Adult & Child Training Center
Training and Consultation
Current Offerings

- Assertive Community Treatment (ACT)
- Integrated Dual Disorder Treatment (IDDT)
- Illness Management and Recovery (IMR)
- Motivational Interviewing (MI) Basic, Advanced, and Supervisor
- Motivational Interviewing in Healthcare
- Motivational Interviewing Treatment Integrity Coding (MITI)
- Conflict Resolution for Recovery and Relapse Prevention
- Integration of Primary and Behavioral Health Care
- 5 Dysfunctions of a Team
- Taking Care of Me: Compassion Fatigue for Caregivers Training:
- Whole Health Action Management (WHAM)

We are also available to develop trainings for your staff.

Training Dates:

| Motivational Interviewing Basic Training | February 3-4 |
|                                        | April 28-29   |
|                                        | June 29-30    |
|                                        | August 31-Sept. 1 |
|                                        | October 21-22 |
|                                        | December 1-2  |

| Motivational Interviewing Advanced Training | March 30-31 |
|                                          | September 29-30 |

| Integrated Dual Disorder Treatment (IDDT) Training | April 30 |
|                                                 | September 24 |

| Illness Management & Recovery (IMR) Training | March 26-27 |
|                                            | September 21-22 |

| Compassion Fatigue Training | March 10 |
|                           | October 6 |

Training Location, Time, CEUs

Trainings take place at Adult & Child Center (Bob Cook Room) located at 8320 Madison Avenue, Indianapolis, Indiana 46227. Trainings begin with check-in at 8:45 a.m. Training day is 9:00 a.m. to 4:00 p.m. with an hour for lunch on your own and two breaks. Indiana CEU’s are available for LSW, LCSW, LMFT, LMHC & NAADAC. All other participants will receive certificates documenting content hours.
Lia Hicks, MBA is the Associate Director of Adult Services, Innovative Practices, Consultation, and Training at Adult and Child Center in Indianapolis, and serves on the leadership team for the ACT Center of Indiana. She has over 22 years of experience providing services, training, and consultation in community-based mental health evidence-based practices across the U.S. and Canada. She served as a Consultant & Trainer on the National Evidence-Based Practices Project, and is currently participating in a national VA study to compare phone and on-site fidelity assessment methods. Her areas of interest are ACT, Person-Centered Planning, EBP implementation and fidelity Assessment, and supporting supervision in clinical practice.

Kim Gatten has been employed with Adult and Child Center as a Peer Recovery Specialist since 2005, working on both an ACT Team as well as a Community Treatment Team. He works with clients from the viewpoint of having a mental illness himself. Kim assists clients with learning about their illness and how to better cope on the road to recovery by using several different curriculum: Illness Management and Recovery (IMR), Wellness Recovery Action Plan (WRAP) and Whole Health Action Management (WHAM). Mr. Gatten has a Bachelor of Arts degree from IU-Bloomington with a double major in Telecommunications and Political Science. His former career in television news, radio and media spanned 28 years. Kim has presented on mental illness recovery at colleges, and state conferences, and is an IMR and WHAM trainer.

Mary Louise Ruef, MA, NCAC II is the Adult and Child Training Center Coordinator. She has over 40 years of experience providing services to addictions and mental health clients with current focus on clients with co-occurring disorders. She has 40 years of experience in the public and private sectors as a state and national consultant and trainer of evidence-based practices including Motivational Interviewing, Integrated Dual Disorder Treatment, Illness Management and Recovery, Person-Centered Treatment Planning and ASAM PPC-2R. Mary Louise is a member of the MINT—Motivational Interviewing Network of Trainers.

Training Descriptions and Pricing:

Taking Care of Me: Compassion Fatigue for Caregivers Training: $300.00 per person

This training helps participants understand their own compassion fatigue, compassion satisfaction and burnout. Tools for awareness and self-care are used in individual self-preservation planning both professionally and personally.
Illness Management & Recovery Training (IMR): $300 per person

Are you looking for a way to build your agency’s capacity to provide high quality, evidence-based skills development curriculum? Are you looking for a way to enhance your clinical skills while simultaneously introducing consumers to a recovery-oriented, goal-directed curriculum? More than ever before, mental health providers are faced with the task of maximizing scarce resources and responding to drastic funding changes while striving to maintain high quality services and improved consumer outcomes. Implementing IMR is one practice that is sure to assist an agency and clinicians in meeting these challenges. What is IMR? Illness Management and Recovery (IMR) is a curriculum-based treatment program designed to help persons with severe mental illness (SMI) develop and accomplish personal recovery goals. The IMR manual includes 10 topical modules; clinicians use motivational, cognitive-behavioral, and interactive educational techniques to help consumers utilize knowledge to obtain personal recovery goals. IMR was developed based on practices that show improved outcomes in medication adherence, decreased hospitalization rates, symptom reduction, and increased knowledge of mental illness and has been the subject of several multi-site studies. (Mueser et al., 2002). Illness Management and Recovery 2-Day Skills Training: This 2-day interactive training will provide the attendee with the basic principles, philosophy, and foundation of IMR, as well as exposure and practice with the three teaching strategies of IMR: motivational interviewing, cognitive-behavioral strategies and psycho-educational strategies. There will also be opportunity to discuss implementation strategies within clinicians’ daily practice and at the agency-level. The information is useful for managers and clinical staff who work with adults in mental health and dual disorders settings.

Person-Centered Treatment Planning (PCP): $300.00 per person

Person-Centered Treatment Planning is a client-centered, recovery-based approach to assessment, treatment planning and service delivery. Person-Centered Planning (PCP) can help change the philosophy with which staff perform assessments and write treatment plans. The goal of integrating the person-centered/recovery-oriented philosophy into planning is to generate recovery-oriented interventions and practices, which lead to better relationships with and better outcomes for consumers. This 2-day interactive training will provide the attendee with the basic principles, philosophy, and foundation of Person-Centered Planning. Participants will understand the person-centered process and how this translates into daily practice. There will be ample opportunity to practice skills and discuss implementation within their own daily practice. The information is useful for managers and clinical staff who work with adults and adolescents in mental health and addictions.

Motivational Interviewing Training: $300.00 per person

Basic: An introductory 2-day training to learn about the spirit, basic principles and strategies of Motivational Interviewing. The workshop provides opportunities for participants to learn and use skills in exercises and role-plays, teaches them how to assess their own skills, give feedback to others using MI strategies, teaches when and when not to use MI and how to integrate it into their existing methods.

Advanced: A 2-day training as follow-up to Basic for persons wanting to learn skills to recognize, evoke, and respond to change talk in order to facilitate change and deal with resistance issues. Participants will be involved in “hands-on” training to increase skill levels by discussion, role-playing and other exercises providing the opportunity for participants the use MI strategies to recognize change talk, resistance and explore new ways to respond in these situations. Participants will be introduced to coding of pre-recorded tapes to evaluate MI adherent and non-adherent behaviors.

For Supervisors: This 2-day workshop is designed for supervisors who understand the principles and strategies of Motivational Interviewing and want to use those skills to work with those they supervise. While the workshop does address administrative supervision, the primary focus is on developing and “honing” the skills of supervisors who want those they supervise to be using MI adherent behavior. The workshop uses several learning methods to develop skills to evaluate performance and to give feedback including role-playing and small group practice. This is not an introductory Motivational Interviewing training. Supervisors need to be formally trained in and/or getting supervision in MI strategies to participate in the course.

MITI Coding
Training, supervision and coaching using the MITI is available to help groups and individuals continue developing their proficiency with MI. These sessions are very structured and require that participants submit recordings for coding and feedback. These sessions are contracted for separately from the trainings.
Registration and Lodging

Name____________________________________________
Agency _____________________________________________ Title________________________________________________
Address_________________________________________________________________________________________________
City/State/Zip____________________________________________________________________________________________
Phone ____________________________Fax_________________________Email ______________________________________

Regarding Payment (please check Training, indicate training date preference & Payment Method)
*Please note:  20% not refundable if cancelled less than 2-weeks prior to training.  Registration isn’t complete until fee is received. Your seat may be given to an applicant on the waiting list if payment is not received within 2 weeks of registration.

_____Illness Management & Recovery (IMR) _____Person-Centered Treatment Planning (PCP)
_____Motivational Interviewing Basic      _____Motivational Interviewing Advanced      _____Motivational Interviewing Supervisor
_____MITI 3.1 Coding
_____ Check or money order attached      _____ Purchase order attached      _____Other__________________________

_____ Credit Card Payment:
Credit card type: ______VISA ______MasterCard      Credit card number: ______________________________________
Expiration Date: _____________      CVV2 code from back of card: ____________________

Lodging

Adult & Child is located near many hotels along the I-65 and Southport or I-65 and County Line exits in Indianapolis. Although a block of rooms is not reserved for each training, The Jameson Inn (4402 E. Creek View Road, Indianapolis, IN 46237, Phone: 317-784-7006 or 1-800: Jameson, email: indysouth.in@jamesoninns.com) is recommended as a nice place to stay with reasonable rates. Their average daily rate is $90/night. Jameson Inn features guest rooms with mini fridges and microwaves. There is a fitness center and wireless is free. The rooms have either a king or two queen beds. Breakfast is served free for patrons. There is free parking directly in front of the hotel. There is no shuttle service from the airport and the cost of a taxi to the hotel is approximately $25. The Jameson is located on the intersection of Southport and I-65. It is on the West side of the interstate and next to the Cracker Barrel Restaurant.

Other Lodging:
The Inn At St. Francis, 8111 S. Emerson Avenue, 317.865.5575
Courtyard, 4650 Southport Crossings, Drive, 317.885.9799
Quality Inn, 4345 Southport Crossings Way, 317.859.8888
Country Inn & Suites, 4325 Southport Crossings Way, 317.859.6666
Best Western 4450 Southport Crossings Way, 317.888.2553
Hampton Inn, 7045 McFarland Boulevard, 317.889.0722
Super 8 Motel, 4033 E. Southport Road, 317.888.0900
Candlewood Suites: 1190 N. Graham Road, 317.882.4300