



**Better Lives  
through  
Better Health.**

**A program of TSET.**

Oklahoma Department of Mental Health  
and Substance Abuse Services

## ***Description***

The focus for the training is to prepare advocates, behavioral health staff and interdisciplinary providers who currently work with persons with behavioral health conditions in Well Body wellness coach program and nicotine dependence information. This initiative is a collaborative between the Oklahoma Department of Mental Health and Substance Abuse Services, the Oklahoma State Department of Health and the Oklahoma Tobacco Settlement Endowment Trust.

## ***Learning Objectives***

At the end of the seminar participants will be able to:

- Facilitate Well Body groups
- Provide the latest information about nutrition and weight management strategies
- Conduct motivational interventions
- Provide referrals to community nutrition, weight management, and wellness services
- Raise awareness of wellness initiatives through educational in-service and community training
- Elevate the importance of wellness initiatives in your organization
- Identify the historical aspect of tobacco control in Oklahoma.
- Explain the USPHS-2008 Clinical Practice Guidelines and “5 A’s” and how it can be integrated into a standard clinical practice.
- Explain the importance of follow-up for improvement in tobacco abstinence rates.
- Identify pharmacologic agents used in the treatment of nicotine dependence, explain correct use and identify adverse reactions and complications associated with each.
- Explain combination counseling and dosing of medications, use of higher dose medications and/or combining pharmacotherapy to enhance probability of abstinence.
- Identify and apply strategies for specific Motivational Interviewing techniques for treating consumers who are nicotine dependent.
- Translate the concept of nicotine use as an addiction into the provision of treatment.
- Improve the skills to provide a comprehensive assessment for nicotine dependence.

## ***Dates and Locations***

February 3-4, 2014  
8:30 a.m.-4:30 p.m.

**Oklahoma City, OK**  
American Red Cross  
Daugherty Training Room

601 NE 6<sup>th</sup> Street  
Oklahoma City, OK

February 19-20, 2014  
8:30 a.m.-4:30 p.m.

**Tulsa, OK**  
OU – Tulsa Room 3104

4502 E. 41<sup>st</sup> St  
Tulsa, OK

March 11-12, 2014 8:30 a.m.-4:30 p.m.	<b>Claremore , OK</b> Rogers State University	1701 W. Will Rodgers Blvd. Claremore, OK
March 13-14, 2014 8:30 a.m.-4:30 p.m.	<b>McAlester, OK</b> Eastern Oklahoma State College Wanda Bass Building Room 111	1802 E College Ave McAlester, OK 74501
April 7-8, 2014 8:30 a.m.-4:30 p.m.	<b>Norman, OK</b> Moore Norman Technology Center Franklin Road Campus Main Building Room A200	4701 12 <sup>th</sup> Avenue NW Norman, OK
April 17-18, 2014 8:30 a.m.-4:30 p.m.	<b>Durant, OK</b> Kiamichi Technology Center Telecommunications Room 101	810 Waldron Rd. Durant, OK
May 14-15, 2014 8:30 a.m.-4:30 p.m.	<b>Woodward, OK</b> High Plains Technology Center Seminar Center	3921 34 <sup>th</sup> Street Woodward, OK
May 28-29, 2014 8:30 a.m.-4:30 p.m.	<b>Lawton , OK</b> Great Plains Technology Center Auditorium Building 100	4500 W. Lee Blvd. Lawton, OK
June 2-3, 2014 8:30 a.m.-4:30 p.m.	<b>Clinton, OK</b> Frisco Center Sinor and Smith Rooms	101 S. 4 <sup>th</sup> Street Clinton, OK
June 10-11, 2014 8:30 a.m.-4:30 p.m.	<b>Ponca City, OK</b> Pioneer Technology Center Seminar Center	2101 N. Ash Ponca City, OK

## ***Featured Speakers***

### **Elizabeth Black, LADC**

Elizabeth Black, LADC, has been with ODMHSAS since 2005. She has worked in multiple capacities within the department, including as a clinician and consumer advocate. Ms. Black is currently working as a Wellness Program Coordinator as part of a team aimed at improving wellness in the behavioral health population. Ms. Black completed her undergrad at Oklahoma State University, earned her Master's Degree in Rehabilitation Counseling from Texas Tech University, and is now licensed as a Drug and Alcohol Counselor.

### **Bryan Bell, MS**

Bryan Bell is the Central Region Training Supervisor for the Oklahoma Department of Corrections and an Adjunct Professor in the Department of Sociology & Justice Studies at Oklahoma City University. Mr. Bell holds a M.S. degree in Criminal Justice Administration (1994) and a B.S. degree in Criminal Justice (1993) from Oklahoma City

University. Mr. Bell is also a trainer and consultant in Motivational Interviewing and is a member of the Motivational Interviewing Network of Trainers (MINT).

**Kimberly Crosby, PharmD, BCPS, CDE, BC-ADM**

Kimberly Crosby has served as a faculty member for the University of Oklahoma College of Pharmacy –Department of Clinical and Administrative Sciences since July 2002. Prior to coming to OU, she held the position of Assistant Professor for Southwestern Oklahoma State University College of Pharmacy from 2000-2002. Dr. Crosby received her Bachelor of Sciences in Pharmacy from Southwestern Oklahoma State University in 1990 and her Doctor of Pharmacy from The University of Oklahoma in 1999. She completed a Pharmacy Practice Residency at Saint Francis Hospital in Tulsa, OK in 2000. Dr. Crosby served as the Residency Director for the OU/May's Drug Stores Community Pharmacy Residency Program from 2005 -2009. Her current clinical practice is with the OU College of Community Medicine Family Medicine Department in Tulsa. Her practice and research interests are in the areas of health literacy, cardiovascular disease, asthma, smoking cessation and diabetes. Dr. Crosby is a Board Certified Pharmacotherapy Specialist, a Certified Diabetes Educator and a Board Certified Advanced Diabetes Manager.

**David Heath Holt**

David Heath Holt has worked for the Oklahoma Department of Mental Health and Substance Abuse Services since September 2010, first as a Consumer Advocate, then as the Coordinator of Community Advocacy & Wellness, and now as the Senior Behavioral Health & Wellness Coordinator. Heath has extensive experience in the behavioral health field that started in the community mental health setting as a clinician serving the homeless community and has expanded to statewide leadership of recovery and wellness for the behavioral health system and its partners. Heath received an undergraduate degree from the University of Central Oklahoma in Psychology, a graduate degree in Human Relations, and a Women's and Gender Studies graduate certificate from the University of Oklahoma. He is currently completing a graduate degree in Administrative Leadership from the University of Oklahoma. In addition, Heath is a published author, a Center for Social Justice Research Fellow, and is a Class IX member of Leadership Oklahoma City's LOYAL program.

**Yvon Fils-Aimé, MD, MBA**

Yvon Fils-Aimé became the Oklahoma Department of Mental Health and Substance Abuse Services Tobacco Cessation Manager in February 2012. He worked at the Oklahoma State University (OSU) as the tobacco health educator. Fils-Aimé has extensive management, technical assistance, global clinical and public health and preventive medicine experience. For over 15 years, he has designed, implemented, and assessed programs related to maternal and child health, public health policies, and tobacco control. Fils-Aimé earned a Master of Business Administration/Health Administration from Oklahoma City University. He has postgraduate certification in Leadership Strategies for Evolving Health Care Executives from Harvard School of Public Health, and earned his MD from Autonomous University of Guerrero, Guerrero, Mexico.

**Winter J. Smith, Pharm.D., BCPS**

Dr. Smith is an Associate Professor at the University of Oklahoma Health Sciences Center (OUHSC) College of Pharmacy and a clinical pharmacist at OU Medical Center (OUMC). She holds a Doctor of Pharmacy degree from the OUHSC College of Pharmacy (2003). After graduation, she completed a PGY1 pharmacy residency at Parkland Hospital in Dallas, Texas and a PGY2 residency in internal medicine, infectious diseases, and academics at Duke Hospital in Durham, North Carolina. In her clinical practice, Dr. Smith works directly with internal medicine physicians at OUMC to ensure safe and effective medication therapy is provided to hospitalized patients. She also teaches and mentors pharmacy students and postgraduate pharmacy residents. Her research interests include infectious diseases, management of chronic diseases in hospitalized patients, and innovative approaches to pharmacy education.

**Thad R. Leffingwell, PhD**

Dr. Leffingwell is an Associate Professor in the Department of Psychology at Oklahoma State University and also serves as the Director of Clinical Training for the Clinical Psychology Ph.D. program. Dr. Leffingwell earned his Ph.D. in clinical psychology at the University of Washington (2000) and also has a M.S. degree from the University of Arizona (1995) and a B.A. degree in biology and chemistry from Southwestern College (KS; 1992). He established the Behavioral Change Laboratory in the Department of Psychology at Oklahoma State University in August, 2000.

Dr. Leffingwell is also a widely sought after trainer and consultant in Motivational Interviewing and is a member of the Motivational Interviewing Network of Trainers (MINT).

### **Continuing Education Credits**

The Institute for Mental Health and Substance Abuse Education and Training has approved a maximum of 13.00 credit hours through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Licensed Marital and Family Therapist Committee, the Oklahoma Board of Licensed Alcohol and Drug Counselors, and the Licensed Professional Counselors Committee. Continuing education is also approved for Certified Case Managers and Peer Recovery Support Specialists. A request has been submitted for continuing education credit for Licensed Behavioral Practitioners.

### ***How to Receive Your Certificate of Attendance***

Certificates of attendance will be distributed at the end of the training. Participant evaluation forms must be submitted in order to receive continuing education credit and a certificate of attendance. There is a \$5.00 charge to reissue a certificate.

### ***Registration and Fees***

This training is offered at no cost to participants. The funding for this symposium is provided by a grant from the Oklahoma Tobacco Settlement Endowment Trust, the Oklahoma State Department of Health, and the Centers for Disease Control and Prevention.

### ***Special Accommodations***

Sign interpreters and/or other special accommodations required by disabled participants will be available upon advance request (please allow one week notice). Please indicate on the registration form the type of special accommodations you require. To discuss requests, call 405-522-8300.



# Well Power

## Registration Form

### HOW TO REGISTER:

Complete the form below and mail it (with payment, if applicable) to:

**By Mail:** ODMHSAS, Human Resources Development, 2401 NW 23rd Street, Suite 1F, Oklahoma City, OK 73107

**By Fax:** Faxed registrations are accepted at **405-522-8320**

Name: \_\_\_\_\_

Occupation or Job Title: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

\*\*Note: If an e-mail address is included, a confirmation that your registration has been received will be e-mailed to you.

I require special accommodations as follows:

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### PLEASE CHECK DATE/LOCATION

- |  |  |
|--|--|
| <input type="checkbox"/> February 3-4, 2014-OKC      | <input type="checkbox"/> April 17-18, 2014-Durant    |
| <input type="checkbox"/> February 19-20, 2014-Tulsa  | <input type="checkbox"/> May 14-15, 2014-Woodward    |
| <input type="checkbox"/> March 11-12, 2014-Claremore | <input type="checkbox"/> May 28-29, 2014-Lawton      |
| <input type="checkbox"/> March 13-14, 2014-McAlester | <input type="checkbox"/> June 2-3, 2014-Clinton      |
| <input type="checkbox"/> April 7-8, 2014-Norman      | <input type="checkbox"/> June 12-13, 2014-Ponca City |

### PAYMENT

This training is offered at no cost to participants.

### CONTINUING EDUCATION CREDIT REQUESTED

- |                                      |                               |                                       |                                    |  |
|--------------------------------------|-------------------------------|---------------------------------------|------------------------------------|--|
| <input type="checkbox"/> LPC         | <input type="checkbox"/> LMFT | <input type="checkbox"/> Psychologist | <input type="checkbox"/> LADC      | <input type="checkbox"/> PRSS              |
| <input type="checkbox"/> CADC        | <input type="checkbox"/> MSW  | <input type="checkbox"/> LCSW         | <input type="checkbox"/> Case Mgmt | <input type="checkbox"/> Under Supervision |
| <input type="checkbox"/> Other _____ |                               |                                       |                                    |  |

For information, call Human Resources Development at 405-522-8300.