

Second Annual Community Integration Conference

Belonging is a Birthright:

The Power of Social Cures for Psychosocial & Psychiatric Recovery

May 27, 2016 | Houston, Texas



Organizers of first Community Integration Conference in 2015, from left, are Ross Ellenhorn, Brad Kennedy and Ed Levin.

Program Schedule

8:30 – 9:00 am	Registration and Continental Breakfast
9:00 – 9:15 am	Welcome and Opening Remarks <ul style="list-style-type: none">• Ed Levin, MS, LICSW, Association for Community Integration Programs (A4CIP); Ross Ellenhorn, MSW, PhD, Prakash Ellenhorn, LLC; and Brad Kennedy, MRC, CRC, CPRP, The Menninger Clinic
9:15 – 10:15 am	Ostracism: Consequences and Coping <ul style="list-style-type: none">• Kipling D. Williams, PhD
10:15 – 10:30 am	Break
10:30 – 11:30 am	In Small Places, Close to Home: The Role of Community in Community Mental Health <ul style="list-style-type: none">• Larry Davidson, PhD
11:30 am – 12:30 pm	Community Integration and Participation in the Treatment of People with Serious Mental Health Issues: Evidence and Strategies <ul style="list-style-type: none">• Mark Salzer, PhD
12:30 – 1:30 pm	Lunch
1:30 – 02:30 pm	Social Ostracism, Rejection Sensitivity and the Power of a Mentalizing Therapeutic Community to Heal Wounds <ul style="list-style-type: none">• J. Christopher Fowler, PhD
2:30 – 03:30 pm	Recovering the Sense of Belonging through a Therapeutic Town in the Light of Accompanied Selfrehabilitation <ul style="list-style-type: none">• Alberto Fergusson, MD
3:30 – 3:45 pm	Break
3:45 – 4:30 pm	Moderated Panel Discussion – Integrating Theory, Research, and Strategy into Best Practices <ul style="list-style-type: none">• <i>Panelists:</i> Kent D. Harber, PhD; Larry Davidson, PhD; Mark Salzer, PhD; J. Christopher Fowler, PhD; and Alberto Fergusson, MD• <i>Moderator:</i> Brad Kennedy, MRC, CRC, CPRP
4:30 – 4:35 pm	Closing Remarks <ul style="list-style-type: none">• Ross Ellenhorn, MSW, PhD

Learning Purpose Statement

The purpose of this conference is to impact the practice of mental health professionals by enhancing knowledge about the impact of social ostracism on recovery from mental illness, and by gaining skills that promote individuals' attachment in relationships and the community at large. Through an exploration of theory, current research, and evidence based interventions available to address the issue of ostracism as it relates to mental illness, mental health professionals will gain skills needed to help individuals with serious mental illness reintegrate back into meaningful roles in the community.

Target Audience

Physicians, psychologists, registered nurses, social workers, addiction professionals and other mental health professionals (novice to experienced)

Joint Providers

- Association for Community Integration Programs (A4CIP)
- The Menninger Clinic
- Prakash Ellenhorn, LLC

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Learning Objectives

At the conclusion of this learning activity participants should be able to:

1. Describe the potential impact of therapeutic interventions for patients who suffer from the effects of ostracism.
2. Discuss the importance of a sense of belonging to providing a foundation for recovery.
3. Articulate how the social model of disability can be used to facilitate strategies that promote community inclusion.
4. Describe how a mentalizing therapeutic community can positively impact symptoms related to rejection sensitivity.
5. Outline the key principles of Accompanied Selfrehabilitation that is designed to promote rehabilitation in communities with minimal professional resources.
6. Recognize the key features of effective community integration programming.

Requirements

Successful completion of this activity requires:

- 100% attendance of activity (No partial credits will be awarded.)
- Completed Education Activity Evaluation
- Completed Application for Continuing Education

Continuing Education Credit

The Menninger Clinic has awarded 5.75 Contact/Credit/Clock hours to the following disciplines:

Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Menninger Clinic, Prakash Ellenhorn, LLC, and the Association for Community Integration Programs (A4CIP). The Menninger Clinic is accredited by the ACCME to provide continuing medical education for physicians.

The Menninger Clinic designates this live activity for a maximum of 5.75 AMA PRA Category 1 Credit(s)™.

Psychologists: The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Menninger Clinic maintains responsibility for this program and its content. (5.75 CE credit hours).

Registered Nurses: The Menninger Clinic is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 5.75 contact hours will be awarded at completion.

Social Workers: The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker Examiners to offer continuing education for social workers. This activity is offered for 5.75 continuing education credit hours for social workers. We adhere to the Texas State Board of Social Worker Examiners Continuing Education Guidelines.

Addiction Professionals: The Menninger Clinic, approved by the Texas Certification Board of Addiction Professionals (TCBAP) Standards Committee, Provider No. 1741-06, five and three-quarters (5.75) hours general, expires 7/2016. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 401 Ranch Road 620 S, Suite 310, Austin, Texas 78734, fax number 888-506-8123.

Certificates of Attendance will be awarded for all other participants.

Register Today

- \$100 per participant includes continental breakfast, lunch and refreshments
- Sign up online at: <http://bit.ly/A4CIP16>

Visa, MasterCard, Discover, American Express and checks are accepted. Registration will be finalized with receipt of payment.

Conference Location & Hotel

- The Menninger Clinic, 12301 Main Street, Houston, Texas 77035, just about 10 minutes south of the Texas Medical Center; free parking

For directions, visit: <http://www.menningerclinic.com/patient-care/admissions/directions>

- A special room rate of \$119 is available at the [Hotel Derek](#) near the Galleria at 2525 West Loop South, Houston, Texas 77027. The rate applies to single and double rooms May 26-29 when you mention Menninger or this conference by name while making a reservation by May 22 at 713-961-3000.

Distinguished Faculty

• Ostracism: Consequences and Coping

Presented by Kipling D. Williams, PhD

Ostracism—being ignored and excluded—is a method of social control and punishment that exists in all social animals, including humans. The effect of ostracism on the individual plays out in three temporal stages, the first two of which are: (1) reflexive, with little variability across all samples studied, in which targeted individuals detect ostracism, feel pain, experience threat to fundamental needs and negative affect, and (2) reflective, for which there is substantial variability across samples as a result of individual differences and situational context, in which targeted individuals make sense of the ostracism experience and strive to cope with it. Coping includes speed of recovery from the distress, and efforts aimed at fortifying one or more of the threatened needs (belonging, self-esteem, control, and meaningful existence). Typically, people cope by either trying to fit in, lashing out, or seeking solitude. Individuals who suffer long-term exposure to ostracism enter a third stage, (3) resignation, in which their desire and ability to fortify thwarted needs, is depleted, thrusting them into states of despair, alienation, depression, and helplessness. Preventing entrance into the resignation stage is the focus of current research aimed at speeding recovery and directing the individual to effective functional coping responses.

Dr. Williams serves as Professor of Psychology in the Department of Psychological Sciences at Purdue University in West Lafayette, Indiana. He is most noted for his research on ostracism and has developed unique methods to study the processes and consequences. Dr. Williams has conducted research in aggression, group processes, close relationships, ostracism, social loafing and social compensation. He has a primary interest in social influence, having contributed to publications in psychology and law that deal with issues of different realms of social influence. However, Dr. Williams' interests mostly include group processes and social influence. While some people regard this as simple group research, he regards it as a phenomenon of basic social influence. He believes an individual's emotions, subsequent social susceptibility, and motivations are all affected when that person is ostracized.

• In Small Places, Close to Home: The Role of Community in Community Mental Health

Presented by Larry Davidson, PhD

This presentation will provide a historical and theoretical perspective on the role of community in psychiatric care, from the moral treatment era to the present. Emphasis will be placed on the central role that a sense of belonging plays in recovery from serious mental illnesses and the various ways in which mental health practitioners have tried to offer such a sense of belonging to their patients, both individually and collectively. Questions will be raised about the effectiveness of individual interventions in promoting a social phenomenon (i.e., belonging) and examples will be given of approaches from outside the U.S. that allow for collectivist approaches outside of institutional settings.

Dr. Davidson is a Professor of Psychiatry and Director of the Program for Recovery and Community Health at the School of Medicine and Institution for Social and Policy Studies of Yale University. His work has focused on processes of recovery from and in serious mental illnesses and addictions, evaluation of innovative recovery-oriented practices, including peer-delivered services, and designing and evaluating policies to promote the transformation of systems to the provision of recovery-oriented care. In addition to being a recipient of psychiatric care himself, Dr. Davidson has produced over 200 publications, including the 2009 book written with several of his colleagues, entitled *A Practical Guide to Recovery-oriented Practice: Tools for Transforming Mental Health Care*. Most recently, he has released another book entitled *The Roots of the Recovery Movement in Psychiatry: Lessons Learned*. His work has been influential both nationally and internationally in shaping the recovery agenda and in translating its implications for transforming mental health practice.

• Community Integration and Participation in the Treatment of People with Serious Mental Health Issues: Evidence and Strategies

Presented by Mark Salzer, PhD

Community integration refers to the opportunity to live in the community and be valued for one's uniqueness's and abilities like everyone else. This presentation will discuss the concepts underlying the value of community integration and participation as a key aspect of health, the evidence base indicating that people with serious mental health issues would, could, and should participate in the community like everyone else, and strategies for promoting community participation.

Dr. Salzer is Professor and founding Chair of the Department of Rehabilitation Sciences at Temple University. He is also the Principal Investigator and Director of the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities, a research and training center funded by the National Institute on Disability and Rehabilitation Research. Dr. Salzer has been the Principal Investigator on numerous federally funded research grants (NIH, SAMSHA, NIDRR) and has more than 80 publications that examine the delivery of effective community mental health and rehabilitation services to individuals with psychiatric disabilities. His work focuses on identifying and eliminating barriers to full community inclusion (e.g., work, school, intimate relationships, spirituality, friendships, and parenting), promoting the development and utilization of effective supports and mainstream community resources, and enhancing the development and effectiveness of peer support programs.

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- **Social Ostracism, Rejection Sensitivity and the Power of a Mentalizing Therapeutic Community to Heal Wounds**

Presented by J. Christopher Fowler, PhD

This presentation will link the construct of social ostracism (a social phenomenon) with rejection sensitivity (a hidden internal process) that creates a vicious cycle, contributing to interpersonal impairments and emotional suffering. The role of a mentalizing therapeutic community in challenging and modifying the experience of rejection will be highlighted. Results from the Menninger adult inpatient trial will highlight the impact of an “immersive” experience on symptoms, well-being, and emotional functioning.

Dr. Fowler serves as Director of Psychology and Associate Director of Clinical Research at The Menninger Clinic. He is also an Associate Professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine. As a clinical psychologist and researcher, Dr. Fowler has written or co-authored more than 90 articles and book chapters in the areas of personality disorders, suicide, and psychotherapy outcomes. He is a nationally recognized psychological assessment researcher and currently serves as a consulting editor for the journals *Psychotherapy* and the *Bulletin of the Menninger Clinic*.

- **Recovering the Sense of Belonging Through a Therapeutic Town in the Light of Accompanied Selfrehabilitation**

Presented by Alberto Fergusson, MD

People who have lost their sense of belonging after being diagnosed with severe mental illness are recovering through what is now called a Therapeutic Town. A 33-year-long experience from Columbia is described where 2,300 people have experienced a successful road to recovery.

Dr. Fergusson, who initially dedicated himself to psychiatry and psychoanalysis, is currently devoted to rehabilitation in general (physical, mental, and social). He is one of the world's foremost advocates of the human rights of people with mental illness, and he has developed a unique alternative to traditional asylum-like treatments. He founded FUNGRATA in Colombia and FAS in Washington, DC, which are institutions that try to rehabilitate people who are homeless and suffering from psychosis. He has a leadership role in the Colombian School of Rehabilitation, a university for the studies of rehabilitation and related fields. He described Accompanied Autoanalysis and later Accompanied Selfrehabilitation for the first time. As a consultant for the Department of Mental Health in Washington, DC, he teaches Accompanied Selfrehabilitation. In April 1997 he founded the Institute of Accompanied Self Rehabilitation. Dr. Fergusson has published more than 30 peer-reviewed articles.

- **Integrating Theory, Research, and Strategy into Best Practices**

Panelists: Majority of faculty as well as Kent D. Harber, PhD

Dr. Harber is Associate Professor of Psychology at Rutgers University at Newark. He earned his bachelor of arts degree in psychology from Pitzer College and his doctorate in psychology from Stanford University. Dr. Harber completed postdoctoral training in health psychology at Washington University in St. Louis, and has worked as a Research Scientist at American Institutes for Research in Palo Alto, California. His research addresses interracial feedback, psychosocial resources and perception, and the effects of emotional disclosure on social judgment and information transfer. These studies have been sponsored by the National Science Foundation, the National Institutes of Health and the Spencer Foundation.

Moderator: Brad Kennedy, MRC, CRC, CPRP

Mr. Kennedy is the Program Director of Rehabilitation and Community Integration Services for The Menninger Clinic. He is a founding member of Menninger's Compass Young Adult Inpatient Program. He also served as Program Manager of Menninger's Pathfinder community integration program, where he co-developed therapeutic programming and provided consultation, including vocational assessments and social skills development, to help clients improve their relationships and find the optimal fit of meaningful work, volunteer, or academic roles. Mr. Kennedy is a frequent presenter to local and national audiences on the topics of work, mental health, school, and psychiatric rehabilitation issues.

About the Joint Providers

We invite you to visit the websites of these organizations for more information.

- Association for Community Integration Programs (A4CIP) – www.a4cip.org
- The Menninger Clinic – www.menningerclinic.com
- Prakash Ellenhorn, LLC – www.prakashellenhorn.com

Refunds

The Menninger Clinic will provide a full refund if requested at least two weeks prior to date of live event. In the unlikely event the conference is cancelled, prepaid registrants will be given a full refund.

Special Needs (ADA)

If you have any specific dietary or ADA needs, please include with your online registration or by calling Bree Scott at The Menninger Clinic at 713-275-5060.

Questions & Assistance

- For assistance with registration or payment, please contact Bree Scott at bscott@menninger.edu or 713-275-5060.
- For Continuing Education information, please contact Terrilynn Steele, MSN, RN, at tsteele@menninger.edu or 713-275-5056.