



The Michigan Department of Health and Human Services (MDHHS), the Community Mental Health Association of Michigan (CMHA) and the Great Lakes Mental Health Technology Transfer Center (MHTTC) present:



Family Psychoeducation (FPE) Facilitator Virtual Training - Training Session Dates: Thursday, June 11, 2020, Friday, June 12, 2020, Thursday, June 18, 2020, and Friday, June 19, 2020

Three Cohorts Offered:

- Cohort 1 (Coffee Club) 8:30 – 10:30 a.m. each day
- Cohort 2 (Lunch Bunch) 12:00 – 2:00 p.m. each day
- Cohort 3 (Happy Hour) 3:00 – 5:00 p.m. each day

**Note: Additional training dates will be offered August 3, 4, 10 & 11, 2020.
August registration materials will be out soon.**

**Register for Cohort 1, 2 or 3 – you must attend all 4 sessions during the same time.
You cannot select different dates/times between Cohorts.**

COHORT 1	COHORT 2	COHORT 3
June 11, 2020: 8:30am – 10:30am	June 11, 2020: 12:00pm – 2:00pm	June 11, 2020: 3:00pm – 5:00pm
June 12, 2020: 8:30am – 10:30am	June 12, 2020: 12:00pm – 2:00pm	June 12, 2020: 3:00pm – 5:00pm
June 18, 2020: 8:30am – 10:30am	June 18, 2020: 12:00pm – 2:00pm	June 18, 2020: 3:00pm – 5:00pm
June 19, 2020: 8:30am – 10:30am	June 19, 2020: 12:00pm – 2:00pm	June 19, 2020: 3:00pm – 5:00pm

Training Description: This 4-session training will present information distilled from best-practice structures historically defined as “active ingredients” of therapeutic change imbedded in the 3 traditional elements of Family Psychoeducation; Joining, the Educational Workshop and Multi-Family Groups for facilitators. Instruction will begin with an examination of the theoretical and empirical foundations as leading to the development of Family Psychoeducation. More specifically, FPE Model structures will be presented with differential emphasis on FPE’s effect in working with adults and their natural supports with and without a co-occurring disorder. Population-specific content for adults will include information on schizophrenia and bipolar disorder.

Who Should Attend: Social Workers and Clinical Workers who work with adults with schizophrenia or bipolar on a regular basis in a program that accepts Medicaid funding, and who intend to implement FPE group at their agency. This training is appropriate for social work practice levels of beginning and intermediate.

Conference Goals:

- Engage families in collaborative treatment and recovery through family psychoeducation.
- Understand and provide family psychoeducation in order to begin implementation within your agency.
- Understand the psychobiology of severe mental illness and its relevance to working with families toward recovery and to prevent relapse.

Training Being Offered: FPE Facilitator (formerly known as Track/Level I)

Conference Registration: Space is limited. Please complete the registration online and the Staff Agency Approval form for each individual who will be attending. The FPE Facilitator Training Staff Agency Form MUST be submitted prior to registration being accepted.

Conference Fee: \$0. There is no charge to attend this conference.

Please keep in mind that training space is limited and if you are unable to attend, please let us know as soon as possible. Registration closes 3 days prior to the training.

Required Prior to the Facilitator Training:

1. Complete assigned online modules on the www.ImprovingMiPractices.org website. After you register, you will receive an email with directions to modules on ImprovingMiPractices.org that need to be completed prior to the training session. If you do not complete the required web-based modules, you may be turned away at the training. **YOU ARE REQUIRED TO EMAIL**

THE COMPLETED FORM TO awilson@cmham.org 3 DAYS PRIOR TO THE TRAINING.

2. Access to The Workbook for Clinical and Practical Supervisors is attached in pdf form. This is a 144 page document. Please become familiar with this document prior to the conference. We will have sections copied in the training material binder.
3. You must complete the following course on RELIAS or Essential Learning prior to day one of the training: **Supporting Recovery for Individuals with Schizophrenia**. If you do NOT have access to online learning system, email Stephanie Lange at stephanie.lange@mccmh.net to establish an account and get signed up for the class as soon as possible. **YOU ARE REQUIRED TO EMAIL THE COMPLETED FORM TO awilson@cmham.org 3 DAYS PRIOR TO THE TRAINING.**
4. You will receive a free copy of: "Multifamily Groups in the Treatment of Severe Psychiatric Disorders" by William R. McFarlane. The book will be mailed to you.

About the Presenters:

Stephanie E. Lange, LMSW, ACSW, CAADC, CCS-M:

Stephanie is a high energy professional with a wide range of clinical, supervisory, training, and consulting experience spanning over 20 years. She has a strong track record of working effectively in multi-disciplinary teams, as well as independently, to propel organizations toward their vision. She has a contract with Macomb County Community Mental Health where she implements and sustains Family Psycho-education (FPE) teams across the county, providing training, coaching and representation at the state level. She is the Credential and Privileging coordinator, Youth Mental Health First Aid instructor, Peer Liaison - Peer Support Specialist Services, Integrated Healthcare Grant Administrator, Member of Clinical Strategies Improvement Team, Seeking Safety/Trauma program implementation and sustainability, Mortality Review Team Consultant, and more. She also has consulting contracts with Macomb Intermediate School District (MISD) and Oakland Schools where she provides training for Youth Mental Health First Aid, HIV Certification, Michigan Model for Health, and HIV Certification for educators grades K-12.

Jane Ehler, BS:

Jane is a Case Manager for Mentally Ill Adults with the West Michigan Community Mental Health System in Ludington, Michigan. She has a B.S. Social Services from Ferris State University and is Licensed Social Worker in the State of Michigan. Jane completes initial/annual biopsychosocial assessments for new and ongoing customers, develops individual plans of service for new and ongoing customers, and provides direct care to customers as specified in individual plan of service. She also provides daily on call emergency services as needed and is the coordinator and trainer for the Family Psychoeducation Program.

Kim Boulier, MA, LLP

Kim has over 30 years' experience with Community Mental Health in the provision of direct clinical service, supervisory/managerial and administrative functions for persons with developmental disabilities, adults with mental illness, co-occurring substance use disorder and children with serious emotional disturbances. She has over 22 years providing leadership and managerial function for a comprehensive clinical service delivery system including standards compliance, oversight of local and state contracts, policy development, knowledge of payer sources, and compliance with the Medicaid Manual and Mental Health Code.

Agenda

Thursday, June 11, 2020 – Session 1

Cohort 1 (Coffee Club) 8:30 – 10:30 a.m. Cohort 2 (Lunch Bunch) 12:00 – 2:00 p.m. Cohort 3 (Happy Hour) 3:00 – 5:00 p.m.

60 minutes - Specify the significance and importance of including families in treatment

Demonstrate how FPE can assist with the recovery of people with schizophrenia/thought disorders and mood disorders

5 minutes - Break

55 minutes - Demonstrate how FPE can assist with the recovery of people with substance use disorders, and chronic health conditions like diabetes, hypertension, and obesity

Friday, June 12, 2020 – Session 2

Cohort 1 (Coffee Club) 8:30 – 10:30 a.m. Cohort 2 (Lunch Bunch) 12:00 – 2:00 p.m. Cohort 3 (Happy Hour) 3:00 – 5:00 p.m.

60 min - Recognize the history of FPE as a treatment and Recognize and Role Play the three stages of FPE: Joining

10 min - Break

50 min - Recognize the three stages of FPE: Workshop & Problem Solving

Thursday, June 18, 2020 – Session 3

Cohort 1 (Coffee Club) 8:30 – 10:30 a.m. Cohort 2 (Lunch Bunch) 12:00 – 2:00 p.m. Cohort 3 (Happy Hour) 3:00 – 5:00 p.m.

60 minutes - Demonstrate the skills associated with Group One: Getting to Know You per fidelity to the FPE Model

10 min - Break

50 min - Demonstrate the skills associated with Joining (fidelity checklist - real cases)

Friday, June 19, 2020 – Session 4

Cohort 1 (Coffee Club) 8:30 – 10:30 a.m. Cohort 2 (Lunch Bunch) 12:00 – 2:00 p.m. Cohort 3 (Happy Hour) 3:00 – 5:00 p.m.

60 min - Demonstrate the skills associated with problem solving group/How to run FPE virtually

10 min - Break

50 min - Identify and record three action steps associated with implementing this practice at agency, including how to bill for services

Objectives

Participants will be able to:

1. Identify and explain the three central ideas behind FPE
2. Be able to explain how FPE can assist with the recovery of people with schizophrenia/thought disorders, mood disorders
3. Be able to explain how FPE can assist with recovery of people with SUD, and chronic health conditions like diabetes, hypertension, and obesity
4. Be able to explain the history of FPE as a treatment and how it fits into current treatment models
5. Recognize the three stages of FPE: Joining
6. Recognize the three stages of FPE: Workshop
7. Recognize the three stages of FPE: Problem Solving
8. Demonstrate the skills associated with Group One: Getting to Know
9. Demonstrate the skills associated with Joining (competency checklist)
10. Demonstrate the skills associated with problem solving group: Go Around (competency checklist)
11. Demonstrate the skills associated with problem solving group: Picking a problem and brainstorming (competency checklist)
12. Demonstrate the skills associated with problem solving group: Action Planning (competency checklist)
13. Identify and record three action steps associated with implementing this practice at agency
14. Identify and record how to bill for FPE services

Bibliography

1. Rosenberg, Samuel J (2017). *Community Mental Health: Challenges for the 21st Century*. Routledge; 3 edition, July 8, 2017
2. C. González-Blanca, et al Longitudinal relationship between expressed emotion and cannabis misuse in young people with first-episode psychosis *European Psychiatry* Vol. 30, Issue 1, January 2015, Pages 20–25
3. Olson, M, Seikkula, J. & Ziedonis, D. (2014). *The key elements of dialogic practice in Open Dialogue*. The University of Massachusetts Medical School. Worcester, MA. September 2, 2014 Version 1.1
4. Michigan Department of Health and Human Services, *Medicaid Provider Manual Behavioral Health and Intellectual and Developmental Disability Supports and Services*, Version date April 1, 2017, Pages 30-31; 133.
5. McFarlane, W.R. (2002). *Multifamily groups in the treatment of severe psychiatric disorders*. NY, NY: Guilford Press.
6. *Evidence Based Practices: Shaping Mental Health Services toward Recovery- Family Psychoeducation, Toolkit (Select Workbook for Clinicians and Supervisors -144 pages)* (<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/family>)

Technology

To participate in this training, a laptop with strong internet connection is highly recommended. Any cell phone connection should be seen as a last resort. If your internet service is not able to stream videos, it will likely not be strong enough to support a Zoom training. You will want a minimum upload speed of 5mbps to participate in this training, though more is ideal. If you are aware that technology may be an issue for you, or if you are in need of disability accommodations, please reach out to Anne Wilson at awilson@cmham.org to discuss options further. **Video camera will be required to be on throughout the training.**

Recommendations for attendees:

- While you do not need a Zoom account to access this training, it is strongly suggested that you do create one.
- Make sure your virtual links are in your calendar for easy access
- If you've lost your training links and/or password, email the event planner awilson@cmham.org
- Attendees will need to log in to join the waiting room at least 15 minutes before the event begins.

Continuing Education Credits:

Social Workers: This course qualifies for a maximum of 8.0 Continuing Education hours. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818.

Certificate Awarded: After confirmation that you have fully participated in this training and completed the evaluation, your Continuing Education Certificate will be emailed to you within 30 days of the training.

Certificate Issued By: Christina Ward, Director of Education & Training; cward@cmham.org; 517-374-6848

Evaluation/Grievance: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHA at 517-374-6848 or through our webpage at www.cmham.org for resolution.

This event is sponsored by the Michigan Department of Health and Human Services Behavioral Health & Developmental Disabilities Administration (MDHHS), the SAMHSA funded Great Lakes Mental Health Technology Transfer Center (MHTTC) and facilitated by The Community Mental Health Association of Michigan (CMHA). This offering reflects a collaboration between MDHHS, CMHA, and MHTTC for the common vision of bettering the behavioral health care workforce in Michigan, regardless of any specific funding source

FPE FACILITATOR TRAINING STAFF AGENCY APPROVAL FORM

As the Supervisor or Agency Director of the FPE Facilitator Training candidate, I understand the above requirements and agree to support my staff in their training in this model. In addition, I verify that our agency provides services to ADULTS that have schizophrenia and/or bipolar disorder and are a Medicaid provider.

Must be returned to be accepted into the FPE conference!

**Please return to CMHA with Registration Form – attention Anne Wilson
Via fax: 517-374-1053 or email: awilson@cmham.org**

For Staff Person Attending the Training – Please Answer

1. Do you work with ADULTS with schizophrenia or bipolar disorder on a regular basis? ___ Yes ___ No
2. Do you accept MEDICAID? ___ Yes ___ No
3. Are you a QMHP, LMSW or other licensed clinical provider? ___ Yes ___ No
Qualified Mental Health Professional (QMHP) - Individual with specialized training (including fieldwork and/or internships associated with the academic curriculum where the student works directly with persons receiving mental health services as part of that experience) OR one year of experience in treating or working with a person who has mental illness; AND is a psychologist, physician, educator with a degree in education from an accredited program, social worker, physical therapist, occupational therapist, speech-language pathologist, audiologist, behavior analyst, registered nurse, therapeutic recreation specialist, licensed/limited-licensed professional counselor, licensed or limited licensed marriage and family therapist, a licensed physician's assistant, OR a human services professional with at least a bachelor's degree in a human services field.
4. Can you implement the FPE Groups at your agency? ___ Yes ___ No
5. Do you have a trained partner to implement FPE with? ___ Yes ___ No
6. Do you have administrative support to implement FPE? ___ Yes ___ No

Signature of Supervisor or Agency Director

Date

Signature of Staff Person Attending Training

Date

Print Name of Supervisor or Agency Director

Date

Print Name of Staff Person Attending Training

Date

Print the Email of Staff Person Attending Training

Family PsychoEducation Facilitator Virtual Training

RATE: **\$0** PER PARTICIPANT

HOW TO REGISTER

STEP 1: Submit Form for Approval into training.

STEP 2. You will then be sent the link to register for the training in our database.

STEP 3: You will then be sent a link to register for the training in Zoom

Please email Anne Wilson awilson@cmham.org if you have questions.

CMHA CANCELLATION POLICY

CANCELLATION POLICY: While there is no fee for this event, we request written cancellation notice (awilson@cmham.org) if you find that you are unable to attend once you have registered. This assists us with meal counts and allows others to attend who may have been turned away because of limited space.

Registration for closes 3 days prior to the training.
