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Holiday FUN!!
Breakfast and Learn Event
**FREE to ACTIVE
CMSA MEMBERS!**



CMSA-SCC HOLIDAY MEETING **THURSDAY, NOVEMBER 20, 2025**

Location: The Grand Long Beach
4101 E. Willow Street
Long Beach, CA 90815 (562-580-3739)

Breakfast and 3 Contact Hours for Nurses and CCM
(includes 1 CCM ethics hour)
Start Time: 7:30 a.m. to 11:30 a.m.



**Thank you, everyone, for another fantastic year, your participation, and support.
Please join us in celebrating 2025 and welcoming 2026 by wearing your favorite
holiday hat to the meeting.**
Yours truly, CMSA-SCC Board

**Vendors are welcome! Please contact Sean Dyer for registration details.
sdyer@medixteam.com**

Presenters and Topics:

CCM Ethics

TITLE: The Ethics of AI Application in Healthcare: Risks vs. Benefits for Case Management

Presenter: Stefany Almaden, PhD RN, MSN, CCM, CMCN, CPUM, PAHM

Consultant in Health Services with Health Management and Health Policy Specialization

(Former CMSA-SCC President)



The health services literature has adopted technology since the 1990s, but the last decade has presented an accelerated rate of using Artificial Intelligence (AI) in novel and efficient ways in healthcare. AI use cases range from increased accuracy, efficiency, productivity, profitability, and the like to creativity, equity, and advancement. Yet not only is the public circumspect about AI use in healthcare with continued exposure to cybersecurity breaches and violations of privacy with unauthorized access to Protected Health Information (PHI), but also challenged in trusting healthcare encounters with the prevalence of deep-fakes, voice-cloning, and AI-generated images and videos. Care Managers are also at risk of cybersecurity breaches.

The purpose of this presentation is to demystify AI, highlight areas of using AI in healthcare, ways for clinicians and/or care managers to bridge the divide of AI transformative use vs. fearing AI in managing care, and understand their accountability, practice standards and ethical standards as well, and their evolving roles as a pathway to scripting future roles and relevant

practices for Case Management Specialty to continue thriving. The CCMC Code of Professional Conduct and Principles defining Justice as “fairness and equality in terms of access to resources and treatment by others” (CCMC, 2025) will be discussed throughout this presentation, including the ethical principles of Justice, Beneficence, Nonmaleficence, Autonomy, Fidelity, and Justice (CMSA Standards of Practice, 2025).

Learning Outcomes: At the end of this presentation, attendees will be able to:

1. Demonstrate an understanding of the transformative power of AI in healthcare and Case Management (CM) Practice.
2. Identify key Case Management (CM) practice standards, ethical principles, and the CCMC Code of Professional Conduct & Principles impacted by AI use in case management clients/patients.
3. Explain innovative approaches for CMs to prepare for the future of the Case Management Practice in navigating an AI-driven healthcare landscape.



TITLE: Mind-Body Healing with Yoga and Ayurveda

Presenter: Keely Totten, Director of Embodied Shakti School of Yoga

Yoga, along with the holistic medicinal system of Ayurveda, offers a ‘whole person’ approach to health. It goes beyond just exercise or diet and tap right into the sacred relationship between the body, mind, and spirit. In this session, we will explore the deep connection between the mind and body through the five senses and the autonomic nervous system, and how it relates to overall health. This offering will include a lecture topic, light movement accessible to anyone, breathing techniques, and meditation. No experience, special tools, or particular clothing necessary.

Learning Outcomes: By the end of this session, attendees will be able to:

1. Describe the core principles of Yoga and Ayurveda as a holistic approach to health, emphasizing their integration of body, mind, and spirit.
2. Analyze the role of the five senses and the autonomic nervous system in influencing overall health and the mind-body connection.
3. Demonstrate accessible mind-body practices, including gentle movement, breathing techniques, and meditation, to support personal well-being.



TITLE: Understanding CRPS

**Presenter: Dr. Heechin Chae, MD, FAAPMR, IFMCP, CLCP, Sr. Medical Director, VP-Medical Op
Dr. Garland Tang, MD, MPH, Board-Certified Neurologist**

Complex Regional Pain Syndrome (CRPS) is a complex and poorly understood condition. Its clinical complexity, unpredictable presentation, and functional impact make it a source of uncertainty and stress for everyone involved: injured workers, employers, care teams, and claims professionals. This session will provide an in-depth discussion of CRPS, including its definition, diagnosis, the importance of early identification, and the necessity of an advanced biopsychosocial approach for successful management and optimal recovery of this complex condition.



Learning Outcomes: At the end of this presentation, attendees will be able to:

1. Define CRPS and recognize its clinical signs and symptoms, and diagnostic criteria.
 2. Recognize when CRPS requires a shift in treatment strategy, including advanced interdisciplinary approaches.
 3. Review best practices for case management and care coordination to achieve positive outcomes.
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AGENDA (NOV. 20, 2025):

Registration/Breakfast:	7:30 a.m. – 8:00 a.m.
Virtual Presentation:	8:00 a.m. – 9:00 a.m. (Dr. Stefany Almaden)
Break/Networking:	9:00 a.m. – 9:15 a.m.
Presentation:	9:15 a.m. – 10:15 a.m. (Keely Totten)
Break/Networking:	10:15 a.m. – 10:30 a.m.
Presentation:	10:30 a.m. – 11:30 a.m. (Drs. Heechin Chae, Garland Tang)

Target Audience: RN, LVN, CCM, and other allied health care professionals

CMSA-SCC is an approved provider of the California BRN. Provider # CEP 14032, for three contact hours.
CCMC for three CCM Continuing Education Hours—Activity Code (pending); Approval Code (pending)

Registration Fees (In-Person or Virtual) **Sorry, no refund for this event.**

Photos or videos taken during CMSA events may be used for CMSA's publicity purposes. Please contact us if you have concerns or do not wish to be photographed.

Please select: ☐ In-person ☐ Virtual (via Zoom)

Early Bird Before OCT. 17th: (CMSA Member): \$0 (Non-Member): \$40 (Discounted)

After Oct. 17th: (CMSA Member): \$0 (Non-Member): \$60

PRE-REGISTRATION AND PAYMENT.

TO REGISTER FOR THIS EVENT AND FOR MORE INFORMATION, please visit us at: <https://cmsascc.org/>

Contact Us:  562-972-1696  info@cmsascc.org

Follow us at:  [CMSA Southern California](#)

NEXT MEETING – SAVE THE DATE

February 19, 2026

Location: To be Announced