2013 Correctional Mental Health Care Conference

JULY 21-22
Paris Hotel

Essential education for mental health care providers and others treating mentally ill patients in correctional settings

Supported by the
Academy of Correctional Health Professionals
American Psychiatric Association
American Psychological Association

www.facebook.com/NCCHC
www.ncchc.org/Linkedin
WHAT’S INSIDE
Corporate Sponsors .............. 1
Continuing Education .............. 1
Disclosure Policy .............. 1
Schedule at a Glance .............. 2-3
Educational Sessions .............. 4-13
  Sunday Morning .............. 4-6
  Sunday Afternoon .............. 6-8
  Monday Morning .............. 9-11
  Monday Afternoon .............. 11-13
Educational Posters .............. 14-15
Exhibitors .............. 16-17

WELCOME
Welcome to Las Vegas and the Correctional Mental Health Care Conference. We are delighted to have you join us in this beautiful location for a conference that will provide the information and updates you need in these challenging times.

Meeting registration entitles you to the following:

• Admission to all sessions on Sunday and Monday
• Mental health roundtables on Sunday and Monday
• Lunch & Learn on Sunday (This non-CE activity is sponsored by Sunovion)
• Educational luncheon on Monday (Sponsored by MHM Correctional Services, Inc.)
• Daily networking and exhibit breaks
• Opportunity to purchase specialty items from the NCCHC bookstore
• Final program and proceedings
• Inexpensive access to all conference presentations in the NCCHC Live Learning Center

CONFERENCE LEARNING OBJECTIVES
At the conclusion of this conference, participants should be able to:

• Demonstrate an increased understanding of pervasive as well as emerging mental health problems within correctional populations as well as related management issues
• Identify best practices in evaluation, treatment and management for incarcerated individuals with mental illness
• Enhance skills necessary to manage mental health care delivery in correctional settings
• Develop mental health programs that incorporate the NCCHC standards for mental health services

NCCHC EDUCATION COMMITTEE
This program would not be possible without the hard work and dedication of the members of the Education Committee:

Nicholas Makrides, DMD, Chair
Jayne Russell, MEd, CCHP-A, Vice Chair
Dean Auferheide, PhD
Margaret Collatt, RN, BSN, CCHP-RN, CCHP-A
Mark Ellsworth, MSN
Thomas Fagan, PhD, CCHP
Mark Fleming, PhD, CCHP
Douglas Mack, MD, CCHP
John Miles, MPA

Ronald Moomaw, DO
George Pramstaller, DO, CCHP
Sheriff B.J. Roberts
Lorry Schoenly, PhD, RN, CCHP-RN
Marc Stern, MD, MPH, CCHP
Ohianna Torrealday, PhD, CCHP
Barbara Wakeen, MA, CCHP
Nancy White, MA
Ronald Wiborg, MBA, CCHP

Staff liaisons: Kris Mayo, Jaime Shimkus
CONTINUING EDUCATION CREDIT

**CCHPs:** Certified Correctional Health Professionals may earn up to 17 contact hours of Category I continuing education for recertification.

**Nurses:** The National Commission on Correctional Health Care is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

NCCCHC designates this educational activity for a maximum of 17 contact hours.

**Physicians:** The National Commission on Correctional Health Care is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. NCCCHC designates this live activity for a maximum of 17 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychologists:** Nova Southeastern University’s Center for Psychological Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University’s Center for Psychological Studies maintains responsibility for this program and its content. This educational activity has been approved for up to 17 hours of credit.

**Social Workers:** This program is approved by the National Association of Social Workers (Approval #886452976-2051) for 17 social work continuing education contact hours.

NCCCHC DISCLOSURE POLICY

In accordance with the disclosure policy of the National Commission on Correctional Health Care, everyone who is in a position to control the educational content of the Correctional Mental Health Care Conference (including planners, speakers and moderators) has been asked to disclose all relevant financial interests with any commercial interest that might be germane to the content of the presentations. Such disclosure is not intended to suggest or condone bias in any presentation but rather is elicited to provide information that attendees might deem important to their evaluation of a given presentation.

The following individuals have disclosed a relevant financial relationship with a commercial interest. The commercial interest and nature of the relationship is described. Those individuals whose names do not appear have indicated they have no relevant financial relationships with any commercial interests.

<table>
<thead>
<tr>
<th>Presenter</th>
<th>Commercial Interest</th>
<th>Nature of Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jonathan Meyer, MD</td>
<td>Sunovion</td>
<td>Consultant</td>
</tr>
</tbody>
</table>

CONFERENCE PROCEEDINGS

The proceedings are available at no charge in PDF download. Your postconference email will contain all details. Upgrade to the full package for $29 and get every session on audio synchronized to the presentation slides in the NCCCHC Live Learning Center. Catch up, review and share sessions in the comfort of your office or home. Ask for more information at the registration desk.

TABLETOP EXHIBITS AND SPONSORS

Exhibits, grants and sponsorships provide NCCCHC with the resources to help improve the quality of health care in jails, prisons and juvenile confinement facilities. Through generous educational grants and sponsorships, the following companies have contributed to the overall success of the conference. We are most grateful for their support. For the complete list of exhibitors, see pages 16 & 17.

**MHM Correctional Services, Inc.:** Educational luncheon on Monday

**Sunovion Pharmaceuticals:** Lunch & Learn on Sunday

**Wexford Health Sources, Inc.:** Attendee file folios
<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT/PRESENTATION</th>
<th>PRESENTERS</th>
<th>TOPICS</th>
<th>ROOM</th>
<th>SL</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM – 6:00 PM</td>
<td><strong>REGISTRATION AND BOOKSTORE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 8:00 AM</td>
<td><strong>CONCURRENT SESSION 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15 AM – 9:15 AM</td>
<td><strong>CONCURRENT SESSION 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 AM – 10:30 AM</td>
<td><strong>CONCURRENT SESSION 2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 AM – 11:00 AM</td>
<td><strong>EXHIBIT REFRESHMENT BREAK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 AM – 12:00 PM</td>
<td><strong>CONCURRENT SESSION 3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 PM – 1:30 PM</td>
<td><strong>LUNCH &amp; LEARN</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM – 3:00 PM</td>
<td><strong>CCHP EXAM (CLOSED SESSION)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:45 PM – 3:15 PM</td>
<td><strong>CONCURRENT SESSION 4</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:15 PM – 3:45 PM</td>
<td><strong>EXHIBIT REFRESHMENT BREAK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:45 PM – 4:45 PM</td>
<td><strong>CONCURRENT SESSION 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 PM – 6:00 PM</td>
<td><strong>CONCURRENT SESSION 6</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Skill Level (SL) Key:
- B = Basic
- I = Intermediate
- A = Advanced

### Topics:
- Legal issues
- Discharge planning/Reentry
- Professional development
- Mental health
- Pharmacy management
- Mental health training
- Suicide prevention
- Legal issues administration
- Segregation
- Mental health training
- Sex offenders
- Chronic care
- Health education
- Mental health
- Correctional Behavioral Health
- Mental health training
<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT/PRESENTATION</th>
<th>PRESENTERS</th>
<th>TOPICS</th>
<th>ROOM</th>
<th>SL</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM – 6:00 PM</td>
<td><strong>REGISTRATION AND BOOKSTORE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM – 8:00 AM</td>
<td><strong>R-02 Roundtable Discussions &amp; Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15 AM – 9:15 AM</td>
<td><strong>CONCURRENT SESSION 7</strong></td>
<td>Russell Williams, PsyD; Deborah Coleman, PsyD; Cookie Crews</td>
<td>Mental health/Mental health Chronic care</td>
<td>Champagne 1</td>
<td>I</td>
</tr>
<tr>
<td>9:30 AM – 10:30 AM</td>
<td><strong>CONCURRENT SESSION 8</strong></td>
<td>Sohrab Zahedi, MD</td>
<td>Legal issues/Decisions on Forced Medication</td>
<td>Versailles 1, 2</td>
<td>B</td>
</tr>
<tr>
<td>10:30 AM – 11:00 AM</td>
<td><strong>EXHIBIT REFRESHMENT BREAK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 AM – 12:00 PM</td>
<td><strong>CONCURRENT SESSION 9</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 PM – 1:30 PM</td>
<td><strong>EDUCATIONAL LUNCH</strong></td>
<td>Ben Bennett, MD</td>
<td>Mental health</td>
<td>Champagne 2</td>
<td></td>
</tr>
<tr>
<td>1:30 PM – 2:00 PM</td>
<td><strong>EXHIBIT REFRESHMENT BREAK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM – 3:00 PM</td>
<td><strong>CONCURRENT SESSION 10</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:15 PM – 4:15 PM</td>
<td><strong>CONCURRENT SESSION 11</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30 PM – 5:30 PM</td>
<td><strong>CONCURRENT SESSION 12</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 PM</td>
<td><strong>CONFERENCE ADJOU NRS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SCHEDULE at a GLANCE**

<table>
<thead>
<tr>
<th>Skill Level (SL)</th>
<th>B=Basic</th>
<th>I=Intermediate</th>
<th>A=Advanced</th>
</tr>
</thead>
</table>

**MONDAY, JULY 22**

**TIME**

- 6:30 AM – 6:00 PM
- 7:00 AM – 8:00 AM
- 8:15 AM – 9:15 AM
- 9:30 AM – 10:30 AM
- 10:30 AM – 11:00 AM
- 11:00 AM – 12:00 PM
- 12:15 PM – 1:30 PM
- 1:30 PM – 2:00 PM
- 2:00 PM – 3:00 PM
- 3:15 PM – 4:15 PM
- 4:30 PM – 5:30 PM
- 5:30 PM
EDUCATIONAL SESSIONS

SUNDAY, JULY 21

7:00 am – 8:00 am
ROUND TABLE DISCUSSIONS & BREAKFAST
NCCHC invites you to participate in roundtable discussion groups—small, informal gatherings for the purpose of education, information sharing and idea exchange. Topics will be available at the breakfast.

Educational Objectives
• Identify emerging trends and issues in correctional health care
• Describe solutions to common problems in correctional health care
• Outline strategies and techniques used by others in one's discipline or area of specialty for improving health care delivery

8:15 am – 9:15 am
CONCURRENT SESSION 1
301 The Dreaded Deposition: Learn the Art of Successful Testimony and How to Control the Cross-Examiner
Deana Johnson, JD, MHM Correctional Services, Inc.
Mental health professionals working in corrections are increasingly being called to provide testimony at depositions. This presentation provides practical advice when facing a deposition. Attendees will learn exactly what a deposition entails and what restrictions apply. The importance of a thorough preparation will be stressed. Attendees will learn how to effectively manage techniques used by the cross examiner, provide an accurate testimony and bolster the defense of the case. Examples will be used to demonstrate both favorable and potentially harmful answers.

Educational Objectives
• Outline the deposition process, including the goals of both the defending attorney and the cross examiner
• State the importance of a thorough preparation using examples of effective strategies
• Discuss ways to avoid commonly made mistakes and provide an accurate, supportive testimonial

302 Building a Bridge to the Community: A Reentry Model
Celia Brown, MA, CCHP, Gwinnett County Detention Center
Mireille Etienne, LMHC, LPC, Gwinnett County Detention Center
Christy Simpson, LCSW, Gwinnett County Detention Center
This presentation will demonstrate how correctional facilities can develop and implement an effective community reentry program for patients with severe and persistent mental illness with little to no financial investment. The talk will focus on the program model, coordination of reentry services with community partners and development of an action plan to implement or enhance reentry efforts.

Educational Objectives
• Cite the components of an effective model for building a bridge to community-based services for individuals with severe and persistent mental illness
• Analyze four case studies of community reentry participants
• Outline how to construct and integrate an action plan

303 How Shall We Revise Our Correctional Mental Health Guidelines and Standards?
Henry Weinstein, MD, CCHP, New York University Medical Center
Michael Champion, MD, Corizon
This presentation will discuss the critical issues and changes in the criminal justice/corrections environment that call for revisions of the currently used guidelines and standards on mental health services in the criminal justice system. Topics to be addressed include provision and assessment of care, education and training of mental health professionals, informed consent and confidentiality, treatment modalities, research in jails and prison, administrative issues, interprofessional relationships and more.

Educational Objectives
• Describe the critical issues and changes in the criminal justice/corrections environment that call for a revisions of guidelines and standards on mental health services
• Discuss the suitable processes by which to revise particular guidelines and standards
• Provide input on topics for potential inclusion in the revisions of guidelines and standards
304 Getting Buy-In From County Decision Makers: Creative, Budget-Friendly Ways to Improve Services
Ronald Wiborg, MA, MBA, CCHP, Creative Government Solutions
The delivery of services to inmates involves more than therapy sessions in the institution. When an individual is in crisis, there is also a family in crisis. Which services, currently available in the county, could meet the offender’s needs? Learn how coordinated service delivery can be both effective for the offender/family and cost-efficient for the county, with focus on how to analyze costs of current services, convince the county board that new or different services are needed and explore how those services can be funded.

Educational Objectives
• Examine ways to increase service delivery at no additional cost
• Identify strategies for increasing nonlocal tax levy revenues for county delivered services
• Explore creative ways to gain county board approval for new or different services

305 Synthetic Drugs: How to Identify, Manage and Treat Inmates Who Are Under the Influence or Detoxifying
Janice Stepnoski, LCSW, Corizon Svoboda Holt, EdS, LMHC, Corizon
The epidemic use of synthetic drugs such as spice, bath salts, scooby snack, mollys and Coricidin will be discussed, along with prevalence statistics. Signs and symptoms of intoxication and detoxification unique to these substances will be presented. The various management modalities and tools will be explored with the goal of risk reduction to the individual, staff and facility when faced with these specific problem behaviors. Specific cases will be presented to show both effective and noneffective treatment modalities.

Educational Objectives
• Identify the signs and symptoms of individuals detoxing from synthetic substances
• Explain how to effectively treat and manage detoxing individuals as part of a multidisciplinary team
• Examine the types, composition and prevalence of use of synthetic drugs

306 Survival Mindset: An Internal Locus of Control
Nancy Zarse, PsyD, Chicago School of Psychology
Participants will gain awareness of the power of a conscious decision to survive a critical incident by maintaining an internal locus of control. During a violent incident, the perpetrator asserts power and control. A survivor pushes back by exerting personal control, thereby making a conscious decision to survive. Survivors maintain an awareness of threats and give deliberate thought, in the moment, to minimizing and/or eliminating that threat. Case studies will illustrate the concepts. The presentation will explore what is needed to survive and thrive.

Educational Objectives
• Describe the value of an internal local of control to survive a critical incident
• Identify what is needed to survive and thrive
• Demonstrate a working knowledge of two case studies that illustrate the concepts

307 Medication Adherence Among Female Inmates With Bipolar Disorder
Megan Ehret, PharmD, University of Connecticut Deborah Shelton, PhD, RN, CCHP, West Virginia University William Barta, PhD, University of Connecticut
The presentation will review the current literature regarding medication adherence in the correctional setting and then describe a randomized controlled trial that examined differences in medication adherence between two groups of inmates diagnosed with bipolar disorder treated with either the Texas Implementation of Medication Algorithm for Bipolar Disorder or treatment as usual. The methods, results and conclusions from this study will be discussed, along with future directions and interventions.

Educational Objectives
• Discuss differences in psychotropic medication adherence in a community versus a correctional setting
• Evaluate a research study aimed to determine the difference in medication adherence in female inmates with bipolar disorder
• Develop sustainable interventions to improve medication adherence in a correctional setting
308 Evaluating the Effectiveness of a Mental Health Training for Correctional Officers
Valerie Dy, Mount St. Mary’s College
Michelle Meyer, PsyD, Chicago School of Psychology
Correctional officers play a significant role in ensuring appropriate treatment of inmates with mental illness. This study investigated the effectiveness of mental health training in a correctional facility in California. The goal of the training was to give correctional officers a basic understanding of mental illness, how to interact with people suffering from mental illness and what to do for someone in need of psychological assistance. The research attempted to determine whether the officers benefit from this training and also examined attitudes toward working with mentally ill inmates.

Educational Objectives
• Delineate the roles and duties of correctional officers and clinicians in relation to how they manage inmates with mental illness
• Describe a training program designed to educate correctional officers on mental health issues
• Explain the importance of mental health training in correctional facilities, with an emphasis on ensuring safety and an optimum outcome for each individual served

309 Behavior Management Strategies for Individual and Group Programs
John Wilson, PhD, MHM Correctional Services, Inc.
Sharen Barboza, PhD, MHM Correctional Services, Inc.
Joel Andrade, PhD, MHM Correctional Services, Inc.
This workshop will offer participants the opportunity to understand behavior management strategies for both individual inmates and group programs. Participants will learn about behavioral management, its theoretical and ethical underpinnings and its proven efficacy. Strategies to reduce self-injurious behavior and increase positive self-regulation skills will be reviewed, with special emphasis on incentive structures and positive reinforcement. Outcome data will be briefly reviewed to demonstrate behavior change and efficacy of behavior management strategies.

Educational Objectives
• Discuss the theoretical and ethical underpinnings of behavior management that relies on positive incentives
• List the essential steps in creating individual behavior management plans and an incentive-based behavioral program for groups of inmates
• Identify key metrics for measuring the efficacy of behavior management
311 Practical Advice for Avoiding Liability for an Inmate Suicide

Lindsay Hayes, MS, National Center on Institutions and Alternatives

Suicide continues to be a leading cause of death in correctional facilities. These deaths represent a serious public health problem to correctional, medical and mental health administrators as well as their staff. Many of these deaths result in litigation. This talk will provide an overview of inmate suicide liability and, through a case example, provide practical advice for avoiding both individual and agency liability.

Educational Objectives
• Differentiate between “negligence” and “deliberate indifference”
• Identify the principal liability areas for an inmate suicide
• Describe three strategies to avoid liability for an inmate suicide

312 A Blueprint for Healing: The PREA Standards and Trauma-informed Care

Linda McFarlane, LCSW, MSW, Just Detention International
Robert Dumond, LCMHC, MA, Consultants for Improved Human Services

The PREA standards set forth guidelines for medical and mental health staff in corrections to help their facilities become safer and to provide care for their patients who have been sexually abused in detention. This workshop will review the relevant PREA standards and use interactive discussion, exercises and real-life examples to present best practices for trauma-informed care and serving incarcerated survivors of sexual abuse.

Educational Objectives
• Review the PREA standards related to medical and mental health care in corrections
• Discuss how to implement policies in a way that takes into account the impact of trauma on incarcerated populations
• Identify strategies for handling disclosures of sexual abuse and providing care to survivors of such abuse

313 DSM-5: An Overview and Its Impact on Correctional Behavioral Health (Part 1)

Mark Fleming, PhD, CCHP, Corizon
Scott Eliason, MD, CCHP, Corizon

The fifth edition of the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders represents a fundamental shift in how disorders are conceptualized and diagnosed. This workshop provides an overview of the DSM-5 manual’s new organization and other innovations such as spectrum disorders. Changes to major psychiatric diagnostic groups are reviewed. This workshop will provide an overview of the changes to the DSM, and participants will learn about potential challenges they may encounter as they navigate the new diagnostic manual in a correctional environment.

Educational Objectives
• Identify the significant changes from the DSM-IV to the DSM-5
• Describe the changes in diagnostic criteria for commonly diagnosed disorders in correctional behavioral health practice (mood disorders, substance use disorders, PTSD, personality disorders)
• Discuss controversy surrounding some of the changes, as well as potential challenges of learning and implementing this new diagnostic system

314 Treating Sexual Offending Behaviors

Stacey Goldstein-Dwyer, LMHC, MA

This session will cover current research on how best to treat sex offending behaviors, including empirically identified treatment approaches, etiological and theoretical explanations and statistical data on both sexual offenders and sexual victims to enhance a provider’s understanding of the motivations behind the behavior and impact of early life experiences and trauma in relation to future sexual deviancy.

Educational Objectives
• Provide an overview of sexual offending etiology and theory
• Demonstrate comprehension of sex offender treatment needs/targets
• Summarize the relevant research on sex offender treatment

This project is supported by the National PREA Resource Center via Grant No. 2010-RP-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs.
315 End-of-Life Care Planning for Inmates With Mental Illness
Aleksander Shalshin, MD, CCHP, Correctional Health Care Consultant

Inmates with mental illness and chronic medical conditions demand a unique approach to discussion about end-of-life care and choices. Provider–patient discussion must take place early in treatment of the chronic condition or terminal diagnosis. This talk will review a study that examined occurrence of advance care planning discussion among 50 patients with DSM-IV diagnosis of mental illness and recent history of incarceration as well as their interest in such discussion.

Educational Objectives
• Discuss the special approach to end-of-life care discussions needed with inmates
• Outline the methods and findings of a study on advance care planning among recently incarcerated individuals with mental illness
• Review New York State's Palliative Care Information Act

317 Creative Ways to Meet the Challenges of Managing People With Mental Illness in Jail
Suzanne Somerville, Arlington County Detention Facility
Cheryl Ferraro, Arlington County Detention Facility

As the numbers and complexities of people with mental illness in jails rises, creative solutions have to be developed. The presentation will give concrete ideas for how to manage the increased numbers and symptoms of people with SMI. Group ideas, techniques and strategies will be given, including a variety of approaches for managing specific disorders.

Educational Objectives
• Describe how to develop a comprehensive mental health educational program for inmates
• Explain how to set up and run a group
• Explore how to develop a collaborative program between a detention facility and mental health

318 An Evidence-Based Approach for Treating Inmates With Mental Illness
Daryl Kroner, PhD, Southern Illinois University
Robert Morgan, PhD, Texas Tech University

Historically, better mental health care was assumed to be sufficient for treating inmates with mental illness, but we now know that to improve criminal justice outcomes, we must provide services that address the underlying causes of criminal behavior. This talk will present an evidenced-based model for intervening with inmates with mental illness.

Educational Objectives
• Review the data on mental illness and criminal risk in persons with severe and persistent mental illnesses who are justice-involved
• Identify effective correctional and mental health interventions for use with persons with mental illness
• Explain a theoretical model and evidence-based intervention to guide clinical service delivery for persons with mental illness in the justice system
320 U.S. v. Jared Loughner: A Review of the Ninth Circuit Court of Appeal’s Decision on Forced Medication  
Sohrab Zahedi, MD, University of Connecticut Health Center

On Jan. 8, 2011, Jared Loughner fatally shot eight individuals, including Rep. Gabrielle Gifford, and injured 13 others in Tuscon, AZ. Suffering from schizophrenia, Loughner was medicated for dangerousness while a pretrial detainee. The trial court’s decision upholding administration of involuntary psychiatric medications was appealed to the Ninth Circuit Court of Appeals. This talk reviews the language of the Court’s decision and reflects on its potential relevance for Harper panels employed in jails and prisons nationwide.

Educational Objectives
• Relate a basic understanding of Washington v. Harper
• Relate a basic understanding of U.S. v. Loughner
• Discuss the opinion and dissent in U.S. v. Loughner

321 Water Intoxication Awareness and Prevention in a Correctional Setting  
William Hardy, Jr, MPA, PA-C, University of Texas Medical Branch  
Correctional Managed Care  
Kourtney Robertson, University of Texas Medical Branch

Patients who previously presented with complex medical and psychiatric symptoms, in retrospect, were found to actually have water intoxication. This presentation will explore prevalence, clinical findings, differential diagnosis and treatment approaches for psychogenic intermittent polydipsia. If left unrecognized and untreated, these cases may result in costly medical emergencies requiring multiple transfers and hospitalizations. A multilevel, multidisciplinary approach to prevent water intoxication by recognizing and identifying it as a life-threatening, self-injurious behavior is described.

Educational Objectives
• Review the mechanism for normal water regulation in the human body
• Recognize the clinical signs and symptoms of water intoxication as well as a list of differential diagnoses
• List steps in establishing a water intoxication awareness and prevention program in a correctional setting
Following a disturbance and lockdown at a medium security prison, inmates were offered a self-guided six-week life-skills program. Recognizing that crisis creates an increased readiness to change, this program was developed and serves as a model for selecting inmates, developing self-guided programming and, most importantly, doing so against the backdrop of a high security setting. Results from the pre/post symptom assessment survey show mean change scores improving for eight of the 15 symptom areas surveyed.

Educational Objectives
• Discuss how to complete a clinical assessment to determine which inmates may benefit from a self-study, life-skills program
• Describe a strategy for creating self-study programs based on the needs of the facility’s population
• Summarize how to improve care in high security units by using creative interventions, conserving staff resources and penetrating potential security barriers.

Treatment of transgendered patients in correctional settings is often made more difficult due to societal stigma, institutional guidelines and personal development issues. However, identification and proper assessment of inmate-patients with gender identity disorder is essential to understanding the formation of any treatment protocol. This presentation will provide introductory knowledge to guide the mental health professional through proper referral for assessment and ways to approach the transgender patient with more sensitivity and compassion.

Educational Objectives
• Review the identification of transgender patients
• Explain the assessment process for patients with gender identity disorder
• Examine considerations in treatment of transgendered patients

Correctional health care law has been driven by litigation and based on U.S. constitutional norms—the Eighth Amendment in particular. A “serious” condition and “deliberate indifference” are the crucial terms in the application of the Eighth Amendment, cruel and unusual punishment, to correctional health care. This talk will explore those terms and examples of their application in recent legal decisions.

Educational Objectives
• Discuss the historical perspective on law and correctional health care
• Summarize leading judicial decisions on key topics
• Examine a litigation avoidance strategy.

Persons with a serious mental illness often develop serious chronic physical illnesses as a result of common side effects of psychotropic medications and poor lifestyle choices. This presentation will discuss the development of an integrated care model for the delivery of comprehensive health care services for persons with a serious mental illness in a correctional setting. Specific issues to be addressed include communication and collaboration between medical and behavioral health providers as part of a multidisciplinary team approach.

Educational Objectives
• Review risk factors for shortened life expectancy for persons with a serious mental illness
• Describe interventions with a patient-centered focus to address this problem
• Describe interventions at a system level to address this problem

Due to the nature of their charges and custody level while incarcerated, sex offenders constitute a vulnerable population that is at risk for mental health issues. While prior research has documented the relative effectiveness of programs aimed at reducing reoffending, this presentation describes two studies that targeted the psychological distress of the patient, with group therapy using mindfulness as the intervention. Both groups benefited significantly from the intervention.
Educational Objectives
• Discuss mindfulness and its role in mental health treatment in jails
• Examine methods of measuring treatment outcomes in correctional settings to demonstrate effectiveness
• Describe some of the unique mental health needs of sex offenders

327 Diagnosis and Treatment of Bipolar Spectrum Disorders: DSM-5 Changes, Treatment Updates and More
Kim Nagel, MD, Wexford Health Sources, Inc.
Bipolar spectrum disorders are highly prevalent in the correctional system, accompanied by the frequent presence of symptoms such as irritability, impulsivity, grandiosity, substance abuse and high-risk behaviors. This talk will highlight the need for accurate identification of bipolar disorder, discuss the changes in diagnostic approaches in the DSM-5 and review the recent literature on proper medication for its various presentations.

Educational Objectives
• Demonstrate diagnostic skills for affective disorders
• Cite examples of patient subgroups where misdiagnosis may occur
• Review therapeutic interventions for bipolar disorders

12:15 pm - 1:30 pm

EDUCATIONAL LUNCHEON
(Sponsored by MHM Correctional Services, Inc.)

Biomarkers and Basics: How Genetics and Physiology Guide Diagnosis and Treatment
Ben Bennett, MD, Amen Clinic Atlanta and MHM Correctional Services, Inc.
Mental health diagnoses are usually made using the DSM where clinicians gather signs and symptoms, put them in categories and then use the name to communicate the type of problem and guide treatment. Biomarkers are objectively measured indicators of physiology or functional status that can improve diagnoses and treatment planning. Recent advances in genetics, brain science and imaging technology have brought us tools that are beginning to appear in psychiatric treatment settings and will become the standard of care in the not too distant future. Brain science and clinical studies have demonstrated the cost-effective value of many self-care treatment strategies. In correctional settings, it is possible to motivate people to adopt healthy lifestyle choices that are practical and portable to support mood and mental health.

Educational Objectives
• Describe the two major classes of biomarkers
• List three common genetic biomarkers currently available for diagnosis and treatment planning
• Discuss the three elements of the cost-effective treatment of self-care known as “back to basics”

2:00 pm - 3:00 pm

CONCURRENT SESSION 10

328 The Comprehensive Outpatient Mental Health Program at Connecticut’s Only Women’s Institution
Howard Chalsma, PhD, PsyD, York Correctional Institute
Susan Sampl, PhD, University of Connecticut Health Center
This talk will review York Correctional Institution’s comprehensive mental health programming for women, which consists of an inpatient unit and three outpatient programs: the Social Rehabilitation Program, a residential program; Safe Passage, a day treatment program; and the Change Program, a trauma recovery program serving primarily the general population. There is overlap and coordination among the four treatment modalities. Recommendations will be given for replicating York CI’s integrated mental health services elsewhere.

Educational Objectives
• Review the philosophical underpinning and core principles of all programming at York CI
• Describe a framework for creating an integrative system of mental health care that can be replicated at other institutions
• Compare York CI’s model to other mental health systems to identify ways to enhance delivery of services

329 Professional Boundaries: Preventing Overfamiliarity in Correctional Health Care Settings
Michael Hughes, BSN, MA, CCHP, California Department of Corrections and Rehabilitation
This presentation is targeted toward correctional nursing staff who interact directly with inmate-patients and the managers who oversee them. Based in risk-management theory, it uses a workshop approach to explore real-life scenarios in which failures to maintain professional boundaries resulted in negative consequences for the staff involved and the institution. Attendees will learn methods for training staff to establish effective professional boundaries and training managers how to identify warning signs of potential and actual overinvolvement and how to intervene.

Educational Objectives
• List five red flags that indicate there might be a problem with overfamiliarity
• Identify three ways to prevent overfamiliarity
• State actions to take if a health care staff member shows warning signs of overfamiliarity
330 The Psychology of Pain: Analysis and Treatment Alternatives
Mark Fleming, PhD, CCHP, Corizon
Laura McKinnon, MA, CCHP, Corizon
There is often a direct correlation between chronic pain and psychology. Often, correctional environments are quick to treat chronic pain using pharmacological methods. Research shows that pain can also be treated using noninvasive treatment modalities. The purpose of this workshop is to explore how a comprehensive model of pain management can be implemented in a correctional environment.

Educational Objectives
• State the correlation between chronic pain and psychological pain
• Identify factors that complicate chronic pain
• Explore psychological models of pain

3:15 pm - 4:15 pm

332 Feedback-Informed Supervision: A Best Practice for Professional Development in Behavioral Health
Andrew Adler, EdD, Corizon
This presentation reviews supervision in its historical context and current role in professional practice in behavioral health. Supervision is seen as an essential aspect in delivering quality services in behavioral health. Yet it is an area that has not been emphasized in academic training. Feedback-informed supervision is presented as a best practice that promotes optimal continuing professional development across the career span of behavioral health practitioners.

Educational Objectives
• Describe three models of supervision
• Analyze one’s own style of supervision
• Discuss the benefits of feedback-informed supervision

333 Special Needs of and Promising Solutions for Incarcerated Veterans of Operation Enduring Freedom and Operation Iraqi Freedom
Alexandra Pajak, MSW, Gwinnett County Detention Center
The Institute of Medicine identified conflict with the criminal justice system as a major challenge for veterans of Operation Enduring Freedom and Operation Iraqi Freedom. Incarcerated veterans of these conflicts also face high risks of suicide, mental illness and homelessness. This presentation will provide information and review promising solutions for correctional health care professionals treating this vulnerable population.

Educational Objectives
• Identify unique experiences of incarcerated OEF/OIF veterans compared to incarcerated veterans from other service eras
• Discuss mental health diagnoses, suicide and homeless as major risk factors among incarcerated OEF/OIF veterans
• Outline the policies and roles of the Veterans Health Administration, Veterans Justice Outreach initiative, Health Care for Homeless Veterans initiative and Veterans Treatment Court
4:30 pm - 5:30 pm

CONCURRENT SESSION 12

334 Coping vs. Cuffs: How to Increase Positive Communications Between Psychology and Security
Jessica Sage, PsyD, Federal Correctional Complex - Tucson
Lisa Jones, Federal Correctional Complex - Tucson
The presenters will look from the psychology and correctional services camps at how to create positive communications and relationships. They will discuss the evolution of mental health’s inclusion in correctional facilities and how the division began and was sustained over the years, and provide communication strategies that have proved effective in creating relationships of trust and understanding between these oftentimes competing forces.

Educational Objectives
• Review how to appraise communication barriers inherent in working with programs outside of one’s own domain
• Explore how to integrate specific communication strategies to increase positive interactions between disciplines
• Describe how to construct verbal and written communications that will increase the team approach across disciplines

335 A Proactive Three-Step Process for Decreasing Mental Health Crises
Rita Torres, CCHP, San Miguel County Detention Center
Elizabeth Hogan, MD, Health Care Partners Foundation
Patrick Snedeker, San Miguel County Detention Center
Participants will learn a three-step process that decreases the frequency of inmate mental health crises in a detention center. The process integrates simplified observation and assessment tools for security, medical unit staff and community mental health systems to deal with a potential mental health crisis in a proactive rather reactive manner. The methods and protocols will be defined, and actual cases will illustrate the impact of the levels of integration to decrease and de-escalate mental health crises with community support and follow-up upon discharge.

Educational Objectives
• Explain how, through the use of standardized observation and assessment tools, security staff and medical staff can work together to identify inmate behaviors before a “crisis” occurs
• Review how to apply the specific observation and evaluation tools in a three-step process that increases the efficiency of mental health staff
• Apply a continuous quality improvement system to this three-step process to improve the training of security, medical and mental health staff

336 Mental Health Is Advancing - Are You? New Correctional Mental Health Specialty Certification
Matissa Sammons, CCHP, National Commission on Correctional Health Care
Sharen Barboza, PhD, MHM Correctional Services, Inc.
Mark Fleming, PhD, CCHP, Corizon
Mental health professionals working in correctional settings face unique challenges. They must provide effective, efficient care to a high need and often high acuity population while navigating strict security regulations, crowded facilities and the myriad legal and public health considerations unique to this specialty. To meet these challenges, continual professional growth is essential. Specialty certification provides formal recognition for practitioners who have engaged in a process of ongoing, focused and targeted professional development in the field of correctional mental health. Specialty certification in correctional mental health is a validation of your dedication to continuing competence and quality service delivery.

Educational Objectives
• State the eligibility criteria for CCHP-MH certification
• Produce an application for mental health certification that meets the program requirements
• Describe the purpose and content outline of the CCHP-MH exam

5:30 PM

CONFERENCE ADJOURNS
401 Smoking Cessation: A Nontraditional Approach for Patients With Mental Illness

Aleksander Shalshin, MD, CCHP, Correctional Health Care Consultant

Among patients with psychiatric diagnoses, smoking rates are alarmingly higher than in general population. Contrary to popular held myth, most persons with mental health disorders are interested in quitting tobacco. Traditional behavior modification and pharmaceutical approach may not be as effective in populations with mental illness and nicotine codependence. Greater flexibility and a personalized, individual counseling approach may deliver greater benefit in smoking cessation than traditional approaches used in general medical population.

Educational Objectives
• Discuss the challenges associated with tobacco cessation among patients with psychiatric diagnoses
• Describe nontraditional approaches to smoking cessation
• State the important of patient education and motivation

402 Beyond Staff Safety: Wellness for the Health Care Provider

Priscilla Sobremonte, LCSW, MSW, CCHP, California Department of Corrections and Rehabilitation

Focusing mainly on correctional health providers and administrators, this poster aims to promote staff safety beyond NCCHC’s Staff Safety standard. Providers’ health and wellness can be affected by the populations served. Case studies will bring attention to self-care. Providers are encouraged to explicitly incorporate a proactive role in self-care when thinking about staff safety and wellness.

Educational Objectives
• Explore the concept of staff safety beyond the NCCHC standard
• State the correlation between stress and disease
• Specify personal care protocols to maintain health and wellness

403 Characterization of Subjects With Schizophrenia and Criminal Justice System Involvement From an Ongoing Clinical Trial

H. Lynn Starr, MD, Janssen Pharmaceuticals, Inc.
Cynthia Bossie, PhD, Janssen Pharmaceuticals, Inc.
Jay Hulihan, MD, Janssen Pharmaceuticals, Inc.

This analysis characterizes the population enrolled in an ongoing prospective study of schizophrenia subjects recently involved with the criminal justice system and compares characteristics with those noted in the CATIE study. Findings may help characterize clinical and phenotypic features associated with criminal justice system involvement among persons with schizophrenia and may inform generalizability of findings to the general schizophrenia population.

Educational Objectives
• Cite the incidence of psychiatric disorders in the criminal justice system
• State the challenges of treating patients with schizophrenia who have been incarcerated and recently released
• Characterize patients with schizophrenia recently involved with the criminal justice system

404 Management Guidelines for Patients Being Treated With Clozapine When Admitted to the Maricopa County Jail

Charles Mullany, MD, CCHP, Maricopa County Correctional Health Services
Kevin Crisham, MD, CCHP, Maricopa County Correctional Health Services

Clozapine, an atypical antipsychotic, is usually used in patients not responsive to other antipsychotics. Without monitoring, agranulocytosis occurs in about 1% of patients during the first few months of treatment. All patients are admitted to the mental health unit and a current CBC must be available before clozapine is dispensed. Management requires careful coordination between mental health, medical, nursing and pharmacy staff.

Educational Objectives
• Discuss how to recognize patients taking clozapine
• Review the management of patients taking clozapine
• Identify ways to coordinate mental health, medical, nursing and pharmacy services

The educational posters will be on display along with the tabletop exhibits for easy viewing. Get your first look during the session break on Sunday morning, when you can enjoy refreshments while chatting with the poster presenters about the topics addressed in their work. The posters will be on display throughout the conference.
405 Dental Anxiety: Flashback Triggers and Chemical Substance Relapse Pitfalls
Susan Rustvold, DMD, Oregon Department of Corrections
Dental anxiety is associated with histories of physical and sexual abuse and with traumatic dental experiences. Results of the presenter’s doctoral research indicate that anxious patients self-medicate for dental appointments with chemical substances, posing a risk for relapse. The Modified Dental Anxiety Scale and the Dental Concerns Assessment are presented along with suggestions for addressing the various factors of dental anxiety.

Educational Objectives
• Express the relationships among dental anxiety, history of physical and sexual abuse, and chemical substance abuse
• Explain how to administer and score the Modified Dental Anxiety Scale and Dental Concerns Assessment
• Develop strategies for providing counseling for individuals regarding their dental anxiety, its triggers and ways of coping with the triggers

NEW! SPECIALTY CERTIFICATION FOR CORRECTIONAL MENTAL HEALTH PROFESSIONALS
• Helps mental health professionals build a foundation of expertise
• Assists facilities in identifying their staff’s expertise
• Encourages the field to recognize mental health care delivery in corrections as a specialty
To learn more, attend Session 336 at 4:30 on Monday: Mental Health Is Advancing – Are You? New Correctional Mental Health Specialty Certification.
For more information, including eligibility requirements, elements of the application and more, visit us at the CCHP booth or visit our website.
Alkermes, PLC
852 Winter Street
Waltham, MA 02451
781-609-6000
www.alkermes.com
As a fully integrated global biopharmaceutical company, Alkermes is a leader in innovative medicines that address the unmet needs and challenges of people living with debilitating diseases.

Certified Correctional Health Professional (CCHP)
1145 W. Diversey Parkway
Chicago, IL 60614
773-880-1460
www.ncchc.org/cchp
New and for you! Announcing the mental health specialty certification, CCHP-MH. Learn about the only national certification dedicated to the special skills necessary to provide mental health care in the complex world of corrections.

Heritage Health Solutions, Inc.
300 Parker Square, Suite 210
Flower Mound, TX 75028
469-293-3175
www.heritagehealthsolutions.com
Heritage Health Solutions, a service disabled veteran-owned business, provides integrated health care delivery solutions to commercial and government agencies.

Manchac Technologies, LLC
1501-A Wimbledon Drive
Alexandria, LA 71301
877-Manchac (626-2422)
www.manchac.com
DOSIS is the leading single medication blister card automation in the market today. Manchac Technologies is dedicated to making pharmacies efficient while increasing patient safety.

MHM Correctional Services, Inc.
1593 Spring Hill Road, Suite 600
Vienna, VA 22182
703-749-4600
www.mhm-services.com
MHM Correctional Services is a wholly owned subsidiary of MHM Services, Inc. MHM provides mental health services to state and municipal correctional facilities in 11 states.

National Commission on Correctional Health Care
1145 West Diversey Parkway
Chicago, IL 60614
773-880-1460
www.ncchc.org
NCCHC’s mission is to improve the quality of health care in jails, prisons and juvenile confinement facilities. NCCHC offers a broad array of resources to help correctional health care systems provide efficient, high-quality care.

Psychotherapy.net
150 Shoreline Highway, Building 1, Suite A
Mill Valley, CA 94941
800-577-4762
www.psychotherapy.net
DVDs and streaming videos in motivational interviewing, addiction treatment, therapeutic communities, counseling and psychotherapy. Two new series: Motivational Interview Step by Step, and Meth Inside Out.

Registry of Physician Specialists
1299 Newell Hill Place, Suite 100
Walnut Creek, CA 94596
800-882-0686
www.mdregistry.org
The Registry of Physician Specialists (RPS) is a nationwide preferred provider of medical and mental health professionals since 1988.

Sunovion Pharmaceuticals, Inc.
84 Waterford Drive
Marlborough, MA 01752
508-481-6700
www.sunovion.com
Sunovion Pharmaceuticals is a leading pharmaceutical company discovering, developing and commercializing therapeutic products that advance medicine in the areas of central nervous system and respiratory disease.

Wexford Health Sources
501 Holiday Drive, Foster Plaza Four
Pittsburgh, PA 15220
888-633-6468 (888-MED-MGMT)
www.wexfordhealth.com
Wexford Health controls offender health care costs without sacrificing quality of care. We provide cost effective, clinically sound medical, mental health and pharmacy programs; clinical staffing; and TPA (claims) services.
Mark Your Calendar!

**NATIONAL CONFERENCE ON CORRECTIONAL HEALTH CARE**
October 26-30, 2013 • Nashville

**SPRING CONFERENCE ON CORRECTIONAL HEALTH CARE**
April 5-8, 2014 • Atlanta

**CORRECTIONAL HEALTH CARE LEADERSHIP INSTITUTES**
July 18-19, 2014 • Denver (Broomfield, CO)

**CORRECTIONAL MENTAL HEALTH CARE CONFERENCE**
July 20-21, 2014 • Denver (Broomfield, CO)

**NATIONAL CONFERENCE ON CORRECTIONAL HEALTH CARE**
October 18-22, 2014 • Las Vegas

**WWW.NCCHC.ORG**

---

THANK YOU TO OUR SPONSORS

MHM Correctional Services, Inc.: Educational luncheon on Monday
Sunovion Pharmaceuticals: Lunch & Learn on Sunday
Wexford Health Sources, Inc.: Attendee file folios
Sunovion Pharmaceuticals Inc. is dedicated to developing new treatment options for patients and their families living with mental illness.