Read the online article, *Don’t Try Harder, Try Different: A Workbook for Managing Anxiety and Stress*, by Patrick McGrath, PhD, to obtain (1) CEU by completing the online quiz. Details on page 4.
Welcome to our 2017 Fall/Winter Professional Education Guide

On behalf of AMITA health Alexian Brothers Behavioral Health Hospital Hoffman estates we would like to thank you for your ongoing support of our continuing education programs. We feel that as a non-profit hospital, we are able to provide excellent speakers and workshops at a great value to our community partners. The Center for Professional Education provides multiple ways for you to achieve your continuing education requirements. In this edition of our program guide, we have included a link to an excerpt from Dr. Patrick McGrath’s book, Don’t Try Harder, Try Different. You will receive one (1) CEU for reading this excerpt and answering the subsequent questions. Additionally, we are offering free webinars each month, as well as a variety of half and full day workshops throughout the fall and early winter.

To satisfy your ethics requirements, we are pleased to offer a workshop on September 21st called Mental Health and the Law with noted family law attorney Leah Setzen. For cultural competence requirements, we are pleased to have Mark Sanders return to NIU Hoffman Estates to present Cultural Competence in Clinical Practice: A Focus on Intersectionality, Clever Stories, Micro-aggressions and Gender. This workshop will be Thursday, October 5th.

Highlights for this fall include Bill O’Hanlon returning on October 13th to present a workshop entitled Getting Unstuck: Working Efficiently With Your Most Challenging Clients. Dr. Linda Metcalf will join us on September 15th to present her workshop on Solution-focused School Interventions. Dr. Ron Potter-Efron will present his work on anger and violence, Dr. Tim Wahlberg on autistic spectrum disorders and Matt Selekman on self-destructive adolescents and young adults.

Dr. Toni Tollerud will present her work on LGBT clients and continue her LCPC Supervision Series which will be held on Saturdays in late November and early December. We have devoted an entire day with an expert lineup for eating disorders and self-injury, as well as a free kick-off to the school year on child and adolescent current trends. We will be continuing our self-injury networking topics and also beginning workshops in our AMITA South locations at Hinsdale Hospital and Bolingbrook Hospital. Please look for details in upcoming emails.

As always, we appreciate our connection with community providers and look forward to a phenomenal year. As a leader in mental health and substance abuse treatment, we enjoy the opportunity to provide these workshops at a minimal cost. Personally, I look forward to seeing old friends and meeting new ones this fall. Thank you for your involvement with us at AMITA Health Alexian Brothers Behavioral Health Hospital.

Please view the latest updates and trainings at AMITAnet.org/BehavioralMedicine/AB/professionals

Sincerely,

Steven Hunter, LCSW, LMFT
Director of the Center for Professional Education
Director of Business Development
Center for Professional Education:
Fall 2017 Program Registration Information

Registration

Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482) to register

If fees apply, you may pay by credit card online or over the phone. If your organization plans to mail a check (payable to ABBHH) for your participation, please mail the check to:

AMITA Health Behavioral Medicine Institute
Center for Professional Education
c/o Steve Hunter, LCSW, LMFT
1650 Moon Lake Blvd.
Hoffman Estates, IL 60169

Check-in and networking begins 30 minutes prior to each program.

Continuing Education Information

CEU Grouping

- **A** LSW/LCSW, LPC/LCPC, LMFT
- **B** IAODAPCA (CADC)
- **C** Psychologists
- **D** CPDU (School Personnel)
- **E** Nursing
- **F** Dietitians
- **G** Nursing Home Administrators

Licensed Social Workers/Licensed Clinical Social Workers
Approved provider through the Illinois Department of Financial and Professional Regulation #159.000944

Licensed Professional Counselors/Licensed Clinical Professional Counselors
Approved provider through the Illinois Department of Financial and Professional Regulation #159.000944

*According to IDFPR Professional Counselors/Administrative Code Section 1375.200 C.1.R, CEUs for LSW/LCSW are reciprocal for LPC/LCPC

Licensed Marriage and Family Therapists
Approved provider through the Illinois Department of Financial and Professional Regulation #168.000166

CADC/IAODAPCA
For selected programs, we apply for IAODAPCA credits. Check each program description for reference to those credits.

Psychologists
Approved provider through the Illinois Department of Financial and Professional Regulation #268.000021

School Personnel/Continuing Professional Development Unit
For select programs, we will apply for CPDU credits. Check each program description for reference to these credits. Approved provider through the Illinois State Board of Education #080916103644232

Nurses
Approved provider through the Illinois Department of Financial and Professional Regulation #236.000058

Dietitians
For select training programs, we will apply for Illinois Dietetic Association CEUs. Check each program description for these credits.

Nursing Home Administrators
Approved provider through the Illinois Department of Financial and Professional Regulation #139.000233

Illinois Department of Financial and Professional Regulation require that participants attend the entire workshop to receive full credit. AMITA Health recognizes that our attendees may arrive late or need to leave early. We will be happy to provide you an amended certificate based on actual hours attended.
### Fall/Winter 2017 Training Calendar At-A-Glance

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<td>Aug. 22</td>
<td>Addictions and Anxiety: Can We Treat Them Together?</td>
<td>Patrick McGrath, PhD Sarah Briley, EdD, CADC</td>
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<td>Sept. 8</td>
<td>Current Mental Health Trends and Strategies for Children and Adolescents</td>
<td>Madelyn “Mandy” Burbank, LCSW Katie Torres, LCSW Jackie Rhew, LCPC, CADC Sarah Briley, EdD, CADC Denise Styer, PsyD</td>
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<td>Sept. 15</td>
<td>Possibilities: Solution-oriented Approaches for Children and Adolescent in Schools and Practices</td>
<td>Linda Metcalf, PhD</td>
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<td>Sept. 19</td>
<td>Behavioral Expressions in the Older Adult: Responding to Unmet Needs and Avoiding Negative Labels</td>
<td>Co-sponsored by Sunrise Assisted Living Heather Easterling, CTRS, CLYT</td>
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<td>Sept. 21</td>
<td>Divorce and Mental Health: Things You Need to Know But Were Afraid to Ask</td>
<td>Leah Setzen, Esq.</td>
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<td>Sept. 29</td>
<td>What’s Your LGBT(IQ)?: Issues and Answers within a Lifespan Development Approach</td>
<td>Toni Tollerud, PhD, LCPC, NCC, NCS, ACS</td>
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<td>Oct. 2</td>
<td>Behavioral Expressions in the Older Adult: Responding to Unmet Needs and Avoiding Negative Labels</td>
<td>Co-sponsored by Sunrise Assisted Living Heather Easterling, CTRS, CLYT</td>
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<td>Oct. 5</td>
<td>Cultural Competence in Clinical Practice: A Focus on Intersectionality, Clever Stories, Micro-aggressions and Gender</td>
<td>Mark Sanders, LCSW, CADC</td>
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<td>Oct. 6</td>
<td>Perinatal Networking Breakfast: Legal Issues and Advocacy in Perinatal Mood Disorders</td>
<td>Susan Benjamin Feingold, PsyD Barry M. Lewis, JD</td>
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<td>Oct. 13</td>
<td>Unstuck: Working Efficiently With Your Most Challenging Clients</td>
<td>Bill O’Hanlon, MS, LMFT</td>
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<td>Oct. 20</td>
<td>Danger: Ethical Concerns and Dilemmas in Anger Management and Domestic Violence Counseling</td>
<td>Ronald Potter-Efron, PhD, LICSW, CADC III</td>
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<td>Oct. 20</td>
<td>Self-Injury Networking Breakfast Series Self-Injury: Identification, Interventions, &amp; Insights with Children, Teens &amp; their Parents</td>
<td>Dawn Levitan, MS EDD, LCPC</td>
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<td>Oct. 27</td>
<td>A Holistic Approach to Treating the Complex Patient: Treatment of Eating Disorders and Non-Suicidal Self Injury</td>
<td>Audrey Grunst, LCSW Kay Segal, PsyD, DBT Denise Styer, PsyD Melissa Pociask MSNW, RD, LDN Jacey Keeney, M.S. Robin Ross, PsyD</td>
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<td>Nov. 3</td>
<td>Pathways to Solutions with Self-Destructive Adolescents and Young Adults: A Collaborative Strengths-Based Family Therapy Approach</td>
<td>Matthew Selekman, LCSW, CADC</td>
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<td>Nov. 10</td>
<td>Outpatient Therapy with Children, Adolescents and Young Adults on the Autism Spectrum</td>
<td>Tim Wahlberg, PhD</td>
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<td>Nov. 17</td>
<td>Art Therapy for the Difficult to Engage Children and Adolescents</td>
<td>Rita Guertin, LPC, ATR</td>
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Fall/Winter 2017 Webinars Learning Series

Online learning through the AMITA Health Alexian Brothers Center for Professional Education is available for your convenience. Each webinar will be offered on the specified date from 12 pm – 1 pm. One (1) CEU credit will be awarded upon successful complete of the webinar’s evaluation for LSW/LCSW, LPC/LCPC, LMFT and Psychologists. Attendees must register using gotowebinar links provided.

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<td>Nov. 14</td>
<td>Personality Disorders in Children</td>
<td>Jason Washburn, PhD, ABPP</td>
<td><a href="http://bit.ly/2uJKZ8L">http://bit.ly/2uJKZ8L</a></td>
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<td>Dec. 13</td>
<td>When to Refer to a Higher Level of Care: Partial Hospitalization, Residential and Inpatient</td>
<td>Debra Ernst, LCPC</td>
<td><a href="http://bit.ly/2vStiJm">http://bit.ly/2vStiJm</a></td>
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Earn one (1) CEU credit for reading the article: *Don’t Try Harder, Try Different: A Workbook for Managing Anxiety and Stress* and completing the online quiz.

Details on page 4.
Did You Read the Article?

To obtain one (1) CEU Credit (groups A, C and E), please submit your answers to these questions here: surveymonkey.com/r/CPEFall2017

QUESTIONS:

1. Anxiety is not a fear of a thing, it’s a fear of the way that we think about a thing.
   □ True □ False

2. A panic attack can be deadly.
   □ True □ False

3. With panic disorder, the fears are internal and come from a fear of bodily sensations.
   □ True □ False

4. Increased heart rate, sweating, shaking, dizziness and tingling sensations are present during a panic attack.
   □ True □ False
Addiction and Anxiety: Can We Treat Them Together?

Tuesday, August 22, 2017
10 a.m. — 12 p.m.
Check-in begins at 9:30 a.m.

Faculty
Sarah Briley, EdD, CADC
Clinical Director
AMITA Health Foglia Family Foundation
Residential Treatment Center

Patrick McGrath, PhD
Assistant Vice President
AMITA Health Foglia Family Foundation
Residential Treatment Center

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 2.0
Groups: A, B, C, E

Cost: Free
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
In the past, the goal was to see patients be 100% sober before they would take on treatment for any mental health concerns. It was thought that they were too fragile in the “getting sober” process and that they would not be able to handle the stress of facing their depression or anxiety. With treatment manuals such as Seeking Safety for PTSD, we now know that we can treat mental health and addiction issues at the same time. This talk will review how we are able to simultaneously treat both addictions and anxiety. Join Drs. Briley and McGrath as they discuss treating the whole person and all they present with, instead of breaking their treatment into two parts.

Program Objectives

Participants will:
- Learn how to treat anxiety and addictions concurrently
- Review treatment protocols for concurrent anxiety and addiction treatment
- Discuss the difficulties in co-occurring treatment and how to deal with the difficulties
Current Mental Health Trends and Strategies for Children and Adolescents

Friday, September 8, 2017
9 a.m. – 1 p.m.
Check-in begins at 8:30 a.m.

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 4.0
Groups: A, B, C, D, E

Cost: Free
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This workshop will feature experts from a variety of programs who will address current and trending issues with children and adolescents.

Program Objectives
Participants will:

• Learn current mental health trends for children and adolescents

• Define strategies to intervene in these diagnostic areas

• Examine family dynamics in each diagnostic areas

Faculty

Mental Health in the Media: How It Impacts Our Teens
Madelyn “Mandy” Burbank, LCSW, Clinical Navigator, AMITA Health Violence Prevention Services

Anxiety in the School Setting
Katie Torres, LCSW, Director of Anxiety and OCD, AMITA Health Alexian Brothers Behavioral Health Hospital
Jackie Rhew, LCPC, CADC, Clinical Liaison
AMITA Health Alexian Brothers Behavioral Health Hospital

It’s Only Pot! Conversations With Families About the Risks of Substance Use and Misuse in Adolescence
Sarah Briley, EdD, CADC, Director of Center for Addiction Medicine, AMITA Health Behavioral Medicine Institute

Latest Trends in Eating Disorders and Adolescent After School Programming
Denise Styer, PsyD, Clinical Director for Center for Eating Disorders, AMITA Health Alexian Brothers Behavioral Health Hospital

School Transitioning and Planning
Jackie Rhew, LCPC, CADC, Clinical Liaison
AMITA Health Alexian Brothers Behavioral Health Hospital
Kristen Poniatowski, LCSW, School Liaison
AMITA Health Alexian Brothers Behavioral Health Hospital
Possibilities: Solution-oriented Approaches for Children and Adolescents in Schools and Practices

Friday, September 15, 2017
9 a.m. — 4 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Linda Metcalf, PhD
Director of Graduate Programs
Texas Wesleyan University

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 5.0
Groups: A, B, C, D, E

Cost: $50
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at AMITAhealth.org/BM/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This workshop provides school and mental health providers with the basic ideas of solution focused therapy with specific, hands on applications and examples. Working with parents and teachers in a collaborative, no-resistance manner paves the way for school clients to begin formulating their own solutions. Working with common and distressing issues such as trauma and self-harm will prove helpful for mental health providers. The workshop utilizes short lecture, experiential exercises, video cases, movie excerpts and a wide variety of specific examples that will enable the attendee to use the ideas the next day!

Program Objectives
Participants will:

• Be exposed to solution focused constructs as they apply to the classroom setting
• Learn dialogue to use with students dealing with behavioral or academic challenges
• View videos of the solution focused approach with students dealing with anxiety, poor school performance and a medical issue and have chances to ask questions about the videos

Guest Faculty Bio
Dr. Linda Metcalf is a licensed marriage and family therapist and uses a solution focused approach when working with clients. Dr. Metcalf is the author of 10 books on solution-focused therapy and one book on marriage and family therapy. She has been in private practice over 20 years. She does workshops internationally and nationally.
Behavioral Expressions in the Older Adult:
Responding to Unmet Needs and Avoiding Negative Labels

Co-sponsored by Sunrise Senior Living

Description

According to research, up to 90% of individuals living with Alzheimer’s and related forms of memory loss may experience behavioral expressions. Behavioral expressions should be understood and assessed as an individual’s attempt to communicate his or her needs. In this session we will call attention to some of the most commonly used negative labels such as “challenging behaviors,” “problem behaviors,” “dementia patient/resident,” “agitated,” “aggressive,” “wanderer,” and “exit-seeker” and will focus on using more appropriate, descriptive terminology which enables us to respond with more person-centered approaches and interventions.

Program Objectives

Participants will:

• Describe why all behavior is communication

• List at least two basic human needs of persons with dementia

• Describe the use of labels in providing person-centered care

Guest Faculty Bios

Heather Easterling is a Certified Therapeutic Recreation Specialist with a Bachelor of Science from Radford University in Virginia. Heather’s passion has been to develop, adapt and utilize complimentary therapies for individuals across the life span. With Sunrise Senior Living since 2009, Heather is the Regional Director of Memory Care and Programming for Sunrise Senior Living’s west division and continues to train, present, coach, and share the knowledge she has gained over the years to champion the quality of life for all seniors.
Divorce And Mental Health: Things You Need to Know But Were Afraid To Ask

Thursday, September 21, 2017
9 a.m. — 12 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Leah Setzen, Esq.
Partner
Grunyk Family Law

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, E
Meets state licensure requirement for ethics

Cost: $30
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
For both client and practitioner, divorce can be an exhausting, emotionally draining process. The constantly changing laws, complex legal jargon and intricacies of the process itself create a landmine of potential hazards for treating clients contemplating divorce, going through the divorce process or dealing with the aftermath. With societal norms evolving more quickly than the laws that govern them, today’s mental health practitioners can barely keep abreast of these changes, let alone help their clients smoothly navigate the process to a successful conclusion. While mental health providers are not lawyers and don’t pretend to be, the reality is, that with more knowledge, practitioners are better armed to counsel and advise. This seminar will guide you through all aspects and stages of divorce so that you become a resource for your clients, learn what to do if and when you are called upon as an expert or a witness and explore opportunities for you to expand your areas of practice. This course is a must for anyone who always wanted to know but was afraid to ask.

Program Objectives

Participants will:

- Examine Illinois divorce laws relating to child custody, child support, spousal support and asset allocation
- Discuss different scenarios in which mental health providers might be involved in the divorce process
- Address confidentiality issues related to subpoenas, testimony, and investigations to maintain an ethical practice environment

Guest Faculty Bio
Leah Setzen, Esq., is a partner at Grunyk Family Law, a family law firm in Naperville, Illinois. Ms. Setzen’s practice focuses on all aspects of family law, including divorce, custody, guardianships, adoptions, surrogacies, legal separations, prenuptial agreements, mediation and appellate work. Ms. Setzen regularly presents changes and updates to the law to local advocacy, support group and mental health professionals.
What’s Your LGBT(IQ)?: Issues and Answers Within a Lifespan Development Approach

Friday, September 29, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Faculty

Toni Tollerud, PhD, LCPC, NCC, NCS, ACS
Distinguished Teaching Professor
Department of Counseling, Northern Illinois University

Location
NIU Conference Center, Hoffman Estates Campus
5555 Trillium Blvd., Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register
or call 1.855.MyAMITA (692.6482)

Description

Before beginning treatment with an LGBTQQIAA client, a clinician has the responsibility to be well versed on issues related to homoprejudice, sexuality and gender identity. Additionally, the clinician should possess skills necessary to work effectively with this population including creating a non-judgmental climate, stages of acceptance, the client’s lifestyle, and knowledge about the unique needs LGB clients may bring. This workshop will focus on key developmental factors that LGB people face across the lifespan. Topics will include developmental issues around the coming out process, marriage and family concerns, careers and work, and retirement/old age. This workshop will also explore how social justice issues surrounding sexism and heterosexism impose physiological and psychological burdens on LGB clients at all ages. Legal and ethical issues will be discussed. It will offer suggestions for what clinicians can do to help clients lead a mentally healthy life.

Guest Faculty Bio

Dr. Toni Tollerud is a professor in the Department of Counseling, Adult and Higher Education at Northern Illinois University (NIU) in Dekalb, Illinois. She received a Presidential Teaching Professorship Award in 2008. In her 25 years at NIU, she has coordinated and served as Director of Internship and the School Counseling Program. She is an accomplished counselor educator and consults on issues related to supervision, career development and school counseling.

Program Objectives

Participants will:

• Recognize and understand homoprejudice, gender identity and sexuality

• Define a lifespan approach to working with LGBT clients

• Explore and define social justice issues for LGBT clients
Thursday, October 5, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Description
In this workshop you will learn strategies for working with clients ethically in the cross cultural counseling relationship. Topics covered include: intersectionality, how the experiences of the client and counselor are similar and different and implications for ethical clinical practice; the differences between clever and helpful stories in addressing insults and cultural boundary violations: ethical approaches to addressing micro-aggressions in the counseling relationship: how to provide gender fair and gender competent services with male and female clients.

Program Objectives
Participants will:

- Define intersectionality in the cross cultural counseling relationship
- Address issues of intersectionality in the cross cultural counseling relationship in an ethical manner.
- Be aware of the differences between clever and helpful stories in addressing cultural boundary violations
- Address micro-aggressions in the clinical relationship.
- Be able to address the clinical needs of male clients in a fair and culturally competent manner
- Be able to address the clinical needs of female clients in a fair and culturally competent manner

Guest Faculty
Mark Sanders, LCSW, CADC
International Speaker and Author

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, D, E
Meets states requirement for Cultural Competence

Cost: $30
Includes program materials, continuing education, and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Guest Faculty Bio
Mark Sanders, LCSW, CADC is an international speaker in the Behavioral Health Field whose presentations have reached thousands throughout the world. He is the author of 5 books and has had two stories published in the New York Times Best Selling book series, Chicken Soup For The Soul. Mark is a member of the Board of Trustees at MacMurray College, Past Board President of The Illinois Chapter of the National Association of Drug Abuse Counselors and Board President of Serenity Academy of Chicago, the only Recovery High School in Illinois.
**Friday, October 6, 2017**
9 a.m. – 11 a.m.
Check-in begins at 8:30 a.m.

**Guest Faculty**
**Susan Benjamin Feingold, PsyD**  
Psychologist

**Barry M. Lewis, JD**  
Criminal Defense Attorney

**Location**
NIU Conference Center, Hoffman Estates Campus  
5555 Trillium Blvd., Hoffman Estates, IL 60192

**CEUs Offered: 1.0**
Groups: A, C, E

**Cost: $10**
Includes program materials, continuing education, and continental breakfast

**Reserve a Seat**
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

**Program Objectives**

Participants will:

- Identify and understand the prevalence of perinatal disorders and the criminal justice system

- Understand the steps involved in the passage of HB1764, legislation to consider postpartum depression and postpartum psychosis as “mitigating factors” for women who commit crimes while suffering from these illnesses

- Understand the legislative challenges in IL HB1764 and the steps needed to advocate for passage of legislation for perinatal women

**Description**

Cases of postpartum psychosis are highly unusual (1-2 of 1,000 childbearing women) and tragic cases leading to infanticide and neonaticide are even more rare (4% of women with PPP). IL HB1764 is ground-breaking legislation to consider PPD and PPP as “mitigating factors” for women who commit crimes while mentally ill. There are currently no other states that have this legislation. There are approximately 20 women in Illinois who are in prison due to crimes committed during the postpartum period. In lieu of treatment, these women receive incarceration and punishment. Legal issues and advocacy will be discussed.

**Guest Faculty Bios**

Susan Benjamin Feingold is a licensed clinical psychologist specializing in the treatment of antepartum and postpartum depression and anxiety disorders. Dr. Feingold is a professor at the Illinois School of Professional Psychology. She has provided continuing education to nurses, physicians, medical students, midwives and social workers. She has been interviewed by The Chicago Tribune, the Chicago Sun-Times, People Magazine, Self, the APA Monitor, Channel 7 TV News Report, WTTW and Fox News.

Barry M. Lewis is a criminal defense attorney. He has been a licensed attorney since 1975. He has worked at the Illinois Defender Project while in law school. That organization later became the State Appellate Defender. In April, 1975 he co-authored the Illinois Institute For Continuing Legal Education’s handbook on the then-new Federal Rules of Evidence. After that, he joined the Public Defender of Cook County.
Unstuck: Working Effectively with Your Most Challenging and Resistant Clients

Friday, October 13, 2017
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

Description

All of us sometimes get stuck. Certain clients or patients hook us; don’t change despite our best efforts; some are angry and resistant to our usually successful interventions. These clients include:

• Ambivalent clients (mixed in their efforts or motivation; wrestling with inner conflicts, want, don’t want to change or afraid to change)

• Resistant clients (who don’t do what you have asked or suggested to make change happen)

• Demanding clients (who ask more of you than it would be appropriate to give or express dissatisfaction with your efforts, no matter how great)

• Angry clients (who blame you or regularly criticize you)

• Stuck clients (sincere in their efforts but no results)

• Self-harming clients (who hurt themselves or threaten to during treatment)

This workshop offers ten+ innovative ways of getting unstuck, decreasing resistance and increasing positive results in your work.

Program Objectives

Participants will:

• List the three experimentally documented methods of influence and persuasion

• List three elements of effective storytelling for change

• Use three methods of strength and solution-based therapy

Guest Faculty

Bill O’Hanlon, MS, LMFT
Author, Psychotherapist

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, B, C, D, E

Cost: $50
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Guest Faculty Bio

Bill O’Hanlon, MS, LMFT, is a dynamic, inspirational, professional speaker and prolific author (over 30 books so far!), who helps motivate people and organizations to determine what they are meant to be doing and to remove the barriers to succeeding at those goals.

Originally trained as a psychotherapist, Bill became known for his collaborative, respectful approach, irreverent humor, storytelling, clear and accessible presentation style and his infectious enthusiasm for whatever he is doing. He teaches seminars, leads trainings, writes books, coaches people and offers podcasts, blogs, web-based courses, teleclasses and audio and video programs. Bill is often invited as a keynote speaker, conference speaker, motivational presenter and business speaker.
Danger: Ethical Concerns and Dilemmas in Anger Management and Domestic Violence Counseling

Description

Anger management and domestic violence counseling present many unique and substantial ethical concerns and dilemmas, largely because of the ever-present danger of life-threatening violence. Three examples of these issues are:

1) Who exactly is your client in domestic violence offender treatment: the offender, the victim, the courts and judicial system, and/or the community at large?

2) How does the counselor balance the right of client’s aggression?

3) How do therapists deal with their own strong reactions in the face of clients whose values may put themselves in life-threatening positions, such as when a recipient of repeated acts of violence chooses to return home rather than leave the offender?

Modern neuroscience research regarding how the human brain processes anger will be provided during this seminar.

Program Objectives

Participants will:

- Identify several core ethical principles and apply them to working with angry clients as well as domestic violence offenders, victims and family members

- Recognize and minimize the effect of specific personal biases and boundary issues

- Evaluate the strengths and limitations of treatment models in the areas of anger management and domestic violence counseling

- Identify specific ethical concerns related to the treatment of individuals with differing types of anger concerns

Friday, October 20, 2017
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Ronald Potter-Efron, PhD, LICSW, CADC III
Author

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, B, C, D, E

Cost: $50
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Guest Faculty Bio

Dr. Ronald Potter-Efron is the author of 20 books on anger and relationship communication – exploring the key factors that lead to passive-aggression and other forms of toxic anger. Dr. Potter-Efron has studied for almost 30 years the wide variety of ways that problematic anger is displayed.

He is the author of Letting Go of Anger and Healing the Anger Brain.
Self-Injury: Identification, Interventions, & Insights with Children, Teens & their Parents

Friday, October 20, 2017
9 a.m. – 11 a.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Dawn Levitan, MS EDD, LCPC
Penn State Prevention Research Center

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 1.0
Groups: A, C, E

Cost: $10
Includes program materials, continuing education, and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This presentation will review strategies to support patients struggling with self-injurious behaviors. Special emphasis will be placed on ways to work with family members to better understand and respond to these behaviors.

Program Objectives

Participants will:

• Discuss ways to assess and intervene with patients engaging in self-injurious behaviors

• Examine ways to support parents who have children who are engaging in self-injurious behaviors

• Learn reasons children and adolescents engage in self-injurious behaviors will be discussed

Guest Faculty Bio

Dr. Dawn Levitan is in private practice with Mathers Clinic in Crystal Lake, Illinois. Dr. Levitan specializes in working with adolescents through adults who have anxiety depression, eating disorders & self-injury. She received her Bachelors of Science in Chemistry and Psychology from Barat College in Lake Forest, Illinois. She received her Masters of Social Sciences from the University of Chicago in BioPsychology. She received her Doctorate of Education in Educational Psychology, Special Education and Counseling from Northern Illinois University.
A Holistic Approach to Treating the Complex Patient: Treatment of Eating Disorders and Non-Suicidal Self Injury

Friday, October 27, 2017
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, B, C, D, E

Cost: $65
Includes program materials, continental breakfast, lunch and afternoon refreshments

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This workshop will include presentations from different professionals who have extensive expertise working with patients dealing with self-injury and or eating disorder behaviors. Panel discussions will also follow the morning and afternoon presentations in order to engage the audience and to better enhance the learning of key objectives.

Faculty
Delia Aldridge, MD, CEDS
Medical Director
AMITA Health Center for Eating Disorders

Melissa Pociask MSNW, RD, LDN
Director of Nutrition Services
AMITA Health Alexian Brothers Behavioral Health Hospital

Jacey Keeney, MS
Psychology Extern
AMITA Health Alexian Brothers Behavioral Health Hospital

Denise Styer, PsyD
Clinical Director of the Center for Eating Disorders
Co-Author Self-Injury: Simple Answers to Complex Questions

Guest Faculty
Kim Dennis, MD, CEDS
Owner
SunCloud Health

Audrey Grunst, LCSW
Therapist and Owner
AG Behavioral Health and Consulting

Kay Segal, PsyD, DBT
Linehan Board of Certification, Certified Therapist
Clinical Director, Licensed Clinical Psychologist
The Center for Mindfulness and Behavior Therapy

Robin Ross, PsyD
JSR Associates in Psychology
Licensed Clinical Psychologist
Program Agenda

Introduction and opening statements  
Delia Aldridge, MD, CEDS

Effective Treatment for the One-third of Patients Who Live With a Chronic Eating Disorder  
Kim Dennis, MD, CEDS

One-third recover, one-third don’t and one-third live with a chronic eating disorder disease…Long-term disease management for the one-third of patients who will have chronic disease. Most of the time they are treated like the one-third who recover fully and that type of treatment doesn’t work with chronic illness.

Eating Disorders: Nutritional Care and Management  
Melissa Pociask MSNW, RD, LDN

This presentation, designed for professionals, will provide attendees with a basic knowledge of the role of the registered dietitian as part of the eating disorder treatment team. Participants will understand the components of nutrition assessment, meal plans and meal planning as indicated for individuals struggling with eating disorders. Strategies will be discussed for avoiding splitting between team members and discuss basic nutrition and metabolic functioning to better be able to support clients in their recovery goals.

Understanding the Complexities of Treating Eating Disorders in Athletes  
Jacey Keeney, MS

This presentation will review ways to assess for eating disorder behaviors in athletes. Participants will leave with a greater understanding of how to implement strategies to treat athletes with eating disorders. Ways to create treatment interventions specific for the athlete versus non-athlete will be discussed.

Eating Disorder Panel  
Melissa Pociask MSNW, RD, LDN, Audrey Grunst, LCSW, Jacey Keeney, MS

Beyond Motivational Interviewing: Using Therapeutic Strategy to Increase Clients’ Motivation  
Audrey Grunst, LCSW

The Therapeutic Strategy is a two-part model for clinicians to use when assessing and treatment planning for ambivalent clients. For clients who struggle with self-injury, contemplation is the most important conversation. There are times when clinicians need to go beyond motivational interviewing techniques and provide qualitative measures to understand the clients’ capacity for change. The therapeutic strategy allows clinicians and clients to feel power and control in their fight self-injury behaviors while maintaining a therapeutic connection. The model uses strategy to build common language, introspection and ultimately motivation for healthy change.

A Dialectical Behavioral Therapy Treatment Approach  
Kay Segal, PsyD, DBT

This workshop will describe the utility of Dialectical Behavioral Therapy (DBT) for treating non-suicidal self-injury. Participants will be able to identify the components of DBT and a comprehensive DBT program. Participants will also be able to understand the efficacy of DBT for non-suicidal self-injury and suicidality.

Treating the Complex Patient  
Denise Styer, PsyD

This session will explore best practices in assessing and treating patients with eating disorders and non-suicidal self-injury. Therapeutic Interventions, diagnosis and treatment approaches will be reviewed.

Self-Injury Panel  
Audrey Grunst, LCSW, Kay Segal, PsyD, DBT, Denise Styer, PsyD

This workshop will discuss ways to assess for eating disorder behaviors in athletes. Participants will leave with a greater understanding of how to implement strategies to treat athletes with eating disorders. Ways to create treatment interventions specific for the athlete versus non-athlete will be discussed.
Pathways to Solutions with Self-Destructive Adolescents and Young Adults: A Collaborative Strengths-based Family Therapy Approach

Friday, November 3, 2017
9 a.m. — 4 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Matthew D. Selekman, LCSW
Founder and Director
Collaborative Solutions

Location
NIU Conference Center, Hoffman Estates Campus
5555 Trillium Blvd., Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, B, C, D, E

Cost: $50
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This workshop presents a collaborative strengths-based eco-systemic approach for working with self-destructive adolescents and young adults. Interventions are targeted at the individual, family, social network, and larger systems. To further complicate matters, these high-risk young people often attract multiple helping professionals from larger systems like a magnet. Often, these helping professionals not only do not regularly communicate with one another but they may not see eye-to-eye regarding problem views, the best treatment methods to pursue, and may end up establishing highly unrealistic treatment goals and expectations that are unattainable for these high risk youth and their families to achieve. As a result of attending this workshop, participants will be able to apply these skills with their most challenging clients.

Guest Faculty Bio
Matthew D. Selekman, LCSW is in private practice in Evanston, IL. He is an Approved Supervisor and Clinical Fellow for the American Association of Marriage and Family Therapy, a licensed clinical social worker, and addictions counselor. He also is the Director of Partners for Collaborative Solutions (www.partners4change.net), an international family therapy and brief therapy training and consultation practice in Evanston, IL, USA. He is the author of eight professional practice-oriented books including, Changing Self-Destructive Habits: Pathways to Solutions with Couples and Families.

Program Objectives
Participants will:
- Engage and retain challenging self-destructive youth/young adults
- Use therapeutic questions to elicit client expertise and realistic goals
- Tailor interventions to clients strengths, characteristics and goals
- Use effective relapse prevention tools and strategies
Outpatient Therapy with Children, Adolescents and Young Adults on the Autism Spectrum

Friday, November 10, 2017
9 a.m. — 12 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Tim Wahlberg, PhD
Co-Owner
The Prairie Clinic

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, C, D

Cost: $30
Includes program materials, continuing education, continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
How is providing therapy different when working with individuals on the autism spectrum? Therapy is more proactive, data-driven and direct when working with individuals on the spectrum. One needs to incorporate their social challenges and the way they process the world around them in order to be effective and promote therapeutic change. In this presentation, Dr. Wahlberg will discuss and explore treatment modalities that build trust, involve families, re-define confidentiality and encourage collaboration with schools and other providers through lecture and case examples.

Program Objectives

Participants will:

• Learn to be more proactive in therapy
• Engage patients while understanding their social challenges
• Discuss how to work with families with individuals on the spectrum
• Outline confidentiality working with schools and other providers

Guest Faculty Bio
Timothy Wahlberg, PhD, is a licensed clinical psychologist and certified school psychologist. Dr. Wahlberg has extensive experience in schools, universities psychiatric settings and community mental health. Dr. Wahlberg is the co-owner of The Prairie Clinic in Geneva, IL and author of Finding the Gray: Understanding and Thriving in the Black and White World of Autism and Asperger’s. Dr. Wahlberg is also the author and editor of many books on ASD.
Friday, November 17, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Faculty
Rita Guertin, LPC, ATR
Expressive Therapist
AMITA Health Alexian Brothers Behavioral Health Hospital, Hoffman Estates

Location
Bridges of Poplar Creek Country Club
1400 Poplar Creek Dr.
Hoffman Estates, IL 60169

CEUs Offered: 3.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This intensive presentation of art therapy can be used to help children and adolescents identify and remain in touch with their feelings. The presenter will demonstrate how art can assist clients effectively manage challenging events in their lives. Attendees will experience using art as coping skills to shift thoughts using patterns, increased focus and relieve stress.

Program Objectives
Participants will:
• Develop art therapy techniques to assist children and adolescents
• Explore how art therapy can assist clients with adolescents
• Utilize art as a coping skill for stress reduction and challenging events
LCPC Supervision Series
Workshops 1, 2 and 3

Saturday, November 18, 2017
Saturday, December 2, 2017
Saturday, December 16, 2017

8:30 a.m. – 3 p.m.
Check-in begins at 8 a.m.

Guest Faculty
Toni Tollerud, PhD, LCPC, NCC, NCS, ACS
Distinguished Teaching Professor
Department of Counseling, Northern Illinois University
(See bio on page 10.)

Location
AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates
1650 Moon Lake Blvd.
Hoffman Estates, IL 60169

CEUs Offered: 18.0
Groups: A, B, C, E

Cost: $180
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register
or call 1.855.MyAMITA (692.6482)

Attendees are welcomed to register for workshops on an individual basis if necessary. Each workshop offers 6.0 CEUs.

This program is limited to 35 participants.

Workshop 1: November 18, 2017

The Supervisory Relationship
This workshop looks at the theory and strategies that focus on the supervisor/supervisee relationship. It will offer specific examples of ways to enhance the relationship and present issues representing good boundaries in supervision. Specific topics include:

- Games played in supervision
- Concerning issues regarding multiculturalism and diversity in the supervisory relationship
- Boundaries and dual relationship
- Ethical concerns in relationships and boundaries

Workshop 2: December 2, 2017

Evaluation and Assessment in Supervision
This workshop deals with more advanced issues that arise in the supervisory relationship including:

- Dealing with difficult supervisees and impairment
- Due process procedures in supervision
- Supervision/supervisee burnout
- Transference and countertransference

Workshop 3: December 16, 2017

Peer, Triadic, Group and Supervision
This workshop offers insightful information and examples for doing supervision utilizing approaches other than the traditional two person, face-to-face approach. It will explore the following:

- Differences between consultation and supervision
- Leadership styles in doing group supervision
- Triadic supervision, the reflective approach model
- Ethical and legal issues surrounding these approaches
Building Resilience in Ourselves, Our Clients and the Workplace

Friday, December 1, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Alan Graham, PhD, PCC, MCAC
Dean of AD Coach Training
MentorCoach

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, E

Cost: $30
Includes program materials, continuing education, continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Program Objectives

Participants will:

• Identify the primary attributes that contribute to resilience

• List how resilience contributes to healthy living

• Use at least two resilience building strategies for their personal growth and in their professional work

Description

We commonly think of resilience as the ability to bounce back from adversity and misfortune and that we either have it or we don’t. Research has shown that resilience is more than bouncing back and it can be learned. We all have the ability to build our resilience. Our resilience is based on the stories we tell ourselves about the events that occur in our life. The Resilience at Work model suggests that we create stories about ourselves, about others and about events that occur in our environment. This resilience model has application to ourselves, our workplaces and the people that we serve. Through the Resilience at Work Assessment, we have collected data from over 3,000 leaders about the attributes that contribute to resilience. In this presentation, participants will learn the attributes that contribute most to resilience and practice strategies that can be used to build these attributes.

Guest Faculty Bio

As a key coach, therapist, educator, author and lecturer, Alan R. Graham, Ph.D., has over three decades of experience helping thousands of children, adolescents, adults and their families, many with ADHD, navigate life’s challenges, and gain the tools they need to effectively manage their lives. Initially trained as a secondary and elementary school teacher, Alan furthered his education by obtaining his Ph.D. in psychology at Northwestern University and completing his clinical training at the University of Illinois at Chicago and Illinois Masonic Medical Center in Chicago.
This workshop will describe the utility of DBT for treating non-suicidal self-injury and / or suicidality.

**Program Objectives**

Participants will:

- Identify the components of DBT and a comprehensive DBT program
- Understand the efficacy of DBT for non-suicidal self-injury and suicidality

**Guest Faculty Bio**

Dr. Kay Segal is the Owner and Clinical Director of The Center for Mindfulness and Behavior Therapy. She earned her doctorate in Clinical Psychology from The Chicago School of Professional Psychology and served as the Senior Lead Clinician and Postdoctoral Fellow for numerous research studies at the Eating and Weight Disorders Program at The University of Chicago. She has extensive training and experience utilizing Dialectical Behavior Therapy (DBT), and has been Advanced Intensively trained by Marsha Linehan, the developer of DBT. Dr. Segal is also trained and experienced in Prolonged Exposure for PTSD (PE), Cognitive Behavior Therapy (CBT), Family-Based Therapy for Anorexia and Bulimia Nervosa (FBT), and Motivational Interviewing for substance abuse and medical noncompliance (MI).
Unlocking Motivation for Positive Change: Practical Motivational Interviewing Tools for All Settings

**Description**

Whether managing mental health, addiction, diabetes, heart disease, or just eating a healthy diet; motivation is the key to lasting health and optimal performance. Fortunately, motivation is not a static trait; it is dynamic, fluctuating, and highly dependent on the environment of change. In this talk, Dr. Shimi Kang will build upon the guiding principles of motivational therapy and provide evidence-based, therapeutic interventions that can be used in a variety of settings.

**Guest Faculty Bio**

An award-winning medical doctor, researcher, and lecturer on human motivation, Dr. Shimi Kang offers the keys people of all ages need to succeed in the workplace, the classroom, and at home. Dr. Kang shows people how to cultivate the key 21st century skills needed to flourish both professionally and personally.

Dr. Kang is the Medical Director of Child and Youth Mental Health for Vancouver and a Clinical Associate Professor at the University of British Columbia. She is the author of *The Self-Motivated Kid* and *The Dolphin Parent: A Guide to Raising Healthy, Happy, and Self-Motivated Kids*. This critically acclaimed book became a #1 Canadian Bestseller, released in Germany, Russia, and China, and won the 2015 US News International Book Award. In the media, Dr. Kang is a writer with articles featured in The Huffington Post, Psychology Today, South China Morning Post, and Time magazine.
Three Convenient Professional Education Program Locations

1. **Northern Illinois University**
   Hoffman Estates Campus
   5555 Trillium Blvd.
   Hoffman Estates, IL 60192

2. **Bridges of Poplar Creek Country Club**
   1400 Poplar Creek Dr.
   Hoffman Estates, IL 60169

3. **AMITA Health Alexian Brothers Behavioral Health Hospital**
   1650 Moon Lake Blvd.
   Hoffman Estates, IL 60169

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**AMITA Health Behavioral Medicine Institute**

**Business Development Staff**

- **Steven Hunter, LCSW, LMFT**
  Director, Business Development
  847.755.8018
  steven.hunter@amitahealth.org

- **Scott Naples**
  Account Manager, Geriatric Services
  847.230.3581
  scott.naples@amitahealth.org

- **Dru Lazzara, LCSW**
  Geriatric Clinical Supervisor
  630.865.6331
  dru.lazzara@amitahealth.org

- **Amy Brooks, LCPC, CADC**
  Manager, Electronic Marketing and Physician Recruitment
  847.755.8141
  amy.brooks@amitahealth.org

- **Madelyn “Mandy” Burbank, LCSW**
  Clinical Navigator, Violence Prevention Services
  847.755.7653
  mandy.burbank@amitahealth.org

- **Don Mitckess, LCPC, CRADC**
  Clinical Liaison, Residential Treatment Center
  847.755.8009
  donald.mitckess@amitahealth.org

- **Jacqueline Rhew, LCPC, CADC**
  Clinical Liaison, Child and Adolescent Services
  847.668.2842
  jackie.rhew@amitahealth.org

- **Shannon Stowasser**
  Account Manager, Child and Adolescent Services, Auxiliary Services
  847.372.0150
  shannon.stowasser@amitahealth.org

- **Sara Lemke, LCPC, CADC**
  Account Manager, Adult Mental Health and Addictions
  815.403.0304
  sara.lemke@amitahealth.org

- **Maxine Goldstein, MA**
  Manager, Business Development AMITA Health Alexian Brothers Center for Mental Health
  847.952.7464
  maxine.goldstein@amitahealth.org

- **Diamond Sutton, BA**
  Project Manager
  847.755.3245
  diamond.sutton@amitahealth.org

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Help is closer than you think.

AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates has a Centralized Clinical Intake Call Center for all behavioral medicine services. A staff of dedicated Clinical Intake Advisors is available to help patients, family members and behavioral medicine professionals with questions while maximizing service and scheduling.

For your convenience, we can assist with:

- Information about referrals and assessments for behavioral medicine and substance abuse services
- Scheduling of intake assessments
- Information about community resources and support groups
- Referrals for other behavioral medicine related services

To speak with one of our expert Clinical Intake Advisors, please call 855.383.2224 today.

AMITA Health Behavioral Medicine Institute is excited to announce a brand new, residential treatment center in Elk Grove Village, IL. The Foglia Family Foundation Residential Treatment Center specializes in the treatment of anxiety, obsessive-compulsive disorder and addictions for adults ages 18 and older.