



# Improving Lives Conference

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The Alaska Mental  
Health Trust Authority

Tuesday, September 27 and  
Wednesday, September 28, 2022

*Dena'ina Civic and Convention Center  
Anchorage, Alaska*



# Welcome!

Dear partners,

Welcome to the Alaska Mental Health Trust Authority's Improving Lives Conference. We appreciate that you are here to share ideas, network, engage with colleagues, and learn more about some of the excellent work underway that is helping improve the lives of Trust beneficiaries.

Hosting a conference such as this is a first for the Trust, and we are excited for the opportunity to bring together beneficiaries, providers, partners and all those who are interested in our system of behavioral health care in Alaska.

The themes of the 2022 Improving Lives conference are: behavioral health support across beneficiary groups, innovative and promising practices for serving Trust beneficiaries, strengthening our continuum of care, and incorporating lived experience and beneficiary perspectives into programs and planning. We were thrilled that so many partners submitted presentation proposals, and our full agenda should ensure that each of you have the opportunity to improve your understanding of Trust beneficiary needs and services in our state.

We are grateful to our beneficiary, community provider, Tribal, state, local and other partners for their contributions to our conference and to improving the lives of Trust beneficiaries in Alaska.

Sincerely,



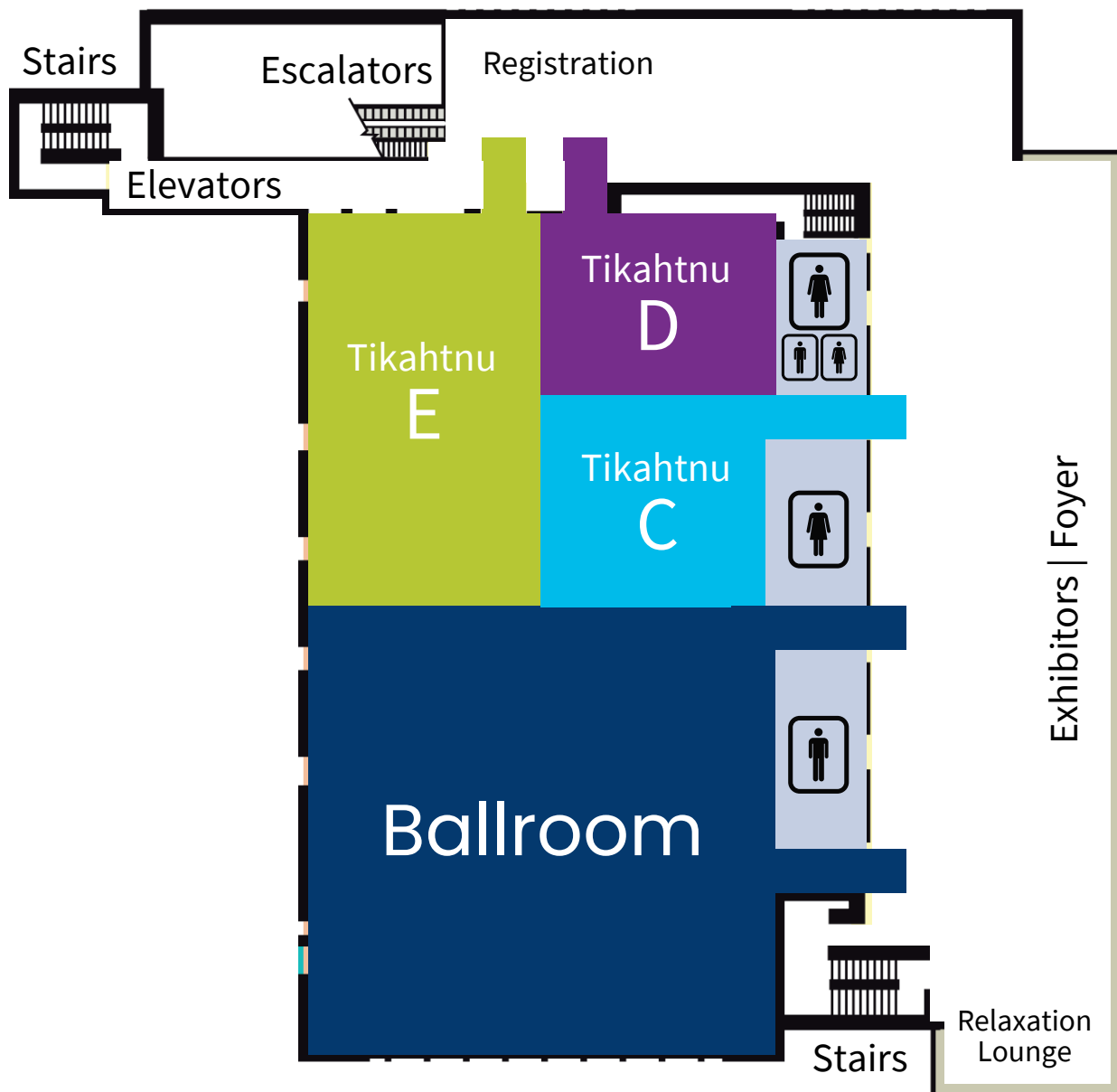
Steve Williams, Chief Executive Officer  
Alaska Mental Health Trust Authority



Anita M. Halterman, Board Chair  
Alaska Mental Health Trust Authority

# The Dena'ina Center

## Third Floor



# Schedule at a Glance

## **DAY 1**

7:30 - 8:30 AM	Registration, Exhibitor Booths and Breakfast Open
8:30 - 9:00 AM	Welcome!
9:00 - 10:00 AM	<b>Plenary Panel Presentation: Serving Alaskans with Complex Needs</b>
10:00 - 10:15 AM	Break
10:15 - 11:15 AM	Breakout Sessions
11:15 - 11:30 AM	Break
11:30 - 11:45 AM	Introduction of Keynote Presentation, <i>lunch is served</i>
11:45 AM - 1:00 PM	<b>Keynote Presentation: You Are Not Alone</b>
1:00 - 1:15 PM	Break
1:15 - 1:45 PM	Breakout Sessions
1:45 - 2:00 PM	Break
2:00 - 2:30 PM	Breakout Sessions
2:30 - 2:45 PM	Break
2:45 - 3:15 PM	Breakout Sessions
3:15 - 3:30 PM	Break
3:30 - 4:00 PM	Breakout Sessions
4:00 - 5:30 PM	Networking Reception and Poster Presentations

## **DAY 2**

7:30 - 8:30 AM	Registration, Exhibitor Booths and Breakfast Open
8:30 - 8:45 AM	Welcome!
8:45 - 9:45 AM	<b>Plenary Panel Presentation: Transforming Behavioral Health Crisis Response in Alaska</b>
9:45 - 10:00 AM	Break
10:00 - 11:00 AM	Breakout Sessions
11:00 - 11:15 AM	Break
11:15 AM - 12:15 PM	Breakout Sessions
12:15 - 12:30 PM	Break
12:30 - 12:45 PM	Introduction of Keynote Presentation, <i>lunch is served</i>
12:45 - 1:45 PM	<b>Keynote Presentation: Granting Access: Dismantling Ableism and Embracing Neurodiversity</b>
1:45 - 2:00 PM	Break
2:00 - 3:00 PM	Breakout Sessions
3:00 - 3:15 PM	Break
3:15 - 4:15 PM	Breakout Sessions
4:15 - 4:30 PM	Break
4:30 - 5:00 PM	Closing Remarks and Door Prizes

# Keynote Speakers



**KEN DUCKWORTH, MD**

Chief Medical Officer, the National Alliance on Mental Illness (NAMI)



**DANIEL H. GILLISON JR.**

Chief Executive Officer, the National Alliance on Mental Illness (NAMI)



**HALEY MOSS, ESQ.**

Attorney & Neurodiversity Expert, Haley Moss LLC

## Plenary Panel Participants

### **Serving Alaskans with Complex Needs**

**KRISTY BECKER, PHD**

Director of Clinical Services, Alaska Psychiatric Institute

**KIM CHAMPNEY, MSW**

Executive Director, Alaska Association on Developmental Disabilities

**ADAM CRUM, MSPH**

Commissioner, State of Alaska Department of Health

**RICHARD ELLSASSER, MD**

Behavioral Services Department Medical Director, Southcentral Foundation

**JARED KOSIN, J.D., M.B.A.**

President and CEO, Alaska Hospital & Healthcare Association

**NICOLE NELSON, MPS**

Executive Director, Crossroads Counseling & Training Services

**STEVE WILLIAMS (MODERATOR)**

Chief Executive Officer, Alaska Mental Health Trust Authority (the Trust)

**ANNE ZINK, MD, FACEP (MODERATOR)**

Chief Medical Officer, State of Alaska Department of Health

### **Transforming Behavioral Health Crisis Response in Alaska**

**MICHELLE BAKER, MBA**

Executive Vice President of Behavioral Health Services, Southcentral Foundation

**JACOB BUTCHER, ENP**

Communications Manager, Matcom Dispatch

**RENEE RAFFERTY, MS, LPC**

Senior Director of Behavioral Health Services, Providence Alaska

**KARL SODERSTROM, CDC-S**

Founder and Chief Executive Officer, True North Recovery

**THEA AGNEW BEMBEN (MODERATOR)**

Principal, Agnew::Beck Consulting, Inc.

For more information about all of our speakers, please download our conference app:



# Schedule of Events

Day One | Tuesday, September 27, 2022

7:30 - 8:30 AM

Registration, Exhibitor Booths and Breakfast Open

8:30 - 9:00 AM

Welcome!

9:00 - 10:00 AM

**Plenary Panel Presentation: Serving Alaskans with Complex Needs**

*Moderated by Steve Williams and Anne Zink*

*Panelists include: Kristy Becker, Kim Champney, Adam Crum, Rick Ellsasser, Jared Kosin, and Nicole Nelson*

10:00 - 10:15 AM

Break

10:15 - 11:15 AM

Breakout Sessions

## TIKAHTNU E

### Peer Support Panel

Panelists:  
*Karl Soderstrom  
Kara Nelson  
Bobby Dorton*

## TIKAHTNU C

### Expanding Alaska's Mental Health Crisis and Suicide Care Practices

*by Leah Van Kirk and  
Charity Lee*



## TIKAHTNU D

### Understanding Alaska's ADRCs and DDRCs

*by Steven Lutzky and  
Erik Peterson*




11:15 - 11:30 AM

Break

11:30 - 11:45 AM

Introduction of Keynote Presentation, *lunch is served*

11:45 AM - 1:00 PM

**Keynote Presentation: You Are Not Alone: What First Person Experience and Storytelling Can Do to Change Attitudes and Increase Awareness Around Mental Illness**   
*by Ken Duckworth, introduced by Dan H. Gillison Jr.*

1:00 - 1:15 PM

Break

1:15 - 1:45 PM

Breakout Sessions

## TIKAHTNU E

### Mental Health Services in Child Advocacy Centers

*by Leigh Bolin*

## TIKAHTNU C

### Addressing the Continuum of Adolescent Behavioral Healthcare in Alaska

*by Elizabeth King*

## TIKAHTNU D

### No Turning Back - The Future of Direct Support

*by Kim Champney*

# Schedule of Events

Day One | Tuesday, September 27, 2022

1:45 - 2:00 PM

Break

2:00 - 2:30 PM

Breakout Sessions

## TIKAHTNU E

### **Safe Families For Children Alaska**

*by Kristen Bierma*

## TIKAHTNU C

### **9 Core Messages: What Everyone Should Know About Prenatal Alcohol Exposure**

*by Tami Eller and Teri  
Tibbett*

## TIKAHTNU D

### **Meaningful Transition in Rural Alaska**

*by Rain Van Den Berg*

2:30 - 2:45 PM

Break

2:45 - 3:15 PM

Breakout Sessions

## TIKAHTNU E

### **Intentional Communities in Alaska - Sharing the Dream, Journey, and Impact**

*by Michele Girault, Jena  
Crafton and Tom Crafton*

## TIKAHTNU C

### **Mental Health Supports in Alaskan Schools**

*by Sharon Fishel and  
Beverly Schoonover*

## TIKAHTNU D

### **Improving Psychiatric Patient Outcomes by Improving Psychiatric Patient Rights**

*by Faith Myers*

3:15 - 3:30 PM

Break

3:30 - 4:00 PM

Breakout Sessions

## TIKAHTNU E

### **The Intentional, Cooperative Village**

*by Eliza Eller*

## TIKAHTNU C

### **Evaluating Trauma- Informed Practices of the Alaska Alternative Schools Coalition**

*by Curtis Smith, Vanessa  
Hiratsuka and Sharon Fishel*

## TIKAHTNU D

### **Authenticity = Recovery & Wellness**

*by Jenifer Galvan*

4:00 - 5:30 PM

Networking Reception and Poster Presentations

# Schedule of Events

Day Two | Wednesday, September 28, 2022

7:30 - 8:30 AM

Registration, Exhibitor Booths and Breakfast Open

8:30 - 8:45 AM

Welcome!

8:45 - 9:45 AM

**Plenary Panel Presentation: Transforming Behavioral Health Crisis Response in Alaska**

*Moderated by Thea Agnew Bemben*

*Panelists include: Michelle Baker, Jacob Butcher, Renee Rafferty and Karl Soderstrom*

9:45 - 10:00 AM

Break

10:00 - 11:00 AM

Breakout Sessions

## TIKAHTNU E

### **Therapeutic Court Alumni - Supporting Therapeutic Courts Statewide**

*by Ron Wilson, Michael  
Mooradian, Charles Diaz,  
Lance Hanes and Alicia  
Westberg*



## TIKAHTNU C

### **Cultural Barriers to ADRD Care**

*by Steffi Kim*



## TIKAHTNU D

### **Getting to the Roots of the Problems**

*by Adam Grove*



11:00 - 11:15 AM

Break

11:15 AM - 12:15 PM

Breakout Sessions

## TIKAHTNU E

### **CCBHCs (Certified Community Behavioral Health Clinics) in Alaska**

*by David Branding, Joshua  
Arvidson and Rachel  
Gearhart*



## TIKAHTNU C

Presentation #1:

### **All the Lonely People: Starting a Conversation About Social Isolation and Loneliness**

*by Dustin Morris, Brenda  
Fowler, Ken Helander and  
Kathryn Fisher*

Presentation #2:

### **The Work of Alaska's Dementia Action Collaborative**

*by Pamela Kelley*



## TIKAHTNU D

### **Coming Home: Finding a New Normal for Ourselves and Those We Serve**

*by Annie Thomas-Landrum*

# Schedule of Events

Day Two | Wednesday, September 28, 2022

12:15 - 12:30 PM

Break

12:30 - 12:45 PM

Introduction of Keynote Presentation, *lunch is served*

12:45 PM - 1:45 PM

**Keynote Presentation: Granting Access: Dismantling Ableism and Embracing Neurodiversity** by Haley Moss



1:45 - 2:00 PM

Break

2:00 - 3:00 PM

Breakout Sessions

## TIKAHTNU E

### Harm Reduction Panel

Panelists:

*Lindsey Grennan  
Brenda Henze-Nelson  
Karen Clemans  
Christina Shadura*

## TIKAHTNU C

### Presentation #1: Support for the Littlest Alaskans

*by Lori Markkanen*

### Presentation #2: Strengthening the Infant and Early Childhood Mental Health Workforce in Alaska

*by Mary Dallas Allen and  
Cary Moore*

## TIKAHTNU D

### Driven by Data: Pay for Success Financing and Housing First

*by Samantha Longacre and  
Melissa Merrick*



3:00 - 3:15 PM

Break

3:15 - 4:15 PM

Breakout Sessions

## TIKAHTNU E

### Technology Panel

Panelists:

*David Reeser  
Jacqueline Summers  
Christopher Dietrich  
JC Adams  
Polly-Beth Odom  
Helen Michealson  
Christine Hundley*

## TIKAHTNU C

### Changing the Workforce Landscape for the Better

*by Ric Nelson and Barbara  
Rodriguez-Rath*



## TIKAHTNU D

### Ten Years On - Lessons Learned from the Complex Behavior Collaborative

*by Chris Sturm, Kelly Hild  
and Eric Talbert*



4:15 - 4:30 PM

Break

4:30 - 5:00 PM

Closing Remarks and Door Prizes



**Goals of Strengthening the System:**  
Alaska's Comprehensive Integrated Mental Health Program Plan

**DAY 1 | Tuesday, September 27**  
Conference Session

**Goal 1:**  
Early  
Childhood

**Goal 2:**  
Healthcare

**Goal 3:**  
Economic  
and Social  
Well-Being

**Goal 4:**  
Substance  
Use  
Disorder  
Prevention

**Goal 5:**  
Suicide  
Prevention

**Goal 6:**  
Protecting  
Vulnerable  
Alaskans

**9:00 AM**  
Serving Alaskans with Complex Needs



**10:15 AM**  
Peer Support Panel



Expanding Alaska's Mental Health Crisis  
and Suicide Care Practices



Understanding Alaska's  
ADRCs and DDRCs



**11:45 AM**  
You Are Not Alone



**1:15 PM** Mental Health Services in  
Child Advocacy Centers



Addressing the Continuum of Adolescent  
Behavioral Healthcare in Alaska



No Turning Back -  
The Future of Direct Support

**2:00 PM**  
Safe Families For Children Alaska



9 Core Messages: What Everyone Should  
Know About Prenatal Alcohol Exposure



Meaningful Transition in  
Rural Alaska



**2:45 PM**  
Intentional Communities in Alaska



Mental Health Supports in  
Alaskan Schools



Improving Psychiatric Patient Outcomes by  
Improving Psychiatric Patient Rights



**3:30 PM**  
The Intentional, Cooperative Village





































































Evaluating Trauma-Informed Practices of  
the Alaska Alternative Schools Coalition



Authenticity =  
Recovery & Wellness





			Trust Beneficiary Groups Alaskans Experiencing:				
Goal 7: Services in the Least Restrictive Environment	Goal 8: Services in Institutional Settings	Goal 9: Workforce, Data, and Funding	Mental Illness	Intellectual and Developmental Disabilities	Substance Use Disorders	Alzheimer's Disease and Related Dementia	Traumatic Brain Injuries
							
							
							
							
							
							
							
							
							
							
							
							
							
							
							
							
							



**Goals of Strengthening the System:**  
Alaska's Comprehensive Integrated Mental Health Program Plan

**DAY 2 | Wednesday, September 28**  
Conference Session

**Goal 1:**  
Early  
Childhood

**Goal 2:**  
Healthcare

**Goal 3:**  
Economic  
and Social  
Well-Being

**Goal 4:**  
Substance  
Use  
Disorder  
Prevention

**Goal 5:**  
Suicide  
Prevention

**Goal 6:**  
Protecting  
Vulnerable  
Alaskans

**8:45 AM** Transforming Behavioral Health  
Crisis Response in Alaska



**10:00 AM** Therapeutic Court Alumni -  
Supporting Therapeutic Courts Statewide



Cultural Barriers to ADRD Care



Getting to the Roots of the Problems



**11:15 AM** CCBHCs (Certified Community  
Behavioral Health Clinics) in Alaska



All the Lonely People: Starting a Conversation  
About Social Isolation and Loneliness



Coming Home: Finding a New Normal for  
Ourselves and Those We Serve



**11:45 AM** The Work of Alaska's Dementia  
Action Collaborative



**12:45 PM** Granting Access: Dismantling  
Ableism and Embracing Neurodiversity



**2:00 PM**  
Harm Reduction Panel



Support for the Littlest Alaskans



Driven by Data: Pay for Success Financing  
and Housing First

**2:30 PM** Strengthening the Infant and Early  
Childhood Mental Health Workforce in Alaska



**3:15 PM**  
Technology Panel










































































Changing the Workforce Landscape  
for the Better



Ten Years On - Lessons Learned from the  
Complex Behavior Collaborative





			Trust Beneficiary Groups Alaskans Experiencing:				
Goal 7: Services in the Least Restrictive Environment	Goal 8: Services in Institutional Settings	Goal 9: Workforce, Data, and Funding	Mental Illness	Intellectual and Developmental Disabilities	Substance Use Disorders	Alzheimer's Disease and Related Dementia	Traumatic Brain Injuries
							
							
							
							
							
							
							
							
							
							
							
							
							
							
							
							


# Thank You to our Planning Partners

- Alaska Association on Developmental Disabilities
- Alaska Behavioral Health Association
- Alaska Commission on Aging
- Alaska Department of Health
- Alaska Governor's Council on Disabilities and Special Education
- Alaska Hospital & Healthcare Association
- Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse
- Alaska Native Tribal Health Consortium
- Alzheimer's Resource of Alaska
- National Alliance on Mental Illness - Alaska
- University of Alaska Anchorage - Center for Human Development, Brain Injury State Partnership Program

## Continuing Education Credits

The Improving Lives Conference is proud to partner with the Alaska Training Cooperative, UAA Center for Human Development to offer continuing education credits for select presentations at this year's event.

This program (Improving Lives Conference) has been approved for 12.25 total General Contact hours by NASW-Alaska Chapter, and may be used to meet continuing education requirements for Social Work Licensure/Certification renewal. Due to concurrent CEU sessions happening at the same time during the two day conference, a total of 7.25 General Contact hours (CEUs) can be earned.

Eligible presentations are noted on the schedule of events with the following icon: 

CEU oversight will be provided by the Alaska Training Cooperative, UAA Center for Human Development.



THE ALASKA  
TRAINING  
COOPERATIVE



UAA Center for  
Human Development  
UNIVERSITY of ALASKA ANCHORAGE

# Thank You to our Exhibitors



Thank you for attending the Improving Lives Conference.  
We'd love to hear about your experience!  
Please complete our post-event survey here:



Improving Lives  
Conference



The Alaska  
Mental Health  
Trust Authority

