

MAY IS MENTAL HEALTH MONTH

# Bipolar Disorder: Theory, Practice, and Recovery



VENTURA COUNTY  
BEHAVIORAL HEALTH

A Department of Ventura County Health Care Agency

CONFERENCE  
THURSDAY  
MAY 18, 2017

## CONFERENCE SCHEDULE — Registration 8:00-8:40am

8:30-8:45	Opening	10:30-12:00	Workshop Session 1A — Sally Weinstein, Ph.D. Workshop Session 1B — Paula Helu-Brown, Ph.D.
8:45-10:15	Keynote Address Jennifer Marshall	12:00-1:15	Lunch
10:15-10:30	Break	1:15-4:45	Plenary Session — Scott Waltman, Psy.D.

Ventura Beach Marriott • 2055 East Harbor Blvd., Ventura, CA • (805) 643-6000  
Complimentary on-site parking

# Bipolar Disorder: Theory, Practice, and Recovery

## KEYNOTE ADDRESS: JENNIFER MARSHALL



This Is My Brave has become the leading platform for individuals affected by mental illness to share their stories through poetry, original music and personal essay. Co-Founder and Executive Director Jennifer Marshall was diagnosed with Type 1 Bipolar Disorder in 2006 at the age of 27. She went through four hospitalizations within five years before she turned to writing. The creative avenue of writing became her way of healing, and her blog [BipolarMomLife.com](http://BipolarMomLife.com) has become an inspiration to many. Jennifer created This Is My Brave because she learned first-hand how powerful and therapeutic it was to live openly and not hide her diagnosis. She wanted to give brave individuals from the community a platform on which to creatively share their stories to educate and inspire hope.

In this presentation, Jennifer will share her personal story, describing in detail the challenges she and her family faced as they navigated her mental illness. You'll learn the spark that fueled her idea to launch This Is My Brave, and where the organization is today. Jennifer will be joined by alumni storytellers from past This Is My Brave shows in Los Angeles who will share their performances and stories, and together they will conclude by answering questions from the audience.

*Jennifer Marshall is the Co-Founder and Executive Director of This Is My Brave, Inc. Her blog, [BipolarMomLife.com](http://BipolarMomLife.com), has been named Healthline Bipolar Blog of the year for three years in a row (2014, 2015, and 2016). In 2014, Jennifer was named a "Rookie of the Year" finalist by WEGO Health. She's been featured in BPHope Magazine (cover story, fall 2015), on the front page of The Washington Post (June 2, 2016), and in O, The Oprah Magazine (August, 2016). She's also been a guest on local news stations NBC4 Washington, DC Fox5 and WJAL ABC7News, as well as many podcasts and local publications, speaking on the importance of sharing stories of triumphing despite mental illness to end stigma. Jennifer gave a TEDx talk in October of 2016 entitled "Mental Illness: Being Brave Saves Lives."*

### Learning Objectives:

Participants will be able to:

1. Discuss the value of sharing your story in the process of recovery from a serious mental illness.
2. Identify ways that severe mental illness can impact families.
3. Explain the benefits of creative writing in the treatment of Bipolar Disorder.

## AFTERNOON PLENARY SESSION: SCOTT WALTMAN, PSY.D.



### CBT for Bipolar Disorder: From Patienthood to Personhood

This three-hour training will provide an overview of CBT for Bipolar Disorder. This evidence-based approach has typically focused on illness management and facilitating medication adherence. This presentation will cover a contemporary approach that is more holistic and recovery-oriented. Skills related to cognitive case conceptualization and intervention strategies will be covered. Participants will gain a better understanding of research support and limitations of CBT for Bipolar Disorder. Information will also be provided to increase one's understanding of how to apply CBT to facilitate meaningful recovery.

*Scott Waltman, PsyD, ABPP, is a clinician, trainer, and practice-based researcher who specializes in providing CBT in community mental health systems, typically with clients with chronic mental illness or severe and persistent mental illness. Dr. Waltman has extensive history working with folks with Bipolar Disorder in inpatient, outpatient, and residential settings (both adults and adolescents). Dr. Waltman has published practice-based research in several reputable journals and has presented his findings at national and international conferences. He is certified as a qualified Cognitive Therapist and Trainer/Consultant by the Academy of Cognitive Therapy. He also is board certified in Behavioral and Cognitive Psychology from the American Board of Professional Psychology. He also completed an APA-Accredited Postdoctoral Fellowship at Harbor-UCLA Medical Center. There he treated patients in the community mental health center's CBT clinic and was also the lead trainer for the Los Angeles County Department of Mental Health CBT Dissemination Project. More recently, Dr. Waltman, worked as a CBT trainer for one of Dr. Aaron Beck's CBT implementation teams in the Philadelphia public mental health system. Clinically, Dr. Waltman strives to flexibly and compassionately apply cognitive and behavioral interventions to help people overcome the barriers in their lives, to facilitate building meaningful lives that are guided by passion and values.*

### Learning Objectives:

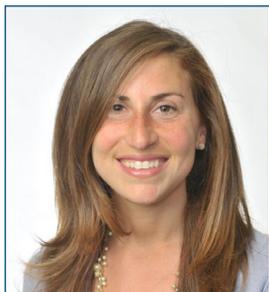
Attendees will be able to:

1. Acquire knowledge of the research support and limitations of CBT for Bipolar Disorder.
2. Demonstrate an ability to apply CBT to facilitate meaningful recovery.
3. Utilize at least one practical CBT strategy with clients diagnosed with Bipolar Disorder.

# WORKSHOP SESSION 1A

## Child- and Family-Focused Cognitive Behavioral Therapy (CFF-CBT) for Pediatric Bipolar Disorder: Theory, Research, and Practice

**Presenter:** Sally Weinstein, Ph.D.



Although it is recognized that psychosocial intervention is an essential component of comprehensive treatment for Pediatric Bipolar Disorder (PBD), to date there are few empirically supported treatments for PBD that address the range of affective, cognitive, and interpersonal difficulties that are characteristic of PBD. This workshop attempts to address the practice gap by advancing understanding and practice of an evidence-based psychosocial treatment for PBD, Child- and Family-Focused Cognitive Behavioral Therapy (CFF-CBT). Randomized trial findings support the efficacy and feasibility of CFF-CBT (West et al., 2014) and the CFF-CBT manual is in press as part of Oxford University Press's "Treatments that Work" series. The workshop will focus on review of the theoretical model, research findings, and training in the delivery of CFF-CBT to youth with PBD and their families..

*Sally Weinstein, Ph.D., is an Assistant Professor of Clinical Psychology in the division of Child Psychiatry at the University of Illinois Medical Center. Dr. Weinstein is currently engaged in programs of research investigating the psychosocial treatment of children with Bipolar Disorder, and the assessment and treatment of suicidality within Pediatric Bipolar Disorder. As a Clinical Psychologist in the Pediatric Mood Disorders Clinic, Dr. Weinstein also provides clinical evaluations and treatment for children and adolescents with mood disorders and facilitates the RAINBOW group therapy program for children with Bipolar Disorder.*

*Dr. Weinstein received a Bachelor of Science from Duke University (2001) and obtained her Ph.D. in Clinical Psychology from the University of Illinois at Chicago (2009). Dr. Weinstein completed her Internship in Child Clinical and Pediatric Psychology at La Rabida Children's Hospital in Chicago, Illinois (2009), and completed a two-year Postdoctoral Fellowship, funded by the National Institutes of Health, within the Pediatric Mood Disorders Program/ Pediatric Brain Research and Intervention Center at the University of Illinois at Chicago (2011).*

### Learning Objectives:

Attendees will be able to:

1. Explain the theoretical model of CFF-CBT in the treatment of Bipolar Disorder.
2. List research findings related to CFF-CBT.
3. Apply concepts of CFF-CBT in the treatment of youth with Bipolar Disorder and their families.

# WORKSHOP SESSION 1B

## Culturally Relevant Practice in Treating Latinos with Bipolar Disorder

**Presenter:** Dr. Paula Helu-Brown, Ph.D.

Dr. Helu-Brown will discuss cultural implications of assessing, diagnosing and treating Bipolar and other mood disorders in Latinos. Clinical case examples will be used to illustrate the application of culturally relevant practice. She will also provide resources to advance learning about culturally relevant work with Latinos with Bipolar and other mood disorders. Participants will acquire knowledge and understanding of culturally relevant practice with Latinos with a serious mental illness, such as Bipolar Disorder. Dr. Helu-Brown will provide an understanding of opportunities to implement culturally relevant assessments and interventions.

*Dr. Paula Helu-Brown is a Mexican native with a PhD from the USC Suzanne Dworak-Peck School of Social Work. She has many years of clinical experience working with Latinos dealing with serious mental illness in community mental health settings. Her research focuses on improving the quality of life of adults with serious mental illness by addressing intimacy, sexual health, and relationship and gender concerns. Dr. Helu-Brown's work has emphasized the importance of using an intersectionality framework to examine mental health disparities experienced by Latinos with a serious mental illness. Dr. Helu-Brown teaches MSW courses at USC and is currently developing a mental health program for the Mexican consulate in Los Angeles.*

### Learning Objectives:

Attendees will be able to:

1. Increase knowledge and understanding of culturally relevant practice with Latinos with a serious mental illness, such as Bipolar Disorder.
2. Understand the implications of diagnosing and treating mood disorders, particularly Bipolar Disorder in Latinos.
3. Practice identifying opportunities to implement culturally relevant assessments and interventions.

# REGISTRATION FORM



VENTURA COUNTY  
BEHAVIORAL HEALTH  
A Department of Ventura County Health Care Agency

## TO REGISTER FOR CONFERENCE:

1. **Print and complete registration form.**
2. **Attach payment or fill in credit card information.**  
(Payment method is by check, cash, money order, or credit card.)
3. **Mail, fax or deliver registration form with payment to:**  
May is Mental Health Month Conference  
Behavioral Health Department  
1911 Williams Drive, Suite 200  
Oxnard, CA 93036  
FAX: (805) 981-6838

One form per participant – Please print clearly

Name: \_\_\_\_\_  
Last Name First Name

Organization or Agency Name (if applicable)

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

- Consumer     Family Member     VCBH Staff  
 Mental Health Professional (not VCBH staff)  
 Other: \_\_\_\_\_

If ordering a box lunch please select type of sandwich:

- Turkey     Roast Beef     Vegetarian

Box lunch includes a sandwich, fruit, chips, jumbo cookie and bottled water. **Attendees must pre-order a box lunch and include \$10.00 with the registration fee.**

Information about other no-host lunch options will be provided at the time of registration.

Registration: \$30.00  
Optional box lunch: \$10.00  
CE Fee: \$10.00

**Total Included:** \_\_\_\_\_

## MAKE CHECKS PAYABLE TO VENTURA COUNTY.

- Visa     MasterCard

Name on card: \_\_\_\_\_

Billing Address: \_\_\_\_\_  
(must match credit card)

Phone Number: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## CONFERENCE: May 18, 2017

Ventura Beach Marriott  
2055 East Harbor Blvd., Ventura, CA

REGISTRATION DEADLINE: May 12, 2017

**MUST PREREGISTER  
NO ON-SITE REGISTRATIONS**

**Meeting rooms are handicap accessible. For assistance with sign language interpreters or other accommodations, send written request through mail or email by May 12.**

Refunds available only if written request is received by May 12.

To inquire about the limited number of consumer or family member scholarships please send an email request to [vcbh.training@ventura.org](mailto:vcbh.training@ventura.org)

For any conference questions:

Phone: (805) 981-9213

Email: [vcbh.training@ventura.org](mailto:vcbh.training@ventura.org)

Website: [www.vchca.org/behavioral-health](http://www.vchca.org/behavioral-health)

## FOR PROFESSIONAL CREDIT

6 CONTINUING EDUCATION HOURS  
(No partial credit available)

License/Certification #: \_\_\_\_\_

CE Fee: \$10.00

- LMFT     LCSW     RN  
 Psychologist     CCAPP     CAADE  
 Other: \_\_\_\_\_

**LMFT and LCSW:** Ventura County Behavioral Health is approved by the California Psychological Association (CPA) to provide continuing professional education for psychologists. The California Board of Behavioral Sciences (BBS) now recognizes CPA continuing education credit for license renewal for LCSWs and LMFTs. Ventura County Behavioral Health maintains responsibility for this program and its contents.

**Alcohol & Drug Treatment Counselors:** CCAPP Approved Provider #2C-92-284-0418 (exp. date 4/30/18)  
CAADE Approved Provider #CP20 881 C 0519 (exp. date 5/30/19)

**Nursing:** Ventura County Behavioral Health is approved by the California Board of Registered Nursing, Provider #CEP 15325

**Psychologists:** Ventura County Behavioral Health is approved by the California Psychological Association (CPA) to provide continuing professional education for psychologists. Ventura County Behavioral Health maintains responsibility for this program and its contents. Potential conference attendees may obtain information about the learning objectives, instructor's credentials, and speaker disclosures of any commercial support by sending a request via email to [vcbh.training@ventura.org](mailto:vcbh.training@ventura.org)

**Physicians:** for information please contact the department via email [vcbh.training@ventura.org](mailto:vcbh.training@ventura.org)