



## **Solihnten Annual Conference**

**36<sup>th</sup> Annual, 1<sup>st</sup> Ever Virtual**

**2020**

**Change, Challenge and Opportunity**

*Event Materials*

### **Pre-Conference: School Based Services**

#### **School Based Services Outcomes**

Janet Kempf Vande Hey, Owner and Principle at JKH Research, and currently is the lead outcome researcher for a number of school-based projects in the state of Wisconsin. She offered a workshop for **Centers with existing school-based services** to help show progress in schools by adding/enhancing outcome measures in the Pyramid Model of Intervention's three tiers. Regardless of your level of intervention at this time, this training and work session assists with your data knowledge on developing/implementing tools and data points that can be used at the elementary, middle or high school level.

#### **Session Recordings:**

[Part One](#)

[Part Two](#)

#### **Resources:**

- ★ [Outcome Measures for School Based Mental Health Screenings and Support Working Session](#)
- ★ [Attachments for School Based Mental Health Working Session](#)
- ★ [School Based Mental Health Workbook Exercise](#)

#### **Foundations of Comprehensive School Mental Health**

This session provided an overview of the [National School Mental Curriculum](#): a free curriculum available in the public domain. This curriculum is designed to be flexible and adaptable to the audience's needs. The 8 modules address different aspects of comprehensive school mental health: Foundations of Comprehensive School Mental Health, Teaming, Needs Assessment and Resource Mapping, Screening, Mental Health Promotion for All (Tier 1), Early

Intervention and Treatment (Tiers 2/3), Funding and Sustainability, impact. Each module includes resources and tools to support learning extensions and can be adapted and built upon to be contextualized to regions, states, and districts.

The focus of this 2-hour session was: The Foundations of Comprehensive School Mental Health (Module 1) and we touched on the key points in several other modules including needs assessment, screening and using the MTSS framework. Additionally, we provided a general overview of the curriculum and how it could be used and adapted in your district or school. Module 1 provides context, definitions, core features and an understanding of the value of comprehensive school mental health. Comprehensive school mental health is a complex system with many different aspects and pieces that make up the whole. Therefore, it's important to know what already exists within the school and community, what's working well and what can be strengthened or changed as well as how all the parts and pieces like teaming, MTSS and evaluation fit into and complete the whole system. Opportunities for discussions on breaking down barriers and creating action steps are central to this session. Becoming aware of best practices, assessing and evaluating current systems and practices can only help to make a school system stronger and more responsive to the needs of all students and staff. In turn, by strengthening both the student's individual health outcomes as well as the entire school community, we have the opportunity to positively impact the mental health of young people for the rest of their lives.

Following this conference session in July, a learning community will be formed to continue to provide support, resources and context for the development of your school mental health systems and programs. Participants will have the opportunity to attend two 1-hour sessions (scheduled at a time that works for the majority). Additional sessions may be added based on the needs and interest of participants.

**Presenter: Stefanie Winfield, MSW**

School Mental Health Coordinator, Mountain Plains MHTTC  
Western Interstate Commission for Higher Education (WICHE)

**Session Recording:**

[Part One](#)

[Part Two](#)

**Resource:** [PowerPoint Presentation](#)

**Training Program Development in Solihten Affiliated Centers** (Two Part Offering)

**Presenters:**

**Russell Siler Jones, Th.D.,LCMHCS.** Training Director, Carenet, Inc., Winston-Salem, NC

**Lana Chesock, LCSW,** Training Director, Foundations Health and Wholeness, Green Bay, WI

**Julie Feld, LCSW, CSAC,** Director of Outpatient Services, Foundations Health and Wholeness, Green Bay, WI

**Doug Stephens, EdD, LICSW, LMFT,** Solihten Institute Vice President

## ***Launching a Training Program***

The first session of *Training Program Development in Solihten Affiliated Centers* is especially, though not exclusively, designed for Center leadership that is considering launching a training program in their Center. The offering addressed indications and contraindications for having a postgraduate training program, including financial considerations, staffing patterns, community needs for therapy services with a range of ability to pay, and how therapists in training for licensure would be supervised and trained.

## ***Ongoing, In-House Clinical Training***

The second section of *Training Program Development in Solihten Affiliated Centers* addressed the nature of an ongoing, in-house training program for established clinical staff. Successful models were discussed and outlined regarding staff buy-in to be recipients of ongoing training beyond their licensure and years of experience.

## **[Session Recording](#)**

**Resource:** **[PowerPoint Presentation](#)**

## ***State of the Solihten Institute: Sorrow - Silence - Celebration - Hope***

Together with **Terry Nelson Johnson, PhD**, Street Theologian, Educator, Storyteller; Soul Play LLC - Old St. Patrick's Parish, **Robert Johnson, MS, President/CEO** led the State of the Solihten Institute: Sorrow – Silence – Celebration – Hope. Over 100 days ago who among us could have predicted the impact a novel virus and the tragic death of George Floyd could have on our lives... personally, professionally, spiritually? We can say with confidence that our world has been turned upside down and the compass that guided our journey to this point can no longer be relied upon to give us accurate direction.

We leaned into the loss and sorrow we have endured. Push away the driving sense of urgency long enough to listen to the persistent silence of uncertainty. Celebrate the grit, compassion and competence that allowed our clients to be served though these challenging times and feast on the hope and unexpected opportunities your willingness to take risks, employ your imagination, and remain faithful to your values have presented us.

## **[Session Recording](#)**

**Resource:** **[Text from Bob Johnson](#)**

## ***Strategic Foresight***

**Garry Golden**, a nationally renowned futurist both introduced and started us down the path of strategic foresight. This is the research-driven practice of exploring expected and alternative futures to inform strategy. There is notable, but not complete, overlap between foresight and strategic planning, change management, forecasting, and design thinking. With the help of your input, together we began to envision our path forward following the difficult events of 2020.

## [Session Recording](#)

**Resource:** [The Art & Science of Strategic Foresight PowerPoint Presentation](#)

### ***Everyone Has A Story to Tell: Storytelling and Fundraising for Mental Health***

In this interactive learning session, attendees found inspiration to create and implement unique and successful fundraising strategies to support your mission. This session is ideal for Center team members in all roles. All staff members are crucial to the story and success of the organization.

- The Case for Joy in Fundraising
- Setting Up A Storytelling Mindset for Your Mission
- Eat the Frog: All of the Practical Considerations You'd Rather Ignore
- Breaking Down Silos: How to Create Ambassadors out of your Administrative Team and Board Members
- Go Forth and Fail

#### ***Presenters:***

**Kelly Nutty**, Director of Development, Foundations Health and Wholeness, Green Bay, WI  
**Fonda Latham, LCSW, ACSW**, Vice President, Solihnten Institute

## [Session Recording](#)

**Resource:** [PowerPoint Presentation](#)

### ***Equity and Inclusion: Building the Culture that Supports the Message***

In this workshop we heard from a panel of mental health leaders on their journey to build a culture of equity and inclusion. Topics of conversation included how with intentionality these efforts have supported outward messaging, as well as a culture of care for staff, and how they are able to live out the values through messaging and communication. We also heard stories of lessons learned, had discussion about barriers, and talked about how aspects of White Supremacy Culture can show up in the shadows of messaging if our culture is not transparent and built with conditions for success.

#### ***Facilitator:***

**Nate Harris, MA, LICSW**, Director, Trinity Boston Counseling Center

#### ***Panelists:***

**Rebecca Jackson, MSW**, Senior Director, Organizational Equity Practice, Trinity Boston Connects

**Zina Jacque, PhD**, Pastor, Community Church Barrington, IL

**Kelli Walker-Jones, MDiv**, Center Director, TPC, Integrative Psychotherapy & Pastoral Counseling, Raleigh, NC

**David Smith**, MDiv, MA, Executive Director, Summit Counseling Center, Johns Creek, GA

## **Session Recording**

### ***New Clinical Training Opportunities from Solihten***

2:00 – 4:00 p.m., Eastern

1:00 – 3:00 p.m., Central

12:00 – 2:00 p.m., Mountain

11:00 a.m. – 1:00 p.m., Pacific

8:00 – 10:00 a.m., Hawaii

Solihten Institute member Centers practice one of the most effective paths to wholeness: integrated healing. Watch this session to get an experiential flavor and preview of the clinical training opportunities that the Solihten Institute is offering this fall. The **Advanced Training in Spiritually Integrated Therapy (ATSIP)**, for more experienced therapists, this popular offering is in its 3rd year and is facilitated by a seasoned faculty of experienced supervisors. And new this year, **(Introductory) Spiritually Integrated Therapy (SIP)** is geared toward therapists in the first five years of practice, this interactive offering will provide a grounding in spiritual assessment and treatment that integrates key theoretical frameworks. [Click for more information about these two exciting offerings.](#)

#### ***Presenters:***

**Doug Stephens, Ed.D., LICSW, LMFT, BCD**, Vice President, Solihten Institute and select members of the ATSIP and SIP Faculties:

**Christine Dietz Ph.D. LISW, D.Min.**

**Ellery Duke M.Div., Ph.D. LP, AAPC Fellow**

**Randy Hoedeman M.Div., Ph.D., LPC, LMFT, NCC, AAMFT Approved Supervisor**

**Carol Pitts M.Div., Ph.D., LPC, LMFT, AAMFT Approved Supervisor, AAPC Diplomate**

## **Session Recording**

**Resource: [PowerPoint Presentation](#)**

### ***Is Your Center Healthy? Introduction of New Key Indicators***

Solihten Counseling Centers are diverse in structure, sponsorship, and services. Yet over the past 40 plus years, certain basic organizational qualities have emerged as hallmarks of strong, healthy centers. The Solihten Institute has updated this condensed information into key indicators for an organizationally sound and economically viable Solihten Center in 2020 and Beyond.

Come learn about adaptations to these characteristics, and how to apply this resource to your own Center.

#### ***Presenters:***

**Steve Duson**, Vice President, Solihten Institute

**Laurie K. Pechie, MBA**, Executive Vice President, Solihten Institute

## Session Recording

### Resources:

- ★ [PowerPoint Presentation](#)
- ★ [Key Indicators of a Thriving Solihden Center © 2020](#)

### *Responding to Community Crisis: The Outcome of Effective Messaging*

The Ecumenical Center for Education, Counseling, Health was established in 1967 as a first line of defense for the San Antonio, Texas community in the ever-increasing fracturing of our lives under the stresses of continuous cultural change. This is a mission that remains as relevant today as it was at its founding. In November 2017, The Center staff exemplified this calling, in the days following the mass shooting at the First Baptist Church in Sutherland Springs, Texas. Led by **Executive Director/CEO, Mary Beth Fisk**, personnel from The Center were able to respond quickly to provide support to the congregation, family members, and first responders. The Center has been an ongoing part of the healing process for the congregation and community. In this Conference offering, Mary Beth provided an overview of their response and the importance of community collaboration and messaging.

## Session Recording

Resource: [PowerPoint Presentation with Link to Center Introductory Video](#)