

The Menninger Clinic and Ellenhorn

Jointly present

Community Integration Conference & Workshop: *The "Crowning Fortune" of Purpose*

 Location:
Los Angeles



— “ “ —
“The crowning fortune of a person is to be born to some pursuit which finds him or her employment and happiness, whether it be to make baskets, or broadswords, or canals, or statues, or songs.”

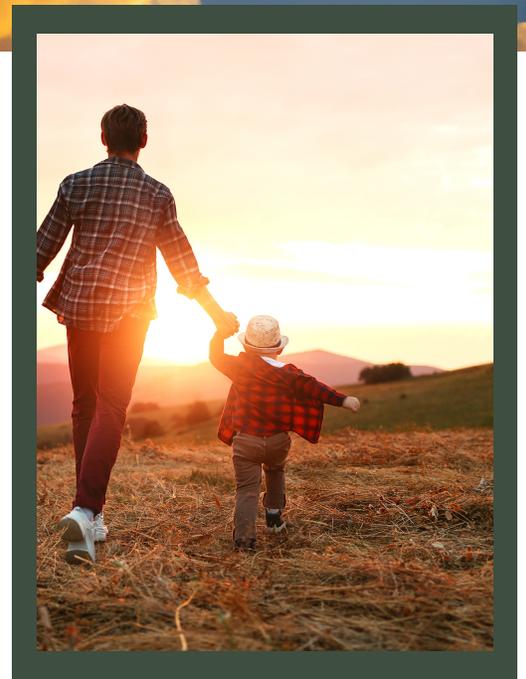
— Ralph Waldo Emerson —
” ” —

June 23-June 24 at the Skirball Cultural Center
Los Angeles

Purpose organizes you and gives you meaning. It's like the trunk of a tree from which grow the branches of your personal goals, your identity, the way you form and hold onto your relationships, and your world view. Without purpose, life lacks coherence and the world appears disassembled and chaotic, like floating dust in the light. To put it in the context of modern life, purpose is both your idea of a destination and your GPS; when you lack it, you're lost.

From a longer life span and better health to greater resilience and the ability to act efficiently, the physiological and psychological results of a strong sense of purpose are innumerable. However, a sense of purpose is not merely a matter of knowing where you're going in life. It also has to do with your sense of your own value to others and to the larger community. "What's my purpose here on earth?" is a question about whether—and how—you will add value to your family, community, country or planet. It's a question with difficult and painful parallel queries: "Do I matter?" "Does my absence matter?"

Of all the social injuries experienced by psychiatric patients—from stigma and ostracism to the loss of social support and self-determination—purposelessness is the constant. In fact, there is a rough correlation between treatment and purposelessness: The more treatment a person receives and the more they spend their days in treatment, the less time or energy they have to create purpose and live accordingly. This raises the possibility that we might be contributing to purposelessness by the very act of treating the results of lacking purpose—so that "low motivation," "treatment noncompliance" and a supposed lack of "life skills" are actually signs that a person has no map for the future, rather than problems that require psychiatric and psychological interventions.



Register
Today

Here enters community integration work, which focuses on helping a person reintegrate into the world and places their life goals front and center in pursuit of change. This year's Community Integration Conference seeks to help attendees appreciate purpose as the "crowning fortune" in all our lives, and specifically in the lives of the people who seek our help. Through this focus, we aim to allow the often-neglected problem of purposelessness to enter and inform our work.

LEARNING OBJECTIVES

At the conclusion of this learning activity, participants will be able to:

1. Explain the importance of purpose and purposelessness in the lives of clients.
2. Detect the behavioral signs of a lack of purpose in behaviors typically described as psychiatric symptoms.
3. Summarize the importance of community integration work in developing a sense of purpose.
4. Find ways to integrate purpose-driven interventions into our practices and organizations.
5. Interpret the pros and cons of sequestered treatment, considering the potential dangers it holds in regard to purpose.



TARGET AUDIENCE

Physicians, psychologists, social workers, licensed professional counselors, licensed marriage and family therapists, addictions professionals, and providers and consumers of behavioral health services (novice to experienced).

JOINTLY PROVIDED BY



Menninger®



CONTINUING EDUCATION

The Menninger Clinic has designated 5.5 continuing education credits for the following disciplines:

Physicians

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Menninger Clinic and Ellenhorn, LLC. The Menninger Clinic is accredited by the ACCME to provide continuing medical education for physicians.

The Menninger Clinic designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

Psychologists

The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Menninger Clinic maintains responsibility for this program and its content.

Social Workers

The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker Examiners to offer continuing education for social workers. This activity is offered for 5.5 continuing education contact hours for social workers. We adhere to the Texas State Board of Social Worker Examiners Continuing Education Guidelines.

Licensed Professional Counselors

The Menninger Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5139. Programs that do not qualify for NBCC credit are clearly identified. The Menninger Clinic is solely responsible for all aspects of the programs.

Licensed Marriage and Family Therapists

This activity is offered for 5.5 continuing education hours for marriage and family therapists. We adhere to the Texas State Board of Marriage and Family Therapists continuing education guidelines.

Addictions Professionals

The Menninger Clinic is approved by the TCBAAP Standards Committee, Provider No. 1741-06, five and one-half (5.5) hours general. Expires 7/2022. Complaints about provider or workshop content may be directed to the TCBAAP Standards Committee, 401 Ranch Road 620 S., Suite 310, Austin, Texas 78734, fax number 888-506-8123.

Certificates of Attendance will be awarded for all other participants.

REGISTRATION INFORMATION

Please register in advance to help us plan an optimal experience for you. We accept, Visa, Mastercard, Discover and American Express. Registration will be finalized upon receipt of payment.

REGISTRATION FEES

\$75 – Professional Rate without Workshop (In Person)

\$75 – Professional Rate without Workshop (Virtual)

\$75 – Professional Rate with Workshop (In Person ONLY)

Students are welcome to attend at the same rate.

The registration fee includes continental breakfast, lunch and refreshments.

SPONSORSHIP BOOTHS

\$500 per organization includes two tickets to the conference. Please email the names of your two attendees to Michelle A. Jennings at majennings@menninger.edu after registering for your booth.

ASSISTANCE

For assistance with registration, payment or additional continuing education information, please contact Michelle A. Jennings at majennings@menninger.edu.

REFUNDS

The Menninger Clinic will provide a full refund upon written request at least two weeks before the date of the live event.

In the unlikely event, the conference is canceled, prepaid registrants will be issued a full refund.

The Menninger Clinic does not discriminate based on race, color, national origin, disability, sexual orientation, or age in admission to its programs, activities or employment.

CONFERENCE LOCATION

Skirball Cultural Center
2701 N. Sepulveda Blvd.
Los Angeles, CA 90049
310-440-4500

HOTEL INFORMATION

Hotel Angeleno
170 N. Church Lane
Los Angeles, CA 90049
310-476-6411

A limited number of rooms are available at Hotel Angeleno at the conference rate of \$185 (standard king) when you reserve by May 23. To make a reservation, please click the link below.

<https://tinyurl.com/Ellenhorn-Menninger-Conference>

Conference Schedule

7:30 am

Registration & Continental Breakfast

8:30 am

Welcome

8:45 am

Emerging from the Shadows of Mental Illness: The Transformative Power of Finding Meaning and Purpose

Dorothy Hutchinson, ScD

Center for Psychiatric Rehabilitation, Boston University, Executive Director

9:45 am

The Power of Purpose: Peer Perspectives on Meaning Making

Nicole Mensinger & Megan Weichnik, CPS

Ellenhorn, LLC, Peer Recovery Specialists

10:45 am

Morning Break

11 am

Finding Our Way: Using Values to Find Purpose, Identity and a Life Worth Living

Mychal Riley, LCSW-S, LCDC-I

The Menninger Clinic, Menninger 360, Program Director

12 pm

Lunch

1 pm

Purpose: The Driving Force in Motivation, Efficiency and Efficaciousness, Metabolizing Help and Building a Relationship with One's Own Suffering

Ross Ellenhorn, LICSW, PhD

Ellenhorn, LLC, Chief Executive Officer

2:15 pm

Afternoon Break

2:30 pm

Compassionate Professional Renewal (CPR), Connecting to Purpose

Alejandro Chaoul, PhD

The Jung Center's Mind Body Spirit Institute, Founder-Director

3:30 pm

Moderated Interactive Panel

4 pm

Closing Remarks

Register
Today

<https://bit.ly/2JAUART>

Community Integration Conference

The "Crowning Fortune" of Purpose

June 23

DISTINGUISHED FACULTY BIOS & ABSTRACTS

Emerging from the Shadows of Mental Illness:

The Transformative Power of Finding Meaning and Purpose

Dorothy Hutchinson, ScD



**Dorothy
Hutchinson, ScD**

Purpose and meaning and the hope that comes with mattering in the world are critical components of thriving in recovery. People with mental illnesses have had their hope and sense of meaning oppressed and silenced not only through social injustices, but often by the very people, programs and systems they seek help and support from. This presentation will offer an opportunity to explore how we might be complicit and complacent in the constant of purposelessness that people experience and offer principled provider changes and practical actions that build a sense of meaning and activate a search for meaning.

Dr. Dori Hutchinson is the executive director at the Center for Psychiatric Rehabilitation in Boston, Mass. She has worked for four decades to develop innovative community recovery education and college mental health programs to help individuals thrive with strategies and skills that promote valued roles, healing and resiliency.

The Power of Purpose: Peer Perspectives on Meaning Making

Nicole Mensinger & Megan Wiechnik, CPS

Purpose is a centering force that both depends on and fosters mental wellness. In this presentation, speakers will use examples from their own recovery to illuminate areas affected by having or losing purpose in life, including identity, confidence and self-efficacy. Both individual and community purpose will be discussed, and community-integration strategies that have helped along the way will be highlighted.

Nicole Mensinger is a peer specialist for Ellenhorn Los Angeles whose own journey has instilled in her an incredible passion for mental health, wellness, addiction and healing. Nicole's motto, learned from a beloved mentor, is that "you can't be curious and critical at the same time—so stay curious!" She thus enjoys sharing her experiences, tools, humor, curiosity and hope with her clients in order to help them see themselves in a new way and, ultimately, alchemize their "challenges" into "superpowers."

Meg Wiechnik is a certified peer specialist (CPS), which means she lives with a mental health condition and uses her experience to support and connect with her peers at Ellenhorn. Meg lives well with bipolar disorder thanks to personal education, support communities, helpful providers, the love of her family and the passage of time. Meg believes in the power of mutual support and using our voices to advocate for what we want in treatment and in life. Meg also works as a peer specialist at an inpatient psychiatric hospital and is an active volunteer with the National Alliance on Mental Illness (NAMI). Before her work with Ellenhorn, she started an information and resource helpline at NAMI Massachusetts called COMPASS and taught English as a Second Language (ESL). Meg earned both a Bachelor of Arts in philosophy and a Bachelor of Science in psychology from Northeastern University in 2012 and trained to become a peer specialist in 2018.



Nicole Mensinger, CPS



Megan Wiechnik, CPS

DISTINGUISHED FACULTY BIOS & ABSTRACTS

Finding Our Way: Using Values to Find Purpose, Identity and a Life Worth Living

Mychal Riley, LCSW-S, LCDC-I



Mychal Riley, LCSW-S, LCDC-I

Finding purpose can feel like a daunting task but is also one of the most exhilarating and motivating tools. Our values can help guide us to a sense of purpose; however, there can be many barriers to finding and staying in line with our values. In this presentation, Riley will explore how values can help guide life and treatment. Ways to shift provider and client perspective to values and strengths-based will be provided, as well as tools for identifying and clarifying values. Managing barriers to values-based treatment and the relationship of values, pain, and acceptance will be examined.

Riley has been with The Menninger Clinic for 10 years where he has worked with adolescents, young adults and adults. Mychal has worked in inpatient and outpatient programs with the last five years focused on community integration. Mychal's clinical interests include recovery, strengths-based interventions, mentalization and third-wave cognitive behavioral therapies.

Purpose: The Driving Force in Motivation, Efficiency and Efficaciousness, Metabolizing Help and Building a Relationship with One's Own Suffering

Ross Ellenhorn, LICSW, PhD

Dr. Ellenhorn will place our clients' sense of purpose front and center in our work as clinicians and leaders in the field of psychological recovery. Social science research supports prioritizing purpose as a psychological factor instrumental in psychic well-being.

He will discuss a critical view of much of the current behavioral health treatment, the majority of which deprives the most psychologically vulnerable the chance for a purposeful life. It will also highlight where things go right in the current milieu, with a focus on care that is oriented toward the building of purpose and a future in which more care is purpose driven.

Dr. Ellenhorn is trained as a sociologist, psychotherapist and social worker. He has spent the last two decades helping individuals suffering psychiatric symptoms find the psychological and social means to remain outside institutional settings. He created the first fully operational intensive hospital diversion in Massachusetts and later created and lead one of the first Programs for Assertive Community Treatment (PACT) teams in the Commonwealth. His 2007 book titled *Parasuicidal and Paradox: Breaking Through the Medical Model* addresses psychiatric hospital recidivism and techniques for diverting hospital use. Dr. Ellenhorn has given talks and seminars throughout the country and has provided consultation to numerous mental health agencies and psychiatric hospitals on the subjects of hospital diversion, psychosocial rehabilitation, patient careerism and the PACT model. A graduate of the UCLA School of Social Welfare, he is the first person to receive a joint doctorate from the prestigious Florence Heller School for Social Welfare Policy and Management and the Department of Sociology at Brandeis University.



Ross Ellenhorn, LICSW, PhD

Compassion Professional Renewal (CPR), Connecting to Purpose

Alejandro Chaoul, PhD

Alejandro Chaoul, PhD, is the founder-director of The Jung Center's Mind Body Spirit Institute (MBSI), through which he offers workshops on stress, vicarious trauma and self-care for educators, corporate organizations and health care providers. Dr. Chaoul also teaches Tibetan meditation and integrative medicine classes at MD Anderson, UT Health and internationally.

MBSI's Compassionate Professional Renewal (CPR) classes and workshops take the notion of employee self-care from a vague concept to an obtainable reality, guiding employees and management teams through academically informed instruction and experiences. Meditation, lecture, peer discussion and movement techniques are utilized to identify the effects of stress in the workplace and the means to reduce them. Through these mind body practices, people can connect deeper to their purpose and meet those they serve with a sense of spaciousness and openness.



Alejandro Chaoul, PhD

Workshop Schedule

8 AM
Continental Breakfast and Sign In

8:30 AM – Noon
Workshop



Dr. Hutchinson

How Providers Can Help: The Role of Psychiatric Rehabilitation for People Who Live with Serious Mental Health Conditions & the Quest for Purpose and Meaning

This workshop will challenge providers to examine their principles and strategies for helping people who live with serious mental health conditions and to broaden their psychosocial rehabilitation tools to include those that invite and offer activation of hope, a willingness to try and the discovery of new meaning and valued roles.

Learning Objectives

At the conclusion of this learning activity, participants will be able to:

1. Participants will differentiate between recovery-oriented principles and disease-oriented principles and practices in serious mental health conditions.
2. Participants will define and practice psychiatric rehabilitation strategies of assessing and developing readiness for rehabilitation; purpose driven diagnosis, planning and intervention; and collaborative coaching.
3. Participants will recognize how peers and programs are utilizing psychiatric principles and programs.



Continuing Education Credit

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