

**A Unique One-Day Continuing Education Conference
For Case Management Professionals!**



**Navigating the
Journey to Health
for Our Patients,
Our Teams, and
Ourselves!**

Saturday, October 30, 2021

8:00 am – 3:30 pm

Receptions Conference Center

Fairfield, Ohio

Join us for a fun day of inspiring education and professional networking that will provide fresh perspectives, tools, and resources to help our patients, our teams, and ourselves successfully navigate the journey to health and wellness!

Presented By



Register at
www.sov-cmsa.org

Conference Agenda

8:00 am – 8:30 am	Registration and Continental Breakfast; Visit With Sponsors
8:30 am – 8:45 am	Welcome! <i>Janet Coulter, President, Southern Ohio Valley Chapter CMSA</i>
8:45 am – 10:15 am	“The Social Determinants of Health: Mastering Case Management’s Next Frontier” (part 1) <i>Ellen Fink-Samnack MSW, ACSW, LCSW, CCM, CCTP, CMHIMP, CRP, DBH-C Principal, EFS Supervision Strategies, LLC</i>
10:15 am – 10:30 am	Morning Break
10:30 am – 12:00 pm	“The Social Determinants of Health: Mastering Case Management’s Next Frontier” (part 2) <i>Ellen Fink-Samnack MSW, ACSW, LCSW, CCM, CCTP, CMHIMP, CRP, DBH-C</i>
12:00 pm – 12:45 pm	Lunch and Visit With Exhibitors
12:45 pm – 1:00 pm	Door Prize Giveaways
1:00 pm – 2:00 pm	“Five Ways Leaders Can Build And Sustain Stronger Teams During Challenging Times” <i>Linda L. Saunders, LNHA President, Censusesolutions</i>
2:00 pm – 2:15 pm	Afternoon Break
2:15 pm – 3:15 pm	“Mind-Body Strategies for Self-Care in Case Managers and Patients” <i>Shelley Goldman, MS, BSN, RN, CCM, LICDC-CS, MAC, C-IAYT Cincinnati Childrens Hospital Medical Center</i>
3:15 pm – 3:30 pm	SOV-CMSA Case Manager of the Year Award Wrap Up and CE Evaluations

Conference Goal

To provide professional case managers with information that will promote effective implementation of the case management process (assessment, planning, facilitation, care coordination, evaluation, and advocacy) to help ensure options and services meet an individual's comprehensive health needs and promote safe, quality, and effective care.

Conference Location



Receptions Conference Center

5975 Boymel Drive (off Route 4)
Fairfield, OH 45014

Phone: 513.860.4100

www.ReceptionsInc.com

Conference Fees

CMSA Members: \$40 Non-Members: \$55

Register online by Oct 15 to receive these fabulous rates!

After Oct 15, rates will increase to **\$65** for CMSA members and **\$80** for non-members.

Register & pay online at www.sov-cmsa.org

CEU Information

Session	Credit Available	Notes
The Social Determinants of Health (E. Fink-Samnack)	3.0 contact hours CNE 3.0 hours Ethics CCM 3.0 hours SW 3.0 hours LNHA 3.0 hours PT	<ul style="list-style-type: none"> • CEUs for this presentation will be awarded directly by EFS Supervision Strategies, LLC. • Attendees must attend the entire presentation and submit a completed evaluation to obtain credit.
Five Ways Leaders Can Build and Sustain Stronger Teams During Challenging Times (L. Saunders)	1.0 hours CCM 1.0 hours SW	<ul style="list-style-type: none"> • CEUs for this presentation will be awarded directly by CensuSolutions. • Attendees must attend the entire presentation and submit a completed evaluation to obtain credit.
Mind-Body Strategies for Self-Care in Case Managers and Patients (S. Goldman)	The following continuing education credits have been applied for: 1.0 contact hours of CNE 1.0 clock hours for CCMs	<p>This activity has been submitted to the Ohio Nurses Association for 1.0 contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91). Participants who attend the entire activity and complete an evaluation form will earn the approved number of contact hours. The faculty and planning committee have declared no conflicts of interest.</p> <p>This activity has been submitted to The Commission for Case Manager Certification to provide continuing education credit to CCM® board-certified case managers. This course anticipates being approved for 1.0 CCM clock hour. (Activity Code & Approval Number to be determined).</p>

Cancellation Policy: Full refund will be issued for cancellation requests received by 10/14/21

Photographs: Any photos taken at the conference by SOV-CMSA representatives may be used in chapter collateral, appearing either in printed documents or on the chapter's website. We appreciate your consent to use these photos for the purpose of sharing and promoting the chapter. Submission of your conference registration form to CMSA acknowledges acceptance of these terms and provisions of registration.



Southern Ohio Valley Chapter of CMSA
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Mason, OH 45040 www.sov-cmsa.org



Please email any questions to info@sov-cmsa.org

Your Health and Safety

SOV-CMSA holds above all else the health and safety of our attendees and exhibitors. While we are all eager to gather and visit with peers, our goal is to host a safe conference. We recognize that the pandemic situation and applicable scientific guidance may continue to evolve, and we will monitor and proceed accordingly. We will implement the health and safety practices as issued by local and state authorities, including the venue, and the Centers for Disease Control (CDC).

Our current safety plan is in full accordance with the CDC guidelines and latest recommendations for high transmission areas, such as the counties in Southwestern Ohio. Please note:

- **We are recommending that all vaccinated attendees and exhibitors wear a mask indoors during the event.**
- **We are requiring attendees and exhibitors who are not fully vaccinated to wear a mask during the event.**

By attending or exhibiting at the Conference, you voluntarily assume all risks related to exposure to COVID-19 and agree not to hold SOV-CMSA or any of its affiliates, directors, officers, agents, or contractors liable for any illness or injury incurred, or potentially incurred, through participation in the Conference and associated activities.



SOV-CMSA Annual Conference
October 30, 2021
8:00 am – 3:30 pm
Receptions Conference Center
Fairfield, OH

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CMSA
SOUTHERN OHIO VALLEY

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Educational Session Details

The Social Determinants of Health: Mastering Case Management's Next Frontier

The Social Determinants of Health (SDoH) impact physical and behavioral well-being for individuals and populations. Case managers are on the front lines of intervention with these challenging and multidimensional client situations. Included are prevention and wellness concerns, medication and treatment adherence, reimbursement, readmission, and outcomes metrics, as well as ethical considerations for practice across practice settings. Through an interactive and educational experience learn how to successfully assess, engage, intervene with, and monitor the newest generation of the SDoH. Learn about the latest population-health data, assessment tools, and intervention strategies. Additional session discussion will focus on reimbursement, quality metrics, workforce implications, plus model resources and programs.

Presented by Ellen Fink-Samnick MSW, ACSW, LCSW, CCM, CCTP, CMHIMP, CRP, DBH-C Principal, EFS Supervision Strategies, LLC



Ellen Fink-Samnick is an award-winning industry thought leader who empowers healthcare's transdisciplinary workforce. She is subject-matter expert on the Social Determinants of Health and Mental Health, Workplace Bullying and Violence, Professional Ethics, Professional Case Management Practice, and Wholistic Case Management™. Her latest books include *The Essential Guide to Interprofessional Ethics for Healthcare Case Management*, *The Social Determinants of Health: Case Management's Next Frontier*, and *End of Life for Case Management*, and the upcoming *Social Determinants of Mental Health: Advancing Wholistic Practice Excellence*.

Ellen is a Licensed Clinical Social Worker, Board-certified Case Manager, Certified Clinical Trauma Professional, and Certified Rehabilitation Provider. Her academic affiliations include roles as subject matter expert for Western Governors University, and adjunct faculty for the University of Buffalo's School of Social Work and George Mason University's Department of Social Work. She is lead clinical supervision trainer for NASW of Virginia, as well as a Doctor in Behavioral Health Candidate at Cummings Graduate Institute of Behavioral Health Studies.

Ellen's passion is evident across her varied roles as professional speaker, industry consultant, educator, continuing education content developer, accreditation specialist, clinical social work supervisor and professional mentor to the case management community.

Five Ways Leaders Can Build Stronger Teams During Challenging Times

Within an industry that is constantly changing and the recent pandemic; health care leaders are consistently faced with the challenges of building their teams amidst uncertainty. Join Linda for this fast-paced and highly interactive program that takes a hands-on approach to "arm" leaders in developing stronger and more innovative teams. As participants, you will make the transformation to "team architects" in order to immediately apply the five steps necessary to lead your teams and heighten your overall performance, energy, creativity and results.

**Presented by Linda Saunders, LNHA
President, Censolutions**



As a licensed nursing home administrator since 1984, Linda Saunders successfully launched more than 25 state-of-the-art specialty programs, turned around underperforming operations and achieved outstanding outcomes before merging two companies and creating the revenue stream that propelled a privately held company to go public. In 1999, Linda identified a significant need expressed by owners and providers within the industry for census development expertise that had an operational focus rather than the conventional "one size fits all" approach. In response to these requests, Linda founded Censolutions and was quickly recognized as a high impact occupancy specialist by national, regional and free-standing operators nationwide. Linda's tenacious strategies and innovative practices are utilized in hundreds of post-acute, assisted living and senior housing providers throughout the US today.

Mind-Body Strategies for Self-Care in Case Managers and Patients

Self-Care through the eyes of Case Management: Case management is a holistic process for promoting wellness that takes into consideration the client's whole health at functional, emotional, spiritual and psychosocial levels. With often limited resources, case managers are continuously advancing the field of case management through innovations and cost effective interventions and education.

During assessment we often find that our clients, in addition to their chronic conditions, have co-occurring mental health and social challenges that complicate their ability to heal and comply with treatment recommendations. Self-care can support treatment adherence and increased ability to self-manage. With rising awareness of ACE's and SDOH we can creatively address and perhaps help mitigate some of the stressors that patient and families are experiencing, by modeling and teaching self-care interventions. Under guiding principles of case management to utilize a holistic approach to facilitate self-care and encouraging clients to explore options of care, care managers may include in their planning evidence-based self-care practices.

If patients remain activated in sympathetic overdrive, it makes it hard for patients to heal, and for patients and care givers to be able to understand and access treatment recommendations. The parasympathetic nervous system is the part of the nervous system that supports healing and mitigation of stressors and traumas. If we can learn techniques to access this part of the nervous system ourselves, we can pass this gift on to our patients and families we serve. We will explore several simple yet effective techniques to calm the nervous system and some simple tools to share with our patients and families.

**Presented by Shelley Goldman, MS,BSN,RN, CCM, LICDC-CS, MAC, C-IAYT
Cincinnati Childrens Hospital Medical Center**

Shelley has been a behavioral health nurse for 37 years. In addition to her BSN and CCM, Shelley graduated as one of the first 23 people in the country with a Master of Science in Yoga Therapy from an accredited university, Maryland University of Integrative Health. She is a Certified Yoga Therapist (C-IAYT), holds a license in chemical dependency counseling (LICDC-CS) and a Master Addiction Counselor Certification (MAC). Through her unique training and skillset, Shelley has been able to merge her two passions of yoga and mental health to promote wellness in the patients she serves.

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