



# CELEBRATING COMMUNITY BEHAVIORAL HEALTH

# 2026

Washington Behavioral  
Healthcare Conference

June 10-12 | Kennewick, Washington  
Three Rivers Convention Center



WASHINGTON COUNCIL  
FOR BEHAVIORAL HEALTH

# WELCOME

Welcome to the 36th annual Washington Behavioral Healthcare Conference (WBHC), **Celebrating Community Behavioral Health!** After so many years of change and instability, this theme was intentionally chosen to help uplift the provider community and the people we serve. We aim to honor behavioral health professionals, peers, and people in or moving toward recovery. The work you do each and every day is important, meaningful, and full of hope. We look forward to providing an opportunity for the behavioral health community to come together, to share best practices about life-saving treatment and supports, and to celebrate being the helpers. Our focus remains on the vital importance of expanding access to evidence-based behavioral health care, including community-based treatment and peer support services. We must continue to address inequities in our systems and include new and diverse voices who are essential to helping shape our path forward and meeting the needs of all Washingtonians.

We'll weave these themes together during our time in Kennewick, hearing from community providers, regional and national experts, and people with lived experience to share their wisdom, knowledge, and tools.

We gratefully acknowledge support for the WBHC from the Health Care Authority/ Division of Behavioral Health & Recovery, and the Department of Corrections.

Sincerely,

## **Joan Miller, CEO**

Washington Council for Behavioral Health

## **Stacey Devenney, Chair**

Washington Council for Behavioral Health & Asst. Administrator, Harborview Mental Health Center

## **Darcell Slovek-Walker, Chair**

Washington Council for Behavioral Health Education Committee & CEO, Transitional Resources

# WHO WE ARE

The Washington Council for Behavioral Health (WA Council) is the sponsor and organizer of the annual Washington Behavioral Healthcare Conference. Over the past 42 years, the WA Council and its provider members have offered services that promote the creation of healthy and secure communities through partnerships. The WA Council is a non-profit, professional association of licensed community behavioral health centers across the state of Washington who have joined together to create a unified, representative voice that speaks on behalf of community behavioral health. Advocating in support of community behavioral health centers and behavioral health consumers, the WA Council develops public policy initiatives, promotes partnerships and provides high quality behavioral health care education.

*Funding for this conference was made possible (in part) by SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*

# CONFERENCE GUIDE

## CONFERENCE LOCATIONS

Locations are detailed on the fold out page of this program guide. Registration, breakfast and lunches, breakout sessions, receptions, and vendors will all be located in the Three Rivers Convention Center. **One workshop during each time band will be held in Vista Hall, which is just inside the entrance to the SpringHill Suites from the convention center.**

## BREAKFAST AND LUNCH

Breakfast and lunch on Thursday and Friday will be held in the Great Hall of the Three Rivers Convention Center. Please wear your name badge to meals as this will serve as your meal ticket.

## WELCOME RECEPTION

The Welcome Reception from 4:30 pm – 6:30 pm on Wednesday will be held in the lobby of the Three Rivers Convention Center. This event is open to all conference attendees.

## WORKSHOPS

Workshops on both days will be in various locations throughout the Three Rivers Convention Center. Please refer to the schedule for the location of each session. ***Please note that Vista Hall/SHS is just inside the entrance to the SpringHill Suites that connects it to the Three Rivers Convention Center.*** Please see the arrow on the map for more information.

## NAME BADGES

All registrants will receive a name badge at the time of check-in. The badge indicates that you are registered and may attend all conference activities. Please wear your name badge during conference hours.

## SPEAKER CHECK-IN

Speakers are asked to check in at Registration, even if only presenting and not attending the rest of the WBHC.

# Wednesday Pre-Conference Activities, June 10

Subject to Change

Location: Three Rivers Convention Center

8:00 am – 5:00 pm

Pre-Conference Programs

## Wednesday Conference Activities

Noon – 6:30 pm

Registration Open

Location: Three Rivers Convention Center – Lobby

4:30 pm – 6:30 pm

**Welcome Reception** – Lobby

(CE clock hours not available)

Come mingle and network with fellow conference attendees and beat the Thursday morning registration rush! Light appetizers and refreshments will be provided.

## Thursday, June 11

7:30 am – 5:00 pm

Registration & Vendor Tables Open

Location: Three Rivers Convention Center – Lobby

7:30 am – 8:30 am | **Breakfast – Great Hall**

8:30 am – 10:00 am | **Welcome & Keynote – Great Hall**



**Stacey Devenney**, Chair, Washington Council for Behavioral Health and Asst. Administrator, Harborview Mental Health Center

**Teesha Kirschbaum**, Director, Division of Behavioral Health & Recovery, Health Care Authority, or a designee

**KEYNOTE ADDRESS** by **Ryan Campbell**, a leading speaker on mental health and overcoming burnout.

***From Burnout to Joy: Five Simple Steps to Reclaiming Your Life, Re-Energizing Your Work, & Thriving Through Change***  
(1 CE clock hour)

In the midst of unceasing demands, uncertainty, and challenges, we often find ourselves losing the battle above our shoulders—too drained to do our best work, too busy to enjoy life, and too overwhelmed to figure out why. But the key to avoiding burnout isn't doing less, it's doing more of what actually matters. It's a lesson Ryan Campbell learned from an unexpected source. The youngest person to fly solo around the world, he was living the life of his dreams—until a plane crash left him with a paraplegic diagnosis. What followed was a grueling physical recovery, a hard-earned masterclass in mental health, and a remarkable transformation sparked by an unlikely source—a 1960 Pink Cadillac named Flo. What began as a survival strategy has become a wake-up call that's impacted tens of thousands of lives. The result? Sharing 5 simple steps, Ryan empowers audiences to invest time in the moments of joy that recharge them, not as an occasional luxury, but as the most effective antidote to burnout. This keynote is ideal for anyone who is meeting all the demands and checking all the boxes, but feeling increasingly exhausted, disconnected, and overwhelmed, doing their best to rise above the challenges they face, but losing ground (and heart) to the nonstop pace, feeling increasingly disengaged and checked out, and needing a way to re-engage with work and life.

## 10:15 am – 11:45 am | Workshops

### **T101 Washington Way: Humanity in Corrections – Room G** (1.5 CE clock hours)

*Mikiya Stowe, BA, Washington Dept. of Corrections; Lance Graham, Washington Dept. of Corrections; Tonje Culbertson, MA, Amend*

The Washington Way program is a partnership between the Washington Department of Corrections and Amend to bring a health-focused approach to transforming correctional culture within Washington's prison facilities and reentry centers. Amend is a physician-led program based at the UCSF School of Medicine that draws on public health, occupational health, and correctional principles and practices from the Norwegian Correctional Service, which is recognized as one of the most humane, successful correctional systems around the world. This program sends carefully selected staff to Norway to observe their practices and adapt their foundational principles and models to Washington facilities. Norwegian correctional staff and Amend ambassadors have continuously worked with Washington legislators, local change agents, executive leadership teams, and more to promote culture change. Washington Way empowers staff and incarcerated individuals to be the difference and implement new practices and programs. This session will identify why we need reforms in WA, how we're innovating, and highlight new programs and practices that are creating a healthier environment.

### **T102 Pathways to Peer Supervision: Understanding WA's New Peer Credentialing Landscape – Room AB** (1.5 CE clock hours)

*Naomi Herrera, CPC, MAOL, HCA/DBHR; Amanda Polley, CPC, HCA/DBHR*

Join us for an engaging, interactive, and story-based session designed to help administrators, supervisors, and peers navigate WA's evolving peer support training, credentialing, and supervision pathways. As the peer workforce continues to evolve, new training and supervision requirements can feel complex and, at times, confusing. This workshop provides clarity, practical guidance, and real-world examples to help you confidently support your staff or organization. Through scenario-based learning,

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participants will explore three common situations to better understand the Certified Peer Support Specialist (CPSS) and CPSS Trainee credential plus supervision requirements and leading practices.

**T103 Building Sustainable Evidence Based Practice (EBP) Training through the Embedded Clinical Coach Training Framework – Room C (1.5 CE clock hours)**

*Brian Allender, MD, King County Behavioral Health & Recovery Division; Mel LaBelle III, MA, University of Washington SPIRIT Center; Sean Wright, MA, Lutheran Community Services NW*

Providing training in evidence based practices has often been expensive, time-consuming, and limited in scope. Newly trained clinical staff may then leave, potentially leading to collapse of a program and loss of the investment. The Embedded Clinical Coach (ECC) framework for providing EBP training was designed by the University of Washington CoLab in partnership with CBT+ to address these issues, utilizing internal supervisors/coaches and supports such as web-based didactics, toolkits, and AI to provide regular and low-cost training to larger numbers of trainees. Come learn about the adoption of the ECC framework within Harborview's long-standing CBT+ training for youth providers, and for DBT & CBT for psychosis training programs within the King County Integrated Care Network. Strategies and results will be shared, including methods for developing internal coaches, supports for providing training, and tools for assessing implementation and competency.

**T104 The Secret Ingredients of Continuous Quality Improvement: Building Sustainable Organizational Change – Room H (1.5 CE clock hours)**

*Lydia Chwastiak, MD, MPH, Pacific West Hub for Mental Health Implementation Support, UW Dept. of Psychiatry & Behavioral Sciences; Christina Clayton, MSW, LICSW, SUDP, UW Dept. of Psychiatry & Behavioral Sciences; Denna Vandersloot, MEd, Pacific West Hub for Mental Health Implementation Support, UW Dept. of Psychiatry & Behavioral Sciences*

Most behavioral health organizations understand that quality improvement matters, yet many struggle to sustain improvement efforts beyond the initial enthusiasm. While organizations often invest in hiring Continuous Quality Improvement (CQI)-specific staff and developing tracking systems for metrics, the most powerful drivers of lasting change operate behind the scenes—they involve the human and organizational aspects of CQI. CQI is a structured, data-driven approach to enhancing organizational systems, processes, service delivery, and outcomes. It involves setting goals, implementing changes, measuring impact, and repeating this cycle until improvements are achieved. CQI ensures effective practices are integrated, maintained, and continuously refined, which embeds quality into daily operations and enables long-term success. Join us to learn the five “secret ingredients” of successful and sustainable quality improvement efforts. Discover why different backgrounds, clinical perspectives, and lived experiences create breakthrough insights that leadership teams alone cannot generate. Learn strategies for creating genuine staff participation, explore the specific type of leadership support needed to empower staff and ensure improvements stick, and discuss strategies for effectively using data to guide decision-making in real time.

### **T105 From Crisis to Connection: Integrating CRAFT, Harm Reduction, & Washington Law for Youth SUD – Vista Hall/SHS (1.5 CE clock hours)**

*Kristie Lund, CPC, RC, Washington State Community Connectors; Karen Kelly, CPC, Washington State Community Connectors; Nokey Panda, RC, CPSS, CCIS-II, Washington State Community Connectors*

Washington is grappling with a severe behavioral health crisis marked by rising fentanyl-related youth overdoses and complex co-occurring substance use and mental health disorders. This workshop equips behavioral health professionals, family members, and community advocates with a practical, evidence-based roadmap to intervene effectively. We'll focus on Community Reinforcement and Family Training (CRAFT), a powerful, compassionate, and non-confrontational approach that empowers families to motivate their loved ones to seek treatment, significantly increasing engagement rates. Participants will learn how to shift from enabling behaviors to positive reinforcement, improve communication, and effectively set healthy boundaries—all while reducing familial stress. We'll integrate CRAFT principles with critical, modern approaches to care like identifying & managing co-occurring disorders and leveraging the 988 Suicide & Crisis Lifeline as an immediate resource. The workshop will also provide crucial, stigma-reducing training on Harm Reduction strategies, including overdose prevention, the legal frameworks in Washington (PIT/FIT), and the use of Naloxone.

### **T106 Resilient Communities, Resilient Systems: Addressing Immigrant & Refugee Health Needs in Challenging Times – Room EF (1.5 CE clock hours)**

*Kush Doshi, MHA, MPA, LMT, CMLDT, Community Health Plan of WA; Kate Jasonowicz, LCSW, Community Health Plan of Washington; Connie Mom-Chhing, DM, MPA, Community Health Plan of Washington*

Our immigrant and refugee communities are facing challenges unlike we have ever seen. Changes in federal policy such as stripping immigrants and refugees of legal status, tightening public benefits usage policy so that immigrants and refugees are no longer able to access public benefits, and increases in immigration enforcement have resulted in fear, anxiety, stress, and a high level of disengagement in public services, including health care. Now more than ever, service providers across the spectrum must be adaptive, innovative, and collaborative in addressing immigrant and refugee community needs. Community Health Plan of Washington (CHPW) will share innovative and collaborative efforts in the immigrant and refugee space including how coalition building is utilized as a model to advance necessary and critical work, and how service providers will need to adapt and change to meet immediate community needs.

### **T107 Managing Burnout in High Stress, Low Resource Environments – Room D (1.5 CE clock hours)**

*Rachel Gardner, MA, Washington Dept. of Corrections; Rachael Stewart, MA, Washington Dept. of Corrections*

People who provide care to underserved populations are asked to give all with minimal resources. This work often draws individuals with a great capacity for empathy and engagement, which is then reduced when the work is often crisis or case management driven. Two things have changed this familiar experience at our facility: mental health

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interventions that create positive & empathic experiences that sustain clinician capacity, and the critical need for trauma care. To merge the needs of clinician health and client recovery, our team has prioritized trauma treatment, monitored our responses to this care by tracking operational data on both clients and staff, and purposefully redirected to intensive services rather than case management. Join us to learn more about how we did this and related processes including structured group supervision, prioritized staff wellness, operational data review, and using clinician strengths to tailor workload.

**11:45 – 12:30 pm | Lunch – Great Hall**

**12:30 – 1:30 pm | Keynote – Great Hall**



**KEYNOTE ADDRESS** by **Chamique Holdsclaw**, Olympic Gold Medalist, WNBA Hall of Famer & mental health advocate

***The Unquiet Journey of Chamique Holdsclaw: A Message of Hope & Healing***

1 CE clock hour)

From the rough-edged courts of New York City and recruited by Coach Pat Summitt for the University of Tennessee's Lady Vols, Chamique Holdsclaw was hailed as the "female Michael Jordan," impressing crowds with her artistry, athleticism and drive. A three-time NCAA champ and #1 draft pick in the WNBA, Holdsclaw seemed destined for a spectacular professional career—until her long-suppressed battle with mental disorders emerged to derail her career and threaten her life. In this inspiring keynote, Chamique will share her personal story of resilience as well as a message about the importance of self-care, prioritizing mental health, asking for help and knowing that you are not alone.

**1:45 pm – 3:15 pm | Workshops**

**T201 Implementing Medicaid Waiver Services in a Rural Carceral Facility – Room EF** (1.5 CE clock hours)

*Richie Allen, Wahkiakum Health & Human Services; Charli Dursteler, Wahkiakum County Sheriff's Office; Liz Kimble, MA, Wahkiakum Health & Human Services*

The Washington Medicaid Transformation Project Waiver Reentry Initiative reduced the financial burden and increased access to behavioral health and medical services in small rural jails. How does a rural jail with no in-house medical or behavioral health service implement the associated requirements? This presentation will explore the implementation of this program in Wahkiakum County's twelve bed carceral facility in light of considerable staffing challenges. Operationalizing the waiver program necessitated a community partnership between the Wahkiakum County Sheriff's Office, Wahkiakum County Health & Human Services (WCHHS) Behavioral Health service, and local medical provider Cowlitz Family Health Center. We'll explore administrative work at the outset of the program, working with the Health Care Authority to allow and develop a team model, and implementing the program with fidelity. We'll also discuss how we leveraged WCHHS' experience in behavioral health to provide Reentry Targeted Case Management (rTCM), waiver program intake and admission, and health plan enrollment.

**CONFERENCE ACTIVITIES | THURSDAY, JUNE 11**

## **T202 Reclaiming Joy: Fun as a Recovery Strategy – Room H** (1.5 CE clock hours)

*Isaac Watts, HCA/DBHR*

Recovery is about more than stability – it's about rediscovering what makes life worth living. Yet in behavioral health, joy is often overlooked as "extra" rather than essential. This session reframes fun not as a distraction, but as a strategy: a powerful tool that fosters resilience, connection, and hope. Drawing on lived experience, peer support practices, and research in whole-person care, this interactive workshop explores how fun and play directly support recovery. Whether through laughter, creativity, games, or shared activities, joy is proven to reduce stress, strengthen social bonds, and protect against burnout. Participants will see how "small sparks of fun" can open doors to bigger possibilities, creating momentum for growth and wellness. The session blends storytelling, humor, and evidence with hands-on engagement. Join us to practice perspective-shifting exercises, test out simple joy-based activities, and reflect on how to incorporate fun into personal wellness plans, peer-support roles, and professional practices. At its heart, this workshop carries a simple message: recovery is serious business – but that doesn't mean it can't also be joyful.

## **T203 Enhancing Supervision Across Multidisciplinary & Transdisciplinary Teams – Room D** (1.5 CE clock hours)

*Michelle McDonald-Lopez, MA, University of Washington; Andre Stickney, MA, University of Washington*

Providing supervision for a multidisciplinary/transdisciplinary team presents its challenges, particularly for those new to supervisory roles. Each team member brings their own distinct professional backgrounds, skill set and level of oversight and needed support. Effective supervision involves intentionally adapting your approach to meet the needs of each staff member while also maintaining a wide perspective on the overall stability of the team as whole. A strong supervisory framework incorporates ongoing assessment of team cohesion and consistent monitoring for signs of burnout, which can impact team performance and overall staff morale and retention. Consistent, structured supervision should be prioritized and recognized as an essential aspect of staff development, overall agency development and improved client outcomes. Attendees will learn more about key components of supervision including administration-related check-ins, clinical-related check-ins, team check-ins, and burnout assessment.

## **T204 Reigniting the Spark: Two Decades of Workforce Wellness & Leadership Development in Youth & Family Services – Room AB** (1.5 CE clock hours)

*Andrew Prisco, Jumpstart Mastery; Mary Stone-Smith, MA, LMHC, Catholic Community Services of Western Washington; Linda Thomas, MSW, Catholic Community Services of Western Washington*

Over the past 25 years, Family Behavioral Health of Catholic Community Services of Western Washington—in partnership with experts like Andy Prisco from Jumpstart Mastery—has pioneered a holistic approach to supporting a workforce serving individuals with developmental disabilities, intellectual disabilities, serious mental illness, and other complex challenges. In this joint presentation, we'll explore what has truly worked in revitalizing and sustaining the well-being of a dedicated but often fatigued workforce, discuss how leadership development and training have been

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central to creating a culture of wellness, how meaningful job training and safer work environments have evolved, and how risk and threat assessment practices have become standard. Andy will share insights from Jumpstart Mastery's experience in fostering workforce resilience and wellness measures, showing how these strategies can be integrated and adapted. We aim to inspire you to implement these proven practices and help your teams recapture the passion that first brought them into the field.

### **T205 Behavioral Addiction in Teens – Room G (1.5 CE clock hours)**

*David Flack, MA*

Behavioral addictions—such as excessive gaming, problematic pornography use, and online gambling—have been on the rise since the pandemic, especially among teens. Unfortunately, very few helping professionals have real understanding of them, let alone any training or experience treating them. This highly interactive presentation will help change that. We'll start by exploring what behavioral addictions are and identifying common examples among teens. Then, we'll examine reasons behavioral addictions develop, the role of dopamine in this process, their co-morbidity with substance use, and why some behaviors have a heightened risk of becoming problematic.

### **T206 From Policy to Practice: House Bill 1877 & the Future of Collaborative Crisis Response with Sovereign Tribal Nations – Room C (1.5 CE clock hours)**

*Heather Erb, JD, American Indian Health Commission; Lucilla Mendoza, MSW, Washington Health Care Authority; Maddie Wrolson, MPH, Washington Health Care Authority*

Given the high level of health disparities in the American Indian/Alaska Native (AI/AN) community, AI/AN individuals require a greater intensity of behavioral health services across the full continuum of care. Recognizing both the urgency of these crises and the unique cultural, legal, and service-delivery contexts of Tribal nations, the Washington State Legislature enacted House Bill 1877 (HB 1877) to reform state crisis response systems in collaboration with Tribes. This ensures meaningful Tribal inclusion in the implementation of the Washington Involuntary Treatment Act (ITA), requires the development of culturally appropriate evaluation guidelines for AI/AN individuals, affirms Tribal court orders and sovereignty in the behavioral health crisis care continuum, and presents resources being developed to support the implementation of HB 1877. This presentation will outline the key provisions of HB 1877 and the legislative context in which it was developed, analyze how the bill advances government-to-government coordination in crisis response—particularly through designated crisis responders (DCRs), Tribal crisis coordination protocols, recognition of Tribal courts, consider potential implications for implementation, including opportunities and challenges, discuss opportunities for partnering with Tribes during crisis coordination to honor Tribal sovereignty and support improved health outcomes for Tribal people, and more.

### **T207 NAMI's Ending the Silence Early Prevention Presentation – Vista Hall/SHS (1.5 CE clock hours)**

*Robin Hinz, MA, NAMI South King County; Alex Wright; Pam Wright*

NAMI's Ending the Silence presentation incorporates evidence-based practices for sharing early intervention information to teens, families, and staff via two leaders: one

who shares an informative presentation, including their own lived experience, and a young adult with a mental health condition who shares their journey of recovery. Dialogue with the audience can help grow the movement to end stigma and stop the silence surrounding mental health. This workshop will share the history of this NAMI signature program, what makes it successful, how to access our teen mental health resources, and how to grow this program throughout Washington so our teens understand the importance of getting help early.

## 3:30 pm – 5:00 pm | Workshops

### **T301 It Takes a Village to Create a Village: Multi-Lens Collaboration in Justice-Involved Behavioral Health – Room G** (1.5 CE clock hours)

*Tanya Sturm, MBA, SUDP, Pioneer Human Services*

Justice-involved individuals rarely need just one service. They require a connected web of supports: clinical care, peer guidance, community-based engagement, housing stability, and culturally responsive connection. Layer onto this the realities of court dates, probation check-ins, medication management, family reunification, employment and education decisions, and the ongoing work of building a life in recovery from substance use or mental health challenges. No single individual can hold all of that alone, and no single program or professional can fill every role required for long-term success. This workshop brings together multiple professional lenses to demonstrate how integrated behavioral health teams create the “village” required for sustained recovery—moving beyond box-checking and toward holistic, relationship-based support that empowers individuals and helps break long-standing cycles. Each lens offers a practical example of how clinical stabilization, intentional community-based support, peer-led engagement, and more braid into a cohesive and culturally responsive approach for justice-involved individuals. We'll share real examples of how integrated care teams reduce barriers, increase engagement, and build community around individuals reentering the broader world after incarceration or court involvement.

### **T302 Peers in Action: Transforming Behavioral Health Mobile Crisis Response – Room EF** (1.5 CE clock hours)

*Michael Moore, SUDP, Compass Health; Amy Pereira, MSW, LICSW, DCR, Compass Health*

Embedding peers with lived experience into crisis response teams improves engagement, builds trust, and strengthens outcomes for individuals experiencing behavioral health crises. This presentation will highlight the unique role of peer support specialists, emphasizing how their perspectives and skills complement those of clinical staff to create more responsive and recovery-oriented services. Participants will gain an understanding of the evidence base supporting peer integration and the value peers bring to client-centered crisis work. We'll also address common challenges, including role clarity, organizational culture, and stigma, and provide strategies for overcoming these barriers. This session is designed for leaders, supervisors, and practitioners who are committed to strengthening their crisis response services and ensuring peers are recognized as essential members of the team.

# 2026 ACTIVITIES AT A GLANCE



## WEDNESDAY, JUNE 10 • PRE-CONFERENCE PROGRAMS

Noon – 6:30 pm Conference Registration – Lobby  
 1:00 pm – 5:00 pm Vendor Set Up – Lobby  
 4:30 pm – 6:30pm Welcome Reception – Lobby

## THURSDAY, JUNE 11 • CONFERENCE PROGRAMS

7:30 am – 5:00 pm Conference Registration – Lobby  
 7:30 am – 8:30 am Breakfast – Great Hall  
 8:30 am – 9:00 am Conference Welcome – Great Hall

### TRACKS

**CORRECTIONS & MENTAL HEALTH**

**RECOVERY IN ACTION**

**INNOVATIVE CARE PRACTICES**

**LEADERSHIP, MANAGEMENT & OPERATIONS**

**SUBSTANCE USE & CO-OCCURRING DISORDERS**

**GENERAL SERVICES & PARTNERSHIPS**

**GENERAL SERVICES & PARTNERSHIPS**

## THURSDAY, JUNE 11 CONFERENCE PROGRAMS

8:30 am-9:00 am

**CONFERENCE WELCOME – Great Hall – Stacey Devenney**, Chair, Washington Council for Behavioral Health and Asst. Administrator, Harborview Mental Health Center and **Teesha Kirschbaum**, Director, Division of Behavioral Health & Recovery, Health Care Authority

9:00 am – 10:00 am

**KEYNOTE ADDRESS – Great Hall – Ryan Campbell**, *From Burnout to Joy: Five Simple Steps to Reclaiming Your Life, Re-Energizing Your Work, & Thriving Through Change*

10:15 am – 11:45 am

**T101 – Room G**

Washington Way: Humanity in Corrections

**T102 – Room AB**

Pathways to Peer Supervision: Understanding WA's New Peer Credentialing Landscape

**T103 – Room C**

Building Sustainable (EBP) Training through the Embedded Clinical Coach Training Framework

**T104 – Room H**

The Secret Ingredients of CQI: Building Sustainable Organizational Change

**T105 – Vistal Hall / SHS**

From Crisis to Connection: Integrating CRAFT, Harm Reduction, & Washington Law for Youth SUD

**T106 – Room EF**

Resilient Communities, Resilient Systems: Addressing Immigrant & Refugee Health Needs in Challenging Times

**T107 – Room D**

Managing Burnout in High Stress, Low Resource Environments

11:45 am – 12:30 pm

**LUNCH – Great Hall**

12:30 pm -1:30 pm

**KEYNOTE ADDRESS – Great Hall – Chamique Holdsclaw**, *The Unquiet Journey of Chamique Holdsclaw: A Message of Hope & Healing*

1:45 pm – 3:15 pm

**T201 – Room EF**

Implementing Medicaid Waiver Services in a Rural Carceral Facility

**T202 – Room H**

Reclaiming Joy: Fun as a Recovery Strategy

**T203 – Room D**

Enhancing Supervision Across Multidisciplinary & Transdisciplinary Teams

**T204 – Room AB**

Reigniting the Spark: 2 Decades of Workforce Wellness & Leadership Devel. in Youth & Family Svcs

**T205 – Room G**

Behavioral Addiction in Teens

**T206 – Room C**

From Policy to Practice: HB 1877 & the Future of Collaborative Crisis Response/ Sovereign Tribal Nations

**T207 – Vistal Hall / SHS**

NAMI's Ending the Silence Early Prevention Presentation

3:30pm – 5:00 pm

**T301 – Room G**

It Takes a Village to Create a Village: Multi-Lens Collaboration in Justice-Involved Behavioral Health

**T302 – Room EF**

Peers in Action: Transforming Behavioral Health Mobile Crisis Response

**T303 – Room D**

Balancing Exceptional Service & Sustainable Professional Practice Within Youth Crisis Services

**T304 – Room H**

How Can We Be Clinically & Financially Successful?

**T305 – Room AB**

It's Hard, But It's Worth It: Lessons from Implementation/ Community-Based Nursing-Led MOUD Program

**T306 – Vistal Hall / SHS**

Health-Related Social Needs & Housing Transition Navigation Services 101

**T307 TED-Style Talks – Room C**

(A) Life's Rollercoaster: Turning Twists into Strengths  
 (B) Relational Leadership: Cultivating the Strength of Our Communities  
 (C) The Secret to Well-Being? Always Wear a SCARF  
 (D) The Healing Thread: Weaving Stories into Behavioral Health

5:30 pm – 7:00 pm

**PEER SUPPORT RECEPTION – Cyber Cafe**

## FRIDAY, JUNE 12 CONFERENCE PROGRAMS

7:30 am – 9:00 am

**BREAKFAST – Great Hall, VENDOR TABLES OPEN – Lobby**

9:00 am – 10:00 am

**KEYNOTE ADDRESS – GREAT HALL – Shola Richards**, *Unstoppable Resilience™: The Keys to Staying Strong During Any Challenge*

10:15 am – 11:45 am

**F401 – Room G**

Healthcare Reentry Services in the Dept. of Corrections

**F402 – Vistal Hall / SHS**

Integrating Substance Use & Gambling Recovery Services through Peers

**F403 – Room H**

Acceptance & Commitment Therapy: AIM Protocol

**F404 – Room EF**

Measurement-Based Care Made Practical: Implementation Strategies That Work

**F405 – Room AB**

From Dopamine to Drug Laws: A Review of Neuroscience Research & Policies

**F406 – Room D**

Myth-Busting Misconduct: Separating Fact from Fiction in Behavioral Health

**F407 – Room C**

Contextualizing Care for Transgender Patients in Washington State & the World

11:45 am -12:45 pm

**LUNCH – Great Hall – Lunch and "Fireside" Chat with Leadership of the Washington Health Care Authority**

1:00 pm -2:30 pm

**F501 – Room D**

The Golden Thread: Assessing Progress in SUD Treatment

**F502 – Room AB**

Lived Experience in Action: Peer Support Specialists/Youth Crisis Svcs, Emergency Depts, & Mobile Crisis Teams

**F503 – Vistal Hall / SHS**

Expanding Occupational Therapy in Behavioral Health

**F504 – Room H**

Strengthening Access Through CCBHC: A Unique Collab Between Camp Hope & Comprehensive Healthcare

**F505 – Room C**

Transforming Behavioral Health Crisis & Withdrawal Access: Spokane County's STaT Program

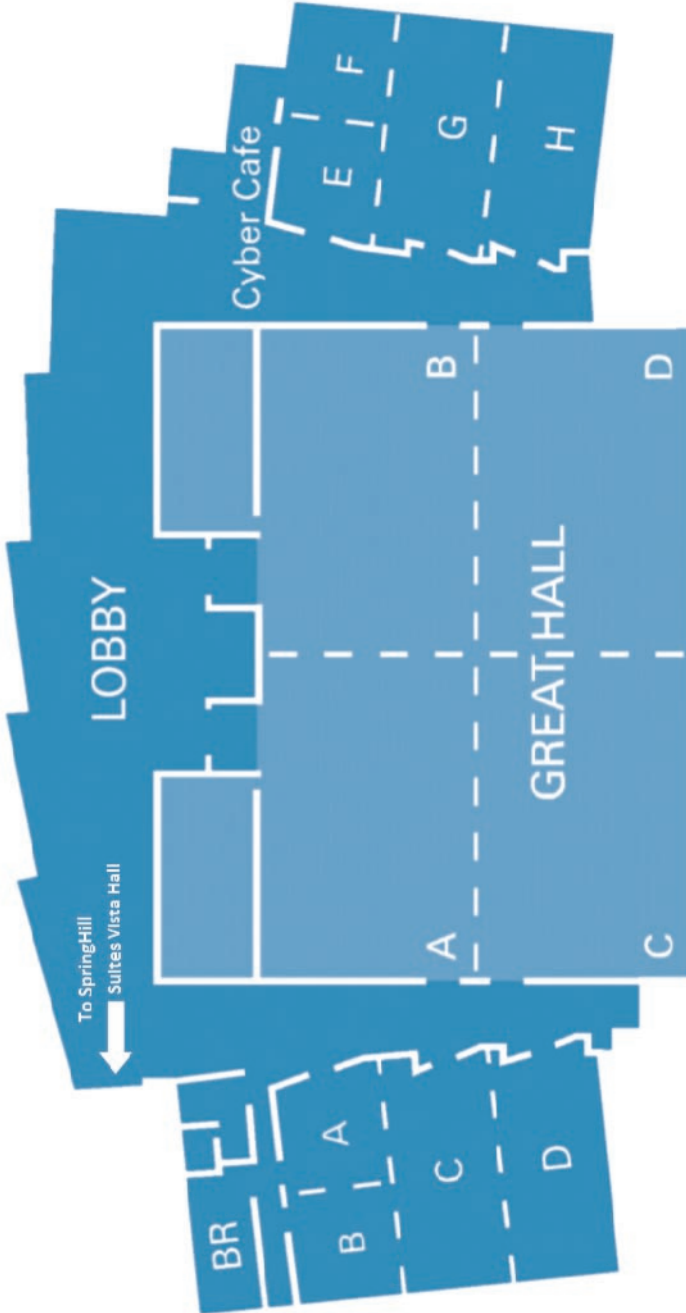
**F506 – Room EF**

Brain Health Across the Lifespan

**F507 – Room G**

From Training Metrics to Service Quality: Data-Driven Approach to Improving Behavioral Support in I/DD Svcs

# THREE RIVERS CONVENTION CENTER MAP



### **T303 Balancing Exceptional Service & Sustainable Professional Practice Within Youth Crisis Services – Room D (1.5 CE clock hours)**

*Maria Mulligan, MSW, Catholic Community Services; Theresa Ortiz, MSW, Catholic Community Services; Nolita Reynolds, MA, Catholic Community Services*

Clinicians are drawn to the dynamic world of crisis stabilization by a profound dedication to helping people during their most vulnerable moments. However, the high-stakes nature of this work requires us to find a delicate balance: how do we pour our hearts into the care we provide without depleting the very resources we need to be effective? In this presentation, we explore the concept that how we show up—our patience, empathy, and clarity—is the most vital component of a family's success. We'll examine effective service delivery through the lens of Trauma Stewardship, proposing that maintaining our own equilibrium is not about prioritizing ourselves over the individuals and families being served, but rather about maintaining the stamina required to serve them well. Then we'll shift the focus to personal responsibility, providing a framework for staff to create their own "Professional Readiness Plans." This approach reframes wellness not as an escape from the work, but as an essential discipline that allows us to show up fully, safely, and compassionately for those we serve.

### **T304 How Can We Be Clinically & Financially Successful? – Room H (1.5 CE clock hours)**

*David Dropkin, MA, Columbia Wellness; Cameron Carson, MBA, SHRM-SCP, Columbia Wellness*

When we came to our work in community mental health, we were told that not only are we serving clients who struggle most significantly with mental health challenges but that we will have to watch how we spend every penny as we do it. The overriding theme was that community mental health operates as a financially challenged field. As a result, we believe we can't get the top of the line staff because we can't pay them top dollar, and we can't get top of the line equipment because we can't afford it. At Columbia Wellness, we believe we've found ways to address this, and will share how we've been able to address these challenges and develop programs that are both clinically successful and financially viable. You'll learn ways to maximize staff productivity and maximize financial stability while serving clients with significant mental health challenges.

### **T305 It's Hard, But It's Worth It: Lessons from Implementation of a Community-Based Nursing-Led MOUD Program – Room AB (1.5 CE clock hours)**

*Kerry Browder, BSN, Catholic Community Services – CReW; Janine Torres, MSN, ARNP, PMHNP-BC, Catholic Community Services – CReW; Casey Wishart, MSW, Catholic Community Services – CReW*

Catholic Community Services of King County's licensed behavioral health program, CReW (Counseling Recovery & Wellness), provides community-based outpatient treatment with a significant focus on individuals who are currently or formerly unhoused. To reduce barriers to care, services are provided by a multi-disciplinary team in clinic offices and on-site in permanent supportive housing (PSH), shelters, or day centers, and in close coordination with site staff. CReW's intention was to incorporate Medications for Opioid Use Disorder (MOUD) treatment services as an additional scope

of work within its outpatient programming, allowing it to build off of existing clinical workflows and leverage various funding sources for integrated care; however, there were unique challenges for implementing it as a community-based program rather than a clinic-based medical model. We'll share ways in which attendees may consider integrating MOUD services into their existing programs, and provide concrete suggestions for consideration in both the administrative and clinical realms of MOUD program development and in the delivery of individualized recovery services.

**T306 Health-Related Social Needs & Housing Transition Navigation Services 101 – Vista Hall/SHS (1.5 CE clock hours)**

*Anessa Williams, MPA, Washington Health Care Authority*

Join us to learn about the exciting new additions of the Health-Related Social Needs (HRSN) Rental Assistance program & Housing Transition Navigation Services to the Transition Assistance Program (TAP) at the Health Care Authority. Eligible Foundational Community Supports (FCS) enrollees can now access short-term rental assistance, and additional services, funding, and programs will be added in the future. Join us to learn more about these programs, who is eligible and how to apply, as well as how HRSN, FCS, and TAP are connected and how they can be utilized together.

**T307 TED-Style Talks – Room C**

*Host: Jerry Blackburn, MEd, Seattle University*

**T307 (A) Life's Rollercoaster: Turning Twists into Strengths (0.25 CE clock hours)**

*Bianca Andrews, Catholic Community Services*

Mental health journeys are often framed within a Westernized model of psychology that emphasizes symptom correction and diagnosis. Yet lived experience reveals a deeper truth: resilience is not built by erasing challenges, but by embracing them. As an adult navigating my own mental health ups and downs while parenting children involved in systems of care, I have witnessed how youth voices are too often excluded from envisioning their futures. This presentation reframes mental health experiences as gifts rather than burdens, drawing on Queer, multicultural perspectives and culturally relevant practices alongside traditional psychology. Through the metaphor of life's rollercoaster, participants are invited to consider how resilience can be cultivated for the long ride – not just the short bursts of highs and lows.

**T307 (B) Relational Leadership: Cultivating the Strength of Our Communities (0.25 CE clock hours)**

*Phillip Hawley, PsyD, Yakima Valley Farm Workers Clinic*

Relational Leadership Theory (RLT) offers a compelling framework for training individuals because it emphasizes leadership as a social process rooted in relationships rather than hierarchical authority. Traditional leader-centric models often fail to foster adaptability and resilience. RLT shifts the focus toward dyadic and networked interactions—such as leader-member exchanges—where trust, open communication, and mutual influence drive organizational effectiveness. Come hear first-hand stories of the successes and challenges of RLT in behavioral health management, how it can be adopted by others, and why this approach creates better communities!

**T307 (C) The Secret to Well-Being? Always Wear a SCARF** (0.25 CE clock hours)

*Cathy Assata, Center for Human Services*

When responsibilities add up, life can become overwhelming. Those of us in nurturing roles may feel overwhelmed and struggle to find time to take care of ourselves, often leading to exhaustion and burnout. If this sounds like you, join me to learn how, when you feel overwhelmed, on the verge of burnout, or need some extra care, you can put on a SCARF (Self-compassion, Curiosity & mindfulness, Ask for help, Rest & reflection, Fun & friends)!

**T307 (D) The Healing Thread: Weaving Stories into Behavioral Health**  
0.25 CE clock hours)

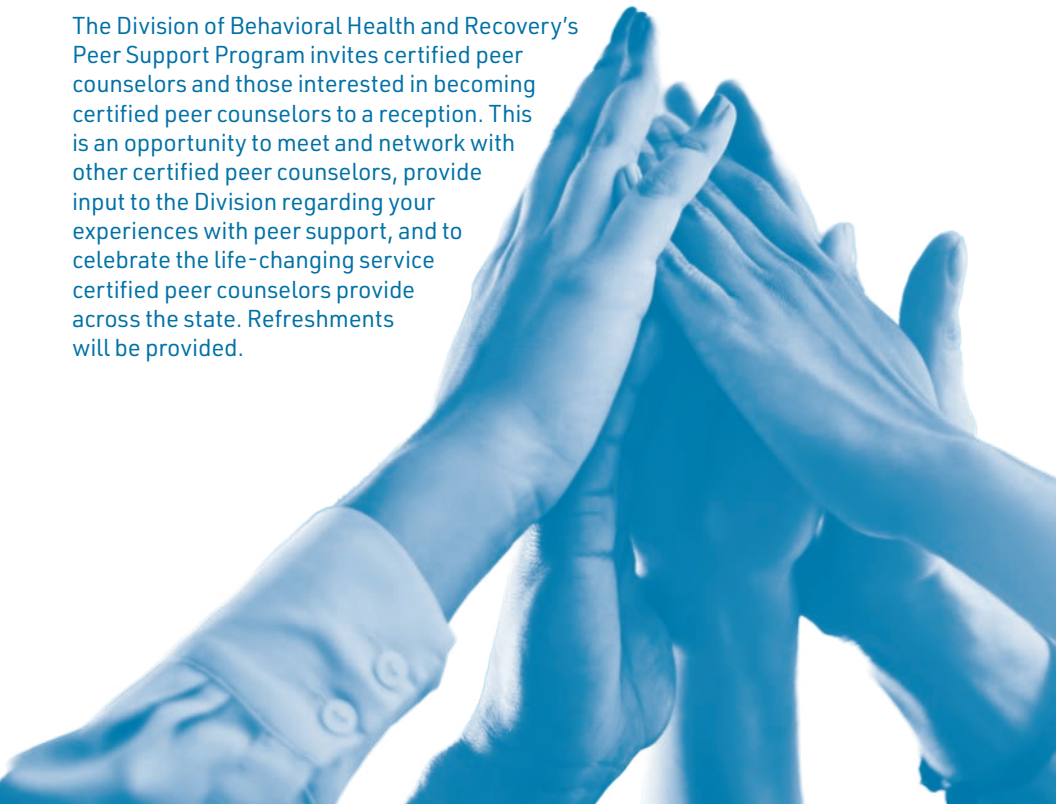
*Jerry Blackburn, MEd, Seattle University*

Discover the transformative, healing power of storytelling in behavioral health. Stories connect us to universal constructs like hope, faith, trust, and transcendence. They guide us through the process of change, allowing us to recognize the gaps between our aspirations and actions. By normalizing the complexities of human experience, stories enable us to find deeper meaning and connection with others. Join me as we explore how narratives can inspire, heal, and engender hope in a variety of clinical settings.

**5:30 pm – 7:00 pm | Peer Support Reception – Cyber Cafe**

(CE clock hours not available)

The Division of Behavioral Health and Recovery's Peer Support Program invites certified peer counselors and those interested in becoming certified peer counselors to a reception. This is an opportunity to meet and network with other certified peer counselors, provide input to the Division regarding your experiences with peer support, and to celebrate the life-changing service certified peer counselors provide across the state. Refreshments will be provided.



# Friday, June 12

7:30 – 9:00 am | Breakfast – Great Hall

9:00 – 10:00 am | Keynote – Great Hall



**KEYNOTE ADDRESS** by **Shola Richards**, best-selling author of *Civil Unity* and expert on resilience in organizations & individuals

***Unstoppable Resilience™:***  
***The Keys to Staying Strong During Any Challenge***  
(1 CE clock hour)

When the pressure never lets up, the strongest leaders and teams don't just survive...they rise. In a world of competing priorities, mental health struggles, and constant change, real resilience isn't about "sucking it up." It's about building genuine strength from the inside out. In *Unstoppable*

*Resilience™*, Shola Richards delivers the proven strategies used by high performers to stay strong, focused, and effective—no matter the challenge. Beyond quick fixes, he shares the keys to building unstoppable teams who consistently bring their best, even under intense pressure. When teams embrace these principles, they gain the clarity, energy, and confidence to face any challenge head-on...and come out stronger. You'll walk away with a resilience framework that empowers individuals to sustain peak performance under any conditions, clear strategies to handle current pressures—whether professional challenges, personal setbacks, or organizational uncertainty, and personalized resilience commitments with built-in accountability to create lasting change—not just temporary motivation.

## 10:15 am – 11:45 am | Workshops

**F401 Healthcare Reentry Services in the Dept. of Corrections – Room G**  
(1.5 CE clock hours)

*Brooke Amyx, MSW, Washington Dept. of Corrections; Rebekah Whitney, MSW, Washington Dept. of Corrections*

Join us to learn about Washington's participation in the National Reentry 2030 Initiative. The Washington Department of Corrections' (DOC) goals as part of this project include: zero releases to homelessness, 100% of eligible people released from incarceration will be signed up for Medicaid 90 days before their release, and 40% of people released from incarceration will be employed six months post-release. You'll also learn about the Medicaid Transformation Project/1115 Waiver related to DOC reentry services, service delivery of reentry targeted case management from social workers and nurses, and the continuum of care provided to the releasing population from DOC.

#### **F402 Integrating Substance Use & Gambling Recovery Services through Peers – Vista Hall/SHS (1.5 CE clock hours)**

*Amanda Polley, CPC, HCA/DBHR; Tana Russell, BS -SUDP, NCTTP, WSGCG-II, CGT, Evergreen Council on Problem Gambling; Roxane Waldron, MPA, HCA/DBHR*

Substance use disorders and Gambling Disorder are both classified in the addictive disorders section of the DSM-5, and, despite high co-occurring rates in behavioral health populations, continue to be addressed in silos. This session will review how these services can be integrated into behavioral health programs through the specialized work of peers. Peer support is a vital and expanding component in increasing engagement and improving treatment outcomes. We'll cover workforce development, including a new training program for peers focused on how to help people seeking recovery from gambling and gaming, tele-peer support, which has expanded access for rural communities and individuals; and prevention-peer collaborations, where peers share personal stories to raise awareness of the impacts of addiction to substances & gambling. You'll leave with a practical set of tools and implementation strategies to integrate gambling recovery peer specialists into your programs or enhance existing peer-delivered services.

#### **F403 Acceptance & Commitment Therapy: AIM Protocol – Room H (1.5 CE clock hours)**

*Malcolm Lucassen, Sound Behavioral Health*

AIM (accept identify and move) is based on evidence-based practices stemming from Acceptance & Commitment Therapy (ACT). The 180 day AIM protocol assesses and improves the 6 core areas that promote psychological wellbeing for greater psychological flexibility. Holistic AIM interventions can be done individually or in a group setting. Individual AIM plans are paired with incentive planning and positive behavior support plans to maximize individuals' success in learning coping skills and improving behavior over time. AIM protocol is specifically designed for adolescents and individuals with intellectual disabilities in mind. Join us to learn more about this model!

#### **F404 Measurement-Based Care Made Practical: Implementation Strategies That Work – Room EF (1.5 CE clock hours)**

*Lydia Chwastiak, MD, MPH, Pacific West Hub for Mental Health Implementation Support, UW Dept. of Psychiatry & Behavioral Sciences; Christina Clayton, MSW, LICSW, SUDP, UW Dept. of Psychiatry & Behavioral Sciences; Denna Vandersloot, MEd, Pacific West Hub for Mental Health Implementation Support, UW Dept. of Psychiatry & Behavioral Sciences*

Measurement-Based Care (MBC) is a proven approach that uses client-reported outcome measures to track progress and guide treatment decisions in real time. Despite strong evidence that MBC improves outcomes, it remains underutilized in community behavioral health. We will demystify MBC and provide practical strategies for implementation at any stage, whether you are curious about MBC, just starting out, or looking to strengthen your current approach. We'll describe the components of MBC, address common myths, and cover how MBC fosters collaboration between clinicians and clients, improves communication, and supports timely treatment adjustments.

Through real-world examples and free tools, we'll show how MBC can fit into various settings, even those with limited technology infrastructure. This session will also describe actionable steps for early implementation, including clarifying goals, selecting measures, and designing workflows. For those already implementing MBC, we'll explore common challenges like staff engagement, workflow integration, and sustainability. We will also share pragmatic solutions to overcome barriers.

**F405 From Dopamine to Drug Laws: A Review of Neuroscience Research & Policies – Room AB** (1.5 CE clock hours)

*Irene Hauzinger, PhD, Washington Health Care Authority*

Substance use disorder treatment policies and attitudes are rapidly changing. Behavioral health providers may find themselves caught between opposing recommendations from the scientific community, reluctance to depart from past practices, changing government regulations, and paradigm shifts in how society views substance use disorder. In times of change, it can be helpful to reflect on the past. We'll examine the pioneering neuroscientific research and drug policies of the previous century that have shaped the substance use treatment framework in practice today. We'll also review the neuroanatomy and pharmacology of the brain's reward system, highlighting the breakthroughs in neuroscience research that have formed the basis for the present-day disease model of substance use disorder, and discuss the history of US drug policies and treatments, including the harms caused by previous policies.

**F406 Myth-Busting Misconduct: Separating Fact from Fiction in Behavioral Health – Room D** (1.5 CE clock hours)

*Carmen Leso, Washington Dept. of Health; Claire Wilson, MA, Washington Dept. of Health*

Will you get fired for reporting your supervisor? Can you go out for a drink after work? Should you allow clients to follow your social media accounts? Who should you report a violation to? What happens if someone files a complaint about you? This session aims to unpack the myths, rumors, and questions that often arise for behavioral health care providers. Through a review of current misconduct data trends and common complaints, Department of Health (DOH) staff will explore some of the questions that come up for providers, facilitate discussion, and allow providers to deepen their understanding of legal and ethical responsibilities. This is a process that can be intimidating and misunderstood, so join us for insight from DOH staff involved in different parts of the discipline, auditing, and reporting process.

**F407 Contextualizing Care for Transgender Patients in Washington State & the World – Room C** (1.5 CE clock hours)

*Kayden Vargas, PhD, Heritage University*

Transgender adolescents and adults throughout the country are facing ever increasing barriers to gender affirming healthcare. Although Washington is considered a shield state, mental health counseling and treatment is often inaccessible to transgender patients, and many service providers do not feel equipped to serve transgender patients in the state well. This presentation will provide information about the state of the scientific literature regarding gender affirming care, including social, cognitive, and

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medicalized interventions for transgender patients, and cover some clinical foundations. Best practices and strategies for supporting transgender patients will be also discussed.

## 11:45 – 12:45 pm | Lunch & “Fireside” Chat with Leadership of the Washington Health Care Authority – Great Hall

(CE clock hours not available)

Join us for lunch and a conversation between Joan Miller, CEO of the WA Council for Behavioral Health, and Ryan Moran, DrPH, MHSA, Director of the WA Health Care Authority, Trinity Wilson, Director, Apple Health (Medicaid) & Children’s Health Insurance Program (CHIP), and Teesha Kirschbaum, Director, HCA Division of Behavioral Health & Recovery. You’ll learn more about their priorities and vision for behavioral healthcare in Washington State.

## 1:00 pm – 2:30pm | Workshops

### **F501 The Golden Thread: Assessing Progress in SUD Treatment – Room D**

(1.5 CE clock hours)

*Richard Fall, SUDP, Washington Dept. of Corrections; Michelle Welch, SUDP, Washington Dept. of Corrections*

This presentation is intended as a supplement for new clinicians and a refresher for experienced clinicians. We’ll demonstrate the importance of documentation, focusing on the “why” of each document as opposed to the “what,” and emphasize the importance of having coherent “documentation,” AKA the Golden Thread, to accurately assess an individual’s clinical progress. We’ll focus on how to use the documents to present supporting data and use clinical interpretation to clearly and concisely assess the dimensional and overall progress of the individual in treatment. We all need reminders that the assessment does not stop with initial assessment done to determine the diagnosis and placement of an individual, but is rather a continuous process throughout the entire course of treatment up through the final discharge from services.

### **F502 Lived Experience in Action: Peer Support Specialists Enhancing Youth Crisis Services, Emergency Depts, & Mobile Crisis Teams – Room AB**

(1.5 CE clock hours)

*Carolyn Cox, SPARK Peer Learning Center; Stephen Hightower, MSW, LICSW, DCR, Catholic Charities Serving Central Washington*

Youth crises often present with complex emotional, developmental, and environmental factors that require approaches grounded in trust, rapport, and authenticity. Peer Support Specialists—particularly those with youth-specific training or lived experience navigating behavioral health systems—offer a uniquely effective response within youth crisis services, emergency departments (EDs), and mobile crisis teams. This workshop examines how Peer Support Specialists improve engagement, reduce escalation, and foster safety across high-intensity settings where young people and families may feel frightened, misunderstood, or stigmatized. We’ll explore the distinct ways peer support enhances each environment, and you’ll leave with practical tools and strategies to expand meaningful peer support roles across youth-serving crisis systems while honoring the values of choice, empowerment, and partnership.

### **F503 Expanding Occupational Therapy in Behavioral Health: Innovations Across Community-Based Settings – Vista Hall/SHS (1.5 CE clock hours)**

*Kaylynn Garrison, OTD, Eastern Washington University; Jennifer Pitonyak, PhD, Pacific Northwest University; Stacy Simoneaux, MOT, Sound Behavioral Health*

Amid rising rates of mental health and substance use diagnoses and a persistent workforce shortage in behavioral health, occupational therapy offers a critical, evidence-based solution to expand access and improve outcomes. This session explores the integration of occupational therapy into community behavioral health systems, highlighting its role in enhancing interprofessional collaboration and improving client outcomes for recovery and quality of life. Presenters will share implementation strategies and outcomes from three Washington community behavioral health agencies—Passages Family Support, Sound Behavioral Health, and Triumph Treatment Services, where occupational therapy services have been embedded in outpatient, residential, and supportive housing settings. Join us for insights into how occupational therapy addresses functional challenges linked to mental illness and substance use disorders, and how the integration of occupational therapy within behavioral health settings can mitigate crisis incidents, foster recovery, and facilitate community reintegration.

### **F504 Strengthening Access Through CCBHC: A Unique Collaboration Between Camp Hope & Comprehensive Healthcare – Room H (1.5 CE clock hours)**

*Ka Chan, ARNP, Comprehensive Healthcare; Natalie McGillen, MS, Comprehensive Healthcare; Michael Kay, Camp Hope*

This presentation highlights an innovative partnership between Camp Hope, a low-barrier emergency shelter, and Comprehensive Healthcare, a Certified Community Behavioral Health Clinic (CCBHC), developed to deliver on-site, real-time behavioral health and medical services to highly vulnerable populations. The program implements daily onsite behavioral health care through care coordination and embedded peer support, addressing both mental health and substance use needs while fostering engagement and continuity of care. These services ensure that clients receive timely support in a setting that minimizes barriers to access, including transportation, stigma, and scheduling challenges. In addition to behavioral health services, the program offers onsite medical care one day per week, delivered by an Advanced Registered Nurse Practitioner (ARNP) and Medical Assistant (MA). Join us to learn actionable strategies for replicating this model, including integrating peers and care coordinators into shelter-based workflows, aligning infrastructure with grant requirements, and delivering coordinated behavioral health and medical care to high-need populations.

### **F505 Transforming Behavioral Health Crisis & Withdrawal Access: Spokane County's Sobering, Triage, & Transition (STaT) Program – Room C (1.5 CE clock hours)**

*Justin Johnson, MSW, Spokane County Community Services; Ashley Magee, MSW, Spokane County BH-ASO; Jessica Thompson, MSW, Spokane County BH-ASO*

Emergency response systems are increasingly strained by the growing complexity of substance use and behavioral health crises, compounded by limited immediate, no-barrier services and appropriate levels of care. Spokane County's Sobering, Triage, and

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Transition (STaT) Program, operated by Spokane Treatment and Recovery Services (STARS), provides a practical and innovative solution. The STaT model diverts individuals from emergency departments and law enforcement by offering a centralized, low-barrier location for short-term sobering, triage, assessment, medical support, and warm handoffs to treatment services. This session will introduce attendees to the full operational model and infrastructure that enables rapid linkage to follow-up care, as well as the collaborative design that makes the program effective. Join us to learn more about Spokane County's braided funding strategy, as well as real-world implementation data and experience.

**F506 Brain Health Across the Lifespan: Lifestyle & Behavioral Approaches to Concussion, Dementia, & Aging Successfully – Room EF** (1.5 CE clock hours)

*Joseph Fair, PhD, Yakima Neuropsychology; Federica Priano, PhD, Yakima Neuropsychology*

Brain health across the lifespan is an achievable, multidimensional state that can modify concussion, dementia risk, and other medical or neurological conditions. We'll examine the neuropsychological patterns of normal cognitive aging, the dementia continuum, Parkinson's disease, and typical post-concussion patterns in youth and adults. The session will highlight modifiable protective and risk factors—such as cardiovascular health, physical activity, sensory issues, sleep, nutrition, depression and anxiety, social connectedness, and cognitive reserve. Participants will receive practical, evidence based tools and recommendations for early intervention, graded increases in activity, and counseling frameworks that emphasize hope, resilience, autonomy, and engagement. These well-researched strategies are designed to help clinicians and family members support patients in pursuing better cognitive, emotional, and physical health from youth through older age.

**F507 From Training Metrics to Service Quality: A Data-Driven Approach to Improving Behavioral Support in I/DD Services – Room G** (1.5 CE clock hours)

*Emily Branscum, PhD, BCBA, DSHS – DDCS; Lee Ferguson, MSW, LICSW, DSHS – DDCS; Jason St. Clair, DSHS – DDCS*

Regional Clinical Teams in WA's Developmental Disabilities Community Services Division support agencies caring for individuals with intellectual and developmental disabilities. A critical component of this support involves training providers to conduct functional behavioral assessments (FBAs) and implement positive behavior support plans (PBSPs) – the primary tools agencies use to support people in their communities. Longstanding concerns about FBA/PBSP quality led Regional Clinical Teams to roll out a revamped training curriculum in 2024. The teams developed an integrated systems approach to measuring training effectiveness and professional self-efficacy development that incorporates anonymous pre-/post- assessment of provider self-efficacy across multiple clinical reasoning domains. Our results, both by individual class and analyzed together in aggregate, demonstrated sizable gains in professional self-efficacy. We'll examine the specific assessment strategies used, understand how self-efficacy data can inform focused curriculum refinement, and explore how these principles work toward improved service quality for the people we support.

## CONTINUING EDUCATION (CE)

Up to **10.5 clock hours** of Continuing Education (for Licensed Social Workers, Licensed Mental Health Counselors and Licensed Marriage & Family Therapists) are available to participants attending the entire conference, and are included in the registration fee. Certificates will be issued to participants based on the number of hours they have attended at the conference, tracked through the CE form that is available at conference check-in. Additional hours were also available through the Law & Ethics course, which was held virtually May 20 & 21. The descriptions for each session in this brochure indicate how many CE clock hours are available for each session.

The Washington Council for Behavioral Health has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5849. Programs that do not qualify for NBCC credit are clearly identified. The Washington Council for Behavioral Health is solely responsible for all aspects of the programs.

If you need Continuing Education clock hours, please pick up a **Continuing Education Tracking Form** at the conference registration desk. This form is intended for use by individuals who need to accrue continuing education (CE) clock hours for the purposes of maintaining professional licensure requirements of the Washington State Department of Health or other professional organizations.

Please fill in your name and contact information. PLEASE PRINT CLEARLY. Check the boxes corresponding to the sessions you attend. **Turn this form in to the Registration Desk upon COMPLETION of all the workshops you have attended.**

Certificates for the number of clock hours earned will be emailed within 4-6 weeks to registrants who turn in their signed CE form when they leave the WBHC.

If you have a different licensure than those listed above (for example, RN, psychologist, etc.), once you've received the CE certificate from this event, you can submit it and this brochure to your licensing body to apply to have the credits transferred.

**Please see registration staff if you have questions regarding continuing education clock hours.**

# SPECIAL RECOGNITION

A very special **Thank You** is extended to the following organizations and individuals for their participation, hard work, and generous support. Every effort was made to ensure the accuracy of this list up to the time of printing; we regret if some names were not included.

## Conference Speakers

As listed in program

## Conference Partners

- Washington State Health Care Authority/Division of Behavioral Health & Recovery
- Washington State Department of Corrections
- Washington Council for Behavioral Health

## Boosters

- UnitedHealthcare Community Plan – Gold
- Wellpoint Washington – Gold
- UW Psychiatric Consultation Line – Silver

## Exhibitors

- American Behavioral Health Systems, Inc.
- Arete Architecture
- Bristol Myers Squibb
- Cantata Health Solutions
- Community Health Plan of WA
- Comprehensive Healthcare
- Concise Healthcare Solutions
- Grand Canyon University
- HAPS Recovery Center
- Harborview Behavioral Health Institute
- Holding the Hope
- Iris Telehealth
- Millennium Health
- Netsmart
- Northwest ATTC/ Addictions, Drug & Alcohol Institute
- Office of Behavioral Health Advocacy

- Pacific West Hub of Center for Mental Health Implementation Support
- ReliefAI Health
- SafeinHome
- Soulside AI
- Streamline Healthcare Solutions
- Triumph Treatment Services
- University of WA Dept. of Psychology MA in Child & Adolescent Psychology
- UW SPIRIT Center
- WA Alliance for Quality Recovery Residences
- WA Mental Health Counselors Association
- WA State Community Connectors

## WA Council Education Committee

- Darcell Slovek-Walker, Chair, Transitional Resources
- Stacey Devenney, Harborview Medical Center
- Kelli Miller, Frontier Behavioral Health
- David Nielsen, NEW Alliance Behavioral Health
- Kathy Ryan, Columbia Wellness
- Wendy Sisk, Peninsula Behavioral Health
- Kim Zacher, Comprehensive Life Resources

## Conference Planners and Advisors

- Alison Avery, Washington Council for Behavioral Health
- Joan Miller, Washington Council for Behavioral Health
- Rose Hillock, WA Health Care Authority/DBHR
- Eric Rainey-Gibson, WA Department of Corrections