



COD & Treatment
WASTATE CONFERENCE
YAKIMA, WA

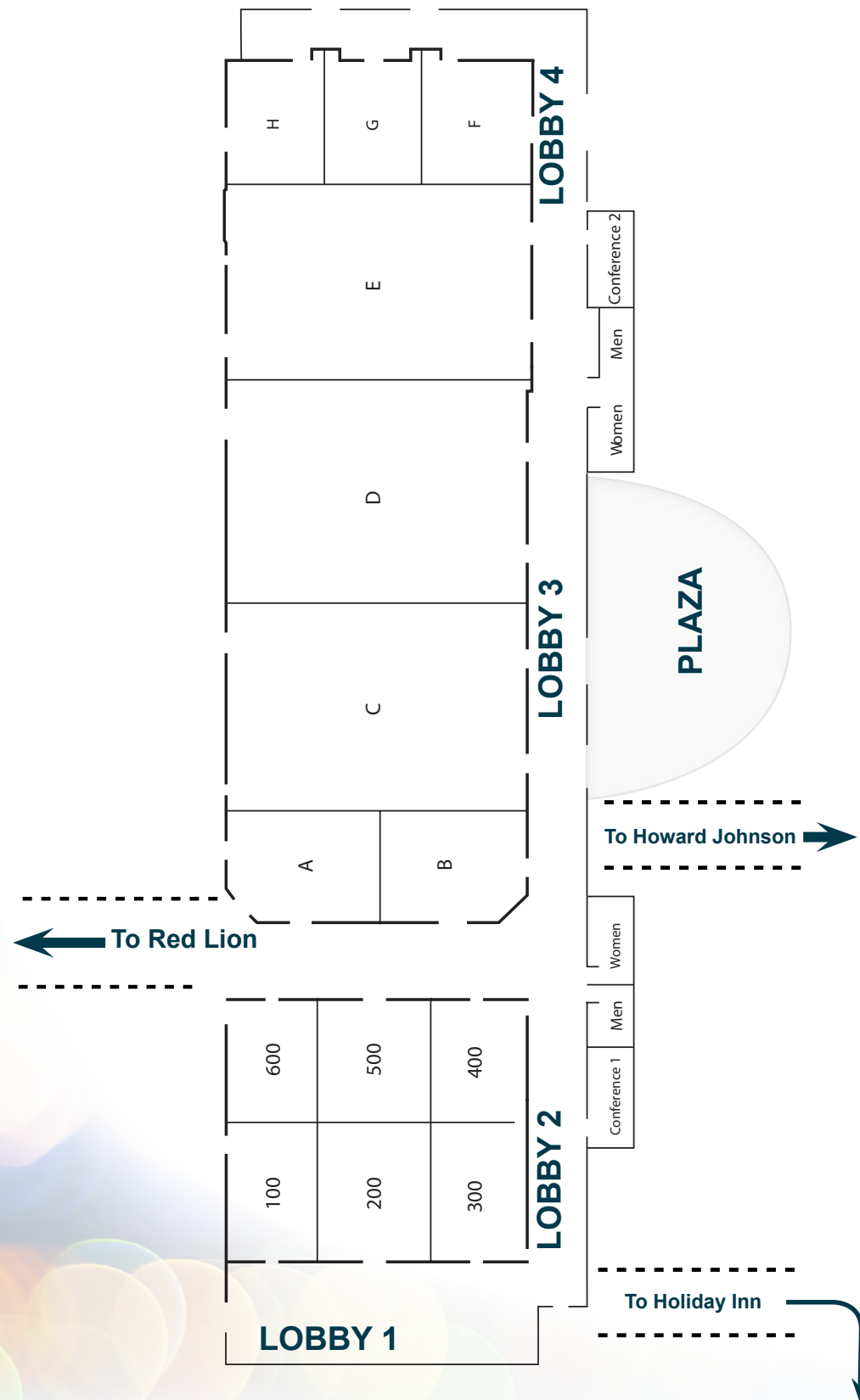


TRANSITION IN FOCUS

OCTOBER 12-13, 2015

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WELCOME TO THE
30th Annual Conference



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COMMITTEE MEMBERS

- | | |
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| Ruth Leonard , Division of Behavioral Health and Recovery, Conference Chairperson | Karie Rainer , Washington State Department of Corrections |
| Traci Adair , Department of Social and Health Services | Andrea Ray , Comprehensive/Dependency Health Services |
| Jennifer Castaneto , Northwest Resources II, Inc. | Monica Reeves , Division of Developmental Disabilities |
| Beth Dannhardt , Triumph Treatment Services | Rick Ries , University of Washington |
| Stacey Devenney , Kitsap Mental Health Services | Pamala Sacks-Lawlar , Juvenile Justice Rehabilitation Administration |
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| Amy Martin , Thurston County, Public Health & Social Services | Jacob Towle , Juvenile Justice Rehabilitation Administration |
| Gene McConnachie , Development Disabilities Administration | Tiffany Villines , Division of Behavioral Health and Recovery |
| Sarah Pine , Division of Behavioral Health and Recovery | Jennifer Wyatt , Northwest Addiction Technology Transfer Center |

2015 EXEMPLARY SERVICE AWARDS

- Lifetime Achievement:** Carlos Carreon, Cowlitz County Health and Human Services
- Consumer Advocate:** Enrique Garcia
- Innovative Program:** Comprehensive Mental Health and Community Psychiatric Clinic
- Outstanding Collaborator:** Echo Glenn Children’s Center & Ridgeview Community Facility within RA-JR
- Outstanding Service, Individual:** Lauri Rowland, Choices
- Promising Individual, New to the Field:** James Peterman, Northwest Resources II Inc.

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



EXHIBITORS

ADA Clearinghouse
www.adaiclearinghouse.org

Alkermes
www.vivitrol.com

Brain Injury Alliance of Washington
www.BIAWA.org

Cascade Heights Recovery
www.cascadeheightsrecovery.com

Crisis Clinic - Washington Recovery Helpline
www.warecoveryhelpline.org

Columbia River Mental Health Services
www.crmhs.org

Evergreen Council on Problem Gambling
www.evergreencpg.org

EvergreenHealth Recovery Center
www.recoverycentermonroe.com

Hidden Spring Book Company
sammcracken1@comcast.net

Lakeside-Milam Recovery Centers
www.lakesidemilam.com

Lifeline Connections
www.lifelineconnections.org

Northwest Addiction Technology Transfer Center (NWATTC)
www.ATTNetwork.org/northwest

Neurologic Rehabilitation Institute at Brookhaven Hospital
www.traumaticbraininjury.net

Oxford House, Inc.
www.oxfordhouse.org

Residence XII
www.residencexii.org

Senior Services of Snohomish County
www.sssc.org

Singing Shaman Traders
www.Singingshamantraders.com

Spectrum Health Systems, Inc.
www.spectrumhealthsystems.org

The Change Companies
www.changecompanies.net

The Emily Program
www.emilyprogram.com

ThePsychologyShop.Com
www.thepsychologyshop.com

ViVi Jewelry (formally Cookie Lee Jewelry)
www.bevivi.com/michellewilson

Washington State Department of Health (DOH)
www.doh.wa.gov

Sign-In Requirements

Participants must sign in at the registration desk each morning in order to receive credit for attendance for the general conference.

Digital Certificates, General Conference

Certificates for the general conference will be sent digitally to all participants after the conference. Please notify the registration desk for adjustments on early departure. Certificates will not be mailed.

Continuing Education Hours (12.75 CEHs)

Participants can earn 12.75 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). Participants may use the certificate to apply for CEHs from other certification/licensing boards.

- Monday: 6.75 hours
- Tuesday: 6.00 hours

Raffle Drawing

All participants will receive a raffle ticket in their nametag for a chance to win a prize. Raffle tickets will be drawn throughout the conference. Must be present to win. Additionally, in honor of the 30th Anniversary, there will be a special raffle!

Yakima 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 the last name of the presenter. A link will be made available from the homepage:

www.wacodtx.org/presentation-downloads

Ethics Post-Conference Workshop | Wednesday, October 14, 2015

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 14. Certificates will not be mailed; please pick up a printed certificate before leaving. The workshop will be held at the Yakima Convention Center. This workshop has a max limit. Must be registered to attend. The ethics workshop is sold out at this time. An additional fee applied for those who registered in advance.

Conference Evaluations

An email will be sent to all participants with a link to online evaluations. The host and conference committee appreciate your feedback!



Conference services provided by the Center for the Application of Substance Abuse Technologies (CASAT) | 877-922-6635



Advances in Integrated Treatment of Co-Occurring Disorders: What Does Research Say?

Monday, October 12 | 8:30 – 9:30am | Ballrooms C/D

Paula Riggs, PhD, Professor and Director, Division of Substance Dependence, University of Colorado School of Medicine

Dr. Riggs will review current research from which she will derive principles for integrating the treatment of co-occurring mental health problems and substance use disorders in adolescents and young adults.

About Paula Riggs:

Dr. Paula Riggs is Professor and Director of the Division of Substance Dependence in the Department of Psychiatry at the University of Colorado School of Medicine and board certified in child, adolescent and addiction psychiatry. Dr. Riggs is nationally known for her NIH/NIDA-funded research in adolescents with co-occurring psychiatric and substance use disorders. She has led the field in conducting among the first controlled medication trials in such youth. Dr. Riggs and her University of Colorado research team have also developed an integrated mental health and substance treatment known as *Encompass: Integrated Treatment for Adolescents and Young Adults*, which is being nationally disseminated. Dr. Riggs also has a career-long commitment to teaching and mentoring young investigators and is the Principal Investigator of the American Academy of Child /Adolescent Psychiatry (AACAP) Physician Scientist Career Development Award funded by NIDA.



The Silver Tsunami: Aging and Addiction in the BoomerPlus Generation

Monday, October 12 | 10:00 – 11:00am | Ballrooms C/D

Marcia Newman, MA, LMFT, Psychotherapist, Program Manager, Betty Ford Center Outpatient Services, Author, Five Gifts of Pro-Aging: Honoring Maturity in a Culture That Could Use It

In her keynote address, Newman will emphasize how alcohol and medication dependence is one of the most severe health challenges facing our growing wave of older adults. She will discuss how age phobia impacts addictive behaviors and will present the latest addiction trends for those over 50. Newman will offer the BoomerPlus Recovery Model of treatment which specifically addresses the needs of older adults and can help them to fully reclaim their lives from the disease of addiction.

About Marcia Newman:

Marcia Newman, MA, LMFT is a licensed psychotherapist and program manager of the Betty Ford Center Outpatient Services in West Los Angeles. Newman has three decades of experience in the mental health and addiction recovery field. She completed her master's degree in Clinical Psychology from Pepperdine University-Malibu, California. She is the author of *Five Gifts of Pro-Aging: Honoring Maturity in a Culture That Could Use It*. In her timely guidebook, Newman brings a fresh response to an anti-aging American culture. Known for her humor and her no-nonsense style as a professional speaker, Newman is dedicated to helping Boomers pioneer healthier aging attitudes and actions. She offers a blog and free e-newsletter on pro-aging, mental health and addiction recovery topics at www.MarciaNewman.com and on Facebook at Gifts of Pro-Aging.



Called to Make a Difference: One Person at a Time

Monday, October 12 | 1:15 – 2:15pm | Ballrooms C/D

Craig Peterson, Author, Adopting Faith: A Father's Unconditional Love, Speaker Accompanied by Michael Peterson and Andrew Peterson

In the human services field, relationships are paramount. But in a bureaucratic organization, can a single person make a difference? The answer is definitely yes. In fact, the enthusiasm of one can be infectious. Get ready for Craig Peterson and his son Andrew and Michael to share their intimate stories – and leave you inspired.

About Craig, Michael and Andrew Peterson:

Biological brothers Michael and Andrew Peterson have proven the skeptics wrong time and time again. Born with Fetal Alcohol Syndrome, they lived in foster care for four long years before being adopted. Although learning was never easy, they tried their best. Upon joining Special Olympics, they found a niche. With the support of their father Craig Peterson, Andrew developed into an accomplished distance runner and Michael a sprinter. Between them, they've won over 50 gold medals. Both joined the Special Olympics Athlete Leadership Program. Andrew has since addressed 50,000 Indiana high school students about respect. Michael has sung the national anthem at numerous events, including the Summer Games opening ceremonies. Along the way, their father has been their number one fan and advocate – while serving as a PTA president, Special Olympics coach and frequent blogger about raising children with special needs. His EACH Child is Special blog on Facebook is seen by thousands each week. Last year Andrew was a finalist to appear on the cover of Runner's World magazine. He was also named The Arc of Indiana's Self-Advocate of the Year and the Special Olympics Indiana Athlete of the Year. Andrew and Michael are strong self-advocates. They've addressed education majors at IUPUI and the University of Indianapolis. Now 21 and 22 years old, both young men continue to impress people with their confidence and gifts.



Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement

Tuesday, October 13 | 8:00 – 9:15 am | Ballrooms C/D

Clifton Mitchell, PhD, Licensed Psychologist, International Clinical Trainer, Creator, Legal and Ethical Game Show Challenge, Author, Effective Techniques for Dealing with Highly Resistant Clients

Most people know more about how to program their VCR than their own mind! Dr. Mitchell's presentation, *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement**, will teach you how to program the first computer you ever owned – your mind. This entertaining, educational presentation teaches the primary principles governing how your mind-computer works and provides the essential tools for effective mind-management. Understanding these principles will radically intensify the impact of your counseling communications upon clients and increase your therapeutic effectiveness. In addition, these principles provide you with the mental tools necessary for molding yourself into the person you want to be and for reaching your personally desired goals.

About Clifton Mitchell:

Dr. Mitchell received his PhD in Counseling Psychology from Indiana State University and is currently a professor at East Tennessee State University where he received the teacher of the year award in 2002. He is interested in hypnosis, mind body connections to health, weight loss, smoke stopping, and the incredible influence that words and language have on our lives. His ideas and writings have been published in Men's Health Today, Barron's Financial Weekly, as well as in numerous professional journals. His research includes investigations of subliminal message tapes, stress and coping, PMS, and personality styles. For the past 20 years Dr. Mitchell has keynoted at conventions and spoken to hundreds of mental health organizations businesses, and leadership groups on effective techniques for improving communications and for creating change through an understanding of how the mind works. Dr. Mitchell's teachings and programs have also been used in Tennessee's Families First welfare reform initiative to empower women to develop the skills and attitudes necessary for major life changes.



Depression, Anxiety, Substance Abuse, PTSD, Personality Disorder – A Single Common Pathway?

Tuesday, October 13 | 9:45 – 10:45am | Ballrooms C/D

Richard O'Connor, MSW, PhD, Private Practice

Depression, anxiety, substance abuse, PTSD, and personality disorders, although treated as unique and separate conditions, rarely exist in pure form. Their symptoms and behavior problems overlap so much that the diagnosis often depends most on where the client enters the treatment system. They all are marked by serious self-destructive behavior, and they all appear to be in part an effect of malfunctioning reward systems in the brain. The patients' histories are usually marked by trauma, abuse, and/or neglect. This talk will review these commonalities, and the need for modifications to the engagement and treatment process in order to gain these clients' full participation in their own recovery.

About Richard O'Connor:

Richard O'Connor, MSW, PhD, is a psychotherapist with offices in Lakeville, CT, and New York City. Prior to private practice, he was the executive director of the Northwest Center for Mental Health, a nonprofit outpatient clinic with three locations in northwest Connecticut. He has his MSW and Ph.D. in social work from the University of Chicago. After graduation, he worked in a variety of urban and suburban settings in the Chicago area, while continuing his training with the Family Institute of Chicago and the Chicago Institute for Psychoanalysis. He lives with his wife Robin, and they have two adult children. Dr. O'Connor speaks frequently to self-help groups and professional audiences.

Dr. O'Connor is the author of five books: *Undoing Depression* has been a perennial best-seller among self-help books; it earned high praise from professionals as well as from readers like William Styron and Larry McMurtry. *Active Treatment of Depression* was hailed as "one of the decade's great psychotherapy texts on depression." *Undoing Perpetual Stress* received the Books for a Better Life Award as the best wellness book of 2005. *Happy at Last* is the "thinking person's guide to joy." His current book, *Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, and Conquer Self-Destructive Behavior*, has just been published by Hudson Street Press/Penguin, and by six foreign presses.

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



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

To see a complete listing of our openings or to apply for a position with us, please visit our website: www.spectrumhealthsystems.org

Monday, October 12 | 11:15am - 12:30pm

Five Gifts of Pro-Aging: Honoring Maturity in a Culture That Could Use It **Ballroom A**

Marcia Newman, MA, LMFT, Psychotherapist, Program Manager, Betty Ford Center Outpatient Services, Author, *Five Gifts of Pro-Aging: Honoring Maturity in a Culture That Could Use It*

This experiential workshop is designed for women (and any brave men who wish to attend). Marcia Newman will offer a fresh perspective and a much needed dialogue on the benefits of aging, in contrast to today's anti-aging culture, which inundates women with messages about appraising our value by remaining youthful. Newman will address generation-sensitive reasons for the increase in addictions among older women and provide five key gifts which promote new revolutionary roles for maturity and joyful living.

The Spirituality of Adherence **Suite 300**

Fransing Daisy, PhD, Clinical Psychologist, The Northwest AIDS Education and Training Center; Elizabeth Gordon, MDiv, JD, PhD, Consultant, *Therapeutic Aspects of Spirituality*

When a client is experiencing a co-occurring disorder, adherence to a treatment plan is of primary importance. Structuring life with a chronic illness, chemical dependency, and/or mental health issues can be a burden and generally difficult. By incorporating three critical components of spirituality into the development of a therapeutic treatment plan can increase the likelihood of adherence. This workshop educates the audience on these components of spirituality using the evidence-based practices of motivational interviewing as well as Wellness and Recovery Action Plans (WRAP) to illustrate the effectiveness of this approach.

First Episode Psychosis and Early Intervention – Lessons Learned in Washington **Suite 500**

Haley Lowe, MA, Program Administrator, Children and Adolescent Behavioral Health Unit; Maria Monroe-DeVita, PhD, Assistant Professor, Department of Psychiatry and Behavioral Sciences, University of Washington

This presentation will provide an overview of current knowledge about early psychosis intervention: direct experience, overview of the field and core practices, how it looks different and why it matters. This presentation will include discussion on the role of differential diagnosis and the interaction between drug use and psychotic conditions. Washington partnered with the Early Assessment and Support Alliance and Central Washington Comprehensive Mental Health to pilot New Journeys Early Intervention Program based in Yakima County, and will share lessons learned.

Integrated Mental Health/Substance Treatment in the Real World **Ballroom B**

Paula Riggs, PhD, Professor and Director, Division of Substance Dependence, University of Colorado School of Medicine

Dr. Riggs will address practical and clinically feasible ways of applying research-based principles for integrating mental health/substance treatment. She will also present an evidence-based, integrated mental health/substance treatment intervention, known as Encompass. The intervention utilizes individual motivational enhancement (MET)/cognitive behavioral therapy (CBT) and contingency management (CM) targeting substance use disorders. Dr. Riggs will also discuss how Encompass integrates assessment and treatment of co-occurring psychiatric disorders and will present pooled substance and mental health outcome data from three community-based and one school-based implementation sites.

Motivational Interviewing in One Hour **Ballroom H**

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 of MI, the difference between sustain talk, change talk, and discord, and the importance of engagement to achieve better outcomes.

Treating the CD Patient with Mental Health Symptoms: A Hands On Approach for CD Counselors **Suite 400**

Samantha Carroll, BA, CDP, The Healing Lodge; Cara Strange, CDP, Pioneer Center East

Chemical Dependency (CD) and mental health issues are often times indistinguishable, yet CD counselors must walk a fine line when treating these patients. This workshop offers some tools and techniques for treating patients with mental health issues in the CD setting without practicing out of the CD counselor's scope. It will also help CD counselors gain confidence in their very important role in the ever changing health care system.

Working Effectively and Sensitive with LGBTIQ Clients **Ballroom F**

Mary Minten, MA, MFT, LCADC, CST, PhD Candidate, Oregon State University

We will have discussion and handouts on tools to help counselors in engage and treat individuals from the LGBTIQQAP community. These will include: new terms, why our sensitivity matters, the "how" of being sensitive, and tips on how to approach vulnerable topics (like sex, spirituality/religion, relationships, and gender transition). We will discuss techniques to help clients who are struggling with internalized homophobia and shame as well as how to help clients facing external discrimination and prejudice. We will briefly look the latest research about how gay, lesbian, and transgender clients see heterosexual and cisgender counselors – especially in light of how we can reduce the most common barriers and repair inevitable missteps. We will fit in the basics of co-occurring treatment – in particular for comorbid gender dysphoria and substance use concerns.

What You Should Know About Counseling LGBTQ Clients **Suite 200**

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

This workshop will cover information that every clinician should know when working with the LGBTQ population. Such items include: assumptions and beliefs about being gay; homophobia; culturally sensitive words; both sexual and demographic safety; domestic violence; and culturally sensitive words. Additionally, this workshop will cover appropriate ways for you and your agency to be competent and inviting for LGBTQ clients.

Accommodations to Community Mental Health Intakes for Persons with Intellectual Disabilities and Other Developmental Disabilities **Ballroom G**

Edward Fischer, PsyD, Developmental Disability Administration, Department of Social and Health Services

This workshop provides an introduction to dual diagnosis of mental health issues in persons with developmental disabilities.

Youth Recovery Oriented Systems of Care: Involving Community in Youth Recovery & Resiliency **Suite 600**

Diana Cockrell, CDP, Youth Treatment Manager, Division of Behavioral Health & Recovery; Sara Ellsworth, MA, LMHC, CDP, Clinical Supervisor, ESD 113 True North Student Assistance & Treatment Services; Erik Knudson, Recovery Care Coordinator, ESD 113 True North Student Assistance & Treatment Services

Learn about what a Recovery Oriented System of Care (ROSC) is and how to support youth in your community with or without a ROSC. We will discuss a pilot ROSC project and lessons learned during implementation. You will also get to participate (at your comfort level) in discussion and activities to help identify how YOU can be a part of a ROSC like movement in your community.

Monday, October 12 | 2:30pm - 3:45pm

Sexual Health in Recovery

Ballroom F

Mary Minten, MA, MFT, LCADC, CST, PhD Candidate, Oregon State University

We will consider the research on how sexual wellness is critical for many of our clients for successful and long-term recovery. We will cover information on how alcohol and drug addiction impact sexual health, as well as steps we can take to help our clients find sexual health based in their values. We will look at importance and the challenges of re-establishing intimacy. Discussions and handouts will include tools to help us bring up and discuss sexual health, as counselors, with our own history and values in the mix.

The ASAM Criteria and its Application in the ADIS Journal

Ballroom H

Scott Covert, Vice President Early Intervention Services, The Change Companies

The American Society of Addiction Medicine (ASAM) Criteria is recognized nationally as a dimensional assessment and treatment planning tool. Learn why the Washington Alcohol and Other Drug Information School (ADIS) is an ASAM 0.5 Early Intervention, and how the six dimensions are used in the ADIS curriculum.

Assessing and Treatment Planning for LGBTQ Clients

Ballroom B

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

This session will focus on appropriate ways of assessing clients who identify as being part of the LBGTQ community with additional focus on appropriate treatment planning. Recognizing that every agency has different assessments and treatment plans, the focus will be helping your agency not only be culturally sensitive to the LGBT clients but also to be culturally appropriate and thorough in completing treatment plans or Individual Service Plans as they are now known in Washington.

Is Work Too Stressful? What About Long Term Unemployment!

Suite 400

Joseph Marrone, Senior Program Manager, Public Policy, ICI, UMass Boston; Melodie Pazolt, Supported Employment Program Administrator, Department of Social and Health Services, Behavioral Health Services Administration

This workshop will focus on the deleterious impact of long term unemployment on physical and mental health. It will also provide information on DBHRs current 5 year SAMHSA grant, which has a goal of expanding evidence-based Supported Employment throughout the WA state system.

Creating Connections: “Everything I Wish My Therapist Knew About Foster Care”

Suite 600

Jamerika Haynes, BA, Alumni of Care Communication Specialist, Creating Connections, University of Washington; Suzanne Kerns, PhD, Associate Professor, University of Washington; Barb Putnam, MSW, LICSW, Washington State Department of Social and Health Services, Children’s Administration

In response to a statewide survey of behavioral health providers about working with children and youth in foster care, we developed a curriculum that provides: 1) Information about the child welfare system and how this may interact with therapy; 2) Ideas and strategies for addressing the unique needs of children and youth in care – including how to effectively involve biological parents who may not have custody of their children at the time of treatment; and 3) Perspectives from parent allies (those who were successfully reunified with their children), youth alumni of foster care, and foster parents about effective treatment.

Diagnosing Mental Disorders in Persons with Intellectual Disabilities and Other Developmental Disabilities

Ballroom G

Edward Fischer, PsyD, Developmental Disability Administration, Department of Social and Health Services

This workshop will explore diagnostic issues involving diagnosing mental disorders in people with developmental disabilities.

Behavior 101 – Empowering Clients

Ballroom A

Craig Peterson, Author, *Adopting Faith: A Father’s Unconditional Love*; Speaker Accompanied by Michael Peterson and Andrew Peterson

All behavior has meaning, yet oftentimes professionals and their clients (or family members) struggle to be on the same page. When this happens, successful outcomes are less likely. This session will share filmed vignettes from the clients’ perspective. Come to be inspired and learn the value of a connected message.

Behavioral Health Providers in Transition: Avoiding Burnout in the Midst of Change

Suite 300

Fransing Daisy, PhD, Clinical Psychologist, The Northwest AIDS Education and Training Center; Elizabeth Gordon, MDiv, JD, PhD, Consultant, Therapeutic Aspects of Spirituality

This workshop focuses on interpreting change in the behavioral health services environment at the personal, clinical, and organizational level. Sometimes change in the workplace is brought on by individual issues, but often change occurs because of shifting clinical practices, organizational shake-ups, and new regulatory requirements. This workshop considers how viewing ourselves and our changing situations in terms of “systems” combined with the intentional development of holistic psychosocial/spirituality/existentialism within the workplace can help avoid the burnout that can accompany change.

Transformational Collaborative Outcomes Management: Understanding the CANS (Child and Adolescent Needs and Strengths)

Suite 500

John Lyons, Senior Policy Fellow, Chapin Hall, University of Chicago

This workshop will discuss the role of the Child and Adolescent Needs and Strengths in supporting the management of personal change. Examples for uses in Treatment Planning, supervision, program evaluation and system evolution will be provided.

Bridge to Recovery: A Comprehensive Approach to Treating COD in the Juvenile Justice System

Suite 200

Pat Edwards, MSW, CDPT, Coordinator, Rehabilitation Administration, Department of Social and Health Services; Pamala Sacks-Lawlar MHA, CDP, Behavioral Health Administrator, Juvenile Rehabilitation, Department of Social and Health Services; Jacob Towle, MPA, Program Administrator, WA State Department of Social and Health Services, Rehabilitation Administration’s Juvenile Rehabilitation; Lesieli Tutuu, MA, CDPT, Bridge to Recovery, Juvenile Rehabilitation Administration, State of Washington

The co-occurrence of substance use disorders and mental health disorders adversely impact youth involved in the Juvenile Justice System. This workshop provides a fundamental overview of Evidenced-based and Promising Practices incorporated in Juvenile Rehabilitation’s Bridge to Recovery (BTR) Model. Participants will explore the impact of both addiction and mental illness, an overview of the theoretical frameworks for both issues, and how to integrate strategies in a way that supports health and change within the Juvenile Justice System.

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition-DSM-5-Substance Use Disorders

Suite 100

Julian Gonzales, Certification Supervisor, Division of Behavioral Health and Recovery

Introduction and Overview of changes in diagnostic criteria for Substance Use Disorders from the previous edition to the current DSM-5.

Monday, October 12 | 4:00pm - 5:15pm

Assisted Outpatient Mental Health Treatment (House Bill 1450) Ballroom G

Jewelya Ianniciello, CDP, LICSW, CIYT, CCTP, Mental Health Program Administrator, Division of Behavioral Health and Recovery

This workshop will discuss Assisted Outpatient Treatment describing the details of the law. The focus will be on a person who has been committed by a court to detention for involuntary mental health treatment, is unlikely to voluntarily participate in outpatient treatment, is unable to survive safely in the community without supervision, and would benefit from less restrictive alternative treatment to prevent a relapse, decomposition or deterioration.

Supported Employment for Individuals with Unique Needs Suite 400

Megan Burr, MPA, Employment and Day Program Coordinator, Developmental Disabilities Administration, Department of Social and Health Services; Melodie Pazolt, Supported Employment Program Administrator, Department of Social and Health Services, Behavioral Health Services Administration

The workshop will cover the benefits of supported employment for individuals with co-occurring disorders. The workshop will explore best practices in the field and highlight success stories.

Working with Trauma in Diverse Populations Suite 300

Christen Kishel, PhD, Field Psychologist, Washington State Developmental Disabilities Administration

This workshop will provide the audience with a better understanding of and practical ideas for intervening with trauma in persons with developmental disabilities such as autism spectrum disorders, intellectual disabilities, fetal alcohol syndrome, and other disorders that impact communication and executive functioning. The audience will leave with a clear picture of how trauma affects the brain, how that is compounded in clients with developmental disabilities whose rates of victimization are higher than the average population, and strategies that can be implemented immediately to support anyone who has experienced trauma, regardless of their developmental level.

Motivational Interviewing and its Application in ADIS Journals Ballroom H

Scott Covert, Vice President Early Intervention Services, The Change Companies

Motivational interviewing is an evidence-based approach to behavioral change and is integral to the Washington Alcohol and Other Drug Information School Journal. Learn how the spirit of MI is used in Interactive Journaling, and how Journaling can support your motivational interviewing skills.

Supporting Clients with Traumatic Brain Injury Suite 100

Ashley Minyard, Central Washington Resource Manager, Brain Injury Alliance of Washington

A focused presentation for professionals underlining the specifics of brain injury and its co-occurrence with other relevant disorders, highlighting the benefits of professional support, education, early intervention and communal support for both adult and pediatric clients.

Recovery Yoga and it's Application in Treatment Settings Suite 500

Jennifer Castaneto, Program Manager, Northwest Resources Inpatient Treatment; Sandra Kozlowski, CDP, Y12SR Certified, RYT 200 Level

This workshop will be presenting how yoga has impacted inpatient treatment satisfaction. Sandra is a Chemical Dependency Professional and certified yogi in 12 Step Recovery yoga as a RYT 200 level.

16 Facts for Clinicians in the Era of Legal Cannabis Ballroom B

Jennifer Wyatt, LMHC, MT-BC, CDP, Training and Program Specialist, Northwest Addiction Technology Transfer Center (NWATTC)

This presentation will share current information of interest to mental health and chemical dependency professionals working with youth and adult individuals. Topics include trends in cannabis use, evidence-based treatments for cannabis use disorders, association between cannabis use and mental health disorders, and research on medical marijuana. Links to multimedia resources, including videos and infographics, will be shared.

Supporting Sexuality Education for Individuals with Developmental Disabilities Ballroom F

Britta Saltonstall, PhD, BCBA, Trainer and Consultant, Britta Saltonstall, LLC

Attendees will learn to: a) recognize unique challenges, b) prioritize learning areas and c) identify resources for sexuality education from early childhood to young adulthood. Sexuality will be conceptualized as a component of healthy social development. This workshop provides specific direction in supporting positive sexual maturation for individuals with developmental disability, from their service providers and families and within the classroom.

Problem Gambling: 1 in 5 Suite 200

Maureen Greeley, Executive Director, Evergreen Council on Problem Gambling; Kristin West, Outreach and Development Coordinator, Evergreen Council on Problem Gambling

If you currently see clients for behavioral health or substance use, at least one in five of them may screen positively for gambling disorder. Problem gambling rarely acts alone: nearly 95% of those with the disorder also have at least one co-occurring disorder. Diagnosis and treatment of this hidden addiction is essential for a holistic treatment approach that aids long-term recovery. This workshop will cover risk factors, demographics affected, diagnostic tools, treatment methods (including innovations in therapeutic courts), and prevalence rates including the major co-occurring disorders.

Managing Substance Abusing Youth in the Juvenile Justice System Ballroom A

Fred Dyer, PhD, CADC, Dyer Consulting

This workshop addresses a distinct subgroup of adolescents with substance use disorders who come into contact with the juvenile justice system and whose substance use history patterns, co-occurring mental health disorder and related needs are similar to those adolescents not involved in the juvenile justice system. This skill-building workshop will enable juvenile justice administrators, program managers, clinicians, substance abuse counselors and case managers to work more effectively with substance using youth in the juvenile justice system.

Addressing Co-Occurring Disorders Among Older Adults Suite 600

W. Allen Hume, PhD, CDP, Consulting Psychologist, Private Practice

The workshop will include a statement of the problem, signs and symptoms of COD among older adults, and methods of assessment. In addition there will be an interactive empathy building exercise to better understand some of the physical changes that take place as we age. Finally, recommendations will be made regarding potential interventions.

Tuesday, October 13 | 11:00am - 12:15pm

Motivational Interviewing in One Hour (Repeated Workshop)

Ballroom H

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 of MI, the difference between sustain talk, change talk, and discord, and the importance of engagement to achieve better outcomes.

Treating the CD Patient with Mental Health Symptoms: A Hands On Approach for Chemical Dependency (CD) Counselors (Repeated Workshop)

Suite 400

Samantha Carroll, BA, CDP, The Healing Lodge; Cara Strange, CDP, Pioneer Center East

Chemical Dependency (CD) and mental health issues are often times indistinguishable, yet CD counselors must walk a fine line when treating these patients. This workshop offers some tools and techniques for treating patients with mental health issues in the CD setting without practicing out of the CD counselor's scope. It will also help CD counselors gain confidence in their very important role in the ever changing health care system.

Helping the Helper: Overview of the Washington Recovery and Monitoring Program (WRAMP) for Healthcare Professionals

Suite 100

Mikel Olsson, MS, MHP, CDP, Case Manager, Washington Recovery and Monitoring Program

What happens to healthcare professionals when substance use disorders impact their ability to practice? Who helps the helper? The Washington Recovery and Monitoring Program (WRAMP) is one of four programs administered through the Department of Health (DOH) providing a means for healthcare professionals impacted by substance use to return to practice through monitored recovery. WRAMP provides services to over 60 healthcare professions credentialed through DOH, including Chemical Dependency Professionals and Mental Health Counselors.

Experience the Transition

Suite 300

Beth Hammonds, Regional Director to Washington and California, Recovery Innovations; Clifford Thurston, Founder/CEO, Worldbridgers

Worldbridgers joins forces with Recovery Innovations to bring you peer support system development updates and advances in local, national and global arenas. Join us for this immerse, enriching and interactive workshop experience.

How to Survive and Thrive Through a DBHR Review

Suite 200

Gina Dick, LMHC, CDP, Division of Behavioral Health and Recovery, Department of Social and Health Services; Amie Roberts, LMHC, CPM, Mental Health Program Administrator, Division of Behavioral Health and Recovery, Department of Social and Health Services

The review process can be a source of stress and anxiety unless you feel prepared and know what to expect. This presentation will teach you exactly what to expect, and you will leave knowing how to prepare for a successful review. A few tips and tricks will be shared, as well examples and templates for policies and procedures, quality management plans, measurable service goals, and corrective action plans.

Never Give Up - The Art of Encouragement

Ballroom G

Carol Gartin, AAS, CPC, Licensed Counselor, Community Mental Healthcare Clinic

How to guide, support, evaluate and inspire others on their journeys through mental illness, addiction and trauma. There are key needs and supports that when addressed in a peer relationship can help someone step from being directionless and hopeless into having roads of opportunity.

Cultural Elements in Treating Hispanic and Latino Populations

Ballroom F

Daniel Garcia, MSW, Northwest Addiction Technology Transfer Center; Janese Olalde, MEd, CADC II, CGAC II, Trainer, Northwest Addiction Technology Transfer Center

The goals of this workshop are to increase service providers' cultural understanding and develop personal and professional clinical skills in working effectively with Latino clients. Participants will also be encouraged to consider approaches to providing services that are Latino sensitive.

MST (Multi-Systemic Therapy) - FIT (Family Integrated Transitions) Co-Occurring [Substance Abuse and Mental Health] Disorder Program

Ballroom B

Joshua Leblang, EdS, LMHC, LCPC, MST-FIT Expert; Nicole McManus, MS, LMFT, CMHS MST-FIT Supervisor, Community Psychiatric Clinic; Elissa Russell, MEd, MST/Fit Supervisor, Central Washington Community Mental Health; Jacob Towle, MPA, Program Administrator, WA State Department of Social and Health Services, Rehabilitation Administration's Juvenile Rehabilitation

The Multi-Systemic Therapy-Family Integrated Transitions (MST-FIT) program provides integrated individual and family services to juvenile offenders who have co-occurring mental health and substance abuse disorders. Services are provided during a youth's transition from juvenile rehabilitation incarceration back into the community. The overall goal of MST-FIT is to provide necessary treatment to youth, thereby reducing recidivism. The program also seeks to connect youth and their families to appropriate community supports, maintain and/or work toward substance abuse abstinence, stabilize and improve youth's mental health, and increase youth pro-social behavior in their home community.

Rural Adolescents: Let's Not Forget About Them

Ballroom A

Fred Dyer, PhD, CADC, Dyer Consulting

Given the enormity and challenges of addressing alcohol and drug use and mental health problems of youth in rural areas, clinicians, public health specialists, mental health workers, school counselors, and teachers must understand the many factors that make providing substance prevention and treatment services in rural areas so difficult before delving into solutions. This workshop will describe many of those factors with corresponding solutions.

A Community Wide Approach to Addressing Over Utilization of the Emergency Department

Suite 500

Rebecca Grohs, RN, BSN, CCM, Clinical Director, Consistent Care

This workshop will review the development and operations of a community wide program aimed at addressing inappropriate use of the emergency department. Collaboration with community partners is key to addressing this difficult population. Attendees will learn about this evidence-based program built upon a clinical trial completed in the Tri-Cities in 2014.

Collaborative Care Strategies

Suite 600

W. Allen Hume, PhD, CDP, Consulting Psychologist, Private Practice

Workshop will utilize the ASAM criteria as a guide to coordinate and collaborate care with other disciplines utilizing case examples, both provided by the presenter and participants. Specific recommendations will be provided and discussed.

Tuesday, October 13 | 1:45pm - 3:45pm

Effective Techniques for Dealing with Highly Resistant Clients

Ballroom A/B

Clifton Mitchell, PhD, Licensed Psychologist, International Clinical Trainer, Creator, Legal and Ethical Game Show Challenge, Author, *Effective Techniques for Dealing with Highly Resistant Clients*

The successful management of resistance is the pivotal point of effective therapy. It is also a critical component in alleviating therapists' stress. Although most therapists have been trained extensively in theoretical approaches, few have had extensive training in dealing with resistance. This is a fast paced, highly practical seminar designed to teach innovative approaches and ideas to prevent, avoid, and resolve resistance. These techniques are applicable across a wide array of clients and problems, and can be integrated with all theoretical approaches. Emphasis will be on "how to" aspects of resistance management, though the theory behind each approach is provided.

Specifically, this seminar will first present definitions and a model for resistance that empowers therapists in managing the problem. This is followed by a discussion of common mistakes therapists make that promote resistance and a discussion of the general principles for dealing with resistance. More specific approaches and techniques are then presented with particular attention given to utilizing the inherent power of language to circumvent resistance. Common client impasses such as "Yes, but" responses will be addressed. Upon completion of the training, participants will have a broad array of techniques to add to their repertoire and to aid in reducing the stress that accompanies their most frustrating clients.

**Please note this is a 3-hour workshop and will end at 4:45pm.*

Practical Issues in Medication Assisted Treatment for Opioids and Alcohol Disorders and Opioid Overdose Prevention

Suite 500

Richard Ries, MD, Professor, Department of Psychiatry, University of Washington, Director, Addictions Division, Harborview Medical Center; Andrew J. Saxon, MD, Professor, Department of Psychiatry and Behavioral Sciences, Director, Addiction Psychiatry Residency Program, University of Washington, Director, Center of Excellence in Substance Abuse Treatment and Education (CESATE), VA Puget Sound Health Care System; Michelle Peavy, PhD, Evergreen Treatment Services

During this panel presentation, presenters will cover the following topics: the opioid overdose epidemic and what clinics, counselors, pharmacies and others can do about it; practical medication assisted treatments for opioid and alcohol addictions; case studies in integrated medication, behavioral and 12 step treatment; and Stump the Experts. Stump the Experts will allow audience members to present case studies for discussion by the presenters, above, and other audience members.

Depression as Resistance to Treatment

Ballroom F/G

Richard O'Connor, MSW, PhD, Private Practice

Depression, though a serious mind-brain-body problem of its own, is also frequently a symptom of other co-occurring disorders. The hopelessness, distorted thinking, lack of energy, suppressed emotion, and interpersonal withdrawal that accompany depression represent difficult obstacles in the way of treatment. This talk will first address the defensive purpose of these symptoms for the client, and with that understanding then focus on techniques to address these obstacles in the process of psychotherapy.

Behavioral Health Organization Implementation - Past, Present and Future

Suite 400

Tara Smith, Federal Programs Manager, Behavioral Health Organizations, Division of Behavioral Health and Recovery; Melena Thompson, Implementation and Policy Manager, Behavioral Health Organizations, Division of Behavioral Health and Recovery Services

This workshop will give participants a brief overview of the Legislative direction for bringing Substance Use Disorder Treatment into a managed care delivery system, the current efforts of the department and the regions to implement the system in April of 2016 and most importantly what individuals, communities and stakeholders can expect in the coming months.



The goal of the conference is to promote integration of services across the public mental health, substance use disorder, developmental disabilities, and medical systems; promote knowledge about co-occurring disorders and the value of integration; to support the development of a co-occurring capable system of care; and to advocate and partner with others to promote integrated treatment and recovery for all people.

Finally, we strive to present each participant with current information that will bring value back to the agency and the patients they serve, and to provide a great opportunity to network with friends and colleagues.

All Days

How long have you been attending the conference? We will have special 30th anniversary buttons available at the Hospitality Desk. You can add your years of attendance at the conference right on the button. Available on a limited basis. Thank you for being a part of the community, your work, and participating at the conference - if it's the first year or the 30th!!!

Tuesday, October 13, 2015

6:30 - 7:30am | Ballroom E

Yoga with Sandra Kozlowski, CDP, Y12SR Certified, RYT 200 Level

AGENDA AT A GLANCE

Monday, October 12, 2015

All Day	Registration/Check-in
7:30 – 8:30am	Continental Breakfast/Visit Exhibits
8:30 – 9:30am	Plenary Session: Paula Riggs, PhD Ballroom C/D
9:30 – 9:45am	Division Welcome: Chris Imhoff, Director, DSHS/DBHR Ballroom C/D
9:45 – 10:00am	Stretch and Networking Break
10:00 – 11:00am	Plenary Session: Marcia Newman, MA, LMFT
11:00 – 11:15am	Stretch and Networking Break
11:15 – 12:30pm	Workshop I See Pages 10-11
12:30 – 1:15pm	Lunch (Provided): Ballroom C/D
1:15 – 2:15pm	Plenary Session: Craig Peterson, Accompanied by Michael Peterson and Andrew Peterson Ballroom C/D
2:15 – 2:30pm	Stretch Break
2:30 – 3:45pm	Workshop II See Pages 12-13
3:45 – 4:00pm	Stretch Break
4:00 – 5:15pm	Workshop III See Pages 14-15 Ballroom C/D

Tuesday, October 13, 2015

All Day	Registration/Check-in
6:30 – 7:30 am	Morning Yoga Session
7:00 – 8:00am	Continental Breakfast/Visit Exhibits
8:00 – 9:15am	Plenary Session: Clifton Mitchell, PhD Ballroom C/D
9:15 – 9:30am	Announcements: Master of Ceremonies
9:30 – 9:45am	Stretch Break
9:45 – 10:45am	Plenary Session: Richard O'Connor, PhD, MSW
10:45 – 11:00am	Stretch Break
11:00 – 12:15pm	Workshop IV See Pages 16-17
12:15 – 1:45pm	Exemplary Service Awards Lunch: Sponsored by DSHS/DBHR
1:45 – 3:45pm	Forums See Page 18
4:45pm	Conference Adjourns – Drive Home Safely!



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