

**16<sup>th</sup> ANNUAL AND 6<sup>th</sup> REGIONAL**  
Behavioral Health, Aging and Wellness Conference



Building the Future of Mental Health and Aging:  
**BOOMERS AND BEYOND**

**September 16, 2011**

**7:30 am—4:00 pm**

Keynote Speaker

**Jeffrey Chesky, Ph.D.**

Professor Emeritus of Gerontology and Biology  
University of Illinois at Springfield

**CONTINUING EDUCATION HOURS AVAILABLE — INCLUDING NURSING CEUs\***

\* This activity has been submitted to Illinois Nurses Association Approver Unit for approval to award contact hours. Illinois Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**Conference Sponsors**

Chestnut Health Systems, Madison County Mental Health Board, St. Clair County Mental Health Board, Area Agency on Aging of Southwestern Illinois, SWIC's Programs and Services for Older Persons, Illinois Coalition Mental Health and Aging, and in collaboration with the Department of Human Services Division of Mental Health.

## WELCOME AND INTRODUCTIONS

Dr. Anthony Traxler, Emeritus Professor of Psychology and Gerontology, SIU Edwardsville

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### KEYNOTE PRESENTATION (9:00 AM—11:15 AM)

#### AGING: A BACKWARD LOOK INTO THE FUTURE ----- Presented by Keynote Speaker Jeffrey Chesky, Ph.D.

Over 2000 years ago, the Roman politician and orator Marcus Tullius Cicero wrote an essay entitled Cato Maior de Senectute in which he describes what it is like to grow old. That description is still applicable to Illinois in the year 2011. This session will focus upon why we become senescent and frail as we grow older. Historical theories will be mentioned, current hypothesis and theories on why we age discussed, and what the future holds with respect to our efforts to control aging and the ethical implications for an aging society. Emphasis will be placed on physiological changes with age, biological and mental health, and the relationship between aging, disease, and population demographics.

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### LUNCHEON PRESENTATION (11:45-12:45)

Presented by Linda Warner, President Illinois Coalition on Mental Health and Aging

Linda will provide a Legislative Update on Mental Health and Aging issues at state and federal levels. Participants will learn how to access the newly developed website for the Illinois Coalition on Mental Health and Aging.

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### AFTERNOON BREAKOUT SESSIONS

Each participant can pick two sessions. All sessions will run from 1:00 to 2:00 pm and be repeated from 2:15 to 3:15 pm.

#### SUBSTANCE ABUSE AND THE AGING BRAIN ----- Presented by Ron Kanwischer, LCPC, CADC

This program will explore the changing demographics in substance use, abuse and dependence. We will examine things we assumed about the nature of substance use and look at what the science tells us about how we should respond to the aging person who uses drugs and alcohol. There are also substantial differences as to how an older adult experiences substance abuse and responds to treatment, we will examine how we may need to design care in the future.

#### COGNITIVE BEHAVIORAL THERAPY FOR THE NON-THERAPIST ----- Presented by Dana Barrows, MA, LCPC, LPHA

In this session, participants will learn cognitive behavioral techniques for non-therapist that help build a therapeutic alliance in a medical/residential setting. Attendees will learn how faulty thinking patterns lead to depression and anxiety and how helping patients recognize these patterns alleviates stress and depressive symptoms.

#### CULTURE CHANGE 101 ----- Presented by Leslie Pedtke, LNHA

Culture Change is the common name given for the transformation of medical driven care to person directed care. It's core values are choice, dignity, respect, self-determination and purposeful living. The transformation requires the organizations to make changes to their physical environments, workforce models and all levels of relationships. Why the change? Person directed care leads to better outcomes for the consumer and caregivers in meaningful ways at every level of daily life.

#### SUICIDE ASSESSMENT AND PREVENTION FOR OLDER ADULTS: LIFE SAVING TOOLS FOR HEALTH CARE PROVIDERS

----- Presented by Charlotte Kauffman, MA, LCPC

This session will provide a framework for viewing suicide risk in older adults with an emphasis on the protective and potentiating factors, treatment and risk management.

#### MANAGING THE MAZE OF DEPRESSION AND COGNITIVE DISORDERS IN OLDER ADULTS

----- Presented by Melanie Wylie, RN, MSN, CNS, APN

This session will provide a research update on memory disorders and clinical depression in an older adult population with special emphasis on identifying and differentiating of symptoms.

#### SPIRITUAL ENRICHMENT FOR NON-TRADITIONAL PEOPLE...AND THE PEOPLE WHO CARE FOR THEM

----- Presented by Chris Sutton, BA

The purpose of this session is to expose professionals and caregivers of any kind to some of the non-traditional ways of religious and spiritual expression that many Baby Boomers have embraced. Buddhism, Celtic/Wiccan, and Native American ways are some of the philosophies that will be presented.

For additional information and/or questions about the conference, please contact Chestnut Health Systems at 618.877.4420, x 3013.

## REGISTRATION FORM

Name/Title: \_\_\_\_\_

Agency/Organization: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

Telephone #: \_\_\_\_\_ Fax #: \_\_\_\_\_

Email: \_\_\_\_\_ Social Security #: \_\_\_\_\_  
(Must be included to receive CEUs)

Professional License Number: \_\_\_\_\_  
(Must be included to receive Nursing, Nursing Home Administrator or Social Work CEUs)

CEUs are included in registration fee. Please check which category:

\_\_\_\_\_ Nursing\*    \_\_\_\_\_ MSW/LCSW    \_\_\_\_\_ LNHA    \_\_\_\_\_ LCPC    \_\_\_\_\_ General Attendance

\* As required by the American Nurses Credentialing Center's Accreditation Program, we would like to make you aware of all potential conflicts of interest(s). This educational activity's planners and the presenters have indicated they have no bias of conflict of interest. The approval status does not imply endorsement of products displayed in conjunction with this activity.

### REGISTRATION FEE (please check)

Registration Fee	\$55	_____
Exhibitor Table**	\$30	_____
Full-Time Student Registration Fee	\$30	_____
Seniors/Consumers— Complimentary Registration (Please call, limited availability)		

**Total Amount Enclosed** \_\_\_\_\_

\*\* NOTE: All table assignments must include a minimum of one conference registration.

**PAYMENT:** Checks for registration fee should be made payable to Chestnut Health Systems. Cancellations must be made before September 9, 2011. No refunds shall be made after this time. Mail the registration form and check to:

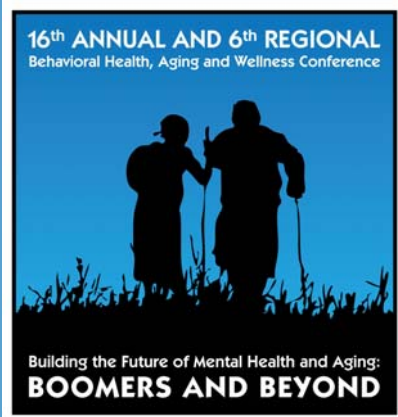
**Chestnut Health Systems  
Attention Kathi Morris  
50 Northgate Industrial Drive  
Granite City, IL 62040**

Please submit one (1) registration form per person; copy as needed. Please **register by September 2, 2011 to ensure space** availability. Registrations will be accepted up to and including the day of the conference on a space-available basis. The registration and brochure is available for download at Chestnut Health Systems' website: [www.chestnut.org](http://www.chestnut.org).

**LUNCH PROVIDED** —  Please check if a vegetarian meal is needed.

**CONFERENCE LOCATION:** **The Regency Conference Center at Hilton Garden Inn**  
**400 Regency Park Drive, O'Fallon, IL 62269**  
**618.624.4499**  
(Directions: Off HWY 64 and N. Green Mount Road)

Chestnut Health Systems  
50 Northgate Industrial Drive  
Granite City, IL 62040



September 16, 2011

The Regency Conference  
Center at Hilton Garden Inn  
O'Fallon, Illinois  
618.624.4499

#### **BUILDING THE FUTURE OF MENTAL HEALTH AND AGING: BOOMERS AND BEYOND**

Goal 1) To increase the overall understanding of population-based mental health and aging needs, and the related clinical diagnoses and interventions indicated for older adults.

Goal 2) Enhance awareness of the bio-psychosocial implications in caring for aging cohorts.

**WHO SHOULD ATTEND:** This conference is designed for aging services, case managers, adult protective services, health and human services staff, long-term care providers and mental health counselors. We welcome students, caregivers, consumers/seniors, and all those interested in aging well.

**EXHIBITOR TABLES:** Registered conference participants representing organizations wishing to highlight services or share pertinent materials may reserve an exhibitor table. Contact Kathi Morris at 618.877.4420, Ext. 3013 for additional information.

**BARNES AND NOBLE BOOKSTORE** will provide books related to topics covered by conference presenters and the overall theme of mental health and aging. Payment may be in cash, check or credit card (no debit).

**CONFERENCE HOTEL INFORMATION:** Contact the Hilton Garden Inn, Shiloh/O'Fallon, Illinois directly at 618.624.4499 to inquire about hotel accommodations, driving directions and parking. Limited rooms are available for the night of September 15th at an \$99.00 rate but these must be reserved no later than August 22, 2011, to ensure the rate and availability.

**Continental Breakfast • Lunch/Luncheon Speaker • Door Prizes**

For additional information, call Kathi Morris at 618.877.4420 x 3013 or email [kamorris@chestnut.org](mailto:kamorris@chestnut.org).