



COD & **Treatment**
WASTATECONFERENCE

ADVANCES IN CARE AND RECOVERY

OCTOBER 15-16, 2018
YAKIMA, WA

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YAKIMA CONVENTION CENTER

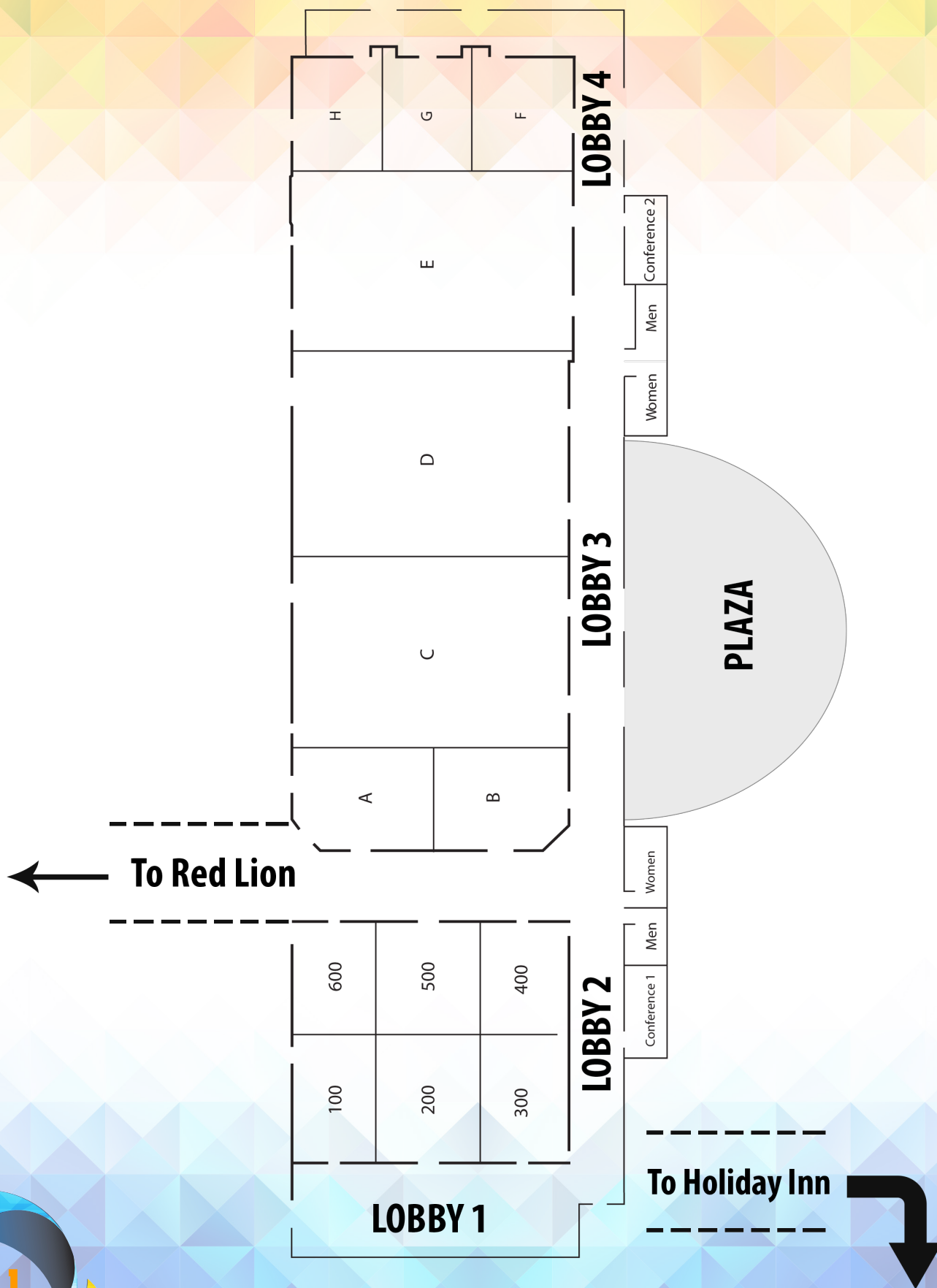


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COMMITTEE MEMBERS

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[Katie Rainer](#), Department of Corrections

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[Jared Langton](#), Division of Behavioral Health and Recovery, Health Care Authority

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[Jennifer Wyatt](#), King County

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2018 EXEMPLARY SERVICE AWARDS

Recovery Advocate: **Noah Van Houten**

Lifetime Achievement: **Dr. Gene McConnachie**

Lifetime Achievement: **Dr. Richard K. Ries**



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The Co-Occurring Disorders and Treatment Conference is presented by the Washington State Health Care Authority.

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Brain Injury Alliance of
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www.biawa.org

Crisis Clinic/WA
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www.evergreencpg.org

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CONFERENCE FAQ'S

Check-in, Continuing Education Hours and Certificates

Participants generally can earn 12.25 Continuing Education Hours (CEHs) for attending the general conference. Continuing Education Hours (CEHs) have been approved by NAADAC. Participants must check in at the registration desk upon arrival in order to receive credit for attendance for the general conference. Certificates for the general conference will be sent digitally to all participants AFTER the conference.

Certificates will be emailed to the email address on file in registration 10 business days following the completion of the electronic overall evaluation. To avoid system messages from sending to a SPAM folder, please approve messages from: contactus@wacodtx.org or from noreply@etouches.com

Please notify the registration desk for adjustments on early departure certificates in advance. Certificates will not be mailed or printed.

Online Conference Evaluations

Links to the workshop evaluations will be emailed to participants during the conference, and the overall evaluations will be emailed to participants upon adjournment of the conference.

Presentation Handouts and Resources

Participants may download presentation resources and PowerPoints from the conference website. Downloads will be added to the conference website two weeks after the adjournment of the conference on the following link:

www.wacodtx.org/workshops

Interested in Sponsoring the 34th Annual COD & Treatment Conference?

If you are interested in sponsoring the 34th Annual Co-Occurring Disorders and Treatment Conference in 2019, please send a correspondence to:

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AN OPIOID OVERDOSE.
WE MUST DO BETTER.**

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PLENARY SESSIONS

MONDAY, OCTOBER 15

8:00 AM - 8:30 AM

BALLROOM CDE



Division Welcome and Housekeeping

Donnie Goodman, NCC, LMHC, Deputy Director

Donnie started working with SCS in 1995. Born and raised in the Midwest, Donnie received his undergraduate degree from Morningside College in Sioux City, IA and his Master's Degree in Counseling from the University of South Dakota, Vermillion. Since coming to the Pacific Northwest, Donnie has been a strong advocate for HIV/AIDS education and awareness. He worked for over a decade as President of AIDS Housing of Tacoma (1997-2008) and has participated in AIDS Bike-a-Thons across the United States, Canada and Italy. Donnie has been a National Certified Counselor since 1994 and he is identified by the State of Washington as a Sexual Minority, Youth and Native American Mental Health Specialist.



Susan E. Birch, MBA, BSN, RN, HCA Director

Sue Birch serves as director of the Washington State Health Care Authority (HCA), the state's largest health care purchaser. Appointed by Governor Jay Inslee in January 2018, Birch oversees efforts to transform the health care system, helping ensure Washington residents have access to better health and better care at a lower cost. HCA purchases care for 2 million residents through Washington Apple Health (Medicaid), the Public Employees Benefits Board (PEBB) Program, and, beginning in 2020, the School Employees Benefits Board (SEBB) Program.

MONDAY, OCTOBER 15

8:30 AM - 9:30 AM

BALLROOM CDE

Using DBT's Spirit and Philosophy to Treat Dually Diagnosed Adolescents and Adults While Fostering Clinician Resiliency

Cathy Moonshine, Ph.D., MSCP, CADC III,

Integrated Health Director, Malama I Ke Ola



In this opening event, we will explore our current understanding of Co-Occurring Disorders and how DBT is one of the evidence-based practices that effectively treats them. Additionally, we will discuss how DBT can support clinician resiliency and wellness while reducing burnout.



PLENARY SESSIONS

MONDAY, OCTOBER 15

11:15 AM - 12:15 PM

BALLROOM CDE

**What Does Good Recovery Look Like?
Understanding Addiction & Mental Health**
Reef Karim, Ph.D., Physician, Author, Speaker,
Board Certified Psychiatrist, Board Certified
Addiction Medicine Specialist



I probably get asked this question more than any others: What does good recovery look like in a treatment program? With a wide range of treatment centers, staffing credentials & experience, philosophy and competency, and no universal treatment model, it's important that we understand what effective treatment looks like. Dr. Reef Karim, board certified psychiatrist and board certified addiction medicine physician, will talk what works, outcomes research, and how to build an effective treatment philosophy and curriculum for substance use and mental health disorders.

MONDAY, OCTOBER 15

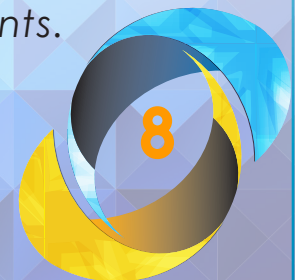
2:45 PM - 3:45 PM

BALLROOM CDE

**Eating Disorders:
Essential Knowledge for Clinicians**
Angela Celio Doyle, Ph.D., FAED, Co-Director,
Clinical Psychologist, Eating Disorders Center at
the Evidence Based Treatment Centers of Seattle



Eating disorders can be life-threatening illnesses and can greatly complicate the care of individuals seeking mental health services for other concerns. Clinicians should consider medical stability, symptom severity, and readiness to engage in treatment when planning treatment for individuals and the treatment of eating disorders should be guided by evidence-based care. By being informed in best practices and having a command of essential knowledge for the assessment and treatment of an eating disorder, we can greatly improve outcomes for our clients.



PLENARY SESSIONS



TUESDAY, OCTOBER 16

8:15 AM - 9:15 AM

BALLROOM CDE

Complex Trauma Over the Lifetime

**Christine Courtois, Ph.D., ABPP,
Licensed Psychologist**

Complex posttraumatic adaptations often develop in the aftermath of chronic and/or cumulative trauma, particularly child abuse and neglect that occur in the context of primary attachment relationships. This presentation is to provide an overview of the nature of complex trauma, drawing upon recent clinical writings and empirical findings, with an emphasis on lifespan development.



TUESDAY, OCTOBER 16

11:00 AM - 12:00 PM

BALLROOM CDE

**Medication Assisted Recovery:
A MAT Patients Perspective**

**Walter Ginter, CMA, NY CARC, Director,
MARS Project**

Walter will discuss his story of recovery. How he became an advocate and the development of MARS, the first recovery project designed to provide recovery support services to persons whose recovery is assisted by medication.



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WORKSHOP SESSION I

MONDAY, OCTOBER 15, 2018 | 9:45 AM – 11:00 AM

ROOM 300

1A: I'm So Awkward Part 1 of 2

Janice Gabe, LCSW, LCAC, President and Owner, New Perspectives of Indiana, Inc.

This workshop will present a comprehensive approach to treatment which utilizes an understanding of the neuro-chemistry of social anxiety in order to integrate several evidenced based therapeutic strategies that can be effectively utilized in combination with or in place of CBT.

ROOM 400

1B: Nurse Care Manager-Based Medication Assisted Treatment in Washington State

Joseph Merrill, MD, MPH, Professor of Medicine, Harborview Medical Center; Jim Mayfield, MA, Senior Research Scientist, DSHS Research and Data Analysis; Ashley Middagh, Flexcare Program Manager, Evergreen Treatment Services; Addy Adwell

Presenters will describe the implementation of a nationally recognized Nurse Care Manager-based medication assisted treatment program that provides buprenorphine at three sites in western Washington State. The session will provide an introduction to medication assisted treatment, describe the characteristics and experiences of patients served and review the challenges and success of implementation.

BALLROOM A

1C: ASAM Criteria Part 1 of 4

Scott Boyles, Licensed Addiction Counselor, National Training Director, Train For Change

This 4 session workshop will provide an overview of the ASAM Criteria, the 6 Dimensions and Levels of Care. Session 1: Intent and Guidelines of the ASAM Criteria

ROOM 500

1D: Understanding and Responding to Acute Trauma: Principles of Intervention

Christen Kishel, Ph.D., Psychologist, Developmental Disabilities Administration,

This training will provide the attendee with a basic understanding of the immediate/short-term impact of trauma on the levels of brain, body, behavior, and systems, and discuss how intervention in the early stages differs from intervention in the long term. Drawing on principles of Critical Incident Stress Management and Psychological First Aid (among others), this workshop is designed to assist providers and peers to assist in acute crisis situations with individuals of all intellectual levels.

ROOM 600

1E: Evergreen Council on Problem Gambling, Gambling Disorder and the Continuum of Care

Elizabeth Glavish, B.A., Communications and Outreach Specialist; James Leingang, BA, CDP WSCGC II, Community Engagement and Advocacy Specialist

Participants will be able to describe the state of Disordered Gambling rates, as well as, issues relating to Gambling Disorder in Washington State. Emerging trends in recovery support will be discussed and areas of need related to the Continuum of Care for Disordered Gamblers and their families.



WORKSHOP SESSION I

BALLROOM B

1F: DBT Session #1: Overview of DBT

Cathy Moonshine, Ph.D., MSCP, CADC III, Integrated Health Director, Malama I Ke Ola

In this session, we will learn more about the role of Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness in the recovery process. Next, we will explore the five modes and functions of DBT along with the importance of validation. We will end by discussing the eight most essential DBT skills and how they can help clients manage mental health difficulties while establishing recovery.

BALLROOM F

1G: Psychoeducation for Eating Disorders: What Every Clinician and Client Should Know

Alexia Spanos, Ph.D., Staff Psychologist and Director of Training, Evidence Based Treatment Centers of Seattle

How to provide important information to clients on the medical and psychological impact of anorexia nervosa, bulimia nervosa and binge eating disorder.

BALLROOM G

1H: Queer + QTPOC intersections with Co-occurring Disorder Treatment

Brandon Gibs, MA, LMHCA, Mental Health Therapist, Case Manager, Seattle Counseling Service; April Montez, MSW, LSWAIC- Mental Health Therapist/Case Manager at Seattle Counseling Service

This workshop will explore relevant topics regarding Queer (LGBTQ+) and, specifically, QTPOC (Queer and Trans People of Color) identities as they may relate to mental health care and the treatment of co-occurring disorders. A brief overview/ introduction to Queer identities and communities will give way to activities and a discussion about useful considerations for working with members of these groups and how membership in multiple minority groups may affect mental health/substance use disorder treatment. The workshop will end with a question and answer panel with presenters.

BALLROOM H

1I: Increased Risks Due to Brain Injury and What to Do About It

Daniel Overton, MC, LMHC, MHP, CBIS, Program Manager-Traumatic Brain Injury Program, Washington Dept. of Veterans Affairs

Having a brain injury increases the risk of suicide, substance use/abuse, being diagnosed with a MH disorder, incarceration, homelessness, domestic violence and incurring another head injury. This session will address the risks, explain why this occurs and how the clinician can intervene.



WORKSHOP SESSION II

MONDAY, OCTOBER 15, 2018 | 1:15 PM – 2:30 PM

ROOM 300

2A: I'm So Awkward Part 2 of 2

Janice Gabe, LCSW, LCAC, President and Owner, New Perspectives of Indiana, Inc.

This workshop will present a comprehensive approach to treatment which utilizes an understanding of the neuro-chemistry of social anxiety in order to integrate several evidenced based therapeutic strategies that can be effectively utilized in combination with or in place of CBT.

ROOM 400

2B: Engaging Older Adults in Integrated COD Treatment

Allen Hume, Ph.D., C.D.P., Consulting Psychologist

Clinical information will be presented regarding the extent of the COD problem, strategies for engagement, and recommendations for providing integrated care for older adults. In addition, an empathy building experiential exercise will be offered to facilitate better understanding of this ever-growing population.

BALLROOM A

2C: ASAM Criteria Part 2 of 4

Scott Boyles, Licensed Addiction Counselor, National Training Director, Train For Change

This 4 session workshop will provide an overview of the ASAM Criteria, the 6 Dimensions and Levels of Care. Session 2: An overview of Dimensions 1, 2 and 3.

ROOM 500

2D: Strengthening your MH Practice: DDA Services and Strategies for Collaboration

Jeff Green, BA, Mental Health Program Manager, Developmental Disabilities Administration

With integration upon us, it is more important than ever to work collaboratively with our partner systems. This workshop will provide information about the scope and nature of services available through the Developmental Disabilities Administration, including DDA eligibility criteria. We will also discuss how the MH and DDA systems can work together toward better outcomes for the individuals they support.

ROOM 600

2E: Emerging Drugs of Abuse

Reef Karim, Ph.D., Physician, Author, Speaker, Board Certified Psychiatrist, Board Certified Addiction Medicine Specialist

Having a good understanding of what substances people are using, to their own detriment, is important in being a well-rounded and effective clinician or counselor. What's new? What's the mechanism behind the different classification of addictive drugs & medications? This workshop will address emerging drugs of abuse and how to build a better understanding of atypical substances of abuse.



WORKSHOP SESSION II

BALLROOM G

2F: Trauma and Substance Use within the Realm of Health Disparities

Elizabeth Stanhope Gordon, Ph.D., JD, M.Div, Instructor, Seattle University; Fransing Daisy, Ph.D., Psychologist, MW AETC

Early experiences of trauma can result in heavier use of drugs and alcohol which can contribute to chronic negative health conditions. This workshop will investigate how health disparities can impact a client's physical health, mental health, substance use and lifestyle. We plan to review the intersections of health, substance use, and trauma as well as review a selection of "tools" to support the bio-psycho-social-spiritual needs for client behavioral and lifestyle change.

BALLROOM F

2G: Addressing Eating Disorders by Non-Specialists in More Rural Settings

Briana McElfish, PsyD, Clinical Psychologist, Evidence Based Treatment Centers of Seattle

Ever had a client who presented with an eating disorder (ED) and thought, "What do I do?" Especially for providers who do not have access to specialist referrals for ED treatment, this can seem a daunting task. This workshop will address how to manage care of clients with EDs for providers both unfamiliar with evidence-based care for EDs or those in integrated-primary care settings.

BALLROOM B

2H: DBT Session #2: Diving Deeper with DBT

Cathy Moonshine, Ph.D., MSCP, CADC III, Integrated Health Director, Malama I Ke Ola

During this seminar, we will learn the secondary DBT skills and how they support recovery. We will explore how leveraging stages of change and motivational interviewing encourages clients to use their DBT skills. We will wrap up by talking about diary cards and chain analysis. Case discussions will occur as time allows.

BALLROOM H

2I: Working with LGBTQ Elders/Aging Issues

Mike Fitzpatrick, MSW, Consultant, Seattle Counseling Services, Working with LGBTQ Elders/ Aging Issues; Ray Dillon, CDP, HIV/HEP-C Outreach Specialist and Addiction Counselor, Seattle Counseling Service, Aging in the LGBTQ+ Community

Interactive working to explore the needs of the LGBTQ older community members. What are some of the barriers LGBTQ elders run into and what do they need.



WORKSHOP SESSION III

MONDAY, OCTOBER 15, 2018 | 4:00 PM – 5:15 PM

3A: Behavioral Health Integration: Experiences from the Dual Diagnosis Capability in Addiction Treatment (DDCAT)/NIATx

Mark McGovern, Ph.D., Professor Department of Psychiatry and Department of Medicine, Stanford University School of Medicine; Tony Walton, M.S., Project Director, Washington State Health Care Authority/Division of Behavioral Health and Recovery; William Waters, Psychologist, Psy.D., Division Director, Comprehensive Healthcare; Diego Mendoza, MSW w/ Certificate of Public Administration, Dual Disorders Treatment Team Leader; Melissa Laws, LICSW, CDP, CPGC, CTTS, Clinical Administrator, Prosperity; Tonya Stephenson; Leah Silvas, BA in Social Sciences, CDP, Administrator, Specialty Services II, LLC.; Stephanie Diltz, MSW, CDP, Clinical Supervisor & Mental Health Counselor, Specialty Services II

Although it is widely recognized that persons with substance use problems have high rates of psychiatric illness, treatment organizations have struggled with how to implement evidence-based policies and practices within significant resource constraints. This workshop describes a project involving 50 behavioral health organizations in the State of Washington who leveraged implementation science to enhance integrated services for patients with co-occurring disorders. Outcomes, lessons learned and future directions will be presented.

3B: Overdose? Suicide? Or the Gray Areas in Between

Richard Ries, MD, Professor of Psychiatry and Addictions, Dept of Psychiatry, UW, and Harborview Medical Center

Drug Overdoses and Suicide are among the leading causes of premature death in the USA, accounting for about 50-60,000 deaths each per year. Often is unclear if an overdose was fully accidental, or partially or even fully intentional. This presentation will give attendees clinical descriptions of both issues, their overlap, and preventive interventions.

3C: ASAM Criteria Part 3 of 4

Scott Boyles, Licensed Addiction Counselor, National Training Director, Train For Change, This 4 session workshop will provide an overview of the ASAM Criteria, the 6 Dimensions and Levels of Care. Session 3: An overview of Dimensions 1, 2 and 3.

3D: DD-Informed Crisis Response

Gene McConnachie, Ph.D., Consultant

Many mental health professionals may feel unprepared to respond to a behavioral crisis if the person has an Intellectual or Developmental Disability (IDD). Mental health crises in persons with and without IDD often have the same causes but assessment may be more difficult for clients who have limited or absent verbal skills. This workshop will prepare you to respond more effectively by highlighting some key features of Autism Spectrum, other developmental disabilities, and behavioral assessment techniques that can improve your assessment of the crisis situation and choice of responsive strategies

ROOM 300

BALLROOM A ROOM 400

ROOM 500



WORKSHOP SESSION III

ROOM 600

3E: Supporting Individuals Living with a Brain Injury

Ashley Minyard, CBIS; MS; BA; BS, Central Washington Resource Manager + Operations Coordinator, Brain Injury Alliance of Washington

This workshop provides a brief introduction to brain injury, differentiating between TBI, ABI, Concussions, and other brain injury language. It explores the complex landscape and challenges individuals living with brain injury (and their supports) face when accessing services.

BALLROOM G

3F: Panel of Individuals Involved in MAT at the Muckleshoot Tribe

Carol VanConett, CDP, Chemical Dependency Professional, Muckleshoot Behavioral Health; Aaron Soto, MHA, CDP, Chemical Dependency Supervisor, Muckleshoot Behavioral Health

Medicated-Assisted Treatment (MAT) is the use of FDA- approved medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders. There are three medications commonly used to treat opioid addiction:

- Methadone – clinic-based opioid agonist that does not block other narcotics while preventing withdrawal while taking it; daily liquid dispensed only in specialty regulated clinics
- Naltrexone – office-based non-addictive opioid antagonist that blocks the effects of other narcotics; daily pill or monthly injection
- Buprenorphine – office-based opioid agonist/ antagonist that blocks other narcotics while reducing withdrawal risk; daily dissolving tablet, cheek film.

The Muckleshoot Indian Tribe in response to the opioid epidemic has created a plan to identify, prevent and treat opioid use disorders by utilizing evidence-based practices. These strategies and actions have proven to be effective approaches in the battle against opioid use disorders. It is with great joy that we see our tribal members transitioning from a life of substance abuse to life free from drugs, family reunification, gainful employment and self-realization.

BALLROOM F

3G: Exposure Response Prevention Therapy for Anxiety Disorders

Daniel O'Rourke, Ph.D., Clinical Psychologist, Evidence Based Treatment Centers of Seattle

Participants will learn about the most evidence-based treatment for anxiety disorders, exposure response prevention. They will be able to distinguish different types of exposure therapy techniques, and know how to generate this collaboratively. Common issues and concerns around exposure treatment will be addressed.

BALLROOM B

3H: DBT Session #3: Using DBT to Treat Youth and Families

Cathy Moonshine, Ph.D., MSCP, CADC III, Integrated Health Director, Malama I Ke Ola

This session will focus on working kids, adolescents and their families. We will explore the middle path, strategies for teaching DBT skills to youth, and exploring how Wise Parenting can instill resiliency and recovery. Case discussions will occur as time allows.

BALLROOM H

3I: LGBTQ and Addiction

Aleks Martin, BAS, CDP, Addiction Services Program Supervisor, Seattle Counseling Service

This workshop will address: Brief LGBTQ history and social impact LGBTQ health disparities
Compassionate and competent care for LGBTQ clients with addiction
Resources for LGBTQ-related issues.



WORKSHOP SESSION IV

TUESDAY, OCTOBER 16, 2018 | 9:30 AM – 10:45 AM

ROOM 300

4A: DBT Skills to Address Eating Disorders

Peter Doyle

Workshop description not provided.

ROOM 400

4B: Bridge to Recovery: An Innovative Approach to Treating Opioid Use Disorders in the Juvenile Justice System

Pamala Sacks-Lawlar, MHA, CDP, Behavior Healthcare Administrator, Juvenile Rehabilitation; Paul Schneider, MD, Medical Director, Juvenile Rehabilitation; Troy Wasmundt, BS, RN, Health Services Manager, Naselle Youth Camp, Juvenile Rehabilitation

Opioid Use 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 Opioid Use Disorders, an overview of the theoretical framework for this disorder and how to integrate strategies in a way that supports health and change within the Juvenile Justice System.

ROOM 4

4C: ASAM Criteria Part 4 of 4

Scott Boyles, Licensed Addiction Counselor, National Training Director, Train For Change

This 4 session workshop will provide an overview of the ASAM Criteria, the 6 Dimensions and Levels of Care. Session 4: An overview of Dimensions 4, 5 and 6.

ROOM 500

4D: Non-Pharmacological Interventions for Chronic Pain Management

Allen Hume, Ph.D., C.D.P., Consulting Psychologist

The purpose of this workshop is to provide clinicians with an understanding of acute versus chronic pain, how it impacts individual functioning, and can inhibit recovery. Practical interventions will be provided that focus on CBT, coping skills development, and self-regulation strategies.

ROOM 600

4E: SUD ITA

Robert Pellett, MA Psychology, Acute and Inpatient Care manager, DBHR

An overview of the Substance Use Involuntary Treatment Act in Washington State.



WORKSHOP SESSION IV

BALLROOM G

4F: Anatomy of a Meltdown

Phil Diaz, Ph.D., Clinical Director, Department of Social and Health Services

This workshop deals with adrenaline medicated behaviors and what can be done during the various phases.

BALLROOM F

4G: Essential Skills Working with Trauma

Christine Courtois, Ph.D., ABPP, Licensed Psychologist

This workshop will first address the needs of the victim/survivors who seek treatment, with an emphasis on the treatment of betrayal trauma, shame, and alienation. It will then provide information on approaches to and dynamics of the treatment process. The impact on the therapist and therapist self-care will be part of the presentation.

BALLROOM B

4H: DBT Session #4: DBT: Clinical Vignettes and Case Discussions

Cathy Moonshine, Ph.D., MSCP, CADC III, Integrated Health Director, Malama I Ke Ola

We will apply DBT to eight COD clients including anxiety, conduct disorder, depression, and trauma. Participants will have a chance to explore how to use DBT with their clients.

BALLROOM H

4I: The Veteran Client and TBI – What they Want You to Know to Help Them Succeed

Daniel Overton, MC, LMHC, MHP, CBIS, Program Manager-Traumatic Brain Injury Program, Washington Dept. of Veterans Affairs

Whether you know it or not, you are seeing veteran clients. Whether they know it or not a TBI can be the difference between success and failure in treatment. Come learn how to recognize and treat the veteran client and TBI through experiential learning and how you can tap into free resources to help develop and deliver integrative treatment plans.



WORKSHOP SESSION V

TUESDAY, OCTOBER 16, 2018 | 1:30 PM – 3:00 PM

ROOM 300

5A: Bridge Building to Engage a Peer Support Workforce

Clifford Thurston, Founder, CEO, Worldbridgers; Nancy Salovich, BS Behavioral Sciences/ CPC 2012, COO Worldbridgers, Worldbridgers

Worldbridgers community bridge building network continues to give a fresh and enriching workshop experience. Peer support an evidence-based practice anchored in care and recovery is on the rise nationwide. Join us for peer system updates and advances throughout numerous environments.

ROOM 500

5B: Current Washington Administrative Code (WAC)

Judy Holman, MSW/LICSW, LMHC, CDP, Investigation and Inspection Outpatient Behavioral Health Manager, DOH

Present and discuss the WAC that guides treatment in Washington State. The WAC that will be presented is the revised WAC-246-341.

BALLROOM B

5C: DBT Session #5: DBT Fosters Resiliency and Empowers Recovery

Cathy Moonshine, Ph.D., MSCP, CADC III, Integrated Health Director, Malama I Ke Ola

In our final DBT session, we will look at how wellness, resiliency, and the recovery frameworks fit within a DBT framework. We will align the 12-steps with DBT skills. Participants will receive DBT relapse prevention and recovery plan templates.

ROOM 600

5D: Aging in Place: Integrating Long Term Care and Supportive Housing

Whitney Joy Howard, MSW, Supportive Housing Program Manager, DSHS ALTSA; Jonnie Matson, BA-Human Services, Housing Program Manager, DSHS-ALTSA; Liz Prince

DSHS' Aging and Long-Term Support Administration (ALTSA) provides eligible individuals with Long Term Care (LTC) services to assist an individual maintain community independence and maximize the ability to age-in-place. Most people know of "COPEs", but there is a lot more to LTC than COPEs. There is an increasing need to assist people age-in-place. ALTSA staff will present on the basics of LTC services and work that has been done partnering with community providers, including Supportive Housing agencies, to work collaboratively to best support long-term health and housing.



WORKSHOP SESSION V

BALLROOM H

5E: Beyond Hot Baths: How to Stay Afloat in the Field Long Term

Janet Brodsky, MSW, LICSW, Trauma Therapist, Consultant & Trainer, South Bay Counseling

As health care providers, we are often present with people at their bleakest moments, during profound life transitions and at times witness the raw pain that can accompany serious illness, physical injury and psychological trauma. All of this affects us as people, and I have frequently been asked how I can possibly still be doing this work after 30+ years. My response to that is this workshop, during which I will present my model for deep level self-care and resilience. This is an interactive workshop where questions and examples about how to apply this model to your daily life will be encouraged.

BALLROOM F

5F: MARS Project

Walter Ginter, CMA, NY CARC, Director, MARS Project

This workshop will detail the development of the original Medication Assisted Recovery Support Project including the services that make MARS unique. It will also discuss how MARS has been replicated in 30 states and internationally through the Beyond MARS training Institute.

BALLROOM G

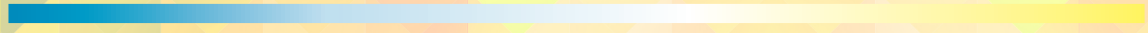
5G: The Journey to Integration – Building COD in Agency Settings

Brandi Hurst, Chemical Dependency Professional, Clinical Supervisor, MultiCare Health System; Corey Thompson, LMHCA/MHP, Clinical Supervisor and COD Team Lead, Multicare Behavioral Health

Take a walk through the creation of a fully integrated Co Occurring program in a large agency setting. We will illustrate how the DDCAT and NiATX provided a framework for development and use discussion, activities and Q&A to help your agency begin the journey to integration.



NOTES







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AGENDA AT A GLANCE

Monday, October 15, 2018

7:00 – 8:00 am	Registration, Continental Breakfast & Exhibitor Viewing
8:00 – 8:30 am	Division Welcome: Sue Birch, HCA Director & Donnie Goodman, MC
8:30 – 9:30 am	Plenary Session: Cathy Moonshine, Ph.D., MAC, CADC III
9:30 – 9:45 am	Break & Exhibitor Viewing
9:45 – 11:00 am	Workshop Session I See Pages 11-12 for Details
11:00 – 11:15 am	Break & Exhibitor Viewing
11:15 – 12:15 pm	Plenary Session: Dr. Reef Karim, Ph.D., Board Certified Psychiatrist, Board Certified Addiction Medicine Specialist
12:15 – 1:15 pm	Lunch (Provided)
1:15 – 2:30 pm	Workshop Session II See Pages 13-14 for Details
2:30 – 2:45 pm	Break & Exhibitor Viewing
2:45 – 3:45 pm	Plenary Session: Angela Celio Doyle, Ph.D., FAED
3:45 – 4:00 pm	Break & Exhibitor Viewing
4:00 – 5:15 pm	Workshop Session III See Pages 15-16 for Details

Tuesday, October 16, 2018

7:30 – 8:00 am	Registration, Continental Breakfast & Exhibitor Viewing
8:00 – 8:15 am	Welcome & Announcements: Michael Langer, Acting Assistant Director, HCA/DBHR
8:15 – 9:15 am	Plenary Session: Christine A. Courtois, Ph.D., PLLC
9:15 – 9:30 am	Break & Exhibitor Viewing
9:30 – 10:45 am	Workshop Session IV See Pages 17-18 for Details
10:45 – 11:00 am	Break & Exhibitor Viewing
11:00 – 12:00 pm	Plenary Session: Walter Ginter, CMA
12:00 – 1:15 pm	Lunch (Provided) and Awards Ceremony
1:15 – 1:30 pm	Break & Exhibitor Viewing
1:30 – 3:00 pm	Workshop Session V See Pages 19-20 for Details
3:00 pm	Conference Adjourns - Drive Home Safely!