

## Behavioral Health In North Dakota: Building Collaborations and Serving our Communities

NDPA 2018 Spring Conference | May 3-4, 2018

Doubletree Inn and Suites | West Fargo, ND 58078

### Thursday, May 3<sup>rd</sup>

- 8:00-8:05 AM** Presentation of letter written by Senator Heidi Heitkamp to NDPA
- 8:05-9:00 AM** Behavioral Health in ND. Where have we been and where are we going?  
**Presenter: Representative Kathy Hogan**  
There has been progress in treatment of behavioral health in North Dakota. Rep. Kathy Hogan will share areas of progress and innovative programs across the state that address the needs of those with behavioral health issues. She will also explore the gaps in service.
- 9:00-10:00 AM** Psychological Responses to Violence, Oppression, and Microaggressions  
Against LGBTQ Populations  
**Presenter: David Whitcomb, Ph.D., LP**  
Members of sexual and gender minorities, who often identify as lesbian, gay, bisexual, transgender, or questioning (LGBTQ) have been traditionally underserved by psychologists and other mental health professionals. Far removed from popular urban centers where LGBTQ adolescents and adults often relocate to, LGBTQ populations in North Dakota remain more invisible and less understood than in most parts of the country. Without any state laws addressing hate crimes or protections from discrimination against persons on the basis of sexual orientation or gender identity, many LGBTQ North Dakotans remain vulnerable to many forms of oppression, ranging from repeated microaggressions to sexual and other physical violence. In this presentation, Dr. Whitcomb will review the history of LGBTQ populations in recent decades within the United States, with particular attention to the effects on mental health that public opinion, public policy, and mental health practices have on these minority groups. The psychological sequelae to these influences will be discussed in terms of the responses of LGBTQ persons, their allies, and those who continue to oppress sexual and gender minorities. Finally, empirically based and theoretically sound approaches to affirmative LGBTQ behavioral health care will be briefly addressed.
- 10:00-10:15 AM** Break and Scavenger Hunt
- 10:15-11:15 AM** Indigenous Communities Working towards Healing  
**Presenter: Ruth Anna Buffalo, MPH, MBA, MMgt**  
This workshop will explore historical and contemporary contexts of healing among Indigenous communities of North Dakota. The broader understanding of cultures different from our own will contribute positively to the quality of behavioral health service delivered to clients. The concept of wellness from multiple sources will be discussed. Ruth will also discuss the social determinants of health specific to Indigenous communities and how we must address the need for systemic policy change. Culture and identity will be discussed in the contribution of successful outcomes.
- 11:15-12:15 PM** Addressing the Moral Wounds of Service: A Combat Trauma Treatment Model and Potential Applications for our Community's First Responders.  
**Presenters: Margo Norton, Ph.D., LP and Bruce Krogstad, VA Chaplain**  
Existing evidence-based therapies for PTSD are relatively effective at reducing hypervigilance associated with exposure to traumatic, life threatening experiences, but what about the guilt and shame that can result from one's own actions, or inactions in such settings? Or the anger and resentment that can come from betrayal of a trusted leader? Or the burden of bearing witness to extreme human behavior and suffering? Traditional PTSD therapies would approach this from a cognitive restructuring and behavioral exposure model. The moral injury model proposes alternative ways of processing actions committed by self and others, which can involve approaching from a spiritual, in addition to cognitive, behavioral, and experiential perspectives.  
In this presentation, Dr. Margo Norton, Fargo VA psychologist, will partner with a VA chaplain to review the concept and the unique approaches to care when a moral injury is identified.
- 12:15-1:30 PM** Awards Luncheon Honoring Early Career Psychologist Award Recipient: Dr. Jessica Mugge  
Join us for lunch as we celebrate our award recipient, Dr. Jessica Mugge, who was awarded the Early Career Psychologist Award through the American Psychological Association.

**Poster Presentations**

**1:30-2:30 PM**      **Play Therapy with Children Impacted by Trauma: Facilitating Healing through Narrative**  
**Presenter: Angela M. Cavett, Ph.D., LP**  
For traumatized patients, the narrative is often considered the most important component of healing. This workshop will discuss the essential skills that are built prior to doing a narrative with a child or adolescent in order to prepare them for processing of the trauma. Examples of play narratives will be provided to inform participants of the depth and breadth of play therapy narratives and how to enhance the narrative for optimal healing.

**2:30-2:45 PM**      **Break and Scavenger Hunt**

**2:45-5:00 PM**      **Panel Discussion: Bridging Behavioral Health Gaps through Collaboration**

**Moderator: Angela M. Cavett, Ph.D., LP**

Panelists will include:

Adam Martin, F5 Project

Becky Eissinger, MSW, LICSW, Child and Family Therapy Associates

Jennifer Restemayer, Family Supports with Family Voices of North Dakota

Sgt. Michael Bernier, Fargo Police Department

Jill Krone, Parole and Probation

Lynda Vistad, LCSW, Partnership Director

Audra Stonefish, Gladys Ray Shelter

Officer Jesseca White, Fargo Police Department

Pat Olson, M. Ed., LPCC, Rape and Abuse Crisis Center

Dr. Flowers, West Fargo Superintendent

The panel discussion will have three purposes: First, participants will hear from panelists about the programs in which they are involved. Second, the panelists will share what is working well with their program. Finally, panelists will discuss hurdles in their current work and how areas of weakness can be better addressed through collaborating with others. The object of this panel is to hear from others in order to conceptualize better service mechanisms in the future.

## Friday, May 4<sup>th</sup>

**8:00-9:00 AM**      **Plenary Session: A Call to Care, A Call to Action:**  
**The 411 for Psychologists Dealing with the 911 of the Law Enforcement/First Responder Communities**  
**Presenter: David A. Rogers, Ph.D.**

Members of law enforcement/first responders face challenges and changes, both within their profession and as they perform their work that affect the ways in which they see their roles and respond to the public they serve. Developing an awareness of their needs is critical to the success of any therapeutic treatment. Consequently, therapists must be cognizant of and prepared to address the particular challenges that confront men and women who serve in enforcement. This session begins the exploration of the role the mental health professional plays in helping members of the enforcement community, in navigating the differing perspectives between therapist and patient, and in alleviating the stigma often associated with seeking mental health services.

**9:00-10:15AM**      **Session One: Law Enforcement Suicide and Career Crises: What to Look For/What to Do**  
**10:30-12:15PM**      **Presenter: David A. Rogers, Ph.D.**

According to O'Hara (2017), more officers took their own lives than were killed in the line of duty in 2017. Approximately twelve officers take their own lives each month. Suicides among members of law enforcement continue to outpace those among the general population. These sobering facts serve as an imperative to equip therapists with the skills necessary to identify critical signs indicating a need for immediate intervention. In addition to identifying warning signs, this workshop explores the partnerships that make suicide prevention among officers/first responders more successful and the methods therapists use to break through the silence/avoidance that often characterizes a reluctance to admit to thoughts of self-harm.

**10:15-10:30AM**      **Break and Scavenger Hunt**

**12:15-1:30PM**      **Lunch (Lunch is available if desired or lunch on your own)**

**1:30-3:00PM**      **Session Two: Practical Applications in Providing Competent and Coordinated Behavioral Health Care in**  
**3:15-5:00PM**      **and Involving Law Enforcement Incidents**

**Presenters: David A. Rogers, Ph.D., Angela Cavett, Ph.D., Sgt. Michael Bernier, Officer Jesseca White, Dr. Flowers**

In their line of work, members of law enforcement/first responders frequently encounter those affected by mental health issues. A lack of understanding for how those issues impact one's ability to exercise sound judgment or self-control can and does lead to unintended escalation of tensions, resulting all too often in dangerous outcomes for officers/responders and/or the public. In this session, we will engage in scenarios designed to test our abilities to advise our patients who work in law enforcement or as first responders. In addition, we will explore some of the most critical decisions they must make that can mean the difference between life and death.

**3:00-3:15PM**      **Break and Scavenger Hunt**

# REGISTRATION

7.5 C.E. credits available each day of the conference. Approval pending for Boards of Social Work and Peace Officers.

**NOTE:** Participants arriving more than 15 minutes after the scheduled starting time of the workshop or departing prior to the end of the workshop will not receive CE credits

## POSTMARKED

## BEFORE APRIL 25

## AFTER APRIL 25

### NDPA MEMBERS

Thursday Workshops	\$166	\$216	_____
Friday Workshops	\$166	\$216	_____
ALL: Full Days Thursday & Friday	\$282	\$357	_____

(Join NDPA as a psychologist or affiliate for a lower conference rate)

### NON-MEMBERS

Thursday Workshops	\$241	\$296	_____
Friday Workshops	\$241	\$296	_____
ALL: Full Days Thursday & Friday	\$462	\$582	_____

### NDPA STUDENT MEMBERS

Thursday Workshops	\$50	\$100	_____
Friday Workshops	\$50	\$100	_____
ALL: Full Days Thursday & Friday	\$100	\$175	_____

\*Student Members who present at the poster session will be admitted for free.

**TOTAL ENCLOSED\*** \_\_\_\_\_

NAME \_\_\_\_\_

LAST FIRST MI DEGREE

PREFERRED MAILING ADDRESS \_\_\_\_\_

AGENCY (IF APPLICABLE)

STREET OR BOX

CHECK IF NEW ADDRESS

CITY STATE OR PROVINCE ZIP CODE

PROFESSION \_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**\*Check or money order payable to NDPA must be enclosed if mailed.  
Credit cards only accepted at [ndpsych.org](http://ndpsych.org). Vouchers not accepted.**

Mail to: John Collins, Registrar, PO Box 79, Carrington, ND 58421, 701.652.7196

## ADDRESS SERVICE REQUESTED

## ABOUT OUR SPEAKER



### DAVID A. ROGERS, PH.D.

Dr. Rogers earned both his masters and doctoral degrees at the Rosemead Graduate School of Professional Psychology in LaMirada, California. He completed his residency and internship at the Philhaven Hospital in Mount Gretna, Pennsylvania. Since 1996, he has served as the clinical director of Hershey Psychological Services. In addition, he has acted as psychological consultant/trainer for the Pennsylvania State Police's Member Assistance Program since 2007. In 2011 he was certified as a Critical Incident Stress Manager as part of his role with this important program. Dr. Rogers has also worked in education, serving as adjunct professor for Philadelphia College of Osteopathic Medicine, Penn State University, and Lebanon Valley College. As part of his commitment to educating future clinicians, he has acted both as a group-level supervisor and an individual mentor to those seeking certification, licensure, or other credentialing opportunities.

Throughout his career, Dr. Rogers has specialized in adolescent psychology and family treatment, as well as adult individual and marital treatment. Furthermore, he continues to conduct work in high-impact careers including medicine, law, religion, and law enforcement, presenting training programs to fellow psychologists and other mental health professionals in addition to law enforcement agencies.

Since 1980, Dr. Rogers has delivered educational and informative talks before national and international audiences composed of a few to a few thousand members. He discusses topics related to psychology, healthy living, relationships, and professional growth. Some of his presentations have been accredited by the American Psychological Association for continuing education credits for fellow professionals. Dr. Rogers has also been featured in local media with his goal to make psychological understanding relevant to daily life in mind.

Dr. Rogers has served on the Board of Directors of the Pennsylvania Psychological Association for the past ten years in a variety of capacities including board chair of the Internal Affairs sector, past president of the Pennsylvania Psychological Foundation. In addition, for the past three years, he has been in the presidential cycle, currently serving as past president. He also serves on the Board of Directors for the Friends of Fort Hunter, a local historical site, and the Pennsylvania State Police South Central Camp Cadet.

In 1978, Dr. Rogers married Nancy, his junior high sweetheart and friend. Nancy, who is also a well-known psychologist in the Hershey area, often joins David as he travels to deliver his presentations around the country and the world. Together, they have a daughter Kate, who has joined the family practice, and a granddaughter Chloe. Both Nancy and Dr. Rogers love a good game of backgammon although Dr. Rogers is often forced to admit defeat at his wife's hands. During his limited spare time, Dr. Rogers, who collects antique clocks, enjoys reading and target shooting.