

About the Presenters



Dr. O'Hearn

Dr. Amanda M. O'Hearn and Ms. Sharon L. Haynes, CSW work at the Deaf Wellness Center (DWC) at the University of Rochester Medical Center in Rochester, NY. Dr. O'Hearn is an Assistant Professor of Psychiatry (Psychology) at the University of Rochester School of Medicine since September, 2001. She also supervises the DWC's clinical staff.

Sharon Haynes, CSW joined the full-time staff of the DWC in November, 2002. Ms. Haynes provides individual, family, and group psychotherapy services and participates in the DWC's teaching and research activities.



Ms. Haynes

AGENDA

Intended for clinicians working with deaf people in mental health/substance abuse settings, this workshop will discuss:

- What is DBT?
- Why Deaf and Hard of Hearing People Need Specialized Treatment
- Adaptation of DBT for Deaf and Hard of Hearing Consumers
- Practical hands-on application

For more information or for special accommodations, contact Liz Hill at Liz.hill@mh.alabama.gov

Contact the Office of Deaf Services

Office of Deaf Services

100 North Union Street
P.O. Box 301410
Montgomery, AL 36130
(334) 353-4703 (Voice)
(334) 353-4701 (TTY/VP)

Region 1: Northern Alabama

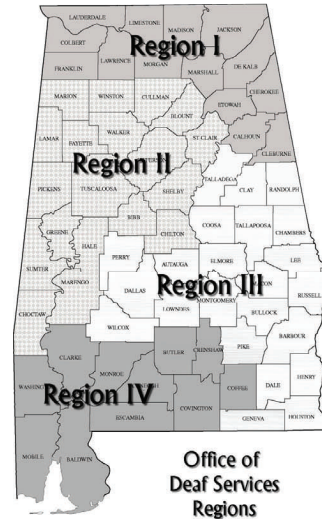
Huntsville-Madison
4040 South Memorial Pkwy
Huntsville, AL 35802
256-533-1970 (Voice)
256-533-1922 (TTY)

Region 2: Central Alabama

J-B-S Mental Health Center
956 Montclair Road Suite 180
Birmingham AL, 35213
205-986-9213 (Voice)
205-591-2216 (TTY)

Region 3: Wiregrass Region

Montgomery Mental Health Authority
101 Coliseum Boulevard
Montgomery, AL 36109
334-279-7830 (Voice)
334-271-2855 (TTY/VP)



Region 4: Mobile Region

Mobile Mental Health Center
2400 Gordon Smith Drive
Mobile, AL 36617
251-450-4353 (Voice)
251-450-4371 (TTY)

Deafness and Mental Illness

Among the one in five Alabamians who will need mental health services in their lifetimes are more than 39,000 people who are deaf or hard of hearing. Because deafness or hearing loss pose their own challenges in coping with risk factors and accessing and receiving treatment services, the Alabama Department of Mental Health and Mental Retardation has established an Office of Deaf Services to break down the barriers that inhibit the department in its mission to enable Alabamians to live in recovery.

People who are deaf or hard of hearing have difficulty finding services that are linguistically accessible to them. When they do find services where someone "signs," often those services do not take into account the special cultural considerations that often make the difference between successful treatment and relapse and recidivism. Our programs will be designed by people who are deaf to not only be linguistically accessible but also culturally affirmative, giving the consumer every opportunity to make progress to recovery.

OFFICE OF DEAF SERVICES

Clinical Training on Deafness

An Expansion of the MHIT Foundational Series

In partnership with the Division of Substance Abuse

Presents:

Dialectical Behavior Therapy With Deaf Consumers

For Mental Illness and Substance Abuse Professionals

Presenters:

Amanda M. O'Hearn, Ph.D.
Sharon L. Haynes, CSW

Friday, 7 March 2008

Alabama Public Library

6030 Monticello Drive

Montgomery, Alabama 36117

9:30 AM – 4:00 PM

Co-sponsored by: CSDVRS, Alabama Department of Mental Health/Mental Retardation, Gallaudet University Regional Center, PEPNet, AIDB Dothan Regional Center Foundation, AL-ASLTA, NAMI-AL

Dialectical Behavior Therapy (DBT) is a cognitive behavioral based treatment that is a highly education-oriented, and is widely used with hearing clients, however with its heavy reliance on written materials (especially during Stage One of treatment), its accessibility to Deaf clients is limited. The materials presume around an 8th grade English literacy competency, and a familiarity with dominant culture. This poses barriers to many deaf clients. The Deaf Wellness Center has been making considerable modifications to both written materials and methods to make DBT accessible for deaf clients. Dr. O'Hearn and Ms. Haynes will be sharing and explaining the written material adaptations that they and their colleagues have developed as well as the skills training films that have been adapted and captioned for deaf viewers. The "skills building" focus has extensive application for professionals working with clients in a variety of settings. Data is being collected to measure outcomes of patients who are enrolled in the DBT program and results are promising.

Learner Objectives

Participants will:

1. Be able to describe unique factors of the deaf population and reasons why regular treatment interventions require modifications and adaptations in order for them to gain full access to treatment.
2. Be able to list several modifications (cultural and linguistic) which have been made to standard DBT to increase accessibility for deaf clients.
3. Understand the principle concepts underlying DBT including the four "skills modules" relating to *mindfulness, interpersonal effectiveness, emotional regulation and distress tolerance* and how to incorporate DBT across a variety of treatment settings

Who Should Attend:

- Substance Abuse Professionals
- Social Workers, Counselors, and Psychologists
- Interpreters, Nurses, and Individuals who are Deaf

Cost:

All DMH Staff and Community Mental Health Center providers: **FREE** All others: **\$35.00.**

Stipends available courtesy of PEPNet. Request application from Liz Hill at Liz.hill@mh.alabama.gov.

****The Alabama DMH/MR charges a \$20.00 fee for provision of continuing education credits for psychologists who are not employed by ALDMH/MR****

Checks should be written to **AL-ASLTA**

Continued Education Units are offered through the Alabama Alcohol and Drug Abuse Association

Participants attending the program, as documented by daily attendance, will have a certificate given to them upon completion of the training. Psychologists will have certificates mailed to them.

APPROVAL BY PROFESSIONAL ASSOCIATIONS

- Alabama Alcohol and Drug Abuse Association (AADAA)
- Alabama Alcoholism and Drug Counselor Certification Board
- Alabama State Board of Social Work Examiners
- National Board of Certified Counselors (Provider #5581)
- Marriage and Family Therapists

Interpreter CEUs are available through the Registry of Interpreters for the Deaf

The Alabama Department of Mental Health and Mental Retardation is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Alabama Department of Mental Health and Mental Retardation maintains responsibility for this program and its content.

Registration

Registration and applicable fees should be returned by email, fax or US Mail to:

Liz Hill, LGSW

Office of Deaf Services

111 Coliseum Blvd

Montgomery, AL 36109

Liz.Hill@mh.alabama.gov

(334) 271-2854 Fax; (334) 271-2855 TTY/VP

Name

Affiliation

Address

City

State

Zip

Telephone:

Email:

Please indicate any accommodations requested:

(Accommodation requests must be submitted in writing by February 22, 2008)

Checks should be written to **AL-ASLTA**

We reserve the right to cancel training if minimum class size is not obtained. In the event of cancellation, registration fees will be refunded.

Requests for registration refunds in the event that a participant cannot attend the training will be honored up to Monday, March 3, 2008.