

**The Spirituality Factor:
Weaving Behavioral Health and Spirituality Using Evidence and Practice**
Friday, October 10, 2014; all workshops are scheduled @1:20pm

	Workshops Title	Name of Agency	Facilitator	Workshop Narrative	Room Assignment
1	Finding Hope in the Recovery Process Wellness Starts with the Inner Self	10X10 Project-PEERS	Maria O. Chavez, Peer Specialist and Martina Shipp, Peer Specialist	Recovery often happens through critical awakening within the Latino community. Within our culture, there is a recognized connection between body, mind and spirit. Approaching wellness through a holistic approach supports overall well being. In this workshop, we will explore spirituality through many chanel as a way to encourage hope, comfort, and inner peace.	C208
2	Mindful Drumming: Gateway to inner Peace and Wellness	Attitudinal Healing Connection, Inc	Kokomon Clotey, Exec Director	<ul style="list-style-type: none"> ▪ Mindful Drumming is rooted in modern throught, Eastern Spritual Principles, and Ancient Indigenous. It draws upon the twin concepts of rhythm and sound. ▪ Effective Stress Reduction: Mindful Drumming offers individuals opportunities for greater inner peace and joy. 	C213
3	God in the Street- "An old Approach to a New Concern"	Calaveras County Health and Human Services Agency	John Van Dyck- Ordained priest of Lutheran Church and Substance Abuse Counselor	A monastic approach to spirituality which is inclusive of nees of people. The power of being present with youth and understanding their needs. A method of connecting with God which allow one to serve others.	216A
4	Drumming for Peace and Wellness	Time Out Apps and Art Unity Movement	Elisheva Herrera, CEO	This workshop provides the experience of listening to I Ching drumming as a spiritual practice. For some, it will be a conscious process, for others a shamaic journey. The eight elements of the I Ching are drummed for contemplation, acceptance, release, renewal, joy, surrender to the flow and peace	216B

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5	Negro Spirituals' Folk Psychology and Healing Power	Women Center at Glide Memorial Church	Bisola Marignay, PhD, Consultant, Co-Facilitator and Emma Jean Foster Fiege, Consultant Co-Facilitator	Healing with Negro Spiritual is psychological, spiritual, educational group work, in which the psychology and mindfulness inherent in the soongs of the slaves along with analysis of the social basis of personal conditions are used in therapeutic process. The goal is to assist participants in understanding their emotional turbulence, in identifying routes to balance and ways to prevent feelings from promoting self-destructive behavior, and ultimately, to supports their hope and vision of a different set of circumstances of their lives.	C204
6	A Positive Option, Consumer Perspective: The Spiritual Aspects of Recovery from a Cognitive Behavioral Therapy (CBT) Worldview	A Positive Option	Patricia Reynolds Meade, MA, PCCi, LAADC, M-RAS, Owner-Licensed Addiction Counselor/ Christian Life Coach	A counselor's viewpoint must include a model of integration that includes both an evidence based counsling approach and spirituality to be an effectivve treatment model. This involves counseling the client with a focus on the interrelatedness of thoughts, feelings, and behavior.	216C
7	Gender Inclusion	Gender Spectrum	Morgan Darby, Director and Kelsey Pacha, Coordinator	This workshop aims to create a starting place for mental health practitioners and religious, faith and spiritual community leaders to deepen their own understanding of gender, gender inclusion and gender sensitivity when it comes to the incredibly important role they play in the lives of those they serve guide and counsel	216D

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8	Responding to Extreme States with Loving Receptivity: "Honoring Spirits Transformative Journey"	Bay Area Mandala Project	Cardum Harmon, Co-Director Advisory Board and Dina Tyler, Co-Director Advisory Board	Personal transformation through spiritual awakening is an honored rite of passage in many indigenous cultures. In the West, such transformative moments have been referred to as spiritual emergency. In this workshop we'll explore our capacity to hold space for these life-altering experiences which can contribute to a clearer understanding of our life's path	C214
9	Centering 2: How to Reduce Psychotic Phenomena Through Spirituality	Christian Family Foundation	Most Rev. Michael W. Whitney, D. Div. MA Psychology and Thomas Jurgensen, Group Leader, Archdeacon	Through Centering using deep breathing for relaxation one can work with prayer from one's own faith community. Consumers can learn to release that energy that moves up the back by using spiritual symbolism along with a prayer process that includes letter go or "release" as mentioned in the traditional spiritual literature. Through some progressive relaxation learning how to release the thoughts and fears that have led to hospitalization and develop use of symbols and pictures, using color awareness, that can help build a new relationship with the clergy in one's own faith community.	C203

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10	Integrating Spirituality as a part of Recovery into the Behavioral Health and Recovery Services of San Mateo County-What We have Learned	San Mateo Cty BHRS	Melinda A. Parker, Co-Chair of Spirituality Initiative, Psychiatric SW I and BHRS SI Consultant Veronica Ochoa, Bill Kruse	San Mateo County began its journey in 2009 of intergrating spiritulaity into recovery. The office of Diversity and Equity began this work with modest gatherings of interseted clients, family and staff. Since then the Spirituality Iniative has worked to implement a strategy of practices which support spirituality as a critical part of the fabric of recovery for clients including its survey, spirituality policy, assessment tools, training for staff, clients, and families, Photo Voice project and Digital Storytelling. The work it has done, lessons learned, and directions	C215
11	5 Steps Towards Unifying African Religion and Western Psychology	Orisa Lifestyle Academy	Obafemi Origunwa, President	Our presentation will address five steps towards reconciling African religion and Western psychology in the lives of African American practitioners of Orisa Lifestyle.	JASF
12	Engaging Spiritual Issues Within Senior Peer Counseling	Calaveras County BHS	Dr. Brock Kolby, Supervisor, Adult System of Care	Seniors avoid traditional mental health services due to stigma, fear, and other issues. Many seniors struggle with spiritual or life issues: loss, death, aging, isolation, illness, meaning of life, anxiety, and depression. Senior peer counseling provides a culturally-sensitive way that professionals can engage seniors who otherwise would not recieve services	C110

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13	Understanding and Easing the Hidden Hurt: Helping Parents Gain Hope and Strength to Raise Their Child with Mental Health Challenges	Persevering Parent Ministries	Dr. Karen Crum, PH, MS, CHES Founder/ Author, CEO	Parents raising children with mental health challenges need more than education and therapeutic services to overcome their grief, worry, exhaustion and hopelessness. This session taught by a parent/professional, reveals common spiritual struggles of parents. It gives research-based and experiential insight and faith-based resources for building hope and resilience. This workshop with help parents professionals, and leaders of faith-based and health organizations.	C211
14	Spirit, Mind and Emotions: A Historical Example of Integrated Care, Modern Psychotherapies in the Christian Scriptures	Santa Barbara County Mental Health	Rev. Jonathan W. Eymann, Team Supervisor/ Practitioner and Senior Pastor	A trend toward specialization, compartmentalization and the resultant fragmentation of life, personhood and the care of human beings for one another became increasingly dominant in Western culture. Recently, a more holistic approach to human wellness that includes an appreciation of the role of the spirit is being explored. Rather than an innovation, this is a return to the roots of how to care for one another.	C205
15	Peer Support in Congregations	CA Institute for Behavioral Health Solutions	Kristee Haggins, PhD, Senior Associate and Rev. Janice Sommerville, Pastor	Learn about Peer Support and Congregations-a CIBHS project piloted with LGBTQ affirming churches designed to increase their capacity to provide peer counseling support and referral services, and reduce stigma related to mental illness. Hear directly from peers and congregations about the impact and outcomes, as well as next steps.	C122

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16	Titulo: Discipulado Un enfoque en la Biblia y Consejeria Entre Amigos	UC Davis, Centro Para Reducir Disparidades en Salud	Dr. Lina Mendez, Manager and Nicole Plata, Community Empowerment Specialist	La mayoría de los Latino/as tienen mucha fe en Dios. Desafortunadamente cuando cosas malas nos suceden o cuando alguien es diagnosticado con una enfermedad mental, tendemos a pensar que es la voluntad de Dios. Como consumidores de salud mental es importante buscar ayuda profesional al igual que ayuda espiritual para enfrentar esta enfermedad. Las iglesias tienen la capacidad de crear grupos de apoyo pero solo si las personas envueltas deciden vivir como la biblia indica. Demostraremos como nosotras nos ayudamos mutuamente con las escrituras y oraciones para salir adelante.	Family Life Center Building, Main Auditorium
17	The Impact of Mindfulness Based Interventions on Chemical Dependency: Relapse and Recovery		Dr. Sheila Khaleghian, Psy. D.	Individuals who struggle with addiction are often coping with symptoms of a mental illness. Recently, there has been a wealth of evidence on mindfulness-based approaches shown to be effective in reducing a number of mental health and medical problems when incorporated into treatment.	C112
18	Journey Through Hope and Healing	Grandma's House of Hope	Je'net Kreitner, Co-founder and Executive Director and Deacon Doug Cook, Deacon	"Go out to all the world and spread the Good News," said St. Francis of Assisi. "And if necessary, use words." How does a Christ-centered, faith-based nonprofit meet their mission while leaving the door open to all faiths and funders?	C210

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19	The Role of Spirituality in the Behavioral Health Services Related to the AANHPI communities	Pacific Clinics, Filipino American Mental Health Initiative, Asian Americans for Community Involvement	C. Rocco Cheng, PhD, Joyce Diloy, MSW, ASW, Jorge Wong, PhD, CCEP, CHC	This workshop will start with an overview of the importance of spirituality and how that relates to overall wellness in the AANHPI communities. Examples from traditional Chinese perspective as well as findings from the CRDP API-SPW population report will be shared. The need to work closely with clergy and consider the spiritual dimension in whole person healing and wellness will be reviewed.	