

Program Schedule

8:15-9:00 Registration (muffins, bagels, beverages)

9:00-11:00 *Ethics in Mental Health and Substance Abuse Counseling*

11:00-11:15 Break

11:15-12:45 *Women's Mental Health*

12:45-1:45 Buffet luncheon

1:45-3:15 *Faces of Katrina*

3:15-4:00 Informal Discussions

Professional Ethics in Mental Health and Substance Abuse

This presentation will focus on issues such as ethics vs. risk management, motivation for ethical practices, core ethical principles, risky situations, and the basis for ethical problems. A model for ethical decision-making will be presented. There will be discussion of substance abuse related issues with an emphasis on the 42CFR confidentiality rules. Interactive discussion will be encouraged.

Karen Mosher, Ph.D. is a licensed psychologist with 30 years experience in Public Mental Health. She obtained her Ph.D. in Clinical Psychology from Purdue University in 1979. Dr. Mosher is currently the Clinical Director at Kennebec Behavioral Health. Her clinical responsibilities include direct service and clinical consultation as well as oversight of the agency's array of clinical services for adults, children, and families. These services include Outpatient, Substance Abuse, Medication, Community Support, Residential, Vocational, Family Visitation, and Home-based programs. As a part of her public mental health practice, Dr. Mosher has developed expertise in assessment, management, and treatment of complex, treatment resistant clinical situations. In addition, she developed protocols for a specialized substance abuse evaluation and report writing process for individuals whose children are involved in the child-welfare system.

Bob Long, M. S. is licensed as an alcohol and drug counselor, a clinical professional counselor, and is a certified clinical supervisor. He has 36 years experience in providing co-occurring program development and treatment services. Bob is currently the Administrator for Access and Outpatient Services at the Kennebec Behavioral Health. He is responsible for directing the Access, outpatient mental health, substance abuse, and co-occurring initiatives and services for the agency. Bob serves as the Agency's representative on the Maine Association of Substance Abuse Programs (MASAP) and is currently President of the Board of Directors. He is also a member of the DHHS Child Welfare and Substance Abuse Committee, which is developing and implementing initiatives related to Substance Abuse and Child Welfare. In addition he serves on the Substance Abuse Services Commission.

Can We Blame it All on Hormones? Women's Mental Health from a Biological Perspective.

Research has demonstrated that women's mental health is uniquely sensitive to hormones. Large shifts in hormone levels occur at several key times across a woman's reproductive lifespan. This presentation will provide a general overview of the main hormonal "players" influencing women's mental health and then look specifically at the premenstrual period and PMDD (pre-menstrual dysphoric disorder), pregnancy and post-partum, and the menopausal transition. Participants will gain a more comprehensive understanding of women's mental health, particularly at hormonally-vulnerable times when they might be seeking counseling.

Amy Harris has been working in women's health as a certified nurse midwife for six years. She obtained her nursing degree from Yale School of Nursing in 2000 and her certificate in nurse-midwifery from Boston University in 2003. She has an MS in Maternal and Child Health from Harvard School of Public Health in 2000. She has worked with the Massachusetts Dept. of Public Health to examine possible psychological causes of maternal deaths in that state over a 10 year period. Her areas of special interest are family planning, post-partum depression, and prenatal education.

Amy has published work on psychological support for women after an abortion. She is currently writing about nutritional challenges for pregnant women with a history of eating disorders or gastric bypass surgery. Committed to providing compassionate and comprehensive health care for women, Amy looks forward to learning from and working with health care providers from all clinical backgrounds.

The Faces of Katrina: Counseling Victims of a Natural Disaster

Hurricane Katrina was a multi-dimensional disaster with medical, economic, social, and community repercussions. Its extent, scope, and size have never been seen before in North America. It resulted in the relocation of approximately 1 million people across the United States -- more than were displaced by Hurricanes Andrew, Ivan and Camille and by the Alaskan Earthquake combined. Tens of thousands lost jobs, homes, businesses, and material possessions. Many lost friends and family members.

Bob will speak about the process of being deployed to such an immense disaster. He will present several case studies that were developed during his first trip to Mississippi. These are real cases derived from the victims' own stories, and confidentiality is expected.

Bob Collin, LCPC, has been a Disaster Mental Health Worker with the Southern Maine Chapter of the American Red Cross (ARC) for over ten years, six of those years as a part of the ARC's national disaster response system (DHSR). He responded to Hurricane Katrina multiple times in 2005 and 2006. In addition to Hurricane Katrina he has been deployed to ten other national disasters. Bob is a graduate of the Clinical Counseling program at USM, and was in private practice in Portland., until 2003.

REGISTRATION

Please register by April 18th
to ensure an accurate meal count.

Mail registration with check to:

Svetla Popova, LCPC
23 Ocean Ave.
Portland, ME 04103

Checks payable to CESAA.

FMI contact Svetla Popova 207-761-3883

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

I enclose \$45 (Counselor Ed student)

I enclose \$55 (CE alumni & faculty)

I enclose \$65 (General)

Registration fee will be refunded if we are
notified of cancellation before April 18th.

Full day attendance = 5 Contact Hours

Workshop fee includes certificate of atten-
dance, continental breakfast, coffee/tea
breaks, and sandwich/salad lunch. Those of
you who wish to park in the USM garage can
do so for \$2. Ticket will be validated.



*Come renew old acquaintances or make new
ones, and enjoy learning about timely
professional topics. A table will be available
to display your business cards and brochures.*

Svetla Popova, LCPC
23 Ocean Avenue
Portland, ME 04103

Directions to USM Glickman Library's Events Room

From I-295 take Forest Ave. N. in Portland. Off the exit, immediately
move to the far left lane on Forest. Turn left at first stoplight (Bedford
St.) and continue under the USM Skywalk. Immediately turn left onto
Surrenden St. Park in USM Garage.

From Brighton Avenue, follow Brighton towards downtown until it
turns into Bedford Street. Turn right onto Surrenden St. immediately
before the USM Skywalk. Park in garage.

Glickman Library is modern gray building at corner of Bedford & For-
est Ave. Take elevator to the 7th floor.

2009 Spring Workshops
Come Join
**USM's Counselor Education
Student/Alumni Association
in the Library Events Room on
the USM Portland Campus.**

FRIDAY May 1

**Professional Ethics in Mental Health
and Substance Abuse**

**Can We Blame it All on Hormones?
Women's Mental Health from a
Biological Perspective.**

**The Faces of Katrina: Counseling
Victims of a Natural Disaster**

