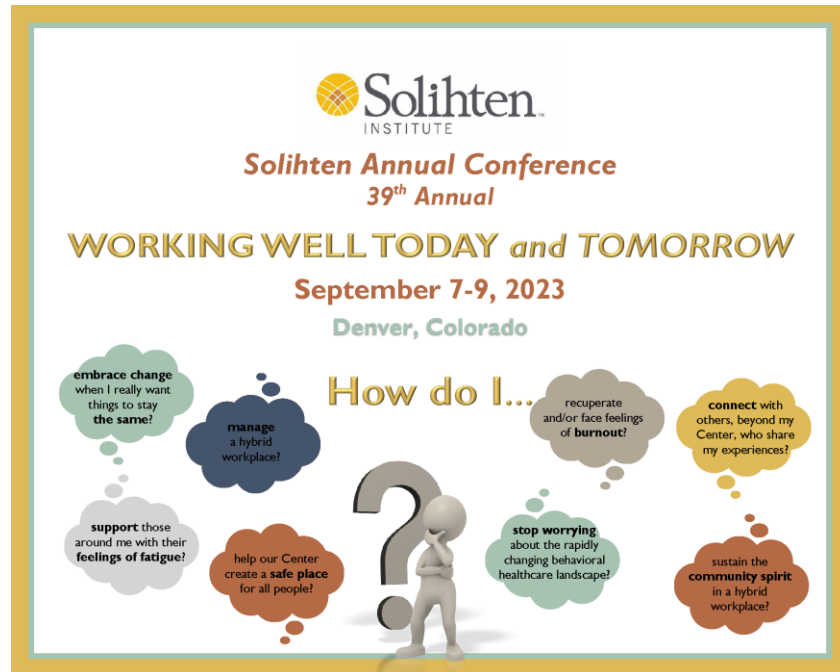


# The Solihten Update

A Solihten Institute Publication

Continuing to Move Forward with a Special  
2023 Solihten Annual Conference Edition



***“Thank you for a rejuvenating conference!”***

*~ 2023 Solihten Annual Conference Attendee*

***“Valuable! Will be taking back with me several actionable ideas.***

*~ 2023 Solihten Annual Conference Attendee*

***“I liked opening and closing of the day with devotion. It grounded me. The diversity was very good. That is what we are in our daily work.***

*~ 2023 Solihten Annual Conference Attendee*

## Caring for the Caregivers, Two Sessions

**Matt Bloom, PhD**, was a tenured professor at the University of Notre Dame for 25 years. He recently changed roles so he can devote his time to bringing the vast but esoteric body of research on **wellbeing** to a wider audience, and to working with his co-founders and team of Ritual that uses simple evidence based practices to focus on how small steps can add up to big changes.

This research focuses on a holistic approach to well-being, which includes all elements of our mental, emotional, spiritual, and social health.

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→ [AM Session Recording](#)

→ [PM Session Recording](#)

→ [PowerPoint Slides](#)

→ [Additional Slides](#)

☆ [METTA PHRASES](#), PM Devotion from the Rev. Dr. Mark Killmer

## Working Well as a Place of Hope

As we continue to find our way through the events of the last few years, combined with our current challenges such as, 'where have all the therapists gone,' tired souls and exasperated people are trying to move forward. **Michelle Snyder, MDiv, MSW** will intertwine teachings of hope and connection from her work with the Soul Shop movement in an effort to equip you to return to your Centers with additional resources to combat the difficult feelings so many of us are working to overcome.

There will also be an opportunity to learn more about bringing Soul Shop to your community, including resources to help defray the costs

→ [Session Recording](#)

→ [PowerPoint Presentation](#)



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→ **Additional Information:**

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## Working Well as a Place of Belonging

**This session was brought to you by the Belonging, Inclusion, Diversity, and Equity (BIDE) Committee of the Solihden Institute National Board of Directors**

A hallmark of your Centers and the Solihden model has long been to serve those in need by creating a place that is comfortable and inviting. As we seek to invest in centering the voices of those who have often found themselves on the margins, we must also reckon with a past that still haunts us in the form of discrimination and social inequality. **Michael Torres, MD** a prominent voice in the health care and spiritually integrated sectors, will help us endeavor to take a justice-based approach in our responsibility to educate ourselves and each other around belonging, inclusion, diversity, and equity principles.

→ [Session Recording](#)

## Working Well in a Hybrid World and Making Space for Tomorrow's Technology

“The only thing constant is change;” a two-thousand-year-old expression from Greek Philosopher Heraclitus that remains relevant today. Our world has encountered major change over the past several years. While our first inclination would be to ‘go back to the way they were, pre-pandemic,’ that is not going to happen. Instead, we have to embrace the reality that there will continue to be changes in the way that clients/employees expect us to conduct business in general, along with transformations in behavioral health care. As providers and staff, you are in many ways at ground zero for the practical applications of these changes. Through this presentation, and beyond, the Institute remains a source of support and consultation.

**Rachael McLaughlin, MA, LPA**, Assistant Director of Health System Transformation for the Meadows Mental Health Policy Institute has a very personal frame of reference for working well in a hybrid space as *she joined the Meadows Institute in 2020*. She made the shift after 10 years of experience working as a mental health clinician in a variety of settings. She has a background in mental health counseling and neuropsychology where she has assessed and treated multiple populations including adults and children with chronic physical and mental health conditions.

→ [Session Recording](#)

→ [PowerPoint Presentation](#)

## Working Well as a Place for Tomorrow: Client Outcome Measures

A discussion around **Client Outcome Measures** was facilitated by **Peter W. Sanders, PhD** and **Scott Richards, PhD** specifically the Bridges Assessment System (BAS). The BAS includes a client outcome measure called the **CAMOS that assesses six dimensions**: (1) relationship distress, (2) psychological distress, (3) spiritual distress, (4) physical health concerns, (5) treatment progress, and (6) self-harm risk. Additional client outcome measures can be added, if a treatment site, researcher, or business wishes to assess other dimensions of well-being and functioning

→ [Session Recording](#)

☆ **Email: [Peter W. Sanders](#)**

**As a follow-up to this offering, the Solihden Institute gathered Network Centers in an Outcome Measures Workgroup.**

Process notes: this session was not recorded to create a safe space for participants to openly discuss both opportunities and challenges related to the implementation or ongoing use of Outcome Measures.

A slide deck with notes that were taken without attributing them to an individual source is available [HERE](#).

There is another meeting scheduled on **Friday, December 8** with a goal of having a speaker who has a good understanding and track record with using clinical outcome measures. Again, no company or tool will be represented. If we are not able to secure such a speaker, the Institute staff will explore other options to create a meaningful session.

### State of the Solihten Institute

Unfortunately, **Robert (Bob) Johnson, MS** was unable to present the State of the Solihten Institute at the Conference due to illness. We are grateful to share that he is fully recovered, and his message will be coming via video in a future issue of the *Solihten Update - Lite*.

### Important Message for CEs

If you have not yet completed the Conference evaluation, **please plan to do so by Friday, Oct 13** using this link: <https://www.surveymonkey.com/r/23SACEval>. This is the final step in receiving CEs for the event.

Please note that much like the door of an airplane once this survey is closed, **it will not reopen**.



### *Solihten Update - Lite Archives*

The *Solihten Update - Lite* is being distributed in addition to the full monthly version, *Solihten Update: "Ongoing Resources – Continuing to Move Forward"* that is usually sent on the first Tuesday of each month and covers a range of resources and a lot of information.

**The Lite edition focuses on a single topic** and is published on a rolling basis driven by the content needs for work of the Solihten Network.

It will be sent to the Inboxes of Executive Directors/CEOs; Center Board Chairs/Presidents; Clinical and Training Directors; Administrative Personnel; and Development Personnel within each Center. Please feel free to distribute this information to other staff members as you see fit.

\*\*Denotes resources from the *Equity & Inclusion Resource Hour*. The Equity and Inclusion Taskforce of the Solihten Institute National Board of Directors sponsors this offering.

- ☀️ \*\*A.23 2023 DEI Series, March 22
- ☀️ \*\*B.23 2023 DEI Series, Session Two, June 1
- ☀️ \*\*C.23 2023 DEI Series, Session Two Resources, June 9
- ☀️ D.23 Juneteenth, June 14
- ☀️ F.23 Upcoming Education and Training, Solihten Institute

### Solihten Update Archives

Prior issues of the **Solihten Update** can be found in the member resources section of the Solihten Institute website: <https://solihten.org/protected-pages/training-and-education/updates-ongoing-resources/>

Each Center has a personalized log-in that has been provided to the Center Leadership. That information is available from **Steve Duson**.

### Other



(Seeing one of the 2023 Solihten Annual Conference Door Prizes 'out in the wild')