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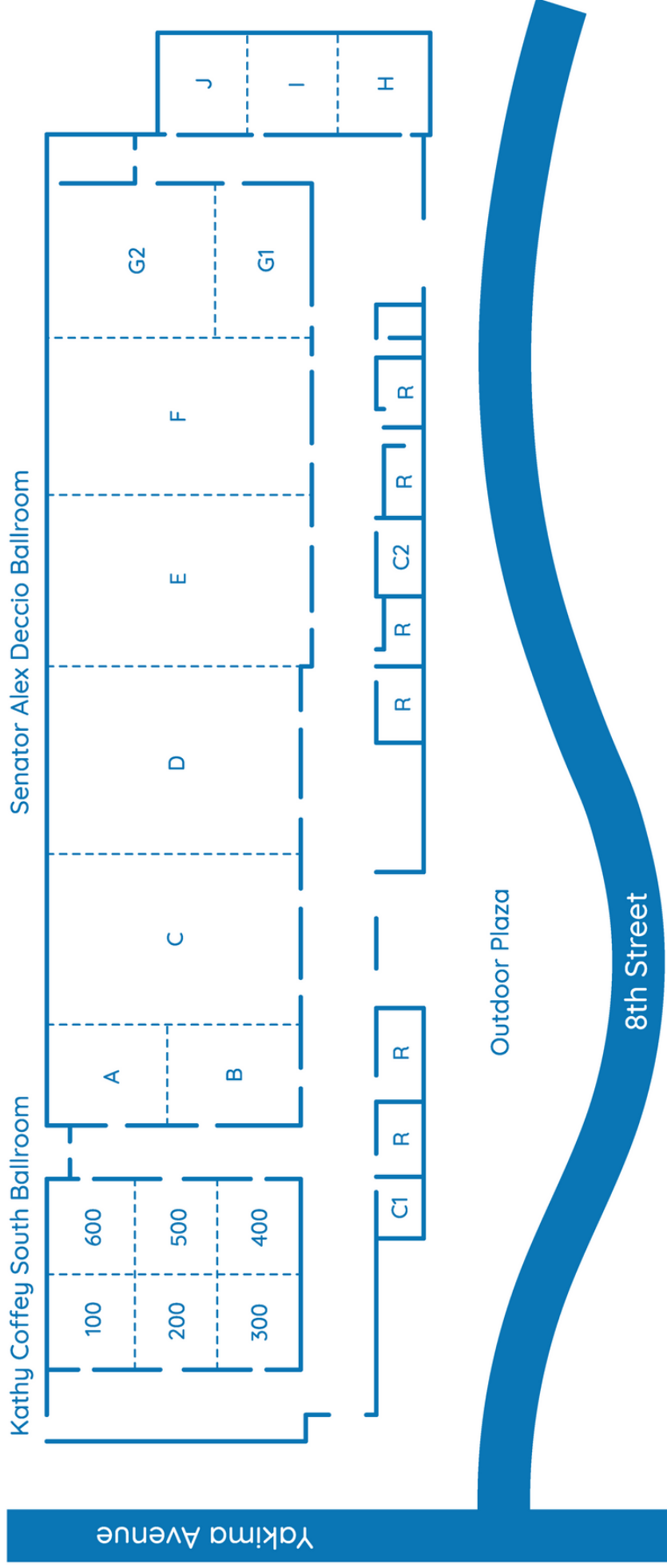


October 16-17, 2023
Yakima, WA



COD & Treatment

WASTATE CONFERENCE



Committee Members

Meghan DeGallier MSW, MHP, LICSW - Division of Behavioral Health and Recovery Washington State Health Care Authority /Co-Chairperson

Rose Hillock MSE - Division of Behavioral Health and Recovery Washington State Health Care Authority /Co-Chairperson

Amy Dura - Washington State Healthcare Authority

Amy Martin - Thurston Mason Behavioral Health Organization-ASO/Olympic Health & Recovery Services

Brandi Holmes - Washington State Department of Health

Donnie Goodman MA/NCC LMHC - YMCA of Greater Seattle

Eric Osborne MPA, SUDP - Washington Healthcare Authority

Gina L. Dick MA, LMCH, CDP, MHP, MAC - Washington State Department of Health

Janet L. Byrnes - Washington State Department of Social and Health Services

Jennifer Ross - Department of Health

Judy Holman LSW

Laura Cooley - Northwest ATTC, ADAI, Dept. of Behavioral Sciences, University of Washington-Seattle

Stacy Devenney MA, LMHC, CMHS, MHP, SUDP - University of Washington

Phil Diaz Ph.D. - Washington State Department of Social and Health Services

Rick Ries - University of Washington

Ruth Leonard - University of Washington

Robert Hopkins MSW, PMP - Washington State Department of Children, Youth & Families

Sarah Pine - Division of Behavioral Health and Recovery / Washington Healthcare Authority

Stacey Devenney MA, LMHC, CMHS, MHP, SUDP - University of Washington

Agenda at a Glance

Sunday, October 15, 2023 Preconference

- 8:30 AM Start of Conference/ Pre-conference Registration Opens/Breakfast
- 9:00 AM Session A and B
- 12:00 PM Lunch
- 1:15 PM Session A and B
- 3:00 PM Early Registration Open
- 4:00 PM End of Preconference

Monday, October 16 2023

- 7:30 AM Registration Open
- 8:00 AM Welcome to Conference
- 8:30 AM Plenary Session 1
- 9:30 AM Break
- 9:45 AM Workshop I
- 11:00 AM Break
- 11:15 AM Plenary Session 2
- 12:15 PM Lunch
- 1:15 PM Workshop II
- 2:30 PM Break
- 2:45 PM Plenary Session 3
- 4:00 PM Workshop III
- 5:15 PM End of Day One

Tuesday, October 16 2023

- 8:00 AM Welcome to Day 2
- 8:15 AM Plenary Session 4
- 9:15 AM Break
- 9:30 AM Workshop IV
- 10:45 AM Break
- 11:00 AM Awards
- 11:30 AM Lunch
- 12:45 AM Plenary Session 5
- 2:00 PM End of Conference

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Lifetime Achievement Award

Judy Holman



Exemplary Service Awards

Krissy White - Outstanding Service Award

Raymond Gregson - Outstanding Collaborator, Innovative Program, Recovery Advocate

Recovery Navigator Program - Innovative Program

Monday, October 16

7:30 AM Registration Opens

8:00 AM - 8:30 AM Welcome to the Conference

8:30 AM - 9:30 AM Plenary Session 1

ROOM EF There's More to You Than You Can See, Joe Roberts

In this eye-opening keynote, Joe shares the critical role family and community support played in helping him overcome a lifelong struggle with substance use disorder and mental illness. Through the lens of his incredible transformation, audiences will be reminded that every person, including themselves, has enormous potential and will be left inspired to create safe spaces for others to learn, grow, and change.

9:30 AM - 9:45 AM Break

9:45 AM - 11:00 AM Workshop I

ROOM B Energy Health Management: How to Stress-Proof your Life and Build Energy Health and Resilience, Joe Roberts

Optimal health & performance are not just about hard work and accountability; they're also about managing the normal limits of output. Using the latest research from Dr. Sean Richardson and his own experience, Joe shows participants how to develop discipline around recovery and build resilient mindsets that boost productivity and stress-proof their lives.

ROOM 600/100 Do You See Me?- Moving from Tolerance to Acceptance, Sherronda Jamersom
Unconscious or unspoken racism compromises clinical discussions and outcomes. Learn to listen for clues and skillfully bring up race as opportunities to connect meaningfully with your clients of color and provide them with the high quality of care they deserve. Create a safe environment where clients can be seen fully, as they are, without pretense. People of color, traditionally, don't feel welcomed and tend to avoid mainstream clinical resources and consequently are unable to access much needed, sometimes critical resources. As a non-topic in therapy, it inhibits and deters authentic communication and inhibits therapeutic connections.

ROOM 500/200 Decolonizing Behavioral Health; How Intersecting Identities Factor Into Trauma and Resiliency, Cathy Assata and Arra Rael

This session will begin with defining identity, intersectionality, trauma, resiliency, privilege, marginalization, colonizing, and decolonizing. Then we will lead into exploring how our identities can shift when we enter certain spaces, how different factors affect our identities and how we're seen by society. Participants will be introduced to an activity showcasing how identities can be fluid, and how marginalization and privilege can coexist in one person, how these intersect with trauma and resiliency and how our participants factor in their identities. This presentation will look at how institutional and systemic inequities, from both a micro and macro lens, as well as oppressive practices, have played a role in the trauma of folks with marginalized identities and how behavioral health can work to unpack these practices. We will show that there are factors outside of our control that exacerbate trauma based on our identities, things that we have little control over, and then find the connection within ourselves and our communities that we do have control over, such as our actions and reactions, that can build a sense of resiliency. Finally, we will introduce ways we can support our participants, especially those with intersecting marginalized identities, build resiliency, and learn how to navigate inequitable systems.

ROOM 400/300 Preventing Addiction Related Suicide- An evidence based, Group Therapy Session for IOP Addiction Programs and other settings, Richard Ries, MD

Persons with Addiction are at 10 times the risk for suicide than the general population, yet the Preventing Addiction Related Suicide (PARS) module is the first evidence-based intervention designed with, for, and tested in community addiction treatment centers. PARS is a 2-3-hour power-point based interactive group session designed to fit into standard Intensive Outpatient Program(IOP) group therapy. It significantly changed suicide prevention knowledge, attitudes, and potential help seeking in the 900 randomized patient/subjects, who were studied in 15 addiction centers with a NIDA sponsored grant and published in JAMA. This workshop will go through some of the PARS PowerPoint content which guides the intervention in an interactive way, and the members of the workshop will be able to download a working copy of PARS PowerPoints (Basic) along with notes on how to lead the group. A more detailed version of PARS training (Advanced) is available for a fee and includes extensive notes and videos of an actual group, self-exam, and certification. In the future, it will qualify for the 3-hour Washington State suicide training requirement for Substance Use Disorder Counselors.

ROOM G1 Invitation to Change: How to Empower Family Members Impacted by Substance Use (Sponsored by the Northwest ATTC, University of Washington), Cordelia Kraus

Family members intimately affected by a loved one's substance or alcohol use are both highly prevalent and incredibly underserved, and yet they can be an amazing influence for positive change... if they are taught how! Invitation to Change is a powerful, and empowering, approach that combines CRAFT (Community Reinforcement and Family Training), ACT, and MI to create a powerful framework for change. Come for an introduction to the skills and perspectives that help family members improve communication, increase connection, and invite change... while taking care of themselves in the process. Leave with a greater understanding of how you can help those affected by a loved one's alcohol or substance use, whether you pursue additional CRAFT-based training or not.

Monday, October 16

9:45 AM - 11:00 AM Workshop I

ROOM G2 Housing Diverse People, Pat Tucker, Jeff Landon

In housing and homeless services, we serve an incredibly diverse range of people from different religious backgrounds, races, and ethnicity, and across the spectrum of age and experience as well as gender and sexual preference. Because of this, it is vital that cultural competency is centered in our work where we actively maintain cultural humility and offer culturally responsive service provision.

ROOM H1 Improving Career Outcomes for Transition Age Youth and Young Adults with Co-occurring Disorders, Joni Dolce

Practitioners who work with transition age youth and young adults (TAYYA) with co-occurring disorders of substance use and mental health conditions encounter unique challenges when providing career development services. This session explores the recent and critical emphasis on developing services that support TAYYA to prevent system dependence and the development of an illness identity. Attendees will explore emerging research, specifically related to co-occurring disorders as well as the unique needs of TAYYA. We'll also review implementation strategies to effectively apply Supported Employment and Supported Education principles for career planning with TAYYA.

ROOM A How to Prepare for a Behavioral Health Audit/Review, Judy Holman

Preparing for a review or audit can be daunting whether it is an Accreditation Agency, DOH, HCA etc. We will discuss the nitty gritty of being ready. Typically, a review includes policies and procedures, personnel, and clinical records. We will discuss what should be in place and share ideas to take away some of the panic when an agency hear the nitty gritty of bein

11:00 AM - 11:15 AM Break

11:15 AM - 12:15 PM Plenary Session 2

ROOM EF Generational Trauma of Native Americans, Marie Natrall-Ackles, PhD

Generational trauma is a multi-generational trauma experienced by a specific cultural, racial, or ethnic group. It is related to major events that oppressed a particular group of people because of their status as oppressed such as slavery, the Holocaust, forced migration, and the violent colonization of Native Americans. This presentation focuses on the impacts of the Indian Boarding schools and mental health of Native Americans. The history of boarding schools will be discussed along with a comparison and contrast of a timeline history of boarding schools in Canada and the U.S. In addition, Dr. Natrall-Ackles will discuss a timeline of her own family history of how boarding schools have impacted her family and the resilience to heal and move forward.

1:15 PM - 2:30 PM

Workshop II

ROOM 600/100 Millennium Health Signals Report™ Volume 5 & Zeroing in on Xylazine: The First 100 Days after U.S. Emerging Threat Designation, Javier Velasco, PhD

Millennium Health has analyzed its proprietary database of millions of definitive drug test results to gain a deeper understanding of current polysubstance use trends. The findings from these analyses are presented in this program. Topics include urine drug test positivity and fentanyl co-positivity in substance use disorder treatment settings, fentanyl analogues, polysubstance use in the population using fentanyl, and to provide insight into xylazine-associated polysubstance use during the first 100 days after the Biden Administration's designation of fentanyl adulterated with xylazine as an emerging threat.

ROOM G1 Public Policy Q and A with Dr. Marie Natrall-Ackles

Get to know Marie and her work a little better in this session. Bring your questions about public policy in the Pacific Northwest, how it has influenced behavioral health issues and talk about ways you can influence positive change in your community and at your agency.

ROOM A The Role of Self-Compassion in Treating Suicide, Sabrina Votava

Learn the elements of self-compassion and how they impact the factors creating suicide risk.

ROOM 500/200 Putting the Pieces Together: Teens, Trauma, and Substance Use, David Flack

Attendees will increase their understanding of trauma impacts, substance use and the connection between them. They will explore the difference between trauma-informed and trauma-specific approaches. They will also develop skills for creating rapport, fostering change, and helping teens get unstuck.

ROOM G2 Supportive Housing: Mapping and Braiding State and Federal Housing Resources, Kimberly Castle, Scott Tankersley, and Dani Rylander

Learn about an array of supportive housing services and rental assistance programs including how to braid these resources together to maximize their impact for participants. HCA's Division of Behavioral Health and Recovery (DBHR), Department of Social and Health Services (DSHS), and Washington State Dept of Commerce have come together to discuss the aim of these resources and provide information on accessing them while answering frequently asked questions. Presenters will also deliver program updates, information on recent achievements and announce exciting new projects on the horizon.

ROOM H1 Contingency Management for Stimulant Use: Lessons Learned From Implementation Across Washington State, Sara Parent, Michelle Peavy, and Lora Weed

Drs Peavy and Parent will describe lessons learned from a Health Care Authority sponsored effort to disseminate CM across Washington state over the last two years, including 8 locations where CM is currently being offered through this pilot. Lora Weed will share updates from the Health Care Authority on the next phase of CM in Washington State, including the recent passage of the 1115 Medicaid waiver which makes Washington the second state in the nation to provide CM as a Medicaid-reimbursable service.

Monday, October 16

1:15 PM - 2:30 PM Workshop II

ROOM 400/300 Access to Inpatient Behavioral Healthcare for Adults Who Have Sexually Offended, Jeff Landon, Abby Morgan

This presentation will attempt to provide the case for providing access to behavioral healthcare services for those who have a history of sexual behavior problems. Individuals who have committed a sexual offense are often screened out or determined ineligible for services, which could result in an increase in risk for the individual and the community. Particularly in inpatient settings, where individuals need the highest level of care, there are often instances where services are inaccessible due purely to conviction history, due to the perception of risk, rather than reality. The term “Sex Offender” is typically used in a manner that represents a homogenous group of individuals, when in fact every individual is unique with respect to risk factors, behavioral health needs etc. In this session, we will explore how sex offender levels are determined, discuss facts and myths about risk factors, learn some ways to approach decisions using empirically derived risk/protective factors paired with clinical judgement, discuss some risk mitigation/screening practices, and highlight the overlap of empirically derived risk/need interventions for adult males who have committed a sexual offense with traditional behavioral health recovery services and clinical interventions.

2:30 PM - 2:45 PM Break

2:45 PM - 3:45 PM Plenary Session 3

ROOM EF Stigma and Grief: How Meaningful Relationships Can Impact Treatment Outcomes, Megan Tweedy, Lizbet Maceda, and Emily Contreras

Following the death of her brother to a fentanyl overdose in 2020, Megan began speaking publicly about the personal impact of the opioid epidemic and her own role in the stigmatizing and shaming of opioid use disorder. Through her own deep dive into learning about the true nature of the disease, she came to understand there is a much better way to approach those who are unwell and struggling. This plenary session will feature a demonstration on the use of Narcan for reversing overdose.

4:00 PM - 5:15 PM Workshop III

ROOM 600/100 Strategies to Address the Treatment Needs of the Elder Client, Lindy Lewis

Drawing from principles of Cognitive Behavior Theory, Behavioral Activation, and Reminiscence Theory, this presentation will provide some practical strategies to enhance treatment to meet the specific needs of the elder substance abuse client. The presentation will highlight key developmental issues and characteristics of elders followed by specific intervention strategies to address the needs resulting from those aspects of the elder experience. Incorporation of cognitive remediation techniques will also be included.

4:00 PM - 5:15 PM Workshop III

ROOM 500/200 Modernizing Washington's Crisis System through Expanding Partnerships, Matt Gower

This workshop will discuss current and future work on the crisis system enhancement project kicked off with the designation of 988. It will provide an update on work and preview more in-depth work at a local level intended to improve coordination with system partners.

ROOM 400/300 Understanding and Working with Psychosis in Co-Occurring Disorders, Jeffrey Roskelley

Close to half of the individuals diagnosed with a psychotic spectrum disorder will have a co-occurring substance use disorder. This workshop focuses on understanding what psychosis is and how it can be treated as part of a comprehensive, clinical approach in addressing co-occurring disorders.

ROOM G1 The Promise of CCBHCs: Transforming Care in Washington State, Joan Miller, and Natalie McGillen

Learn more about the history of our safety-net provider system, the role of certified community behavioral health clinics (CCBHCs), and how a prospective payment system would eliminate limitations in care delivery. Hear the steps Washington is taking to implement this integrated, whole person model of care statewide.

ROOM A Intersections between the Apple Health (Medicaid) State Plan and the Service Encounter Reporting Instructions Guide Health Care Authority, Jessica Diaz and Teresa Claycamp

Health Care Authority (HCA) is the state's Medicaid agency that administers Washington's Medicaid benefit, known as Washington Apple Health. HCA will introduce the state plan, an overview of recent amendments, and how these amendments impact the Service Encounter Reporting Instructions (SERI) guide.

ROOM G2 Strengthening the Workforce and Retaining Your Compassion for the Field, Laura Cooley and Rose Hillock

This workshop will provide an opportunity to learn about ways to support the behavioral health workforce and share strategies on how to retain compassion for the field. This breakout session is designed to be an interactive, informal workshop where you will have an opportunity to discuss with other practitioners' issues facing the behavioral workforce today. This space and time will afford an opportunity to learn and share how we can: strengthen the workforce through training and programs designed to broaden the diversity and successful readiness of those entering the workforce, identify learning opportunities and resources that providers and agencies can use to keep up with their skill development, and learn tools for how to retain and revitalize your compassion for the field. An open discussion format will allow ample opportunity to explore these topics.

Monday, October 16

4:00 PM - 5:15 PM Workshop III

ROOM H1 The Washington State Opioid and Overdose Response Plan, Kris Shera
Washington State Health Care Authority – Division of Behavioral Health and Recovery has a long history of responding to ever changing drug crises. The Washington State Opioid and Overdose Response Plan, which has existed in various forms for two decades, was identified as the collaborative framework to be used for the development of recommendations on the use of opioid settlement funds. This session will cover a brief history of the State Opioid and Overdose Response Plan; its use in making recommendations on the use of opioid settlement funds; an overview of state appropriations from the Opioid Abatement Account; and what the future holds for this work as we look to update the plan to create more action and urgency in response to the alarming increase in fentanyl, opioids, and other illicit drugs.

5:15 PM End of Day One

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Tuesday, October 17

8:00 AM - 8:15 AM Welcome to the Conference

8:15 AM - 9:15 AM Plenary Session 4

ROOM EF Transforming Trauma - How to do This Work and Sustain, Laura van Dernoot Lipsky
This training and discussion will offer practical tools to help us sustain, individually and collectively, in the face of trauma, secondary trauma and overwhelm. Whether this is related to our work, our personal lives, the pandemic, democracies dissolving, systematic oppression and structural supremacy surfacing in exceedingly painful ways, or the unfolding of the climate crisis, we will discuss what the consequences are as well as strategies for sustaining ourselves and each other.

9:15 AM - 9:30 AM Break

9:30 AM - 10:45 AM Workshop IV

ROOM 600/100 Practical Supportive Housing Interventions for Persons with Co-Occurring Disorders Enrolled in FCS Services, Crystal Socha and Nora Barrett

This presentation is for FCS providers working in supportive housing environments with individuals with co-occurring disorders. The focus is assessing a person's stage of change and matching practical interventions to support wellness, recovery, and successful community living.

ROOM 500/200 Chasing Hope; An Intentional Response to the Fentanyl Crisis, Cathy Assata

Take a look at how we can adapt standard treatment practices to be more effective in establishing and maintaining recovery from fentanyl. One common theme we hear is the lack of hope and the overwhelming presence of shame that perpetuates use of the drug. We will look at how we can intentionally use a three-pronged approach; mind-body-spirit to help reshape the nervous system. This session will talk about motivating factors and introduce glimmers (the opposite of triggers) as ways to increase hope and be a catalyst for healing. This session is intended to be the beginning of a conversation to look at how we can help address the fentanyl crisis.

ROOM 400/300 Building a Community Coalition with Law Enforcement to Address Substance Use and Behavioral Health, Mandy Owens, Trooper Trevor Downey, Washington State Patrol, Cassidy Leslie, Esther Magasis, Megan Tweedy and Jeremy Welch

This panel will discuss how individuals from Yakima County built a community coalition with law enforcement to address regional response to substance use and behavioral health crises. Coalition meetings include others from the community, such as people in recovery from substance use disorder, treatment and other service providers, attorneys and court personnel, hospital staff, etc. Meetings focus on building relationships, sharing resources, and developing new ideas that fit local needs.

9:30 AM - 10:45 AM **Workshop IV**

ROOM G1 Recovery Expanding Peer Services, Elton Frice

This workshop will include an introduction to 4D Recovery's mission, and the services provided to youth and young adults. General outcomes of 2022 and initial outcomes of the recently relaunched adolescent program will be presented, as well as a focus on the initiative to expand services to WA State.

ROOM G2 Shared Dialect: Decoding Clinical Language and Practice for Clients, Families, and non-Clinical Community Partners, Luke Poole, and Molly Gras-Ustry

As behavioral health providers we have the benefit of a common language when partnering with other clinical staff. However, this same language can be exclusionary to the families, clients, and non-clinical staff that we support. Those families and non-clinical staff may feel that there's no place for them within their child or participant's support plan; the client may feel as though decisions are being made for them or may disengage from their plan and services altogether. In this session, we will share strategies and specific language used to make clinical topics accessible to youth/young adults, families, and non-clinical partnering staff. Selected topics include safety planning around risk behaviors, baseline behavior and emotional states, suicidal ideation and self-harm, clinical assessments, and their purpose, contextualizing a mental health diagnosis and/or exhibited behaviors, and orienting families, youth, young adults who are new to mental health services.

ROOM H1 Panel Discussion: Ask me Anything About Problem Gambling, Tana Russell, Tony Hughes, Julie Lies, and Roxane Waldron

This is an A.M.A. (Ask Me Anything) session, so bring your questions and be ready for an engaging session with panelists from three distinct specialties in the field. This is the perfect opportunity to learn more about the gambling industry, responsible gaming initiatives, legal and illegal gambling and regulation, problem gambling, Gambling Disorder, treatment services, becoming a Certified Gambling Counselor, and many overlaps between gambling, substances, and the treatment of co-occurring addictive disorders.

ROOM A Saving Lives: The Narcan/Opioid Use Disorder Prevention Program in Juvenile Rehabilitation, John Bolla

This presentation will show how Juvenile Rehabilitation in Washington State has addressed the opioid/fentanyl epidemic through an interactive education workbook and Narcan distribution. A summary of the on-line workbook will be shared along with several of the imbedded videos on heroin, fentanyl, the Good Samaritan Law, and naloxone (Narcan). We will share our experiences in treating fentanyl overdose with Narcan and have a discussion of how these ideas may be incorporated into your prevention programs.

Tuesday, October 17

10:45 AM - 11:00 AM Break

11:00 AM - 11:30 AM Awards - ROOM EF

11:30 AM - 12:30 PM Lunch

12:45 PM - 2:00 PM Discussion / Listening Session

ROOM EF Opioid Crisis Frontline Workers Discussion/Listening Session for Behavioral Health Workforce, LT Townsend, and April Nayes

Join the panel to hear results from interviews done in 2022 asking people who regularly use fentanyl why they use fentanyl, what are their concerns, what services would help them, and what their ideal treatment would look like.

2:00 PM End of Conference

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We believe in building a healthier community through compassion, support, and education.

We are an organization dedicated to recovery and well-being within our community. We believe in providing a supportive environment for individuals navigating through the complex challenges of substance use disorders and mental health issues. Our initiatives Recovery Cafe Spokane, Behavioral Health Services, State Opioid Response (SOR), Substance Abuse Block Grant (SABG), Child Care Assistance Program, Foundational Community Supports, Plan To Work, and Play and Learn address substance use disorders, mental health, family stability, and personal growth.



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