

COD & Treatment

WA STATE CONFERENCE

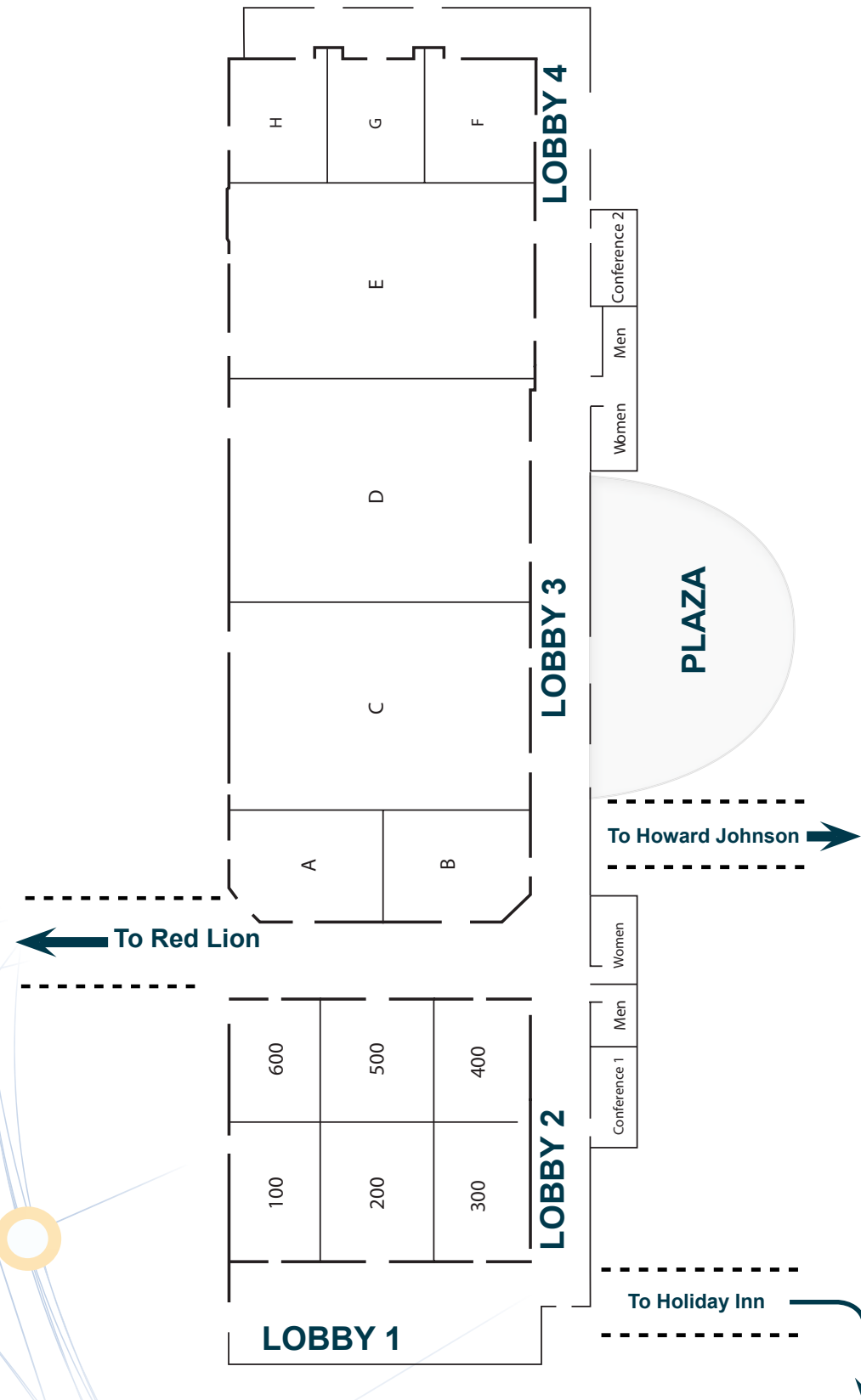
Expanding Our Foundation

REACHING EVERY CORNER OF THE COMMUNITY

OCTOBER 6-7, 2014 | YAKIMA, WA

WWW.WACODTX.ORG

WELCOME TO THE
29th Annual Conference



Sponsors/Exhibitors	4
Conference FAQ	5
Keynotes	6
Workshop Information	10
Agenda	Back Cover

COMMITTEE MEMBERS

- | | |
|--|---|
| Ruth Leonard , Division of Behavioral Health and Recovery, Conference Chairperson | Monica Reeves , Division of Developmental Disabilities |
| Tina Burrell , Division of Behavioral Health and Recovery | Joseph Rinehart , Greater Lakes Mental Healthcare |
| Michael Cunningham , Comprehensive/Dependency Health Services | Pamala Sacks-Lawlar , Juvenile Justice Rehabilitation Administration |
| David Jefferson , Skagit County Community Health | Tom Saltrup , Department of Corrections |
| Mark Kreilkamp , Department of Social and Health Services, Eastern State Hospital | Jacob Towle , Juvenile Justice Rehabilitation Administration |
| Amy Martin , Division of Behavioral Health and Recovery | Lauri Turkovsky , Division of Behavioral Health and Recovery |
| Gene McConnachie , Development Disabilities Administration | |

2014 EXEMPLARY SERVICE AWARDS

- Lifetime Achievement:** Joseph Rinehart, Greater Lakes Mental Healthcare, Tacoma
- Consumer Advocate:** Jody Schreven, Sound Mental Health, Tukwila
- Innovative Program:** Sound Mental Health, Tukwila
- Outstanding Collaborator:** Vince Collins, Division of Behavioral Health and Recovery, Olympia
- Outstanding Service, Individual:** Jeanette Palmer, Sea Mar Visions, Bellingham (retired)
- Promising Individual, New to the Field:** Jennifer Cobb, Excelsior Youth Center, Spokane

The Co-Occurring Disorders and Treatment Conference is presented by the Washington State Department of Social and Health Services.



Transforming lives



EXHIBITORS

ADA Clearinghouse
www.adaiclearinghouse.org

Alkermes
www.Vivitrol.com

Behavioral Health and Wellness
www.BehavioralHealthWellness.org

Cascade Behavioral Hospital
www.cascadebh.com

Crisis Clinic - Washington Recovery Helpline
www.warecoveryhelpline.org

DrCloudEMR
www.drcloudemr.com

Hazelden
www.hazelden.org

Hidden Spring Book Company
sammcracken1@comcast.net

Kiliminjaro Imports
jkiman@msn.com

Lakeside-Milam Recovery Centers
www.lakesidemilam.com

National Frontier and Rural Addition Technology Transfer Center (NFAR-ATTC)
www.attcnetwork.org/regcenters/index_nfa_frontierrural.asp

Northwest Addition Technology Transfer Center (NWATTC)
www.attcnetwork.org/regcenters/index_northwestfrontier.asp

Olalla Recovery Centers
www.olalla.org

Oxford House, Inc.
www.oxfordhouse.org

Reclaiming Futures
www.reclaimingfutures.org

Residence XII
www.residencexii.org

SBIRT
www.dshs.wa.gov

Singing Shaman Traders
singingshaman@hotmail.com

Spectrum Health Systems, Inc.
www.spectrumhealthsystems.org

Therapeutic Health Services
www.ths-wa.org

The Brain Injury Alliance of Washington
www.biawa.org

The Change Companies
www.changecompanies.net

The Echo Group
www.echoman.com

The Psychology Shop
www.thepsychologyshop.com

The Recovery Center at Valley Hospital
www.valleygeneral.com

Washington State Department of Social and Health Services
www.dshs.wa.gov

Sign-in Requirements | Certificates

Participants must sign in at the registration desk each morning in order to receive credit for attending the general conference. **Certificates for the general conference will be sent digitally to all participants AFTER the conference concludes.** Please notify the registration desk for adjustments on early departure certificates in advance. Certificates will not be mailed.

Continuing Education Hours (CEHs)

Participants can earn up to thirteen (13) Continuing Education Hours (CEHs) for the conference. In order to provide proof of attendance, participants must sign in at the registration desk each morning. Certificates will be adjusted for non-attendance.

Continuing Education Hours (CEHs) have been approved for the National Association of Alcoholism and Drug Abuse Counselors (NAADAC, #279) and the National Board for Certified Counselors (NBCC). Participants may use the certificate to apply for CEHs from other certification/licensing boards.

- Monday: 7.5 hours
- Tuesday: 5.5 hours

Special Workshop: Suicide Assessment, Management and Treatment

Tuesday, October 7 | 9:30am – 4:00pm | Suite 100

There will be a special Suicide Assessment, Management and Treatment workshop offered at no additional cost for general conference participants on Tuesday, October 7 from 9:30am – 4:00pm. Lunch will be served.

This workshop will provide the suicide management CEHs needed for professional licensure or certification. Those who attend must participate in the full workshop in order to earn the full amount of suicide management hours (6 CEHs) for licensure. Attendance is limited to 30 participants; first come, first served. No pre-registration required. Please pick up a printed certificate before leaving; certificates will not be mailed.

Note that attendees will not be able to attend the general conference Exemplary Service Awards Ceremony and that this workshop ends 1 hour after the general conference on Tuesday afternoon.

Ethics Post-Conference Workshop

Wednesday, October 8 | 8:00am - 12/3:00pm | Suites 400-600

Participants attending the Post-Conference Ethics Training must also sign in at the training in order to receive credit. Participants will receive a certificate for four (4) or six (6) hours at the close of the training on

Wednesday, October 8. Certificates will not be mailed; please pick up a printed certificate before leaving. The workshop will be held at the Yakima Convention Center. Attendance is limited; first-come, first-served. To inquire about availability, please see the registration desk. **An additional fee applies.**

Conference Evaluations

Please complete and return all conference evaluations for workshops attended. The overall conference evaluation will be completed and submitted in the closing general session. You may return a completed evaluation to a conference volunteer upon leaving the workshop, or submit one to a representative at the registration/service desk should you need more time to complete the form.

Raffle Drawing

All participants will receive a raffle ticket in their nametag for a chance to win a prize. Raffle tickets will be drawn during general sessions. Must be present to win.

Convention Center Internet Access

The Yakima Convention Center offers complimentary wireless Internet. No password is required.

Presentation Downloads

Participants may download presentation resources and handouts from the conference website. Downloads will be added as presenters make them available, in alphabetical order by schedule, then by the last name of the presenter. A link will be made available from the homepage: www.wacodtx.org/presentation-downloads

Interested in Sponsoring the 30th Annual Conference?

If you are interested in sponsoring the 30th Annual Co-Occurring Disorders and Treatment Conference in 2015, please send a correspondence to: contactus@wacodtx.org



Conference services provided by the Center for the Application of Substance Abuse Technologies (CASAT) | 866.617.2816



Trends with the Treatment of Drug Abusing Adolescents with Co-Existing Disorders

Monday, October 6 | 8:30am – 9:15am | Ballrooms C/D

Ken C. Winters, PhD Director, Center for Adolescent Substance Abuse Research

There are several clinical issues regarding the complexity of treating and providing continued care of adolescents with co-occurring disorders. This keynote will provide an overview of clinically-relevant research, with a focus on treating youth who have substance use and co-occurring disorders.

About Ken C. Winters:

Ken C. Winters, PhD is a Professor in the Department of Psychiatry at the University of Minnesota, Director of the Center for Adolescent Substance Abuse Research, and a Senior Scientist with the Treatment Research Institute in Philadelphia, Pennsylvania. He received a BA from the University of Minnesota and a PhD in Clinical Psychology from the State University of New York at Stony Brook. His primary research interests are the assessment and treatment of addictions, including adolescent drug abuse and problem gambling. He is on the editorial board of the *Journal of Substance Abuse Treatment* and the *Journal of Child and Adolescent Substance Abuse*, and has received numerous research grants from the National Institute of Health and various foundations. He was the 2008 recipient of the Research to Evidence-Based Practice Award from a national organization on effective treatment for adolescents (JMATE). Dr. Winters is a frequent publisher, speaker and trainer, and he is a consultant to many organizations, including the Hazelden Foundation, The Partnership at DrugFree.Org, National Center for Responsible Gaming, and the Mentor Foundation.



The Myth of Normal: Depression, Anxiety and Addictions from a New Perspective

Monday, October 6 | 10:00am – 10:45am | Ballrooms C/D

Dr. Gabor Maté, Best-Selling Author and Renown Speaker

For all our progress in understanding and treating mental illness, it continues to be a subject of misapprehension, prejudice and stigmatization. The reason for that may not be its strangeness but its familiarity. Very few individuals or families are not touched by at least some aspects of mental dysfunction, some periods of the discouragement, disconnect or anxiety that, on a deeper and more chronic level, characterizes the mind state of the mentally ill. And beyond individual experience or predisposition, many factors in this stressed and confused culture conduce to mental malfunction on a broad social scale. This presentation will explore the causes and “normality” of depression, anxiety and addictions in our society.

About Gabor Maté:

Gabor Maté, MD is a physician and best-selling author whose books have been published in twenty languages internationally. His interests include child development, the mind-body unity in health and illness, and the treatment of addictions. Gabor has worked in palliative care and as a family physician, and for fourteen years practiced addiction medicine in Vancouver’s Downtown Eastside. As a speaker he regularly addresses professional and lay audiences throughout North America. He is the recipient of a number of awards, including a Simon Fraser University Outstanding Alumnus Award and an honorary degree from the University of Northern British Columbia. His most recent book, *In The Realm of Hungry Ghosts: Close Encounters With Addiction*, won the Hubert Evans Prize for literary nonfiction. He is an Adjunct Professor in the Faculty of Criminology at Simon Fraser University.



Trauma and Recovery

Monday, October 6 | 1:15pm - 2:15pm | Ballrooms C/D

Tonier Cain, Consumer Advocate and Consultant

Tonier Cain takes an audience on a journey to places and subjects that most find too difficult or uncomfortable to fathom. But it is Tonier “Neen” Cain’s joyous spirit and astonishing inner-strength that leaps directly into audience hearts, inspiring renewed hope and compassion for those still living on the fringes.

About Toni Cain:

Tonier Cain is a consumer advocate who has spoken nationally on trauma, incarceration, and recovery. She has served as a member of the Protection and Advocacy for Individuals with a Mental Illness (PAIMI) Council, a federally required advisory body that reviews and guides work funded under the PAIMI grant and, in conjunction with the Board, sets and approves annual program priorities. She has also worked as a case manager and Director of Advocacy Services for a private nonprofit in Annapolis, Maryland. Ms. Cain is featured in the documentary “Behind Closed Doors: Trauma Survivors and the Psychiatric System.” Ms. Cain is the team leader for the National Center for Trauma Informed Care which provides consultation, technical assistance, and training to revolutionize the way mental health and human services are organized, delivered and managed, while furthering the understanding of trauma-informed practices through education and outreach. Ms. Cain is the subject in “Healing Neen,” a documentary based on her life as she moved through multiple systems of care.



The Anonymous People

Monday, October 6 | 6:30pm - 8:30pm
Ballrooms C/D

Participants may view a popular documentary at no additional cost, as well as enjoy after-dinner refreshments before the movie. *The Anonymous People* is a documentary about the countless Americans facing challenges due to the social stigma and discrimination regarding addiction and recovery. Please enjoy this sensational evening of entertainment! (No CEHs will be awarded for the viewing.)



Culturally Competent Mental Health Care for Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients

Tuesday, October 7 | 8:00am – 9:15am | Ballrooms C/D

Donnie Goodman, MANCC LMHP, Deputy Director, Seattle Counseling Service

This presentation will provide participants with a general overview of how to work with LGBTQ clients in a culturally competent way. Topics will include historical aspects of the LGBTQ community, internalized homophobia and its impact on mental health, family of choice/biological family and intersections in relationships, and working cross-culturally with members of the LGBTQ community.

About Donnie Goodman:

Donnie has been a National Certified Counselor since 1994. Donnie joined the staff of Seattle Counseling Service in 1995 as a Youth and Family Counselor, was named the agency’s Clinical Director in 2000 and Deputy Director in 2009. Donnie is a Licensed Mental Health Counselor in the state of Washington. His counseling specialties include youth, couples and families, and he is identified by Washington State as a Sexual Minority, Youth and Native American Mental Health Specialist. Donnie has program and clinical oversight responsibility for agency work including the areas of: HIV/AIDS, Harm Reduction, Sexual Assault and Domestic Violence, Gender Transitions, Mental Health and Addiction Services.



Walking The Tightrope of Pain Management and Addiction: Using the Addiction-Free Pain Management System

Tuesday, October 7 | 9:45am – 10:45am | Ballrooms C/D

Dr. Stephen F. Grinstead, Doctorate in Addictive Disorders, MA in Counseling Psychology, LMFT, CADAC II, ACRPS, Developer, Addiction-Free Pain Management System

Treatment providers are on the front line to assess, intervene upon and develop appropriate treatment plans for their impaired patients. This becomes more difficult when prescription abuse/addiction is present because of mismanaged chronic pain that is under treated, over treated or misdiagnosed. This presentation will focus on identifying the obstacles this population faces and what it takes to overcome them.

About Dr. Stephen Grinstead:

Dr. Grinstead is author of the book *Freedom from Suffering: A Journey of Hope* as well as author of several other pain management books including *Managing Pain and Coexisting Disorders*, and the *Addiction-Free Pain Management Recovery Guide*. He is an internationally recognized expert in preventing relapse related to chronic pain disorders and is the developer of the Addiction-Free Pain Management System. He has been working with pain management, chemical addictive disorders, eating addiction, and coexisting mental and personality disorders for almost 30 years.

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

is a universal, evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.

Screening services are provided in a wide variety of settings including primary care community health centers, hospitals, hospital emergency departments, trauma centers, and specialty healthcare centers. The three primary components of services are:

- Screening — a healthcare professional assesses a patient for risky substance use behaviors using standard screening tools.
- Brief Intervention — a healthcare professional engages a patient showing risky substance use behaviors in a short conversation, providing feedback and advice.
- Referral to Treatment — a healthcare professional provides a referral to brief therapy or additional treatment to patients who screen in need of additional services.

For SBIRT implementation support please call James Oliver of DBHR at 360-725-2290.



Transforming lives



Monday, October 6 | 11:00am - 12:15pm

Recovery Café: A Refuge for Healing and Transformation

Ballroom A

Ruby Takushi, PhD, Clinical Psychology, Washington State Licensed Psychologist, Director of Programs, Recovery Café

This workshop will introduce the programs sponsored by or included in the Recovery Café which serve men and women who have suffered trauma, homelessness, addictions, and/or other mental health challenges. In this loving community, members experience belonging, healing and the joy of contributing. The Café helps participants develop tools for maintaining recovery and stabilizing mental/physical health, housing, relationships and employment/volunteer service.

The Hungry Ghost: A Biospsychosocial Perspective on Addiction, from Heroin to Workaholism!

Ballroom B

Gabor Maté, MD, Physician and Bestselling Author

Contrary to what is often claimed, the source of addictions is not to be found in genes, but in the early childhood environment where the neurobiology of the brain's reward pathways develops and where the emotional patterns that lead to addiction are wired into the unconscious. Stress, both then and later in life, creates the predisposition for addictions, whether to drugs, alcohol, nicotine, or to behavioral addictions such as shopping or sex. Helping the addicted individual requires that we appreciate the function of the addiction in his or her life. More than a disease, the addiction is a response to a distressing life history and life situation. Once we recognize the roots of addiction and the lack it strives (in vain) to fill, we can develop a compassionate approach toward the addict, one that stands the best chance of restoring him or her to wholeness and health.

The Change Workshop

Ballroom F

Scott Covert, Senior Vice President, The Change Companies

There are many theories on how people change, but what really works? In this workshop you will learn what the experts in change believe is important, and how to engage individuals in person-centered self-change.

Core Competencies for Integrated Behavioral Health and Primary Care

Ballroom G

Michael A. Hoge, PhD, Professor and Director of Clinical Training in Psychology, Yale Department of Psychiatry

The federal government has funded the development of workforce competencies for both behavioral health and medical professionals delivering integrated care. In this workshop, the lead author of the competencies will review this development and present strategies for using the competencies to train staff and strengthen integrated care within provider organizations.

Engaging Young Opioid Users in Treatment: Processes and Outcomes

Ballroom H

Susan Caverly, PhD, ARNP, BC, Director of Psychiatric Services, Integrated Cognitive Therapies Program, Therapeutic Health Services

An integrated model of care incorporating Motivational Enhancement, Cognitive Therapy, and Contingency Management has shown surprising promise in treating young opioid users with co-occurring mental health disorders. This workshop presents the model of care, shares descriptive and outcomes data from the first cohort of 40 participants, and compares these data to data of non-opioid users. Case examples will be included in the presentation.

Advocacy and Healing: A Consumer Centered Cultural Approach

Suite 100

Cornell Cebrian, MSW, ACSW, Mental Health Practitioner and Social Worker, Harborview Medical Center; Fransing Daisy, PhD, Clinical Psychologist, Washington State, The Northwest AIDS Education and Training Center; Debra Schwartz, RN, MN, University of Washington Medical Center; Elizabeth Stanhope Gordon, JD, MDiv, PhD, Consultant, Navos Mental Health and Wellness Center

This workshop will investigate use of cultural factors which impact treatment planning for our co-occurring consumers. Exploration will encompass chronic illness, spiritual value systems, severity of behavior, and social needs. Focus will include use of a compassionate and healing approach within a community-focused treatment practice model.

Basically, This is What You Need to Know About the Fetal Alcohol Spectrum Disorders (FASDs)

Suite 300

Susan Doctor, MEd, PhD, FASD Specialist, University of Nevada, Reno

Service providers from every discipline would benefit from comprehensive information regarding the FASDs. Unfortunately, many feel helpless when working with an individual with an FASD due to limited provision of information. This workshop will provide a basic, comprehensive foundation regarding the FASDs: how they present and what can be done to assist clients impaired by in utero alcohol/drug exposure.

Juvenile Justice Bridge to Recovery: A Comprehensive Approach to Co-Occurring Disorders

Suite 400

Pamala Sacks-Lawlar, MHA, CDP, Substance Abuse/EBE Program Administrator, Department of Social and Health Services, Juvenile Justice and Rehabilitation Administration; Jacob Towle, MPA, Mental Health Program Administrator, Department of Social and Health Services, Juvenile Justice and Rehabilitation Administration

This workshop will highlight the Bridge to Recovery (BTR) Program for Youth within the Washington State Juvenile Justice System. An overview of evidence-based treatment strategies and practices to address youth with co-occurring mental health and substance abuse disorders and initial BTR data will be presented.

Developmental Disabilities Administration (DDA) Collaboration with Community Mental Health and Medical Providers

Suite 500

Paddy Carlson, ARNP, Washington State Developmental Disabilities Administration; Evelyn Dreyer, ARNP, Washington State Developmental Disabilities Administration; Sue McMinn, MSN, ARNP, Board Certified Family Nurse Practitioner, Washington State Developmental Disabilities Administration

This workshop will discuss the role of the Advanced Registered Nurse Practitioner (ARNP) in the Developmental Disabilities Administration (DDA) working with both internal and external customers.

Addiction and the Brain

Suite 600

James Jensen, MAC, CADCII, Adjunct Professor, Clark College

Why do people get addicted? Answers to common questions are explored in the context of adaptation and the brain. In addition, this presentation will address the link between the normal, healthy function of the brain and drug addiction. Bring your brain and fill it with questions, there will be a Q&A opportunity at the end of the presentation.

Monday, October 6 | 2:30pm - 3:45pm

Trauma and Recovery

Ballroom A

Tonier Cain, Consumer Advocate and Consultant

Tonier Cain is featured in the documentary “Behind Closed Doors: Trauma Survivors and the Psychiatric System.” Ms. Cain is the team leader for the National Center for Trauma Informed Care which provides consultation, technical assistance, and training to revolutionize the way mental health and human services are organized, delivered and managed, while furthering the understanding of trauma-informed practices through education and outreach. In this presentation, Ms. Cain will expand on her keynote and her work involving trauma informed care.

Compassion Fatigue: Caring for Ourselves While Caring for Others

Ballroom B

Gabor Maté, MD, Physician and Bestselling Author

Though compassion fatigue is an oft-used phrase, how accurate is it? Does one truly become fatigued by feeling, expressing, or manifesting compassion? This workshop will explore the deeper source of the well-known phenomenon of burnout, when people engaged in caring for others experience a depletion of their energies, a psychic and physical lassitude. That deeper source, it will be demonstrated, is to be found the personal history of the individual and his or her relationship to the work, not merely in the nature of the work itself. Practices will be taught to prevent what is known as compassion fatigue, and to restore our energies if we have been affected by it.

The Change Workshop

Ballroom F

Scott Covert, Senior Vice President, The Change Companies

There are many theories on how people change, but what really works? In this workshop you will learn what the experts in change believe is important, and how to engage individuals in person-centered self-change.

Strengthening Supervision

Ballroom G

Michael A. Hoge, PhD, Professor and Director of Clinical Training in Psychology, Yale Department of Psychiatry

Supervisors have enormous influence on the quality of care and on staff recruitment and retention in behavioral health organizations. However, the practice of supervision has been declining and is often just administrative in nature. This workshop will review strategies developed by the Yale Program on Supervision for strengthening supervisor competencies and creating a culture of supervision within provider agencies.

Strengthening the Village – Creating Community and Support for Families Struggling with Co-Occurring Disorders

Ballroom H

Susan Millender, CPC, Executive Director, Guided Pathways – Support for Youth and Families and Zakia Ruquiya, CPC, Parent Partner, Guided Pathways – Support for Youth and Families

Now more than ever, ‘it takes a village’ to promote integration and guide the development of a co-occurring capable system of care. This workshop outlines the unique role of the family support organization in connecting schools, public mental health, chemical dependency, medical systems, developmental disabilities, parents and families to build strong villages for integrated treatment and recovery for all people.

Recovering Smiles

Suite 200

Lisa Bilich, RDH, MS, CHSE, Associate Professor of Dental Hygiene, Eastern Washington University and Georgia Butler, BA, Recovery Community Services Director, Community-Minded Enterprises

The Recovering Smiles program provides access to oral health care for adults in recovery. Through the improvement of their oral health, the program aims to provide participants the confidence to obtain meaningful employment. This workshop will cover the success of Recovering Smiles through oral health and their partnership with Eastern Washington University (EWU).

The Fetal Alcohol Spectrum Disorder (FASD) Journey: Advocacy and Intervention Before, During, and After the Diagnostic Process

Suite 300

Susan J. Astley, PhD, Professor, University of Washington; Christen Kishel, PhD, Field Psychologist, Washington State Developmental Disabilities Administration

Twenty years of patient surveys document an interdisciplinary FASD diagnostic evaluation which affords patients access to interventions that meet most to all of their needs. Learn what these interventions are and how they differ across the lifespan. Strategies for working with individuals with FASD will also be discussed.

Providing Affirmative Chemical Dependency Treatment with Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Clients

Suite 400

Kate Fredenberg, MSW, LSWAIC, CDP, Mental Health Therapist and Addictions Counselor, Seattle Counseling Service and Morgan Jade, BS/BA, CHES, Outreach Coordinator, Project NEON, Seattle Counseling Service

This workshop will provide participants with the opportunity to learn more about key strategies to ensure that chemical dependency treatment is provided in a culturally affirmative way to LGBTQ clients. We will explore top drugs of choice in these communities, the intersection of drug and alcohol use with internalized homophobia and sexual identity, and harm reduction techniques in treatment.

Never Give Up: The Art of Encouragement - The Peer Coach

Suite 500

Carol Gartin, AAS, CPC, Peer Case Manager, Greater Lakes Mental Healthcare and Matthew Thorndill, BA, Greater Lakes Mental Healthcare - PORCH Program

A Peer Coach provides support to others in recovery who can benefit from their lived experiences. It is an opportunity to encourage and guide peers on their own journey of hope, resiliency, and recovery, as well as serve as a model for personal recovery. This workshop will demonstrate the skills necessary to act as a Peer Coach and provide guidance to a peer seeking a sustained recovery.

Adolescent Development and Addiction

Suite 600

James Jensen, MAC, CADCI, Adjunct Professor, Clark College

This workshop will illustrate many developmental norms and their close interaction with adolescent substance use and abuse. Adolescence is a time of rapid and pervasive change. This time is also the origin of many addictive behaviors and emotional coping strategies. Think back to when you were an adolescent and bring your inner teen with you to this workshop.

Monday, October 6 | 4:00pm - 5:15pm

50 Shades of Developing Gray Matter: Adolescence, Drugs and Brain Maturation **Ballroom A**

Ken Winters, PhD, Professor, Department of Psychiatry, University of Minnesota

Adolescence is a period of significant brain development. Research now suggests that the human brain is still maturing during the adolescent years, with changes continuing into the mid-20s. This emerging science provides a useful framework for understanding adolescent behavior, and why adolescents may be particularly prone to the effects of drugs.

Working with Transgender and Gender Non-Conforming Populations **Ballroom B**

Marsha Botzer, MA in Counseling Psychology, Consultant, Ingersoll Gender Center

This workshop will present an overview and discussion of working with transgender and gender non-conforming populations. Transgender and gender identity issues may present new challenges, but there is nothing in these experiences that is mysterious, and nothing to keep you and your group from offering services to transgender clients and patients.

Putting the Pieces Together: Understanding Women with Prenatal Alcohol Exposure in a Chemical Dependency Treatment Setting **Ballroom F**

Joanne Sparrow, MS, MA, Doctoral Student, Clinical Psychology PhD Program, Seattle Pacific University

Working with women who were prenatally exposed to alcohol can be puzzling and challenging at times. This workshop will provide an overview of the effects of alcohol exposure on the developing brain and explore ways in which a comprehensive neuropsychological evaluation can help providers better understand their clients' behaviors and modify their interventions to help women succeed in their recovery.

Gender and Sexuality: Opening New Doors to Treatment in Changing Times **Ballroom G**

Oblio Stroyman, MEd, NCGC II, BACC, Couples and Family Case Consultant, Emergence

This workshop will offer professionals education, personal insight, and practical tools for addressing unique treatment considerations regarding gender, gender identity, and sexuality in addictions counseling. Participants will be asked to assess their own biases through engaging in experiential exercises, opening the door to tools that may minimize the impact these biases have on clients.

Adolescent Community Reinforcement Approach and Project Combine: How Youth Treatment and Mentors Utilizing the Same Treatment Approach Can Be Successful with a Court Program **Ballroom H**

Karyn Carterby, MA, CDPT, AAFT Clinical Supervisor, Lifeline Connections and Jimi Evans, BSW, Project Combine Coordinator, Lifeline Connections

The Adolescent Community Reinforcement Approach (A-CRA) has been utilized with Project Combine, a mentor program. Mentors are volunteers who are trained using the A-CRA model and matched with youth in a court program. The workshop addresses successes with diverse populations of youth addressing multiple life barriers such as foster care, mental health, ethnicity, age, homelessness, and the criminal justice system.

Developing Recovery Coalitions **Suite 200**

Georgia Butler, BA, Recovering Community Services Director, Community-Minded Enterprise; Barbara Gerrior, MSW, Alcohol and Drug/Specialty Courts Program Coordinator, Clark County Department of Community Services; Becky Swan, BA, Prevention Coalition Coordinator, Spokane County

Spokane County and Clark County both have active Recovery Coalitions in their communities. This workshop will include history of development, tips for successful coalitions, and a review of other recovery coalitions around the nation.

Application of Intervention Strategies for Youth and Adults with a Fetal Alcohol Spectrum Disorder (FASD) **Suite 300**

Susan Doctor, MEd, PhD, FASD Specialist, University of Nevada, Reno

Because a person with an FASD will ALWAYS need an EXTERNAL executive function it is imperative that care givers and service providers can determine and utilize effective intervention strategies as supports for those with an FASD. The hope for the person with an FASD is literally in the interventions. This workshop addresses the "how to" of this concept.

A New Partnership Approach with Long-Term Care: Bridging Treatment Gaps for the Elderly and the Disabled **Suite 400**

Mindy Greenwood, CDPT, Owner and Administrative Manager, Community Allied Behavioral Health; Erika Marshall, Chemical Dependency Counselor, Community Allied Behavioral Health; Dawn Okrasinski, Resource Support and Development Program Manager, Home and Community Services

Elderly and disabled clients with chemical dependency issues often lead to increased emergency room visits, failed community placements, and compromised medical conditions. New programs and contracting possibilities with Home and Community services offers innovative ways to bridge treatment gaps and increase treatment referrals.

Managed Care 101: Introduction to the Managed Care Model **Suite 500**

Alison Robbins, BA, Unit Manager, Apple Health Contracts Management Unit, Health Care Authority

This workshop will provide an overview of the basics of managed care and will cover information regarding both the Apple Health Managed Care Organizations and the Regional Support Network.

Peer Workforce Expansion **Suite 600**

Terrence Smithers, BA, CPRP, CRPS, Administrator of Education and Employment, Recovery Opportunity Center, Recovery Innovations, Inc. and Clifford Thurston, CEO, Worldbridgers

Participants will explore the ever-expanding peer support foundation, advocacy, and workforce development as it reaches numerous settings around the world across the nation and Washington state. Both Worldbridgers and Recovery Innovations join forces to present to you this global overview.

Tuesday, October 7 | 11:00am - 12:15pm

Addressing Chronic Pain and Co-Existing Disorders

Ballroom A

Stephen F. Grinstead, PhD in Addictive Disorders, MA in Counseling Psychology, LMFT, CADAC II, ACRPS, Owner, Grinstead Treatment and Training Services

This workshop will focus on identification, effective intervention and treatment for chronic pain with co-existing disorders. Participants will learn how to identify the most common prescription drugs of abuse, and the importance of developing a synergistic treatment plan which includes recovery-friendly medication management, emotional and/or psychological symptom management, as well as how to develop non-pharmacological pain management interventions.

Developmental Disabilities Administration/Division of Behavioral Health and Recovery Internal Oversight Review Team: Quality Assurance on the Dually Diagnosed (Mental Health/Intellectual Disabilities)

Ballroom B

David Kludt, MPA, Program Administrator, Department of Social and Health Services, Division of Behavioral Health and Recovery; Matthew Layton, MD, PhD, Clinical Associate Professor, Washington State University; Monica Reeves, MEd, Mental Health Program Manager, Department of Social and Health Services, Developmental Disabilities Administration

This workshop will present the collaboration between the Department of Social and Health Services/Division of Behavioral Health and Recovery and the Developmental Disabilities Administration. Topics covered will be the quality assurance program developed to track dually diagnosed (mental health/intellectual disabilities) population, findings from 4 years of community reviews, and promising practices for working with the mental health/intellectually disabled population.

Evidence Based Practice Supported Employment

Ballroom F

David Hoff, MSW, Program Director, Institute for Community Inclusion; Joe Marrone, MA, Senior Program Manager, Institute for Community Inclusion; Melodie Pazolt, SE/SH Program Administrator, Division of Behavioral Health and Recovery

This workshop will review the efforts to improve employment outcomes for individuals with behavioral health issues particularly focused on financing employment through the Ticket to Work implementation. This presentation will also focus on the research and fidelity measures of Evidence Based Practice Individual Placement and Support (EBP IPS), otherwise known as Supported Employment, as well as the negative impact of long-term unemployment.

Hoarding Disorder FAQ

Ballroom G

Jennifer Sampson, PhD, LMFT, President, The Hoarding Project

This training will provide a foundation for understanding hoarding disorder, including definition, prevalence rates, causes and risk factors, and safety related issues. Prevention and ethical responses for severe hoarding situations will also be addressed.

Clinical Considerations for Gambling Comorbidity

Ballroom H

Jessica Cronce, PhD, Assistant Professor, Department of Psychiatry and Behavioral Sciences, School of Medicine, University of Washington

This workshop will discuss the comorbidity and co-occurrence of gambling, substance use, and other mental health symptoms and disorders, as well as how to prioritize treatment targets when comorbidity/co-occurrence is present. An overarching goal is to increase participants' self-confidence to treat co-occurring behaviors and comorbid disorders within individual therapy practice.

Substance Use Disorder Among Health Professionals

Suite 200

John Furman, PhD, MSN, COHN-S, Executive Director, Washington Health Professional Services and Mikel Olsson, MS, MHP, CDP, Health Services Consultant, Washington Health Professional Services, Washington State Department of Health

This workshop will present information regarding substance abuse among health professionals. Focus will be on early identification, treatment, and regulatory compliance monitoring. In this workshop, we will also discuss the Uniform Disciplinary Act and health professions disciplinary process.

Reclaiming Futures: Communities Helping Teens Overcome Drugs, Alcohol and Crime

Suite 300

Donna Wiench, BA, CFRE, Strategic Partnership Director, Reclaiming Futures

Come to this workshop to learn how 39 communities across the nation, small and large, rural and urban (including two in Washington) have used the Reclaiming Futures model to assure that kids in the juvenile justice system receive mental health and substance abuse treatment.

Recovery Oriented Systems of Care

Suite 400

Vince Collins, MSW, ATR Project Director, Washington State Department of Social and Health Services and Dan Floyd, Program Manager, King County Mental Health, Chemical Abuse and Dependency Services Division

The shift from an acute care treatment model to a recovery model relies on a community's recovery system of care. Acknowledging that addiction is a chronic disease requires us to build an ongoing system of recovery services. This workshop will present an overview of the efforts nationwide and the concepts supporting those efforts to build Recovery Oriented Systems of Care.

Motivational Interviewing in One Hour

Suite 500

David Jefferson, MSW, Community Health Analyst, Skagit County

Motivational interviewing is constantly changing and being shaped by research and practice. Learn the latest material published by Miller and Rollnick and other leading practitioners. Learn about the four phases, the difference between sustain talk, change talk, and discord, and learn how to deliver information motivational interviewing style using the Elicit-Provide Model.

New Counseling Dilemmas in the Digital Age: Telehealth Technologies and Treatment

Suite 600

Mark Disselkoen, MSW, LCSW, LADC, Project Manager, National Frontier and Rural Addiction Technology Transfer Center (NFAR-ATTC)

Although behavioral health is considered an essential healthcare benefit, access to substance use disorder treatment and recovery services is hindered due to workforce shortages and transportation issues, especially in frontier and rural areas. Using telehealth technologies to deliver substance use disorders treatment and recovery services is one approach to bridging this gap in services. However, while innovative, this service delivery approach is a relatively untested concept in the addiction field. This presentation will address dilemmas that professionals/counselors are facing in the current high technology and social media world. The presenter will provide an overview of telehealth technologies with an emphasis on how these technologies can be used to enhance the quality and increase access of treatment services and issues related to: counselor and client self-disclosure in the age of Internet, privacy and security, social media policies, providing clinical supervision, and ethical reasoning.

Tuesday, October 7 | 1:45pm - 3:00pm

Addressing Denial for Effective Chronic Pain Management **Ballroom A**

Stephen F. Grinstead, PhD in Addictive Disorders, MA in Counseling Psychology, LMFT, CADAC II, ACRPS, Owner, Grinstead Treatment and Training Services

Denial is a serious problem in the treatment of chronic pain especially for clients with coexisting addiction and related personality and mental health disorders. This workshop will assist clinicians in recognizing the twelve denial patterns common in patients who have experienced significant problems related to living with chronic pain and how to motivate them towards more effective pain management.

Working with Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients in Co-Occurring Disorders and Mental Health Treatment **Ballroom B**

Donnie Goodman, MA, NCC, LMHP, Deputy Director, Seattle Counseling Service

This workshop will provide participants with a general overview of how to work with LGBTQ clients in a culturally competent way. Topics will include historical aspects of the LGBTQ community, internalized homophobia, and its impact on mental health, family of choice/biological family and intersections in relationships, and working cross-culturally with members of the LGBTQ community.

Supportive Housing **Ballroom F**

Melodie Pazolt, SE/SH Program Administrator, Washington State Division of Behavioral Health and Recovery

This presentation will provide an overview of strategies used by the Division of Behavioral Health and Recovery and their partner organizations to address homelessness and develop stronger partners with housing systems.

Interventions for Adolescent Cannabis Use **Ballroom G**

Denise Walker, PhD, Research Associate Professor, School of Social Work and Director, Programs Research Group, University of Washington

This workshop will review the prevalence, consequences, and treatment approaches for adolescent cannabis use. A particular approach intended to elicit voluntary participation from heavy using teens called the Teen Marijuana Check-Up will be described in detail. Outcomes from randomized controlled trials will be reviewed and the clinical intervention will be presented.

Prescription Review: A Tool in Patient Care **Ballroom H**

Chris Baumgartner, BA, Prescription Monitoring Program Director, Washington State Department of Health

Prescription drug abuse has become a national and local epidemic. To help address this problem, the Department of Health has implemented a Prescription Monitoring Program (PMP). The PMP allows health care providers to view a patient's controlled drug utilization in order to provide better patient care.

Utilizing Parent Partners as Family Recovery Coaches **Suite 200**

Cathy Callahan-Clem, CPC, Parent Coordinator, Sound Mental Health; Jody Schreven, CPC, Parent Coordinator, Sound Mental Health; Theresa Winther, LMFT, CDP, CMHS, Manager, Children and Family Services, Sound Mental Health

Parent Partners have long been at the heart of family-centered promising practices that embrace inclusion of the whole family. Parent Partners, working alongside parents and caregivers as Family Recovery Coaches, can educate and empower families to side-step the pitfalls of denial and enabling. The sincerity of the lived experience can be a powerful component of a family's recovery.

Retention Extension: Practical Strategies to Keep 'em Coming Back **Suite 300**

Meg Brunner, MLIS, Web Information Specialist, Alcohol and Drug Abuse Institute, University of Washington; Sandra Radin, PhD, Research Scientist, Alcohol and Drug Abuse Institute, University of Washington; Jennifer Velotta, MNLP, CDP, ICPS, Clearinghouse Coordinator, Alcohol and Drug Abuse Institute, University of Washington

This workshop will introduce a "toolkit" of engagement/retention information and training materials for providers and other staff who work with clients. While toolkit components are presented, feedback and additional ideas from workshop participants will also be gathered to further inform final toolkit development.

Recovery Coaching **Suite 400**

Jessica Defrees, BS, Certified Recovery Coach, Project Director, REACH Too, Consumer Voices Are Born and Daniel Floyd, CDP, Program Manager, King County Mental Health

This workshop explains Recovery Coaching, a key recovery support service. Recovery coaching is a non-clinical, peer-based recovery service designed to help initiate and sustain an individual or family in their recovery from substance abuse or addiction. A substance abuse peer specialist is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery. The workshop will describe the Recovery Coach training that has taken place in Washington during the last year, including a review of material from the Connecticut Community for Addiction Recovery (CCAR).

Community Crisis Stabilization Services and Enhances Respite: Crisis Resources for Development Disability Administration (DDA) Enrolled Children **Suite 500**

Monica Reeves, MEd, Mental Health Program Manager, Division of Social and Health Services, Developmental Disabilities Administration

The workshop will present two crisis programs for children enrolled with the Developmental Disability Administration: Enhanced Respite and Community Crisis Stabilization Service. The presentation will cover outcomes for the past two years of service and crisis service planning for the future.

New Counseling Dilemmas in the Digital Age: Telehealth Technologies and Treatment **Suite 600**

Mark Disselkoben, LCSW, LADC, Business Practice Specialist, National Frontier and Rural Addiction Technology Transfer Center (NFAR-ATTC)

Although behavioral health is considered an essential healthcare benefit, access to substance use disorder treatment and recovery services is hindered due to workforce shortages and transportation issues, especially in frontier and rural areas. Using telehealth technologies to deliver substance use disorders treatment and recovery services is one approach to bridging this gap in services. However, while innovative, this service delivery approach is a relatively untested concept in the addiction field. This presentation will address dilemmas that professionals/counselors are facing in the current high technology and social media world. The presenter will provide an overview of telehealth technologies with an emphasis on how these technologies can be used to enhance the quality and increase access of treatment services and issues related to: counselor and client self-disclosure in the age of Internet, privacy and security; social media policies; providing clinical supervision; and ethical reasoning.

Tuesday, October 7 | 9:30am - 4:00pm

Suicide Assessment, Management and Treatment

Suite 100

Stacey Chay, LAASW, MHP, MSW Program Director, Eastern Washington University

Important Notes: 6 CEHs Towards Suicide Credential. This workshop can hold 30 participants maximum and will be first-come, first-served. Those in attendance must commit to attending the workshop ALL DAY until 4:00pm, which is 1 hour later than the general conference. Participants will receive a certificate upon completion of the workshop with the signature of the instructor.

This course will explore the theoretical foundation in the clinical assessment, treatment, and management of suicidal risk over time through treatment with suicidal persons. This course will provide instructions in "evidenced-based" and "best practices" for treatment and case management of the suicidal person. This course will also include case scenario exercises that include therapeutic interventions, initial treatment planning, case notes, coordination of services, and referrals.

Lined area for taking notes.



We have ongoing career opportunities for Licensed Clinicians at various locations throughout Washington State.



Are You A Chemical Dependency Professional?

If you are a Chemical Dependency Professional (CDP) or Chemical Dependency Professional Trainee (CDPT), Spectrum Health Systems, Inc. is the place for you! Founded in 1969, Spectrum is a leader in the treatment of substance abuse and mental health, serving 45,000 individuals across the country each year. In Washington State we contract with the Department of Corrections and are a leading provider of chemical dependency services in the state. We are looking for professionals interested in joining our dynamic team. Spectrum offers a competitive benefits package including:

- Competitive pay and benefits
- Tuition Assistance Programs
- Reimbursement of your CDP Certification

Your expertise and your Washington State CDP Certification will be valued by professionals whose mission is to make a difference in the lives of others!

If you are interested in applying for a position with us, please complete an online application at our website: www.spectrumhealthsystems.org




"Building better lives one step at a time."




Telehealth Technologies
For Addiction Treatment & Recovery Services

National Frontier and Rural
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

www.nfarattc.org  nfar@attcnetwork.org

Serving as the national subject expert and key resource to:

- PROMOTE** awareness and implementation of telehealth technologies to deliver addiction treatment and recovery services in frontier/rural areas;
- PREPARE** addiction treatment providers and pre-service counseling students on using telehealth technologies to provide evidence-based addiction treatment services;
- ADOPT** the use of telehealth services by creating national telehealth competencies and policy recommendations, including national license portability; and
- IMPLEMENT** telehealth services through use of state-of-the-art culturally-relevant training and technical assistance activities for the frontier/rural addiction treatment and recovery workforce.



AGENDA AT A GLANCE

Monday, October 6

7:30 – 8:30am	Registration/Continental Breakfast
8:30 – 8:45am	Welcome Chris Imhoff, Director, DSHS/DBHR Ballroom C/D
8:45 – 9:30am	Keynote Ken C. Winters, PhD Ballroom C/D
9:30 – 9:45am	Announcements David Jefferson, Skagit County Ballroom C/D
9:45 – 10:00am	Break
10:00 – 10:45am	Keynote Dr. Gabor Maté Ballroom C/D
10:45 – 11:00am	Break
11:00 – 12:15pm	Workshop Session I See page 10-11
12:15 – 1:15pm	Lunch - Ballroom C/D (Lunch Provided)
1:15 – 2:15pm	Keynote Tonier “Toni” Cain Ballroom C/D
2:15 – 2:30pm	Break
2:30 – 3:45pm	Workshop Session II See page 12-13
3:45 – 4:00pm	Break
4:00 – 5:15pm	Workshop Session III See page 14-15
5:15 – 6:30pm	Dinner on Your Own - Enjoy Yakima!
6:30 – 8:30pm	After Dinner Refreshments and Entertainment Movie - <i>The Anonymous People</i> Ballroom C/D

Tuesday, October 7

7:30 – 8:00am	Registration/Continental Breakfast
8:00 – 9:15am	Keynote Donnie Goodman Ballroom C/D
9:15 – 9:30am	Announcements David Jefferson, Skagit County Ballroom C/D
9:30 – 9:45am	Break
9:45 – 10:45am	Keynote Dr. Stephen F. Grinstead Ballroom C/D
10:45 – 11:00am	Break
11:00 – 12:15pm	Workshop Session IV See page 16-17
12:15 – 1:45pm	Lunch Exemplary Service Awards Ceremony Ballroom C/D
1:45 – 3:00pm	Workshop Session V See page 18-19
3:00pm	Conference Adjourns - Drive Home Safely!

Wednesday, October 8

8:00 - 12/3:00pm	Ethics* Room 400-600
------------------	--------------------------------

***Please note:** Additional fee and registration applies. 100 max attendance; post-workshop may be full, please check with the registration/service desk about availability and price.