Wellness: Building Capacity for Tomorrow’s Older Adult

September 24-25, 2015 • North Hall, Oklahoma State University – Tulsa

Oklahoma State University

College of Human Sciences
Wellness: Building Capacity for Tomorrow’s Older Adult
September 24-25, 2015 • North Hall, Oklahoma State University – Tulsa

Oklahoma State University
Conference Objectives

Linking Gerontology and Geriatrics (LGG), supported by the Center for Family Resilience (CFR), is excited to partner this year with the Oklahoma Department of Mental Health & Substance Abuse Services, the National Association of PASRR Professionals (NAPP), the National Association of State Mental Health Program Directors-Older Persons Division (NASMHPD/OPD), and the PASRR Technical Assistance Center (PTAC). The current conference was sponsored by the College of Human Sciences and its Department of Human Development & Family Science, the Center for Family Resilience, and the Annie and Henry Zarrow Foundation. Our goal is to integrate cutting-edge research, emerging issues, and best-practices surrounding older adults’ mental and physical health to ensure high quality of life for all of tomorrow’s older adults. To accomplish this goal, the conference planning committee assembled a team of national, regional, and local experts in diverse areas of research and practice to discuss and disseminate topics surrounding pathways of wellness for older adults. To accomplish this goal, the conference assembled a team of national, regional, and local experts in diverse areas of research and practice to discuss and disseminate topics surrounding pathways of wellness for older adults. For this upcoming conference, participants who actively engage in all aspects of the conference, participants will be able to:

- Identify the capacity of the health care delivery system to respond to the aging tsunami and responsibilities of informal caregivers (e.g., capacity issues, vision impairments, caring for persons with special needs, workforce issues, new initiatives, etc.);

- Describe the impending health status of the diverse aging population and the responsibilities of informal caregivers (e.g., demographics of aging, physical health, cognitive maintenance, special concerns of individuals with intellectual and developmental disabilities who are aging, psychiatric disorder and other mental health issues, clinical and non-clinical care issues);

- Describe cutting-edge models of clinical and community health care for older adults (e.g., health literacy, alternatives approaches to mental health delivery, peer support, etc.); and

- Report on services and innovations for physical and mental health screenings, referrals, and case management (e.g., clinical practice, health care options, and results oriented).

Center for Family Resilience

The Center for Family Resilience has a mission to promote resilience at the individual and family levels. Three programs, community engagement, research, and translation and education, implement the CFR’s mission by bridging community agencies, CFR researchers, and family service providers while emphasizing knowledge of individual and family resilience and disseminating the knowledge to everyday professional practice. The focus of the CFR is on factors of diversity such as health and well-being, everyday contexts, and policy solutions which contribute to or reflect resilience.
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7:30 a.m. Lobby Registration

8:00 a.m. Auditorium Welcome and Introduction
   Eugene Hoyt, MD, JD, FCLM
   Dan Timmel, BS, LCSW

8:30 a.m. Auditorium Keynote Address
   Creatively Achieving a Meaningful & Satisfying Life:
   PASRR Evaluations & Recommendations that Matter
   Barbara Speedling, BS

9:30 a.m. Auditorium Special Session
   Special Impact of Cognition in the
   Holistic Care Among Older Adults
   Lee Hyer, PhD

10:30 a.m. North Hall Break and Exhibits
   Refreshments, North Hall 140; Exhibits, North Hall 153

11:00 a.m. Auditorium Breakout Session A - Option 1
   Nuts & Bolts of PASRR
   Dan Timmel, LCSW; Edward Kako, PhD, MS, MSC
   North Hall 150 Breakout Session A - Option 2
   Ethical Competency - Part 1
   Durand Crosby, JD, PhD

12:30 p.m. As Assigned Lunch

1:30 p.m. Auditorium Interactive Panel
   Making a Difference Where it Matters
   Barbara Speedling, BS; Lee Hyer, PhD; Ed Kako, PhD, MS

2:30 p.m. Auditorium Breakout Session B - Option 1
   The Well-Being of Families with Members with
   Intellectual Disabilities & Mental Health Concerns
   Erin Taylor, PhD
   North Hall 150 Breakout Session B - Option 2
   Ethical Competency - Part 2
   Durand Crosby, JD, PhD

3:30 p.m. North Hall Break and Exhibits
   Refreshments, North Hall 140; Exhibits, North Hall 153

4:00 p.m. Auditorium Session C
   Brag & Steal
   Lila Starr, BA, LBSW

5:30 p.m. North Hall 150 Registration
   NASMHPD OPD Annual Meeting

7:00 p.m. North Hall 150 Reception
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<td>North Hall 150</td>
<td>NAPP Board Meeting</td>
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<td>8:30 a.m.</td>
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<td><em>Eugene Hoyt, MD, JD, FCLM</em></td>
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<td><em>Carol Ryff, PhD</em></td>
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<td>Certified Older Adult Peer Support (COAPS): A New &amp; Effective Tool for Addressing the Workforce Shortage</td>
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<td><em>Cynthia Zubritsky, PhD</em></td>
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<td>Visual Impairment and Overall Well-Being in the Geriatric Population</td>
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<td><em>Todd Brockman, MD</em></td>
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<td>12:30 p.m.</td>
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<td>Lunch</td>
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<td>Bridging Science &amp; Practice in Older Adult Mental Health</td>
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<td><em>Carol Ryff, PhD; Cynthia Zubritsky, PhD</em>; Jimmie McAdams, DO; Todd Brockman, MD</td>
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<td>So You Want to Change the World: Trends &amp; Best Practices When Utilizing Trauma Informed Care with Special Needs Populations</td>
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<td><em>Eugene Hoyt, MD, JD, FACS; Dan Timmel, BS, LCSW; Ed Kako, PhD, MSC; Brandon Stugill, BS; Lila Starr, MA; Kenneth Jones, MS; Nancy Van Winkle, PhD</em></td>
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Continuing Education Units

APPROVED CEU: Nursing, NAB, MSW/LCSW, LADC/CADC, LPC, LMFT, and CFLE for up to 6.5 units per day.

CEU Approved for 3 of 6.5 units approved for Ethics for LADC/CADC

CEU Approved for Psy (OPA) 7.5 units per day with 3 of 7.5 units approved for Ethics.

PENDING CEU APPROVAL: PT & OT

The University of Oklahoma College of Nursing and Oklahoma State University is an approved provider of continuing nursing education by the Colorado Nurses’ Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Certificate #UOC-0616, Organization approval Expires: June 30, 2016.

NAB: This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 15.00 clock hours and 13.00 participant hours.

The Linking Gerontology and Geriatrics Advisory Committee has no financial relationship to disclose.

The Conference Planning Committee has no financial relationship to disclose.
Keynote Speakers

Carol Ryff
Carol D. Ryff, PhD, is Director of the Institute on Aging and Hilldale Professor of Psychology at the University of Wisconsin-Madison. Her research centers on the study of psychological well-being, an area in which she has developed multidimensional assessment scales that have been translated to more than 30 different languages and are used in research across diverse scientific fields. More than 500 publications have been generated using her scales of well-being. She currently directs the MIDUS (Midlife in the U.S.) longitudinal study, which is based on a large national sample of Americans, including twins. Funded by the National Institute on Aging, MIDUS has become a major forum for studying health and aging as an integrated biopsychosocial process.

Barbara Speedling
Barbara Speedling, BS, Quality of Life Specialist, is a New York based quality management consultant who provides education and training to community, residential and long-term care service providers in the development of programs and services to meet a broad range of special needs. Guidance is offered in maintaining regulatory compliance and improving the quality of care and quality of life of individuals with Alzheimer’s disease and related dementia, mental illness, brain injury and complex psychosocial needs. In keeping with the core values of person-centered care, Barbara works closely with providers to evaluate and develop individualized approaches to the behavioral and psychosocial needs of their clients.

Presenters

Eugene M Hoyt
Dr. Eugene M Hoyt, JD, MD, FCLM, has had careers in both law and medicine. He has distinguished himself as an Oklahoma Assistant Attorney General and US Air Force Judge Advocate and can practice before the United States Supreme Court. As a medical professor and educator at Emory University, the University of Texas and Methodist Hospital in the Texas Medical Center, he has mentored medical students and advanced medical practitioners. He currently serves as the medical director of the Sac and Fox Nation and as a regional medical director of the Oklahoma State Department of Health. His lectures in law and medicine have been attended by national and international medical and legal audiences.
Dan Timmel
Dan Timmel, BS, LSCW, began his career practicing clinical social work, primarily in hospitals, with a focus on grief and dying. Interested in improving outcomes at the population level, he transitioned to public health, primarily improving maternal and child health care systems. He taught at the University of Maryland School of Medicine for 20 years. In 2002 Dan came to the Centers for Medicare and Medicaid Services in Medicaid Long Term Care policy for both institutional and home and community-based services. Presently he is responsible for institutional LTC policy. PASRR is the Federal program to which he is most committed, because of the potential benefit to so many, often forgotten, institutionalized individuals.

Lee Hyer
Lee Hyer, PhD, has been involved with the phenomenology of older adults for almost 40 years. He is currently a professor of psychiatry at Mercer School of Medicine. He has also have been faculty at University of Medicine and Dentistry New Jersey, Rutgers Robert Wood Johnson Medical School and the Medical College of Georgia. He has a PhD in clinical psychology and several post-doctoral fellowships including one at the Center for Aging and Human Development, Duke University, School of Medicine. He is the author of over 200 journal articles and book chapters, as well as authored of older adults, including dementia. Currently he is working on his fifth book on a holistic model care for older adults.

Edward Kako
Edward Kako, PhD, MSc, is a senior associate at Mission Analytics Group. He has experience managing policy analysis, quality assurance, report writing, technical assistance, and strategic planning, both as project director and as a task lead on various projects. Most recently he has focused on approaches to rebalancing long-term care. Dr. Kako serves as Mission Analytics Project Director of the Preadmission Screening and Resident Review (PASRR). He has a master’s of science in community and regional planning from Temple University in Philadelphia and a PhD in Psychology from the University of Pennsylvania.

Durand Crosby
Durand Crosby, JD, PhD, is the chief operating officer of the Oklahoma Department of Mental Health and Substance Abuse Services. He received his bachelor’s and juris doctorate from the University of Oklahoma and his PhD from Oklahoma State University. He has drafted numerous pieces of legislation and served on various legislative subcommittees regarding mental health law and children’s law. In addition, he has written several published articles on the mental health system, and provided numerous training to attorneys, judges, law enforcement officers and healthcare professional regarding ethics, employee engagement, customer service, creativity and innovation, and the confidentiality of behavioral health records.
**Erin Taylor**
Erin Taylor, PhD, is a mother to five children including her youngest who received a heart transplant at the age of five and has a dual hemisphere brain injury. She is the author of two books and a 2012 Leadership Education in Neurodevelopmental Disabilities (LEND) Fellow. A 2011 graduate of Partners in Policymaking at the Oklahoma Developmental Disabilities Council, Erin is now the program’s coordinator and trainer. Erin presents often on disability issues, family-centered care and advocacy skills. She is currently working on issues surrounding parents with disabilities as well as the newly founded Parent Advocacy Corps.

**Lila Starr**
Lila Starr, BA, LBSW, has worked for the Iowa DHS for thirty years and has been a mental health specialist in the Division of Mental Health and Disability Services (MHDS) since 1999. She has had a variety of responsibilities including Adult Mental Health Specialist, Olmstead Coordinator, PATH Coordinator, and Disaster Mental Health Coordinator.

**Cynthia Zubritsky**
Cynthia D. Zubritsky, PhD, is the director of policy research for the Center for Mental Health Policy and Services Research at the University of Pennsylvania. She has extensive experience in management and organizational services issues in integrating primary care, behavioral healthcare and aging systems, and is the architect of Pennsylvania’s Certified Older Adult Peer Specialist program. Zubritsky is a senior fellow at the University of Pennsylvania’s Institute on Aging, the Leonard Davis Institute for Health Economics, the University of Pennsylvania’s Center for Public Health Initiatives, and the University of Pennsylvania’s Minority Aging Research Center.

**Rita McCabe**
Rita McCabe, MSW, MPHA, has spent 17 years of state service in Medi-Cal policy, ombudsman services, litigation support compliance, and data and analytics. She has worked for several nonprofit organizations including county operated clinics and support programs serving the needs of seriously mentally ill adults and severely emotionally disturbed children.
Todd Brockman

Todd Brockman, MD, is a board certified ophthalmologist who has practiced in Tulsa for 26 years. He received his undergraduate degree from Texas Christian University and his MD from the University of Texas in Houston. Dr. Brockman is currently elected president of the Oklahoma State Medical Association. He completed two terms as chairman of the Oklahoma State Medical Association Board of Trustees and was a past vice-president of OSMA. Dr. Brockman was also a past president of the Tulsa Surgical Society. He is also a clinical professor of ophthalmology at the University of Oklahoma School Of Medicine in Oklahoma City. Dr. Brockman’s focus on cataract surgery and glaucoma results in a largely geriatric patient population.

Jimmie McAdams

Jimmie McAdams, DO, is a psychiatrist and the medical director for Laureate Psychiatric Clinic and Hospital in Tulsa. Previously he served as medical director for geriatric psychiatry for Saint Anthony Health Care System in Oklahoma City. He is a member of the Alzheimer’s Association Medical Scientific Committee and was designated Distinguished Fellow of the American Psychiatric Association in 2014.

Cherie Bledsoe

Cherie Bledsoe is the assistant director of the Kansas Consumer Advisory Council for Adult Mental Health and serves as Executive Director of a peer-run center in Kansas City, Kansas. Bledsoe is a trauma survivor and a trauma champion in sharing knowledge to create communities that are trauma informed. She is an active voice at the local, state, and national levels. Bledsoe is a member of the Governor’s Behavioral Health Services Planning Council.

Koleen Garrison

Koleen Garrison, MA, BA, works for the Kansas Consumer Advisory Council for Adult Mental Health, Inc., a non-profit organization run by and for people who receive, or have received mental health services. In her current position as Leadership Academy coordinator, she facilitates learning experiences for other consumers utilizing skills she acquired while earning her bachelor’s and master’s degrees in elementary and special education.

Syralja Griffin

Syralja Griffin, MA, LPC-S, is the care management administrator for Magellan Health where she coordinates care and manages utilization across multiple populations and benefit categories. She works to improve clinical outcomes through strategic care management activities and proper application of medical necessity guidelines.

Colleen Boltman

Colleen Boltman, RN, BSN, CPUR, is the general manager for Health Care Management (HCM), Clinical Management Center (CMC) for Magellan. She provides oversight of contract compliance and performance, directing the CMC administrative and infrastructure activities improving value within current contracts and ensuring customer satisfaction. She has over 11 years of long-term care experience as director of nursing in profit and non-profit organizations. She has been a regional consultant for at risk nursing facilities.
**Nancy Van Winkle**

Nancy Van Winkle, PhD, is a sociologist who has been on the faculty of OSU Center for Health Sciences for 24 years. She has taught a variety of courses for OSU dealing with such issues as aging, death and dying, multicultural health, and interviewing skills for medical students. She helped establish the OSU branch of the Osher Lifelong Learning Institute in Tulsa. Currently, Van Winkle is the director of the Senior Mentor Program and a coordinator of the geriatric focus course at OSU College of Osteopathic Medicine.

**Kenneth Jones**

Kenneth Jones, MS, LPC, is a native of Oklahoma and is a licensed professional counselor. He has worked in the mental health field for over 20 years. Throughout his career he has advocated on behalf of children, adolescents, adults and older adults. Kenneth received a master’s degree in counseling psychology from Southern Nazarene University and recently received a certificate for completing a course in gerontology from the University of Texas. He has experience working for private mental health agencies, his own individual practice and for the State of Oklahoma. Jones currently serves as the aging specialist for the Oklahoma Department of Mental Health and Substance Abuse Services.

**Betty Ferdinand**

Betty Ferdinand, MS, is the director of projects for Collaborative Industries Inc. In this role, she is responsible for the strategic management of multi-state projects providing services and support to persons with mental illness, intellectual/developmental disabilities, and for persons with memory and advanced physical care needs in community-based and long term care settings. She was instrumental in successfully developing, implementing and managing all aspects of the PASRR process for the State of Nebraska. Ferdinand has a degree in Social Work and Sociology from the University of Nebraska, with graduate work in Human Development and the Family, Aging and Developmental Disabilities. She is also the chair of the National Association of PASRR Professionals.
TRIBUTES

Carroll Michem Magness

Carroll Michem “Mich” Magness, a native of Okemah, Oklahoma, had a lifelong interest in older people, beginning with a very close relationship with his grandparents. His mission was to promote successful aging and protect older adults in Oklahomans and all over the country. After studying gerontology as an undergraduate at Baylor, he earned a master’s degree in gerontology from the University of Southern California. He was working on a Ph.D. in applied gerontology at the University of North Texas.

Magness presented on aging, mental health, healthy aging, and substance use and abuse around the country, while teaching classes at Oklahoma State University and Langston. He served as the aging specialist and directed the PASRR/MI program for the Oklahoma Department of Mental Health and Substance Abuse Services. Magness was a consultant for the Substance Abuse and Mental Health Services Administration Older Adult Mental Health Technical Assistance Center and received a SAMHSA grant to implement an evidence-based practice in Oklahoma. He was a member of the Gerontological Society of America, the National Association of PASRR Professionals Board of Directors, and the National Association of State Mental Health Program Directors Older Persons Division. He chaired the Oklahoma Delegation to the 2005 White House Conference on Aging and participated in the National Coalition on Mental Health and Aging.

Bob & Mary Rawling

Bob Rawlings worked in the field of mental health, substance abuse and long term care at the state and national level for over 25 years. He was with the Oklahoma Department of Mental Health and Substance Abuse Services for more than 17 years as Director of the Aging Division. Rawlings is widely recognized as the “Godfather” of mental health and aging coalitions. He was instrumental in forming the Oklahoma Mental Health and Aging Coalition, which was the first in the country, and the National Coalition on Mental Health and Aging, which now includes over 80 national organizations, governmental agencies, and state and local coalitions. He represented the National Association of State Mental Health Program Directors (NASMHPD) on the National Coalition and has provided consultation and technical assistance for state and local coalitions in 38 states. Rawlings is a past chair of the NASMHPD Older Persons Division and was the first chair of the National Association of PASRR Professionals. He has retired and resides with his wife, Mary, in Durant, Oklahoma.

James Spencer

James Spencer graduated from the University of Omaha, now named the University of Nebraska at Omaha, with a Bachelor’s degree in Business Administration. He spent his professional career focusing on finance for 39 years and worked various positions in banks throughout Nebraska and Oklahoma. Spencer’s involvement in numerous organizations demonstrates his passion for aging services. Previously, he was involved with the Oklahoma State Council on Aging, Living Longer Living Stronger through the Aging Services Division of Oklahoma Department of Human Services. Spencer volunteered at the Senior Health Insurance Program. He is a volunteer and member of AARP, is on the advisory committee of the COEDD-AAA District 5 area. He assists with caregiver support groups through the organization, is a participant for Volunteers Impacting People and is affiliated with the Agency on Aging. He has been on the Linking Gerontology and Geriatrics Advisory Committee for five years. Spencer has retired, but his passion for helping people has not gone unnoticed as he continues to impact others through community involvement.
We would like to thank our co-providers, sponsors and co-sponsors listed on the back of the program. We appreciate the support the following people have provided to make this conference possible.

**LINKING GERONTOLOGY & GERIATRICS ADVISORY COMMITTEE**

*Eugene Hoyt, PhD, MD, JD, FCLM*
*Nancy Van Winkle, PhD*
*Tammy Henderson, PhD*
*Diane Wood, MA*
*Catherine Bozek, LPN*

**COLLEGE OF HUMAN SCIENCES MARKETING TEAM**

*Julie Barnard*
*Tierra Eller*
*Lisa Smith*
*Suyadi Supratman*

**CORE CONFERENCE STAFF**

*Tia Claybrook*
*Allie Hassen*
*Shelby Sewell*

**CONFERENCE PLANNING COMMITTEE**

*Gail Beiber*
*Bettie Ferdinand*
*Joseph Grzywacz*
*Tammy Henderson*
*Mickey Hinds*
*Kenneth Jones*
*Lila Starr*
Sponsors

Co-Sponsors

Co-Provider