

# Session Descriptions

While all sessions are part of the continuing education process, sessions that can be applied to specialized hours for Ohio Boards are designed by the following codes:



Treatment



Prevention



Ethics



Supervision

## **Concurrent Session A Wednesday, 8/19/09 8:30AM-5:00PM**

### **A1: Are We Managing Pain But Fueling Addiction**



An important goal of this overview will be to focus on identification and effective intervention and treatment of prescription drug abuse for chronic pain patients. This will be accomplished in part by discussing how to identify the most common red flags of prescription drug abuse, and the denial patterns patients use to avoid recognizing and/or dealing with their prescription drug abuse/addiction, as well as becoming familiar with common pain management drugs of abuse.

Since chronic pain includes both physiological and psychological pain symptoms, the participants of this presentation will learn how to differentiate between the two types of symptoms; how effective implementation of a multidisciplinary and integrated pain management approach can increase positive treatment outcomes by addressing the synergistic effect of pain and chemical dependency issues; and what components are necessary to treat the synergistic symptoms of pain and addiction, which include medication management, emotional/ psychological management, and non-pharmacological pain management.

#### **Stephen Grinstead, LMFT, ACRPS, CADC-II, Doctorate in Addictive Disorders,**

*GORSKI-CENAPS® Corporation - Spring Hill, FL*

### **A2: Spirituality & Recovery From Addiction**



The session will be divided into three segments: Spirituality and Recovery; Spiritual Growth as Relapse Prevention; and Hope. The first segment addresses definitions of spirituality and religion, and what differentiates the two. The second segment recognizes the chronic and progressive nature of chemical dependency. We will compare the maintenance program of AA to the successful maintenance of health needed to control diabetes and other chronic illnesses. We will suggest that an ongoing program of spiritual growth, such as is available through the Twelve Step programs can prevent relapse into active addiction. Hope, the third segment, is a better motivator than fear. People may come into addiction treatment because they are afraid of consequences, but when their consequences go away, so does the fear. Hope for a good life

is a better motivator because it is rewarded by actual life experience. This segment includes four sources of hope for recovery: reality, gratitude, transformation, and angels. Join us for an enlightening day full of applicable information.

**John MacDougall, DMin**, *Hazelden, Center City, MN*

### **A3: Operation: Street Smart For A New A.G.E. (Adult Gang Education)**



Operation: Street Smart: A New A.G.E. (Adult Gang Education) is a program designed to educate parents teachers, social workers, community partners and anyone with a nexus to children about current gang trends, terminology, culture and media influences. It includes a history of gangs, a breakdown of the different types of gangs and threat groups, and their criminal activities. Program participants will be able to better identify gang activity in their area, recognize its influences in their schools and community, and be empowered to help combat this growing problem.

**Deputies**, *Franklin County Sheriff's Department, Columbus, OH*

### **A4: Using Supervision to Process Ethical Issues: Unique Considerations in Addictions Practice**



Addiction treatment professionals encounter ethical challenges which arise out of clinical practice on a near daily basis. The most difficult are questions of individual competence, combined with ethical dilemmas that call into question individual values. Professionals are continually challenged to define policies because situations vary across time, settings, individual talents and personalities. While front line staff can learn many of these skills, others are best worked through with guidance from a supervisor. This presentation will utilize the case presentation method to aid participants in taking a hard look at difficult situations & common ethical pitfalls. This session will use supervision and peer review processes specifically designed to increase awareness and comfort levels with individual limitations while seeking supervision to address ethical challenges.

**Kenneth Yeager, PhD, LISW, ICDC**, *Department of Psychiatry, The Ohio State University, Columbus, OH*

### **A5: Psychological Trauma In Health Care Professionals**



All too often, while in training, health care professionals are rarely taught to take care of themselves and that they may succumb to emotional trauma as a result of their intensive work environment. The workshop will provide attendees with an understanding of PTSD and Compassion fatigue in mental health workers and health care professionals.

Moreover, the presenter will discuss subtle way in which symptoms may arise in mental health counselors and describe some of the unique symptoms. Additionally, Dr James will present models of self-care in order to assist

attendees in managing compassion fatigue and their own emotional trauma.

**Larry James, PhD, ABPP**, *Wright State University, Dayton, OH and Colonel (Retired), U.S. Army*

#### **A6: Addiction 101**



This session designed for newcomers to the field and those needing a refresher will discuss the historical and cultural issues related to substance use and abuse; major drug legislation in the United States; current drug classification system; the formal diagnostic system for determining substance related abuse and substance related dependency; theories of addiction; current trends of alcohol and drug use in the United States; pharmacodynamics and classifications for psychiatric drugs; use and abuse of cocaine, amphetamines, opiates, marijuana, hallucinogens; drug interactions; levels of prevention and drug treatment settings and services. Join us for a full day of the latest information!

**Vicki Fitts, PhD, LISW-S**, *The Ohio State University, Newark, OH*

#### **A8: Treatment and Recovery for the Addicted Family System**



This all day presentation will address the genetic and environmental influences of addiction within family systems. Adolescent and couples issues will be specifically addressed as two areas of focus for successful outcomes in treatment and long term recovery. This session will consist of lecture, small group participation and visual presentations. The presenters have over 40 years of combined experience in addiction, mental health and health fields. This will be a day to increase personal self awareness as well learn practical and evidenced-based practices for working with addicted family systems.

**Rachelle Gardner, MA, CADAC**, *Fairbanks Addiction Treatment Center, Indianapolis, IN*

**Susan Day, MSW, LCSW, ACSW**, *Fairbanks Addiction Treatment Center, Indianapolis, IN*

#### **A9: Prevention 101 – Where Have We Been & What Have We Learned...?**



In this lively and interactive session, participants will review and discuss information about Ohio ATOD history, theory and methods of practice. A currently working definition of prevention will be examined. The continuum of use, abuse and dependency and what we are actually trying to prevent will be explored. The six Center for Substance Abuse Prevention (CSAP) categories of service delivery will be presented and connected to current practices. Finally, participants will learn about some of the current “best practice” or evidence based prevention programs being utilized in Ohio and nationwide.

**Doug Wentz, MA, OCPS II**, *Neil Kennedy Recovery Clinic, Youngstown, OH*

### **A11: Grant Writing 101**



This course is designed to equip nonprofit organizations, government agencies and schools with the tools to achieve and maintain fiscal stability in order to carry out their mission in service to the community. The workshop provides the essential components of organizing, structuring, and presenting a project for successful grant funding from both public and private sources. It will clarify, simplify, and expedite administrators' ability to insure proper program execution and service delivery. In addition, the participants will learn to develop a long term funding plan that will bring in unrestricted funds from new sources.

**George Zocklein**, *Zocklein & Associates, Buckner, KY*

### **Concurrent Session B**

**Thursday, 8/20/09**

**10:15AM-12:30PM**

### **B1: Denial Management For Addictive Disorders**



Denial is a serious problem in the treatment of addiction and related personality and mental disorders. Denial Management Counseling (DMC) is a comprehensive system for identifying and managing the self-reinforcing denial patterns that often prevent addicted people and their families from engaging in and maintaining recovery.

This presentation describes the Twelve Common Denial Patterns (the Big Five and the Small Seven) and explains the importance of normalizing denial. This presentation will show you an overview of powerful denial management skills to help you review and organize the skills you already possess. It discusses a number of issues related to motivating clients to recover by using a systematic process to manage denial, overcome treatment resistance, identify serious problems, and motivate clients to solve them.

**Stephen Grinstead, LMFT, ACRPS, CADC-II, Doctorate in Addictive Disorders**, *GORSKI-CENAPS® Corporation - Spring Hill, FL*

### **B2: Crisis Intervention**



Addiction professionals frequently encounter people in crisis. In such situations addiction professionals make split-second decisions that affect the mental health and well-being of individuals, families, and at times entire communities. They support and guide people through health diagnoses, bankruptcies, sexual assaults, deaths of loved ones, suicide attempts, from the front lines. While professional settings may vary, all have a common and

urgent need for a rapid reference that covers every type of traumatic event they may be asked to respond to in the course of an unpredictable and highly stressful day. This presentation outlines Roberts' seven-stage crisis intervention model and will teach participants key aspects of crisis response that considers the impact of previous trauma experiences. More than just a collection of action lists, though, this presentation explains theories and models in clear, jargon-free language, offering tips for clinical practice, treatment planning, referrals, and coordinating services as needed. This session is equally applicable to the new practitioner or the seasoned professional.

**Kenneth Yeager, PhD, LISW, ICDC**, *Department of Psychiatry, The Ohio State University, Columbus, OH*

### **B3: Pain Issues In Addiction And Recovery**



Addiction and pain issues are being faced more and more often by treatment programs. These issues include, assessing clients with pain problems to evaluate for possible addiction, treatment planning for patients with both pain and addiction, consultation with pain programs on their patients, detoxification of chronic pain patients, and considerations of long-term Opioid Maintenance Therapy for affected patients. We will address these and related issues.

**Ted Parran, MD**, *Case Western Reserve University School of Medicine, Cleveland, OH*

### **B4: Sex Addiction In The Inner City Substance Abuser**



Sex addiction treatment is currently only found in high price treatment centers far out of the physical and economic reach of most addicts who reside in America's inner cities. This population is treated almost exclusively at non-profit institutions that focus solely on the substance abuse problem. However comorbid sex addiction is just as prevalent in the homeless drug addicted population as it is higher socioeconomic populations. This session will focus on the current data and examine methods to screen and treat this population. Attention will be focused on the unique challenges of men who suffer from both a chemical and behavioral addiction and live in the inner city.

**Mark Levine, LCDC-III**, *Joseph House, Inc., Cincinnati, OH*

### **B5: Beyond Solitaire: Assessment & Treatment Of Internet Addiction**



Internet addiction is defined as any online-related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment. This workshop will focus upon the growing concern regarding this problematic behavior, and how as clinicians, we assess and treat this new form of addiction.

**Chris Tuell, EdD, LPCC-S**, *Lindner Center of Hope; Addiction Studies, University of Cincinnati, Cincinnati, OH*

### **B6: Do You Understand The Words That Are Coming Out Of My Mouth? – The Language Of Adolescents**



This session will present information on decoding the language of youth. It will aid you in identifying and defining the slang of not only words specific to ATOD's, but also words used every day. We will examine how the media portrays and encourages this language and how decoding it will develop and enhance your working relationship with adolescents.

**Kristen Petrilla, MA, LCDC-III**, *Quest Recovery and Prevention Services, Canton, OH*

### **B7: Understanding & Treating Post Traumatic Stress Disorder In The Addiction Recovery Process**



Practitioners will be provided with an Overview of PTSD identifying origins of trauma and symptoms. We will explore the impact of PTSD on the physical body and physiology as well as psychologically, behaviorally and socially. We will explore treatment considerations and therapeutic processes for treating and assisting PTSD patients in their addiction recovery process.

**Annette Franks, MEd, LPC**, *Counselor/Trainer, Columbus, OH*

### **B8: Counseling Tips For Clinicians Who Work With GLBTQ Clients**



People have extra challenges to their recovery if they are gay, lesbian, bisexual, transsexual, experimental or questioning their sexual orientation. Participants in this workshop will learn ways to identify the issues these clients bring with them, and effective ways to address the clients and those issues.

**Douglas Althaus, MEd, LICDC, MAC, ICCS, CRC**, *Chemical Dependency Professional, Westerville, OH*

### **B9: Listening To Recovery's Voices For Outstanding Outcomes**



Research indicates that hearing 'client voice' is the key factor to generating outstanding outcomes. The session focus will be on utilizing client voice and ideas outside treatment in directing & determining outstanding outcomes. It will be a lively, interactive session employing videos, stories, and client voices to create opportunities for learning.

**Charles Ross, LICDC, LISW, PCC-S**, *STEPS at Gault Liberty Center*

**Lara Ginsburg**, *Gault Liberty Center Connections, Wooster, OH*

## **B10: “Half Measures Avail Us Nothing”: A Systems Approach To Effective Prevention Programming**



'...strategies for preventing alcohol and other drug use by youth must be diverse and comprehensive if they are to be effective.' 'A 'systems approach'...views community and the environment as interconnected parts, each affected by the others...' '...the goal of any community that is serious about prevention must be to make the parts work together.' (Prevention Plus II, OSAP) This session will identify factors shown to contribute to substance use and how to develop an effective 'systems approach' in prevention.

**C. Christopher Hewitt, LICDC, OCPS-II, SAP**, *Institute for Higher Learning, Canton, OH*

## **B11: Simultaneous Alcohol & Nicotine Dependency Treatment (SAND Tx)**



Most alcohol dependent people die from tobacco-related physical conditions. Recent epidemiology studies indicate a smoking rate of 80 to 90% among alcoholic patients. Treatment for alcohol dependency should radically change. Clinical evidence suggests it is easier to become abstinent from alcohol if the patient quits smoking at the same time. Abstinence from both toxins is the best plan of treatment. Recovery from tobacco dependency recommends the avoidance of alcohol. Shouldn't recovery from alcohol dependence recommend the avoidance of tobacco? With the abrupt demise of the Ohio Tobacco Use Prevention Foundation isn't this subject area even more important?

**Anthony Incarnato, MA, LICDC, LPCC-S**, *Tuscarawas County Health Department, New Philadelphia, OH*

## **B12: Learning Your Needs In Cultural Competence**



The MACC report, “Learning Your Needs: Cultural Competence Needs Assessment” summarizes results of a statewide needs assessment process. In the study, MACC investigated: how well “cultural competence” is understood by consumers and providers; what cultural competence efforts are underway; how the behavioral health system can better meet the needs of diverse consumers; the range of assessment tools available; what assistance is needed by local providers/systems; and the role MACC, ODMH and other systems should play in supporting cultural competence as a statewide best practice.

**Charletta Tavares**, *Multiethnic Advocates for Cultural Competence, Columbus, OH*

**It's Only Lunch: Dr. Pepper**  
**12:45PM – 1:45PM**

### **P1: Luncheon Dialogue**



Grab your lunch and join Dr. Pepper as he dialogues with participants regarding contemporary issues in the diagnosis and treatment of chemical dependency. We will discuss current trends in addiction treatment, review clinical problem solving and discuss clinical vignettes in the treatment of addiction. You bring the questions and Dr. Pepper will provide the answers.

**Tom Pepper, MD**, *Department of Addiction Medicine at Talbot Hall, The Ohio State University, Columbus, OH*

### **Concurrent Session C**

**Thursday, 8/20/09**

**1:45PM-5:00PM**

### **C1: The Science Of Addiction: From Neurobiology to Treatment**

**(Advanced Level)**



Until now, the “field” of drug addiction treatment and prevention has struggled with a lack of sufficient research evidence. Current research holds the promise of not only improved understanding, but improved outcomes for chemically-dependent persons. This workshop will cover the latest research, in lay language, on the neurobiology of chemical dependence, including how the brain’s pleasure pathway works; the differences between drug abuse and chemical dependence; the latest therapies for dependence; and research methodologies that promise even more exciting breakthroughs in understanding and treating drug problems in the future.

**Carlton Erickson, PhD**, *The University of Texas, Austin, TX*

### **C2: Operation: Street Smart**



Operation: Street Smart provides current information on drug trends, terminology, paraphernalia, and physiological effects to those individuals who deal with youth on a daily basis. Over 25 different street drugs are covered with actual examples of each escorted throughout the audience for closer inspection by participants. Narcotics detectives with over 30 years combined undercover experience conduct this unique program. The session follows the national curriculum.

**Franklin County Sheriff’s Department**, *Columbus, OH*

### **C3: Eye Movement Desensitization & Reprocessing (EMDR): An Emerging Approach In The Treatment Of Co-Occurring Addiction & Traumatic Stress**



Eye Movement Desensitization and Reprocessing (EMDR) have established itself as a viable psychotherapy for the treatment of trauma and other related mental health disorders. In recent years, several major organizations have endorsed EMDR in practice guidelines as an efficacious treatment for Post Traumatic Stress Disorder (PTSD). Research is continuing to demonstrate the widespread applicability of EMDR in a variety of clinical presentations, including traumatized clients with substance use and other addictive disorders. Co-morbidity between trauma and addiction has been long-established, yet treatment approaches for addressing trauma in addicted individuals have often been ineffective. In the last several years, EMDR has emerged as a viable option in bridging these often wide gaps between addiction and trauma treatment. In this session theory and practice will be blended together by the presenter, an experienced EMDR and addiction clinician.

**Jamie Marich, MA (ABD), LPCC-S, LICDC**, *PsyCare, Inc./Argosy University, Warren, OH*

#### **C4: Ethical Dilemmas For The Chemical Dependency Counselor**



This session is designed to address ethical behavior for the chemical dependency counselor. We will review legal guidelines that are in place to protect the professional, the client, and society. We will address ethical dilemmas that arise in the course of our work as chemical dependency counselors, we will examine ethical standards rather than our own personal or religious standards or convictions. The twelve ethical principles for counselors and actual scenarios will be discussed.

**Martina Moore, MA, LICDC, CEAP, SAP**, *Moore Counseling & Mediation Services, Inc., Euclid, OH*

#### **C5: What We Believe We Create: How Re-Occurring Life Stories Are Bad Habits**



This will be an interactive experience to expand your imagination! We will use visualization techniques, time mgmt. techniques, affirmations, and new thought to realize full potential, understanding abundance, and attracting your heart's desire into conscious reality! Create what you want with improved time management skills. Develop what you wish to create today and discover how to achieve what your heart desires by letting go the old stories in the mind!

**Robert Pease, MA, PhD**, *Robert Pease International, Phoenix, AZ*

#### **C6: The Dance of Destruction: The Devastating Effects Of Process Addictions**



We will provide an overview of process addictions including food, gambling, Internet, sex, and compulsive spending addictions. Participants will explore

screening and assessment tools, signs and symptoms, negative consequences, and treatment strategies for these various addictions.

**Pam Hillyard, MA, LCPC, CMADC, PCGC, ICCGC**, *Illinois Institute for Addiction Recovery and Counseling Center at Proctor Hospital, Peoria, IL*

### **C7: The Impact Of Dysthymia: Addiction & Recovery (Advanced Level)**

**T**

We will discuss the prevalence of dysthymia among substance abusers and describe individual characteristics and mental health factors related to the co-morbid conditions. Implications for the mental health field will be discussed, underlining the importance of developing and providing competent treatment for substance abusers with co-occurring disorders.

**Michael Weiner, PhD, CAP**, *Behavioral Health of the Palm Beaches, Lake Worth, FL*

**John McIlveen, MEd, MHC**, *Behavioral Health of the Palm Beaches, Lake Worth, FL*

### **C8: One Size Does NOT Fit All: The Process Of Assessing Spirituality & Its Development**

**T**

We will review a working definition of spirituality, how the spiritual dimension of human being develops across the life span and how this development can be assessed effectively in a variety of clinical settings. The material includes a review of theoretical foundations as well as best practice concerns using established clinical material and case examples. By the end of the session participants will be able to conceptualize human spirituality and how it can be assessed in their practice.

**Bradford Price, PhD, LICDC**, *The Woods at Parkside, Gahanna, OH*

### **C9: Substances Of Abuse: Mechanisms & Action**

**T**

We will look at the biological processes underlying substance use disorders in plain language followed by an introduction of useful technical terms. Following will be a comprehensive review of the eleven categories of DSM IV substance use disorders including trade names and street names, mechanisms of action, behavioral effects, and adverse consequences of use.

**Joe Gay, PhD, LICDC**, *Health Recovery Services, Athens, OH*

### **C10: Clinical Reasoning**

**T** 

Treatment is a dynamic, flowing, yet logical process. This session starts with an examination of how our underlying beliefs about addiction and human nature drive treatment planning and choice of interventions. We will compare

static vs. dynamic models of clinical decision-making and then track how clinical decisions at various points of treatment affect the each subsequent step. This session will help anyone struggling with treatment planning, or wishing to improve his or her case management skills.

**Brad Lander, PhD, LICDC**, *Department of Addiction Medicine at Talbot Hall, The Ohio State University, Columbus, OH*

### **C11: Operationalizing Stages Of Change (SoC) & Motivational Interviewing**



Stages of Change and Motivational Interviewing (MI) are two approaches emerging as a preferred methodology in the alcohol and drug treatment field. The session will give a review/overview of these models followed by the documentation of Stages of Change and MI throughout clinical record. The presenters have developed a structure of documentation that will enhance fidelity to the SoC model from assessment – diagnosis – level of care determination – treatment planning – progress to discharge.

**Jill Gomez, LISW-S, LICDC**, *University of Cincinnati/Clermont College, Cincinnati, OH*

**Michael Witzky, PhD, DBA, LISW-S, LICDC**, *Union County ADAMH Board, Marysville, OH*

### **C12: When Johnny Comes Marching Home: Mental Health Concerns & Interventions For Returning OIF/OEF Service Members**



This session will be presented in two segments. Segment 1 will be an overview of the mental health problems of returning OIF/OEF service members. The presentation will include a review of combat stress variables and current research on multiple problems these soldiers present, including the interaction of PTSD with Substance Abuse and Traumatic Brain Injury (TBI). Segment 2 will be a review of the patterns of care seeking among recently returning combat service members, the most current psychotherapies in use, and the presentation of an intervention model based on principles of resilience and resources that can be made available to these soldiers and their families. Both segments include case studies of how PTSD and Readjustment stresses have affected families and soldiers when they return from war.

**Edgardo Padin-Rivera, PhD** , *Cleveland Veterans Administration Medical Center, Brecksville, OH*

**Concurrent Session D**  
**Friday, 8/21/09**  
**10:15AM-12:30PM**

### **D1: Appropriate Use Of Medications In Recovery**



Relapse in those in recovery from addictive disease may be triggered inadvertently by the ingestion of prescribed or over-the-counter medications taken for a variety of physical and medical ailments. This presentation describes those drugs which contain ingredients which should be avoided by recovering individuals, and suggests safe alternatives.

**Richard Whitney, MD**, *Shepherd Hill, Newark, OH*

## **D2: Wired For Connection: How Empathy, Shame, & Vulnerability Shape Recovery**



In this we will explore the concepts of shame, empathy, and vulnerability, and the role these emotions play in perfectionism, addiction, and recovery. Clinicians will learn specific tools and strategies for helping clients understand shame and develop shame resilience. Experiential and didactic learning will focus on how we can use individual and group modalities to help clients find the courage to talk about their fears of being unworthy, unlovable, and "not good enough" so they can move through shame in order to live more compassionate and connected lives.

**Brené Brown, PhD**, *College of Social Work, University of Houston, Texas*

## **D3: The Neurobiology Of Experiential Treatment Methods: What To Do, Why To Do It & How To Do It Effectively**



Experiential methods have long had a part in the successful treatment of addictions, while recent advances in neurobiology have greatly increased our understanding of the addiction process. This workshop will explore how the gains made in the neurobiological basis of addiction can be applied to the powerful experiential methods of psychomotor and psychodramatic treatment approaches.

**Guy Taylor, PhD, LCDC-III**, *Hocking College, Nelsonville, OH*

## **D4: Appalachia: Knowing Your Clients**



Roughly one-third of Ohio's counties are considered Appalachian. Learn how the Appalachian region is defined and some of the attitudes and values that characterize individuals of Appalachian background. Explore the cultural consideration that may influence the treatment of individuals from Appalachia.

**Joe Gay, PhD, LICDC**, *Health Recovery Services, Athens, OH*

## **D5: Drug Update 2009 – Where Have The Years Taken Us?**



This session will provide information on some of the newer, not so heard of

drugs (yet) and their effects. Dextromethorphan, Salvia Divinorum, Jimsonweed, "Cheese" Heroin, Jenkem, Strawberry Meth, Inhalants like Duster, Tetrahydrozoline....have you heard of these? Do you know what they do? Surely some of these drugs are familiar to adults, but more of them are known to kids. These drugs have surfaced and many are becoming more widely available. Come and be the first adult on your block to have the 'real scoop' on what's available and influencing our youth.

**George "Pat" Willis, MEd, OCLEO**, *Lake County Narcotics Agency, Painesville, OH*

#### **D6: Using The 12 Steps As A Therapeutic Tool, Part I (Steps 1-5)**

**T**

**Note: This is a two-part presentation. Participants must attend both D6 and E6 to obtain continuing education credit.**

Participants will learn a model of treatment based on the developmental model of recovery followed by the Twelve Steps, but using a non-spiritual discipline. Much of the same vocabulary and principles remain in the model, but spirituality is an option, rather than a requirement. The model is particularly effective for clients who resist including spirituality in therapy, but maintains the integrity of recovery as a process. The model is evidence-informed and proven effective through the presenter's experience in using the model as a program coordinator for outpatient and day treatment services at Kaiser Permanente in Hawaii. Participants will learn therapeutic goals based on Steps 1-6 in the first half of the presentation, and 7-12 in the second half.

**Douglas Althaus, MEd, LICDC, MAC, ICCS, CRC**, *Chemical Dependency Professional, Westerville, OH*

#### **D7: Triple Stigma: Understanding/ Treating Individuals With Co-Occurring Disorders Involved In The Criminal Justice System**

**T**

Individuals who have co-occurring disorders and are at over populated jails and prisons across the country represent one of the most challenging groups encountered in the criminal justice system. This session provides a fundamental overview of the re-entry process and barriers faced with offenders returning to our communities and best practice approaches in helping clients who have co-existing substance use and mental health disorders overcome a number of significant hurdles on their way to recovery. We will explore the issues of co-occurring disorders and offer ways to help your clients face these challenges and build upon their strength and abilities in order to create a safe and stable environment for all family members.

**Rayshawn Wilson, MEd, LPC, LCDC III**, *Abraxas Ohio, Columbus, OH*

#### **D8: Geriatric Substance Abuse: Scope & Impact On The Rapidly Growing Aging Population Of America**

**T**

Utilizing research, statistics, and studies, the impact of substance abuse disorders on the growing geriatric population will be explored. Data will illustrate geriatric substance abuse vulnerability in consideration of socioeconomic stressors coupled with life span developmental issues which emerge within the elderly. Differences in symptom presentations, atypical indicators, geriatric specific interventions, research focus, and best practice treatment modalities will be presented and discussed.

**Rhiann Condon, LPC, LCDC-III, LSW**, *Doctoral Candidate at The University of Toledo, Butler, PA*

#### **D9: Opiate Addiction: The Roller Coaster Ride**

**T**

Opiate addiction is a roller coaster ride. This metaphor gives maximum meaning with a minimum of words to the experience of opiate dependence. In this breakout session, Dr. Patel and Deborah Hoy will collaborate to present their experience in the treatment of opiate addicts who are in the process of withdrawal and early recovery. The presentation is designed to help professionals explore the addicts experience and includes a discussion of lifestyle and point of view as well as emotional, social and medical consequences of opiate dependence. Various factors will be discussed which contribute to the high rate of relapse. Treatment strategies will be presented to enhance the participants understanding of key treatment concepts. The use of a Suboxone taper is part of a comprehensive of treatment and not a panacea. Treatment with medication along with concurrent group treatment are discussed as the warp and weft of a tapestry of interventions which build a platform for recovery living.

**Deborah Hoy, RN, MSN, CNS**, *Department of Addiction Medicine at Talbot Hall, The Ohio State University, Columbus, OH*

**Trupti Patel, MD**, *Department of Addiction Medicine at Talbot Hall, The Ohio State University, Columbus, OH*

#### **D10: The Do's, The Don'ts & The Drama Of Working With Teenage**

**Girls**

**T P**

'I don't like girls!' 'I relate better to guys.' 'WHATEVER!' Sound familiar? Come and learn the do's of working with teenage girls, learn from my mistakes (the don'ts), & how to respond to the drama created by young ladies. Participants will also learn about 'teenage attitudes' and keep their sanity while working with the 'drama queens.' Bullying, substance abuse, eating disorders, self-injurious behavior, and other mental health issues will all be addressed.

**Angie Giltner, LSW, LCDC-III**, *Juvenile Court Services at Your Human Resource Center, Wooster, OH*

#### **D11: Drugs, Alcohol and Domestic Violence**

**P**

This interactive training will explore the role that alcohol and drugs play in domestic violence relationships. Participants will learn how to work with survivors of domestic violence that are substance abusing, including how to respond to a victim or perpetrator when violence is disclosed and how to assist in the survivor's safety planning.

**Tonia Moultry**, *Ohio Domestic Violence Network, Columbus, OH*

### **D12: Addiction vs. Spirituality: When Worlds Collide**

**T**

This presentation exams the conflicted spiritual journey of the addicts to experience an alternative to the present circumstances of life and attain a different realm through a misguided and ultimately self-destructive attempt to reach an unknown level of nirvana. In spiritual terms the addict is a Seeker in search of any experience that will ultimately connect them to a higher experience but travels a path of self-destruction through all the wrong places. In this experience all worlds collide within the inauthentic self. In an attempt to alleviate the "pain body" by "getting high" the addict experiences a limited feeling of ecstasy not elevated enough to fulfill a spiritual need resulting in feeling numb and blocks the pathway to a higher level of experience in discovering joy from within.

**Robert Pease, MA, PhD**, *Robert Pease International, Phoenix, AZ*

## **Concurrent Session E**

**Friday, 8/21/09**

**1:45PM-4:00PM**

### **E1: Pain Management In The Chemically Dependent Patient**

**T**

Pain is the most common presenting complaint to any physician's office. Relapse in those in recovery from addictive disease may be triggered by pain itself or by medications prescribed for relief of pain. This presentation summarizes the challenges in pain management and discusses both pharmacologic and non-pharmacologic interventions for relief of pain in addicted patients.

**Richard Whitney, MD**, *Shepherd Hill, Newark, OH*

### **E2: The Great Escape: Women & Compulsive Gambling**

**T**

This session will examine the unique features of the female escape gambler and discuss treatment strategies to address special needs. Participants will investigate what women seek and receive when gambling, and discuss current trends specific to female gamblers. Co-morbidity inherent with female escape gamblers will also be discussed and evaluated.

**Pam Hillyard, MA, LCPC, CMADC, PCGC, ICCGC**, *Illinois Institute for Addiction Recovery and Counseling Center at Proctor Hospital, Peoria, IL*

### **E3: Recognition & Treatment Of Substance Use Disorders In Healthcare Professionals**

**T**

We will focus on the recognition and treatment of SUD in healthcare professionals (physicians, medical students, dentists, etc.). High stress levels and weak coping skills may contribute to the activation of a SUD. Knowledge of licensure and regulatory body's laws and rules are important in serving this population.

**Peter Rogers, MD, MPH, FAAP**, *Ohio Physicians Health Program, Columbus, OH*

### **E5: Inhalants: So Cheap, So Easy, So Deadly**

**P**

Adults are becoming aware of the extensive abuse of inhalants by children. This workshop will cover what products kids are inhaling; how they are inhaling; as well as the signs and symptoms of inhalant abuse.

**George "Pat" Willis, MEd, OCLEO**, *Lake County Narcotics Agency, Painesville, OH*

### **E6: Using The 12 Steps As A Therapeutic Tool, Part II (Steps 6-12)**

**T**

**Note: This is a two-part presentation. Participants must attend both D6 and E6 to obtain continuing education credit.**

**Douglas Althausser, MEd, LICDC, MAC, ICCS, CRC**, *Chemical Dependency Professional, Westerville, OH*

### **E7: Implementing Motivational Incentives: The Challenges, The Successes, & The Rewards**

**T**

Motivational Incentives (MI), or Contingency Management, is an evidence-based practice (EBP) aimed at enhancing treatment through recognizing treatment goal achievement and celebrating those achievements by rewarding patients. MI creates a positive treatment environment, increases patients' motivation to stay in treatment, and facilitates recovery. While there is a wealth of data supporting the effectiveness of MI in research studies, there is an ongoing need for treatment providers to share their experiences with MI implementation, and their results. This presentation will provide a brief review of MI's basic principles and methods, but will focus on its implementation in two addiction treatment settings in western Pennsylvania and Ohio. Training, EBP adoption, and adaptation - the importance of adhering to the MI model, yet creating a unique program that meets the needs of both treatment

provider and patients - will be addressed during this session. Data on the effectiveness of MI will be presented.

**Cara Renzelli, PhD, LSW**, *Neil Kennedy Recovery Clinic/Gateway Rehab, Moon Twp, PA*

### **E8: Self-Awareness Stages & Grounding Strategies In The Recovery Process**

**T**

A didactic and experiential session to explore self-awareness stages and grounding strategies in the recovery process. Participants will have the opportunity to practice mind-body prevention exercises.

**Erin McHam, LPCC-S**, *Mental Health Therapist, Columbus, OH*

### **E9: Deaf Off Drugs & Alcohol**

**T P**

Why don't more deaf people access treatment services? How do I get an interpreter? What services are available for deaf people struggling with addiction? Does a deaf person need specialized treatment? Come to this presentation and learn the answers to these questions. The Deaf Off Drugs and Alcohol program staff will share with you about the telemedicine approach be used in Ohio to serve this unique population.

**Susan Fraker, NAD-IV, CI, CT, OCPS (RA)**, *Deaf Community Resource Center, Dayton, OH*

### **E10: Operating Drug Free...A Key Tool In Workplace Prevention**

**P**

This session will offer an overview of the key issues to consider in DEVELOPMENT of a comprehensive and defensible drug-free workplace (DFWP) policy/program. We will be exploring incentives and benefits for implementing a DFWP; what constitutes a DFWP; and critical issues that need to be considered in development.

**Scott Camp, BA**, *Working Partners Systems Inc., Reynoldsburg, OH*