, MA, Father Joe's Village, DVDP
Nilanie Ramos, MSW, County of San Diego, BHS, HHSA
Jenica Robles, MPH, Health Center Partners
Gabe Rodarte, MD, Neighborhood Healthcare
James "Diego" Rogers, PhD, Community Research Foundation
Jim Schultz, MD, Neighborhood Healthcare
Deborah Skvarna, LMFT, Vista Hill SmartCare

Welcome to the 8th Annual Primary Care & Behavioral Health Integration Summit

December 7, 2017



8:00 a.m.
Registration &
Breakfast

9:00 a.m.
Morning Program

12:00 p.m.
Lunch

1:00 p.m.
Afternoon Program

4:30 p.m.
Adjourn



Preparing & Supporting San Diego's Behavioral Health & Primary Care Providers to Become Effective & Passionate Change Agents in an Evolving Integrated Health Care System.



www.SanDiegoIntegration.org



Funding is provided by the Mental Health Services Act (MHSA) and the County of San Diego HHSA, Behavioral Health Services through a contract, which was granted to Health Quality Partners of Southern California, a subsidiary of Health Center Partners of Southern California.



8th Annual Primary Care & Behavioral Health Integration Summit

December 7, 2017 | 9:00a.m. – 4:30p.m. | Jacobs Center | 404 Euclid Ave San Diego, CA 92114 www.sandiegointegration.org

Schedule of the Day

8:00 – 8:55 a.m. Check-In / Breakfast Served **CELEBRATION HALL**

9:00 – 10:50 a.m. **MORNING PLENARY** **CELEBRATION HALL**

Welcome and Logistics of the day

Marty Adelman, MA, CPRP, Health Center Partners

Welcome from County Leadership

Nicole Esposito, MD, Associate Clinical Director, County of San Diego, HHSa, BHS

“The Power of Addiction”

Katie Hirst, MD, dually trained in psychiatry and family practice.

Keynote Address “The Prescription Opioid Epidemic: How we got here and how to get out”

Anna Lembke, MD, Chief of Addiction Medicine and Associate Professor Stanford University

10:50 – 11:00 p.m. **MORNING BREAK** **CELEBRATION HALL**

11:00 – 12:00 p.m. **PANEL DISCUSSION** **CELEBRATION HALL**

Q&A with Anna Lembke, MD and Katie Hirst, MD

Moderated by Jim Schultz, MD, Medical Director Neighborhood Healthcare

12:00 – 1:00 p.m. **LUNCH** **CELEBRATION HALL**

Eat

Mindfulness Exercise – Maya D’Eon (10 min)

Overview of the Afternoon – Marty (5 min)

1:00 – 2:10 p.m. **EARLY AFTERNOON BREAKOUTS** **BREAKOUT ROOMS**



Managing Pain with Mindfulness -

Breakout Room A/B

Maya D’Eon, PhD, program director of the chronic pain intensive outpatient program (IOP) at UC San Diego Health, will talk about what Mindfulness is and how we can use it to help our patients with chronic pain and ourselves as providers?

1:00 – 2:10 p.m. **EARLY AFTERNOON BREAKOUTS (continued)** **BREAKOUT ROOMS**



How can providers be more culturally aware, understanding and effectively treating LGBT individuals -

Breakout Room C/D

Lauri Bronzellino, MS, Program Manager of the Transitional Housing Case Management Teams at Father Joe’s Village will give providers a more comprehensive understanding of how to provide holistic care for LGBT individuals.”



The Importance of Treating Anxiety in Early Recovery -

Chollas View

People in early recovery from SUDs are especially vulnerable to relapse because they are often overwhelmed by anxiety and other emotions. Katie Hirst, MD, who trained in Family Medicine and Psychiatry at UCSD will teach us how to prepare people for recovery by providing the coping skills ahead of time.

2:10 – 2:30 p.m. **AFTERNOON BREAK** **CELEBRATION HALL**

2:30 – 3:40 p.m. **AFTERNOON BREAKOUTS** **BREAKOUT ROOMS**



Will you check your phone during this breakout?

Breakout Room A/B

“The complexities and consequences of the ‘other’ addictive behaviors”

Elizabeth Morrison, LCSW, MAC, speaker, clinician extraordinaire and master trainer for the Institute for Healthcare Communication,, will provide present research on high prevalence compulsive disorders, that are largely ignored and yet have huge health consequences .



Navigating the Complexity of Patient Resistance and Provider Reactivity -

Breakout Room C/D

Neva Chauppette, PsyD, renowned trainer and a psychologist who lives in the trenches every day will offer techniques for mindful navigation of the daily provider dance of sustaining objectivity and empathy, that are essential to provider self-care. Through the use of case study, these dynamics will be illuminated and techniques to cope will be provided.



The Importance of Treating Anxiety in Early Recovery -

Chollas View

People in early recovery for SUDs are especially vulnerable to relapse because they are often overwhelmed by anxiety and other emotions. Katie Hirst, MD, who trained in Family Medicine and Psychiatry at UCSD will teach us how to prepare people for recovery by providing the coping skills ahead of time.

3:45 – 4:30 p.m. **AFTERNOON PLENARY** **CELEBRATION HALL**

“Parallel Process: Constructing workplaces that support wellbeing” -

Elizabeth Morrison

4:30 p.m. **END of DAY**