

2014 *41st Annual*  
**KENTUCKY SCHOOL**  
of Alcohol & Other Drug Studies



**JULY 13-17, 2014**

LOUISVILLE, KY  
THE CROWNE PLAZA HOTEL

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# WELCOME/OVERVIEW

On behalf of the Kentucky Division of Behavioral Health and our generous co-sponsors, we are excited to present the 41st Kentucky School of Alcohol and Other Drugs Studies (KSAODS) conference catalog and registration in an on-line format. Featured this year are 56 workshops by 46 presenters and a variety of additional informational meetings and networking opportunities. Plenaries and workshops have been designed to cover topics across the spectrum of prevention, treatment and recovery by today's leading behavioral health researchers, advocates and practitioners.

The structure and financing of the healthcare delivery system across the nation, and indeed in Kentucky, is changing at a very rapid pace. This coupled with the explosion of scientific knowledge about what really works in addiction medicine make for exciting, yet challenging, times! I believe we are up to the challenge and we strive to make this conference an opportunity to grow together in our learning and commitment to those we serve.

Among this year's highlighted presenters are: David Mee-Lee, MD; Ruth Shim, MD, MH; C.C. Nuckols, Ph.D; George Haarman, Psy.D., LMFT; Jeff Georgi, M.Div., LSAS, LPC, CCS, CGP; Lori Beyer, LICSW, MSWAC; and more. You'll find a complete list by day, as well as presenter bios in the catalog.

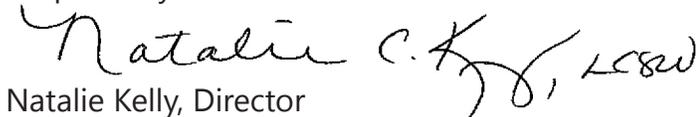
Other offerings at Kentucky School include the Exhibitor/Vendor Hall, two very special film presentations: "The Anonymous People" and "IMPACT: After the Carrollton Bus Crash," as well as morning and evening 12-Step Meetings. There will be an opening plenary and light refreshments for those who arrive Sunday evening. Boxed lunches will be provided daily and we promise to have plenty of coffee this year.

New this year, we invite full-week participants to join us for the Tuesday evening banquet and awards ceremony at no additional charge. Come celebrate with us as we reflect on the year's accomplishments and take the time to honor individuals and organizations that are truly making a difference!

KSAODS has a strong tradition of providing outstanding workshops and opportunities to learn about new trends in prevention, treatment and recovery and we look forward to you joining us as we carry this tradition onward. To quote Linda Rosenberg, President and CEO of the National Council for Behavioral Health, "Now it's time for the people who provide the care to improve the care. We are the only ones who can."

We look forward to seeing you in July!

Respectfully,



Natalie Kelly, Director  
KY Division of Behavioral Health

## SPONSORS/CONTRIBUTORS/ACKNOWLEDGEMENTS

### Sponsored by:

Kentucky Cabinet for Health & Family Services  
Department for Behavioral Health,  
Developmental & Intellectual Disabilities  
Division of Behavioral Health

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### Co-Sponsors:

Eastern Kentucky University - Training Resource Center - College of Justice and Safety  
Humana-CareSource  
Foundation for a Healthy Kentucky

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### Contributors:

Southeast Addiction Technology Transfer Center  
Prevention Research Institute  
Kentucky Association of Addiction Professionals

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### Acknowledgements:

KY School Conference Coordinator: Trude M. Scharff, M.Ed.

### Steering Committee:

Michele Blevins, Steve Cambron, Patti Clark, Caroline Dela Rosa, Kate Hackett, Cathy Prothro,  
Maggie Schroeder, Connie Smith, Stephanie Turner, Johnnie Woods

### Planning Committee Members:

Sue Babb, Fran Belvin, Dona Carroll-Payton, Lee Etta Cummins, Janine Dewey, Heath Dolen, Sara Barker,  
Denise Holman, Ben Lathrem, Cheryl Ligon, Dawn Morris, Kathy Mounts, Jane Oliver, Lynn Posze, Marilyn Rodgers,  
Ronica Shannon, Erin Truett, Jan Ulrich, Meghan Wright

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# WEEK AT A GLANCE

## 2014 Week At-A-Glance: Crowne A Ballroom Check in - Sunday 2-6 PM & Daily (Mon.-Thurs.) 8-10:15 AM

DATES → TIMES ↓	July 13 Sunday	July 14 Monday	July 15 Tuesday	July 16 Wednesday	July 17 Thursday
8:45 AM - 10:00 AM		<u>Opening Welcome &amp; Plenary</u> Crowne A Ballroom  Natalie Kelly Director, Division of Behavioral Health	<u>Opening Plenary</u> Crowne A Ballroom  <i>Kentucky's Changing Behavioral Health Landscape</i>	<u>Opening Plenary</u> Crowne A Ballroom  <i>The New ASAM Criteria for the Treatment of Addictive, Substance- Related, and Co-Occurring Conditions – What You Might Need to Re-Form for Healthcare Reform</i>	<u>Opening Plenary</u> Crowne A Ballroom  <i>The Evolution of Integrated Care: Rediscovering the Role of Prevention</i>
5:00PM - 6:00PM	<u>Opening Plenary &amp; Reception</u> Coronet A & B  <i>The Grassroots Speaks</i>	<i>Are We Ready? Public Policy and Provider Readiness</i>	Audrey Taysse Haynes Secretary, Cabinet for Health & Family Services	<i>Co-Occurring Conditions – What You Might Need to Re-Form for Healthcare Reform</i>	
Hospitality- Reception	<i>A Way from No Way: A Transformational Journey</i>	Becky Delozier Vaughn, M.S. Ed. CEO State Association of Addiction Services	Mary Reinle Begley Commissioner, Department for Behavioral Health, Developmental and Intellectual Disabilities	David Mee-Lee, MD Sr. Vice President, The Change Companies	Ruth Shim, MD, MH Assoc. Director, Behavioral Health, National Center for Primary Care, Morehouse School of Medicine
6:00PM - 7:00PM	Hasan Davis, J.D. Founder, Empowerment Solutions		Natalie Kelly Director, Division of Behavioral Health		
10:00 AM to 10:15 AM		1 CEU		1 CEU	1 CEU
10:30 AM to 12:00 PM		BREAK	BREAK	BREAK	BREAK
		Morning WORKSHOPS	Morning WORKSHOPS	Morning WORKSHOPS	Morning WORKSHOPS
12:00 PM- 1:15 PM	<b>LUNCH Provided in the Crowne A Ballroom - Monday-Thursday</b>				
	Both of these meetings end at 1:00 p.m.			CADC Luncheon Meeting Bring Box Lunch to Crowne B-- 1 CEU	KAAP Annual Meeting Bring Box Lunch to Crowne B
1:15PM - 4:45 PM	Breaks provided at presenters' discretion during pm workshops	Afternoon WORKSHOPS	Afternoon WORKSHOPS	Afternoon WORKSHOPS	Afternoon WORKSHOPS
<b>Evening Events</b>			<b>Recovery Meetings/Events</b>		
<b>Monday July 14</b>		<b>Tuesday July 15</b>		<b>Monday July 14</b>	
KASAC Meeting <i>Adolescent Substance Use Systems of Care</i> Robert Daniels, MA Geoff Wilson, LCSW, CADC Dr. Allen Brenzel, MD (2 CEUs) 5:30PM to 7:30PM Coronet A		KY School Appreciation Banquet & Robert Straus Awards  <i>Live Music: Don Rogers Band</i>  Begins at 4:50pm  <i>Come Relax!</i>		AA Speaker 6:30PM to 7:30PM Crowne A Ballroom	
PAR Annual Meeting/Dinner Joe's Crab Shack 131 River Rd Louisville, KY 6:00 PM Dinner on your own		Crowne A Ballroom 5:30-7:30pm		NA Speaker 6:30PM to 7:30PM Crowne A Ballroom	
				Film Presentation <i>Impact: After the Crash</i>	
				Film Presentation <i>Anonymous People</i>	
				Documentary/ Discussion (2 CEUs) LeeEtta Cummings, MSW, CADC Coronet B 6:00pm-8:00pm	
				Documentary/Discussion(2 CEUs) Mike Barry, BA Coronet A 6:00pm-8:00pm	
<b>12- STEP MEETINGS WILL BE HELD DAILY 7:00AM to 8:00AM and 8:00PM to 9:00PM Hancock Room</b>					

# CONFERENCE LOGISTICS

## BEFORE YOU ARRIVE:

### On-Line Registration

Registration for the conference is available on-line: <http://dbhdid.ky.gov/dbh/ksaods.aspx>. Participants may attend one to three days at a cost of \$125 per day or \$450 for the full conference (a \$50 savings).

Participants can register to attend any combination of workshops but are reminded to pay careful attention to the workshops that are conducted over a span of two to three days. Please do not sign up for more than one workshop in the same time slot. Registrants will be charged for overlapping workshops for which they register. For questions regarding registration, please email: [Kate.Hackett@ky.gov](mailto:Kate.Hackett@ky.gov)

**PLEASE NOTE:** No partial continuing education credit will be given. Participants must attend the entire workshop and sign ALL roster/sign-in sheets to receive any continuing education credit hours, and scan in and scan out of sessions.....

**Deadline for Registration is  
Tuesday, July 1, 2014**

### Registration Fee(s)

\$450.00/Week or \$125.00/day

All registration and payment details are provided through the on-line registration site. Registration fee is required to be paid at the time of on-line registration using PayPal. Please visit the on-line registration link:

<http://dbhdid.ky.gov/dbh/ksaods.aspx>

NO refunds for KSAODS 2014 will be provided. Substitution of registrants is allowable. To make the substitution prior to KSAODS, contact: [kate.hackett@ky.gov](mailto:kate.hackett@ky.gov).

### Awards Banquet

This year, the cost of attending the Awards Banquet has been included in the registration fee. Persons registering for the full week will be able to participate in the banquet at no extra cost but must indicate their participation when registering on-line. Persons not indicating they want to attend the banquet will not be included in the final count. Persons registering for 1-3 days are still welcome to attend the banquet at a cost of \$35.00

### Cancellation Policy

No refunds will be given. Substitution of participants is recommended in lieu of cancellations.

### Handouts

Handouts will be posted on-line. Each registrant will be emailed the link(s) to their workshop(s) to download and print handouts for their sessions (approximately July 1, 2014). Registrants are responsible for this process. **Printed handouts will not be available on-site.**

### Scholarships

Limited scholarships are available for Kentucky residents only. Applications are due June 1, 2014. Scholarships cover registration fee only. If you receive a scholarship, you will be emailed instructions on how to register with a scholarship in lieu of payment. Please apply as soon as possible. Do not register for Kentucky School until you learn if you have received a scholarship. Follow this link to obtain the scholarship application:

<https://redcap.uky.edu/redcap/surveys/?s=TbbAwZoT59>

### Hotel Accommodations

For hotel room reservations follow this link:

<https://aws.passkey.com/event/10804121/owner/2812/home>

Crowne Plaza Hotel Sleep Rooms: There is a KY School block of rooms with a special room rate of \$99 per night plus tax/fees. They are reserved under KY School of Alcohol and Other Drug Studies, and will be available until June 13.

**After June 13th, there is no guarantee of availability or rate. Make your reservations as soon as possible.** Please follow the link above to make your hotel reservations or call the hotel at 800-633-8723 or 502-367-6161 You may also visit their website for more information about the Crowne Plaza conference site. [www.cplouisville.com](http://www.cplouisville.com)

### Driving Directions to Hotel

Go to: [www.mapquest.com](http://www.mapquest.com) or [www.maps.google.com](http://www.maps.google.com)  
Crowne Plaza Hotel, 830 Phillips Lane Louisville, KY 40209  
Directions are also available at the hotel website:  
[www.cplouisville.com](http://www.cplouisville.com)

### Parking

All parking at the Crowne Plaza Hotel is free and at ground level.

# CONFERENCE LOGISTICS

## ONCE YOU ARRIVE:

### On-Site Check-In: REQUIRED

Initial onsite check-in will be open Sunday, July 13, 2014 from 2:00-6:00 pm. Sunday's plenary begins at 5:00 pm, followed by a reception. Check-in will be open each morning from 8:00-10:15 am. Nametags and information packets will be distributed at this time. The location for onsite check-in is Crowne A Ballroom. **Check-in is required every morning for CEUs.**

### Attendance

All registration will take place online at this site:

<http://dbhdid.ky.gov/dbh/ksaods.aspx>

All participants are assigned to workshops on a first-come, first-serve basis and workshops will be closed when the room capacity is filled. When you register on-line, you will be guided through this process. At the end of the on-line registration process, there is a confirmation message that you can print. You will receive a confirmation email as well that will outline the workshops and other events that you registered for, along with the cost of each and a total cost.

### Nametags, Barcodes and CEUs

Nametags will include a barcode that will be scanned at the beginning and the end of each workshop, and at the beginning of each plenary. Certificates for CEUs and Contact Hours will be generated after the conference by connecting attendee's scans with their signature. Please keep name badge secure and easily accessible for scanner.

Certificates with CEUs or Contact Hours earned will be available online to download and print after September 1, 2014. An email message with instructions will be sent to attendees after September 1. No partial credit will be given. In order to receive credit for attendance, participants must attend the entire workshop, receiving a scan within 10 minutes after the start of the workshop. To receive CEUs, participants must also sign the roster in each workshop. As a requirement for receiving CEUs, you must bring your professional board license number(s) for inclusion on the sign-in sheet(s).

**PLEASE KEEP YOUR NAMETAG SECURE AND WEAR IT AT ALL TIMES.** A \$5.00 fee will be assessed to replace lost nametags. See the On-Site Registration outside the Crowne Ballroom for replacements.

### Evaluations

Evaluations will be collected at the end of each workshop. Your feedback is very valuable to the conference planners.

### Vendors/Exhibitors

A list of vendors and exhibitors will be distributed at Check-In. Please be sure to visit the 2014 Vendors/Exhibitors in the Exhibit Hall.

### ADA Accommodations

If you need an ASL Interpreter, CART, or other accommodations, please make your request to Michelle Niehaus no later than Tuesday, June 24, 2014. Workshop choices must be confirmed at the time of request. The Department will make every effort to meet your needs.

(Email) [Michelle.Niehaus@ky.gov](mailto:Michelle.Niehaus@ky.gov)

(V) 502-564-4456 Ext. 4521

(VP) 502-385-0460

### Meals

**Lunch** will be provided daily and is included in your registration fee.

**Tuesday Evening Banquet:** There is no additional cost with full-week registration for the Tuesday evening Awards Banquet. Other registrants are welcome to attend, but must indicate this in the on-line registration and pay \$35.00.

### Meetings/Activities of Note

**Please Refer to the *Week at a Glance* on Page 5 for Days/Times.**

- Daily AM-PM Recovery Support Meetings
- AA and NA Speaker Meetings - Monday & Wednesday Evening
- People Advocating Recovery Annual Meeting & Dinner - Off Site - Monday Evening
- Annual Banquet and Robert Straus Awards - Tuesday Evening
- Kentucky Adolescent Substance Abuse Consortium - Monday Evening
- CADC Board Member Meeting/Luncheon - Wednesday
- KAAP (KY Association of Addiction Professionals) Annual Meeting - Lunchtime Thursday
- Anonymous People - Documentary/Discussion
- IMPACT: After The Carrollton Bus Crash - Documentary Discussion

### Please Remember To...

- **Keep nametag accessible for scanners**
- **Arrive to sessions at the scheduled times**
- **Silence cell phones during all sessions**
- **Bring sweater/light jacket for air conditioning comfort**
- **Bring downloaded handouts to all sessions**

# CONFERENCE LOGISTICS

## Continuing Education Units

Overview of CEUs Offered:

- One day workshop = 5 CEUs
- Two day workshop = 10-12 CEUs
- Three day workshop= 15 CEUs
- Townsend Leadership Academy = 15 CEUs

Continuing Education Units are approved for Certified Alcohol and Drug Counselors, Psychology, Social Work, Licensed-Professional Counselors, Nursing, Nursing Home Administrators, Fee-Based Pastoral Counselors and Art Therapists.

If you are seeking recertification hours for International Certified Prevention Specialist (ICPS) status, you will be required to justify all courses. For more information about the ICPS of the Kentucky Certification Board for Prevention Professionals (KCBPP), please visit [www.kyprevention.org](http://www.kyprevention.org).

\*\*Courses noted as **Prevention Focus** in the catalog have not been evaluated by the Kentucky Certification Board for Prevention Professionals and will need to be justified if utilizing for recertifications or precertification

Category	Workshop Description	Days & Hours	Credit Hours
One-Day Workshops Monday, Tuesday, Wednesday and Thursday	One Subject 5 hours required class time	One Day - Five hours one topic	5
Two-Day Concurrent Topic Workshops Monday & Tuesday Tuesday & Wednesday Wednesday & Thursday	One Subject 10-12 hours required class time See Course Descriptions for Details	Two days - 5-6 hours each day same topic	10-12
Three-Day Comprehensive Workshop (M-W)	One subject 15 hours required class time	Three days - 5 hours each day/same topic	15

## Ninth Annual —2014 Michael E. Townsend Leadership Academy

We are pleased to be able to offer a professional development opportunity for professionals in the field by hosting the Michael E. Townsend Leadership Academy at the KY School of Alcohol and Other Drug Studies. The purpose of this initiative is to develop leadership talent and skills for the future of Kentucky substance abuse prevention and treatment professionals. **Participants may register for the Academy using the on line registration process and no separate application is necessary. Space for 25 participants is available.**

Fifteen (15) Continuing Education Units (CEUs) are offered for completion of this program. The 15 CEUs are available upon completion of the Fall 2014 and the Spring 2015 Townsend Leadership Academy Retreats. Separate application will need to be made for the one day follow-up sessions at a future date.

The Academy will consist of a three-day intensive workshop held during the KY School and two, one-day follow-up sessions in October 2014 and April 2015. The two follow-up sessions will likely be conducted at a state park and will require travel on the part of participants. Participants are expected to actively participate in the Academy throughout the year. Group discussions and projects will focus on the “at work” application of leadership, experiences and lessons learned. Topics covered: Embracing change, Identifying the work culture, Advocacy, and Nurturing high performance in the workplace.

The Leadership Academy sessions will be facilitated by Jan Arnow, Mike Barry and Karyn Hascal. Ms. Arnow has extensive experience in leadership development, cross-cultural communication, multicultural education and violence abatement. She has lectured at the Smithsonian Institution in Washington, D.C., and the American Academies of Psychoanalysis and Child & Adolescent Psychiatry. She has also addressed the General Assembly of the United Nations on issues of children and violence. Mike Barry is the CEO of People Advocating for Recovery (PAR). Karyn Hascal is the President of The Healing Place in Louisville, KY.

The Michael E. Townsend Leadership Academy provide an excellent opportunity for future leaders to network with professionals who have demonstrated a true passion and dedication to the substance abuse arena. We are thrilled to be able to offer this exciting opportunity at the Kentucky School and look forward to many years of developing our future leaders.

### Participants will experience:

1. Appropriate learning pace sustained over a period of time
2. Relevant leadership subjects for on-the-job use
3. Active participation and behavior-based learning
4. Senior leadership ownership of providing credibility, collegiality and content validity
5. Learn about advocacy and how to develop an effective recovery message

**New this year...**

# KSAODS Coalition Day

## & Prevention Integration Learning Collaborative

New to KSAODS is Coalition Day, Thursday, 17 July 2014, to publicly and proudly recognize the vital work coalitions do to address substance abuse prevention and mental health integration at the community level. Across Kentucky, there are more than 250 coalitions that the Regional Prevention Centers work with to advanced substance abuse prevention, and many more coalitions across Kentucky involved in other behavioral health prevention.

### Why It Matters

**50%**

Percentage of individuals with severe mental disorders affected by substance abuse.

**53%**

Drug abusers who also have at least one serious mental illness.

**29%**

Percentage of people diagnosed as mentally ill who abuse either alcohol or drugs

*National Alliance on Mental Health*

### Objectives

- Increase awareness of prevention coalition members of the need to integrate mental health promotion and substance abuse prevention
- Increase capacity in Kentucky of professionals able to create statewide momentum around the concept of integration.
- Build the body of knowledge for community coalitions to increase grass roots efforts for maximum resource use of synergy of efforts.

### Proposed Timeline - Post KSAODS

- Sept. 1** 1st Community of Practice Call (Focus on Needs Assessment)
- Oct. 1** 2nd Community of Practice ( Focus on Capacity Building)
- Nov. 1** 3rd Community of Practice (Focus on Planning)
- Jan. 1** Plans submitted for approval
- Feb.-May** Implementation of plan, monthly calls to continue based on community needs.
- July** Kentucky School 2015 Presentation

### Participating Coalitions...

- Are nominated by their Regional Prevention Center staff, to attend a prevention-focused session that day at the Kentucky School for Alcohol and Other Drug Studies; and participate in the learning collaborative FY 2015..
- Will receive a \$500 mini grant to conduct a small implementation project in their community.
- Will host Mental Health First Aid training in their community. Trainers and books are provided to community and do not have to come out of the community's project money.
- Will be engaged in projects they design to begin the introduction of integration of mental health promotion and substance abuse prevention or build upon projects already ongoing in the community.
- Will be guided through the project development process of the learning collaborative by DBH staff, specifically Patti Clark (pattim.clark@ky.gov)

Representatives of coalitions from every region will attend KSAODS Thursday, 17 July, attend prevention and integration-focused workshops and plenary. During lunch on this date, we will recognize the work of coalitions by sharing some of their outcomes.



*“One important aspect of integration is improving prevention and treatment services for people who need substance abuse, mental health, and physical healthcare. It is in this area that substance abuse prevention coalitions are particularly well positioned to support community efforts. Their deep roots and expertise in building local collaborative partnerships to improve community health illustrate the role coalitions can play alongside providers and community groups in the integration process.”*

- COALITIONS AND COMMUNITY HEALTH:

INTEGRATION OF BEHAVIORAL HEALTH & PRIMARY CARE, April 2013

**For more information about the learning collaborative, please contact Patti Clark, [patti.clark@ky.gov](mailto:patti.clark@ky.gov)**

# APPLICATION

## Kentucky Adolescent Substance Abuse Consortium (KASAC) Scholarship Nomination Form

One full week scholarship for the 2014 KSAODS (registration fees only) will be presented to an individual who is a direct service provider for adolescents in the substance abuse/co-occurring mental health treatment field in Kentucky. Scholarship awardee shall demonstrate dedication to addressing the needs of adolescents with substance use disorders. The deadline for application for this scholarship is June 1, 2014. Applicants are encouraged to keep a copy of completed application.

Please complete the information below and submit electronically to:

**Robert Daniels at [rdaniels@sevencounties.org](mailto:rdaniels@sevencounties.org)**

**Questions may be directed to Mr. Daniels by e-mail or by calling him at 502-671-9561.**

Name \_\_\_\_\_ Credentials: \_\_\_\_\_

Job Title \_\_\_\_\_

Place of Employment \_\_\_\_\_

Contact Information (including email) \_\_\_\_\_

Educational Background and Work Experience

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How will your attendance at the KY School benefit the adolescents with whom you are working?

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## KSAODS AWARDS HONOR DR. ROBERT STRAUS AND HIS CONTRIBUTION TO THE SUBSTANCE ABUSE PREVENTION AND TREATMENT FIELDS

In recognition of Dr. Robert Straus for his career-long commitment to the study of alcoholism, his tenure with the Alcohol and Drug Task Force, and his leadership in the substance abuse field in Kentucky, the Kentucky School of Alcohol and other Drug Studies will present awards for outstanding contribution to substance abuse practice in Kentucky.



Straus was the founding chair of the Department of Behavioral Science. He arrived at UK in 1956 as a member of the five-person team assembled by Dean William Willard for the purpose of planning the construction and academic curriculum of the new UK College of Medicine. In the UK College of Medicine, which accepted its first class in 1960, he played several key roles, including Coordinator of Academic Affairs, and Chair of the Department of Behavioral Science (1959-1987).

The foresight of Straus and Willard in establishing the first behavioral science department in a medical school was proven over the following two decades when nearly every medical school in the nation adopted a behavioral science program in one form or another and the National Board of Medical Examiners included a behavioral science component on its certifying examination.

In addition to Straus's contributions to medical education, he made noteworthy research contributions to the field of addiction with special emphasis on alcohol dependence. His scholarly contributions include eight books as well as numerous chapters and articles in the scientific literature. His work led to his election to the prestigious Institute of Medicine of the National Academy of Sciences. UK recognized his contributions to graduate education by conferring on him the 1982 Sturgill Award.

To honor Dr. Straus' contributions to the behavioral health field, the KSAODS will accept applications for the 2014 Robert Straus Awards, to be presented at the 41<sup>st</sup> Annual Conference in Louisville, Kentucky July 13-17, 2014. All practicing professionals in the areas of substance abuse prevention, treatment, and/or recovery, advocacy/volunteer, and community organization/business are encouraged to submit nominations for the award, to be received no later than June 1, 2014. Award notification will be by June 15, 2014.

Award winners, in addition to being recognized at the Tuesday, July 15, 2014 banquet during Kentucky School, will receive a full scholarship to Kentucky School 2015. In addition, the person who nominates the winner in each of the four categories will receive a two-day scholarship to Kentucky School 2015.

Nominations must be submitted online at:

<https://redcap.uky.edu/redcap/surveys/?s=HD2E8hEck7>

Below are the questions nominators should plan to answer when submitting a nomination.

**Part One: When nominating an individual for a Robert Straus award in any category, please consider the following personal qualities. Your nominee should exhibit as many of these traits as possible.**

- Values quality of service and performs duties at an exceptional level
- Exhibits a positive attitude and encourages others to think positively
- Is recognized by peers, managers, team members, and others as extraordinary
- Exhibits the highest ethics and inspires others to do the same
- Exhibits remarkable interpersonal skills and behavior when working with others including clients, colleagues, the public, stakeholders, subordinates, and superiors
- Has true compassion for the client base being served
- Has above average problem solving skills and isn't afraid to put them into practice

**Part Two:** Please address at least three of the five criteria listed in each category when you submit your nomination.

**TREATMENT:**

1. How is this nominee setting higher standards of client care and quality to better meet the challenges of the future?
2. How is this nominee driving innovation in behavioral health care delivery and improving ATOD outcomes within the community?
3. How is this nominee demonstrating the type of leadership and advocacy that is moving the nation in new directions to meet community health needs?
4. How is this nominee affecting positive client outcomes?
5. How does this nominee ensure they are using best practices and staying current in the field?

**PREVENTION**

1. How has the nominee demonstrated his/her commitment and dedication to the prevention field as a whole?
2. How has the nominee demonstrated creative leadership in developing and promoting strong collaborative partnerships?

3. How has the nominee contributed to outcomes that have produced measurable change in the community?
4. How has the nominee fostered diversity and inclusion in their work in order to build more effective community partnerships?
5. What personal or professional attributes uniquely characterize the nominee as he or she has formed relationships within the community?

### **ADVOCACY**

1. How is this nominee serving as a leading advocate for reducing the consequences of ATOD use, misuse, or abuse?
2. How is this nominee leading or creating community-based programs to address substance abuse issues in the community and/or beyond?
3. How is this nominee creating volunteer or advocacy opportunities for others to support substance abuse prevention, treatment, or recovery in the community and/or beyond?
4. Describe how the nominee has demonstrated a history of service to a community-based organization that addresses substance abuse.
5. Describe how the nominee is a strong role model for young people in the community.

### **BUSINESS/ORGANIZATION/NETWORK**

1. Describe three ways that this business or organization demonstrates a strong commitment to the community to prevent drug and alcohol use among youth. Give specific examples.
2. Describe how this business or organization takes what it does best to serve an unexpected role to an at-risk population, ideally with an emphasis on youth leadership and improving self-esteem and resiliency.
3. How has this business, organization or network served as a mentor, to encourage emotional health and wellbeing of youth in the community?
4. How does this business encourage its employees to be involved in the substance abuse prevention and treatment community? Give specific examples.
5. What activities/initiatives/strategies does this business offer that promote healthy families in the community from a behavioral health standpoint?

All nominations must be submitted via our online application process no later than June 1. The link to the application is: <https://redcap.uky.edu/redcap/surveys/?s=HD2E8hEck7>

If you have any questions, please contact Cathy Prothro at [cathy.prothro@ky.gov](mailto:cathy.prothro@ky.gov).

## The Kentucky Association of Addiction Professionals (KAAP)

Dear KY School Participants,

The Kentucky Association of Addiction Professionals (KAAP) is the state affiliate of the National Association of Addiction Professionals (NAADAC). The Kentucky School serves as KAAP's primary forum for training addiction professionals in state-of-the-art information for prevention, intervention, treatment, and research related to addiction studies. As a co-sponsor of the 2014 Kentucky School, KAAP members will receive a registration discount as an incentive to become a member of Kentucky's statewide professional organization for addiction professionals and advocates. Annual membership for KAAP is \$110.00 for Professionals, \$89.00 for Associates (working toward their CADAC or prevention certification) and \$47.50 for student membership.

Information on NAADAC membership and becoming a member of KAAP can be found at [www.naadac.org](http://www.naadac.org). KAAP members will receive a \$100.00 discount for four-day registration and a \$25.00 discount for daily registration at this year's Kentucky School. Please enter your NAADAC membership number on your registration for the Kentucky School application. This discount will only apply to NAADAC members who are registered in Kentucky to become members of the KAAP.

On behalf of KAAP, we encourage addiction professionals to become active with KAAP and to become an active member of NAADAC as we move to strengthen the Substance Abuse field in the coming years.

Mike Townsend, President  
Kentucky Association of Addiction Professionals  
*All inquires to : [mtownsend@kyhousing.org](mailto:mtownsend@kyhousing.org)*

# SUNDAY AGENDA • OPENING PLENARY

Sunday, July 13, 2014

2:00- 6:00 pm **On-Site Check In** Crowne A Ballroom  
*Get a head start on your Kentucky School*

5:00 - 6:00 pm **Plenary** Coronet A & B  
*The Grassroots Speaks*  
*Away From No Way: A Transformational Journey (No CEU)*  
*A. Hasan Davis, J.D. Founder Empowerment Solutions, Former Commissioner - Department of Juvenile Justice*

6:00 - 7:00 pm **Meet and Greet Reception** Coronet A & B

## ***The Grassroots Speaks Away From No Way: A Transformational Journey***

*A. Hasan Davis, J.D.*

*Founder Empowerment Solutions*

*Former Commissioner, Kentucky Department of Juvenile Justice*

No CEU

5:00pm-6:00pm

Hasan Davis was on the road to nothing, arrested at age 11, diagnosed with ADHD and Dyslexia, and struggling to make each day count. After his expulsion from alternative school and every other educational environment, Hasan had to learn to give others a stake in his future. In this address, Hasan will share some of his journey to exchange one JD for another—to go from Hasan Davis, Juvenile Delinquent, to Hasan Davis, Juris Doctor. Along the way, he will share some of **Hasan's Rules, 5 Choices for Success Beyond Failure.**

Objectives:

- Participants will experience the fall, climb, and continuing struggle that is present in all of our work and lives.
- Participants will walk away with supportive strategies for addressing, interrupting, and removing some of the barriers to success in the personal and professional work.
- Hasan will motivate and recharge participants to stay determined and committed to the difficult and important work of making and modeling success one day at a time.

# MONDAY AGENDA

Monday, July 14, 2014

7:00 - 8:00 am	<b>Morning AA/NA Meeting</b>	Hancock
8:45 - 9:00 am	<b>Welcome/Opening Remarks</b> Natalie C. Kelly, Director Division of Behavioral Health	Crowne A Ballroom
9:00 - 10:00 am	<b>Plenary</b> <i>Are We Ready? Public Policy and Provider Readiness</i> Becky Delozier Vaughn, M.S. Ed CEO State Association of Addiction	Crowne A Ballroom
10:00 - 10:15 am	<b>Break</b>	
10:15 - 10:30 am	<b>Prep Time/Go to workshop</b>	
10:30 - 12:00 pm	<b>Workshops</b>	
12:00 - 1:15 pm	<b>Lunch/Provided</b>	Crowne A Ballroom
1:15 - 2:45 pm	<b>Workshops</b>	
2:45 - 3:00 pm	<b>Break</b>	
3:00 - 4:45 pm	<b>Workshops Continued</b>	
5:30 - 7:30 pm	<b>KASAC Meeting</b> <i>Adolescent Substance Use System of Care and Lessons Learned</i> Robert Daniels, MA; Geoff Wilson, LCSW, CADC Guest Contributor: Dr. Allen Brenzel, MD	Coronet A
6:00 - 8:00 pm	<b>PAR Annual Meeting and Dinner</b> Dinner on your own	Joe's Crab Shack 131 River Road, Louisville, KY 40202
6:00 - 8:00 pm	<b>Film Presentation: <i>Impact: After the Carrollton Bus Crash</i></b> Documentary/Discussion of the 1988 Carrollton, Kentucky bus crash	Coronet B
6:30 - 7:30 pm	<b>AA Speaker Meeting &amp; Fellowship</b>	Crowne A Ballroom
8:00 - 9:00 pm	<b>Evening AA/NA Meeting</b>	Hancock

# SESSIONS

Monday, July 14, 2014

Title	Room	Workshop Length	Presenter	Session Type
Are We Ready? Public Policy and Provider Readiness	Crowne A Ballroom	1 Hour 9am-10am	Becky Delozier Vaughn, M.S.Ed	Plenary
Treating Anger and Aggression in the Recovering CD Client	Crowne B	1 Day	C.C. Nuckols, Ph.D.	Workshop
Improving Treatment Outcomes: The National Quality Forum Treatment Approach	Crowne C	1 Day	Mark Sanders, LCSW, CADC	Workshop
The Impact of Health Reforms on SUD Providers	Coronet A	1 Day	Becky Delozier Vaughn, M.S.Ed	Workshop
Overcoming Resistance and Denial for Effective Chronic Pain Management: Using the Addiction-Free Pain Management System®	Coronet B	1 Day	Steve Grinstead, Dr. AD, LMFT, ACRPS, CADC-II	Workshop
Re-Licensure Ethics for Social Work, CADC and Other Counselor Professions (LMFT Not Included)	Elliot	1 Day	Geoff Wilson, LCSW, CADC	Workshop
Now, You See Them - Gambling Addiction, Co-Occurring Disorders and the DSM-5	Perry	1 Day	RonSonLyn Clark, PsyD, NCC, MAC, ICADC, CADC, CCGC Herbert E. (Newman, Psy., CCGC Curtis L. Barrett, Ph.D., ABPP, CCGC, NCGC-II	Workshop
Understanding Psychoactive Medications: How do they work? What are the risks and benefits? What is their relationship to substance abuse?	Trimble	1 Day	Susan Barron, Ph.D.	Workshop
Clinical Challenges: Working with Men in Recovery	Russell	1 Day	Mark Miller, MA, MS, LMFT, LSOCC, CSAYC	Workshop
The Wounded Healer: Growing Through Brokenness	Taylor	1 Day	James Campbell, MA, CACII	Workshop
Previewing the DSM5: Diagnosing Disorders in Adults	Whitley	1 Day	George Haarman, Psy.D., LMFT	Workshop
Adolescent Substance Abuse Consortium: Adolescent Substance Use System of Care and Lessons Learned	Coronet A	5:30-7:30 pm (2) CEUs	Robert Daniels, MA Geoff Wilson, LCSW, CADC Guest Contributor: Dr. Alan Brenzel, MD	Workshop
IMPACT: After the Carrollton Bus Crash	Coronet B	6-8:00 pm (2) CEUs	Lee Etta Cummings, MSW, CADC Jason Epperson, Producer	Documentary Film & Discussion
The Trauma Recovery and Empowerment Model (TREM), workbooks provided by SATTC (Southeast Addiction Transfer Technology Center)	Shelby	2 Days	Lori Beyer, LICSW, MSWAC	Workshop
Intermediate to Advanced Modified Interpersonal Group Psychotherapy	Grant	2 Days	Jeff Georgi, M.Div., LSAS, LPC, CCS, CGP	Workshop
Intensive Skill Training in Motivational Interviewing. Sponsored by SATTC (Southeast Addiction Transfer Technology Center)	Oldham	2 Days	Karen Garrity, MEd, NCC, LPCC, CADC	Workshop
Townsend Leadership Academy	Franklin	3 Days	Jan Arnow, BFA Mike Barry, BS Karyn Hascal, BA, CADC	Workshop

# PLENARY • MONDAY, JULY 14, 2014

## Are We Ready? Public Policy and Provider Readiness

Becky Vaughn, M.S.Ed, CEO, State Associations of Addiction Services

1 Hour CEU Plenary

9:00am-10:00am

Parity implementation and commercial insurance reforms are bringing unprecedented change to the field of addiction services, creating exciting opportunities as well as challenges for service providers. Agencies must be prepared to look at governance, business practices, workforce needs, marketing, integration with primary care, and much more. This presentation will look at some of the steps for transformation using a guide developed by the State Associations for Addiction Services (SAAS). SAAS in collaboration with NIATx: *Implementing Healthcare Reform: First Steps to Transforming Your Organization, A Practical Guide for Leaders*. The presentation will also include results from the SAAS *Readiness and Capabilities Assessment (RCA)*, identifying needs for training and technical assistance in business operations and highlights from the recent report for providers, communities, and States: *Maximizing Systems of Change: Informing the Design of Statewide Substance Use Disorders Service Systems for Optimal Performance in the Era of Healthcare Reforms*. Information on the SAMHSA-sponsored business project is also included in the presentation.

Objectives:

1. Participants will be able to list the basic provisions in federal healthcare reform and parity legislation.
2. Participants will be able to describe what business practices are needed for successful transition to working under parity and healthcare reforms.
3. Participants will be able to compare national readiness data with their own agency.

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*Becky Vaughn has been working in the addictions field for more than 25 years. She was a member of the founding board of The Georgia Association for the Prevention and Treatment of Substance Abuse (GAPTSA) in 1992 and became their first Executive Director in 1994. Her responsibilities included training and advocacy at the local, state, and national level. In July of 2000 GAPTSA merged with an Atlanta coalition creating The Georgia Council on Substance Abuse where she served as President and CEO until 2007. Her work continued there as an advocate at the Legislature and catalyst in the community on issues related to prevention, treatment, recovery, homelessness, and drug courts with the goal of reducing the impact of substance abuse on GA communities. Her work included passage of many bills addressing substance use disorder solutions as well as securing budget resources. Beginning in 2008 she took over the helm of the State Associations for Addiction Services (SAAS) as their CEO after serving on its Board since 2000. She has served on numerous state and federal committees and panels and speaks on the issue in a variety of settings. Becky received her degrees from the University of GA and GA State University. She grew up in Atlanta, but is enjoying being part of the DC community. As a former teacher and the mother of four, she is passionate about preventing and finding solutions to the far-reaching problems caused by untreated addiction.*

# WORKSHOP ABSTRACTS

## **Treating The Angry and Aggressive Client**

*Cardwell C. Nuckols, PhD*

1 Day Workshop • Monday  
5 CEUs

Most of us have very strong reactions to a client, patient, offender, consumer, etc. demonstrating angry emotion and potentially out-of-control behavior. Sometimes our reactions become part of the problem instead of the solution. This presentation can help change these uncomfortable scenarios into potentially positive experiences.

Anger and aggression are best viewed from a multiple causation set of glasses. This skills training event will look at anger as a symptom of numerous psychiatric disorders, including addiction, as a learned coping survival strategy, as a manifestation of the ego, in relationship to self-esteem, etc.

To enhance clinical skills, the latest scientific understanding of this group of clients will be addressed while placing emphasis on verbal management, behavioral and pharmacological stabilization along with the demonstration of empirically proven clinical strategies such as relaxation and cognitive-behavioral techniques.

### Objectives:

Upon completion of this course participants will be able to:

1. Understand that anger may be a strategy used to preserve a client's need for control when a situation arises that causes fear of loss of control.
2. Discuss the importance of establishing rapport and the setting of limits with this client population.
3. Describe empirically proven strategies helpful in treating this angry and aggressive population.
4. Understand why punitive attempts to control the client's anger fail and what you can do to change negative outcomes.

## **Improving Treatment Outcomes: The National Quality Forum Treatment Approach**

*Mark Sanders, LCSW, CADC*

1 Day Workshop • Monday  
5 CEUs

This workshop is based upon the findings of the National Quality Forum and Robert Wood Johnson Foundation research on how to improve outcomes in addictions treatment. A partial list of topics includes: The 7 Clinical Approaches with the Strongest Evidence of Effectiveness; Characteristics of Best Addictions Counselors; How to Effectively Engage and Retain Clients in Treatment; and The 5 Qualities of the Most Effective Addictions Programs.

### Objectives:

1. Be aware of the 7 approaches with the strongest evidence of effectiveness in addictions treatment.
2. Be aware of 6 characteristics of the most effective addictions counselors.
3. Be aware of the 5 qualities of the most effective addictions treatment programs.

## The Impact of Health Reforms on SUD Providers

*Becky Vaughn, MSed, CEO, State Associations of Addiction Services*

1 Day Workshop • Monday  
5 CEUs

This presentation will cover up-to-date issues and trends as a result of newly implemented health reforms, including parity. It will look at national models and explore examples of how other SUD agencies are adapting and expanding. Alabama's federally-run Health Marketplace, as well as other revenue streams will play a role in patient coverage and providers must be prepared to take advantage of these new opportunities for growth with marketing strategies. Models of integration with mental health and primary care services will be explored using a document produced by the Center for Integrated Health Solutions, ***Innovations in Addictions Treatment: Addiction Treatment Providers Working with Integrated Primary Care Services.*** Included will be specific models and examples of agencies that are currently providing integrated services. The operational impact will also be explored with data from the Alabama Readiness and Capabilities Assessment (RCA). This will include identifying areas where additional training and technical assistance are needed so that providers have all the business tools to grow and thrive in the new healthcare environment. The process will include small group work on identifying next steps and priorities for Kentucky agencies.

### Objectives:

1. Participants will be able to identify current issues and trends as health reforms are being implemented
2. Participants will identify new funding streams for their services
3. Participants will be able to identify the 3 major models of health integration
4. Participants will develop topics for training and technical assistance and identify opportunities for providers to work together in networks.

## Overcoming Resistance and Denial for Effective Chronic Pain Management: Using the Addiction-Free Pain Management® System

*Dr. Stephen F. Grinstead, Dr. AD, LMFT, ACRPS, CADC-II*

1 Day Workshop • Monday  
5 CEUs

Denial is a serious problem in the treatment of chronic pain, especially for clients with coexisting addiction and its related personality and mental disorders. This workshop will present practical exercises for motivating people in chronic pain towards more effective pain management. Learning to identify and manage denial is a necessary first step for people living with chronic pain who want to learn how to develop and implement an effective pain management plan.

This training is designed to teach treatment professionals how to help and motivate people who have experienced significant problems related to living with chronic pain, but who honestly don't believe—or don't want to believe—that their decisions and behaviors about pain medication and/or other self-defeating behaviors are undermining what could be an effective pain management plan.

### Objectives:

1. Assist their clients in identifying and managing obstacles to effective chronic pain management and motivate them to overcome their resistance and move into a recovery process.
2. Identify the twelve (12) denial patterns employed by clients who are using/abusing/addicted to prescription medication and receive resources to assist in management of that denial.
3. Understand and explain the unique needs and obstacles confronting patients and their families who are living with chronic pain conditions and other coexisting psychological disorders including addiction.
4. Understand the importance of using a multidisciplinary team approach with this challenging population in order to improve treatment compliance and success.

**Impact: After the Carrollton Bus Crash**

*Lee Etta Cummings, CADC, MSW, Facilitator  
with Jason Epperson, Film Producer*

Film Presentation/Discussion (80 minutes)  
Monday 6-8pm  
2 CEUs

The documentary tells the story of the deadliest drunk driving incident in U.S. history. On May 14, 1988, a drunk driver in a pickup truck traveling the wrong direction on an interstate highway in a rural area near Carrollton, Kentucky collided head-on with a gasoline-powered former school bus carrying a church group. The crash resulted in 27 deaths.

Objectives:

1. Attendees will be able to discuss how the Carrollton bus crash led to changes in Kentucky DUI laws.
2. Attendees will be able to describe the impact of childhood trauma on developing youth.
3. Attendees will learn how to effectively incorporate portions of the documentary into the 20 hour educational curriculum for DUI clients.

**Re-licensure Ethics for Social Workers, CADC, and Other Counselor Professions (LMFT Not Included)**

*Geoff Wilson, LCSW, CADC*

1 Day Workshop • Monday  
5 CEUs

For those practicing in the drug and alcohol treatment field, the ability to maintain professional boundaries with clients and practice from a sound ethical foundation is essential. This program will serve to satisfy continuing education requirements for Social Workers, specific to 201 KAR 23:080, as well as for Certified Alcohol and Drug Counselors specific to 201 KAR 35: 030, Code of Ethics for Certified Alcohol and Drug Counselors. The agenda for this workshop will include a review of specific mission statements for various disciplines, core value and principles, ethical standards and responsibilities. The ethical decision-making process, and issues pertaining to Dual Relationships will be reviewed along with specific case examples. Issues pertaining to counselor burnout, value clarification, boundaries, and responsibility to clients will also be explored.

Please Note: If you are in another Counselor profession, other than Social Work or CADC, we ask that you check with your occupational board to find out if this workshop will meet your requirements. LMFT is not covered by this workshop.

Objectives:

1. Participants will review 201 KAR 23:080 regulation with regard to Social Work ethics, and 201 KAR 35:030 Code of Ethics for Certified Alcohol and Drug Counselors to gain a clear understanding of their content and practice implications.
2. Attendees will discuss what it means to practice ethically and will define who their clients are.
3. Attendees will review and discuss specific case examples that pertain to the Code of Ethics of a variety of disciplines.
4. Attendees will process common experiences that may lead to counselor burnout and boundary violations.

## Now, You See Them – Gambling Addiction, Co-occurring Disorders and the DSM-5

RonSonLyn Clark, Psy.D., NCC, MAC, ICADC, CADC, CCGC

Herbert E. (Bud) Newman, Psy.D., CCGC

Curtis L. Barrett, Ph.D., ABPP, CCGC, NCGC-II;

Consultant; Professor Emeritus, University of Louisville

1 Day Workshop • Monday

5 CEUs

Studies indicate about one-third of all gambling addicts have a co-occurring disorder. If co-occurring addictions remain unidentified, full recovery has diminished opportunity for success.

Addicted gamblers have existed since man began. Once treated as a weakness of will, a sin or a moral failure, gambling addiction is newly classified in the *DSM-5*. When screening is implemented, clinicians often realize they have been seeing previously unidentified addicted gamblers. This workshop will help answer the following questions: How is the addiction assessed and treated? How do you incorporate treatment for addicted gambling in a comprehensive treatment plan? This workshop will take the attendee from screening, to assessment, to writing a treatment plan, to recovery.

Objectives:

1. Recognize the differences and similarities between substance abuse and gambling addiction.
2. Understand Pathological (addicted) Gambling in the *DSM-5*; expanding awareness in the assessment process to include Pathological Gambling.
3. Become familiar with the elements of a treatment plan for co-occurring disorders to include gambling addiction; and
4. Improve treatment outcomes for previously unidentified Pathological Gamblers.

•NOTE: The testimony of a recovering gambler with co-occurring disorders will be incorporated in the workshop.

## Understanding Psychoactive Medications: How do they work? What are the risks and benefits? What is their relationship to substance abuse?

Susan Barron, Ph.D.

1 Day Workshop • Monday

5 CEUs

Understanding pharmacological and physiological effects of psychoactive medications can be valuable to the substance abuse professional. People with substance abuse issues often have comorbid psychiatric issues, and the psychotropic drugs prescribed can have effects beyond their intended response. This workshop will review aspects of clinical psychopharmacology and the various conditions or circumstances which can lead to unintended (and intended) interactions of medications and substances.

Objectives:

1. Describe how psychoactive medications work in the human nervous system and how this can result in tolerance, sensitivity and other neuroplastic conditions.
2. Name three medications or “nutraceuticals” that may have unanticipated psychoactive effects.
3. List physiological conditions which can result in increased or reduced psychoactive activity of any medication.

## Clinical Challenges: Working with Men in Recovery

Mark Miller, MA, MS, LMFT, LSOCC, CSAYC

1 Day Workshop • Monday  
5 CEUs

A typical tenant of recovery, whether medically assisted, inpatient or 12-step peer support, is admitting that you have a problem. How does this mesh with how men are taught and encouraged to behave? What particular skills does it take to engage with men and to connect with them? How do we as addiction experts encourage men to consider recovery from a gendered perspective? What does it mean to be a man in terms of being a father, brother, uncle, friend, colleague, lover, husband? How can those various roles help to engage men in treatment and simultaneously pull men away from treatment? Join us for a stimulating conversation about the inherent challenges in working with men who are struggling with addiction and how we might be able to address those challenges.

### Objectives:

1. Understand a gendered view of what it means to be a man.
2. Learn techniques for engaging with men
3. Identify how the disparate roles men play can be a challenge and reward sobriety at the same time.

## Previewing the DSM5: Diagnosing Disorders in Adults

Dr. George Haarman, Psy.D., LMFT

1 Day Workshop • Monday  
5 CEUs

The *DSM-IV* was published in 1994 and updated by the APA's *DSM-IV-TR* in 2000. Since then, the *DSM* has become the "gold standard" and the "mental health bible" for those practicing in mental health. With the publication of the *DSM-5* in May 2013, the new standard for the diagnosis of Psychological and Emotional Disorder has been established. Some disorders were eliminated completely; others were reclassified; and some are subsumed under other disorders. New classifications were also established to clarify appropriate diagnostic criteria and allow for more effective treatment planning. Many of these have generated considerable controversy and debate among healthcare professionals, even before the manual's release. Other disorders have undergone minor changes in order to reflect the current thinking and new research available. It's imperative that all mental health professionals update their understanding of the APA's new edition of the *DSM* to effectively identify, diagnose, and classify behavioral and mental health issues in individuals.

While providing a brief overview of all the changes adopted in the *DSM-5*, this workshop focuses on diagnosis for adults. Because the *DSM-5* is organized in sequence with the developmental lifespan and an internalizing/externalizing continuum, the disorders previously addressed have been reconceptualized. Therefore, accurately diagnosing is more important than ever, as those in the mental health field look to avoid misdiagnosing and overmedicating people. As a psychologist and a marriage and family therapist with more than 30 years experience, Dr. George Haarman, Psy.D., LMFT, brings clarity to the forefront regarding the new classifications issued in the *DSM-5* and the rationale behind those changes. Using numerous case studies, Dr. Haarman prepares each attendee to be able to provide an accurate diagnosis that is essential to evidence-based treatment.

### Objectives:

1. Participants will be able to identify the disorders that are new to the *DSM-5* that relate to adults.
2. Participants will understand the theory, rationale, and development of the *DSM5*.
3. Participants will be able to distinguish between Bipolar and Persistent Depressive Disorder.
4. Participants will develop a working knowledge of the severity scale for assessing mild, moderate, or severe Substance Use Disorder.

## **The Wounded Healer**

*James Campbell, MA, CACII*

1 Day Workshop • Monday  
5 CEUs

Although evidence-based practices can help provide significant guidance for us in better assisting those we serve, effective treatment remains primarily about the therapeutic alliance. The Wounded Healer is a consideration of the curative factors of treatment and explores the importance of authenticity, rapport, and the power of the therapeutic alliance. The literary and historical foundations of the wounded healer concept are explored along with its impact on the field of psychology and the recovery community, its physiological foundation in the brain, and its restorative power in the therapeutic relationship along with its practical treatment implications.

### Objectives:

1. Develop a foundational understanding of the physiological impact of the brain in cultivating a positive therapeutic alliance.
2. Develop an understanding of the concept of the Wounded Healer from a literary and historical viewpoint and its impact on the human services field and the recovery community.
3. Identify curative factors that are necessary for effective treatment.
4. Identify specific steps to becoming more effective in their clinical work.
5. Develop a stronger understanding of the need of effective self-care and clinical supervision in order to be effective as a clinician.

## **Intermediate to Advanced Modified Interpersonal Group Psychotherapy**

*Jeff Georgi, M.Div., LSAS, LPC, CCS, CGP, Consulting Associate, Duke University Medical Center, Department of Psychiatry and Behavioral Science, The Division of Research and Translation, and Certified Group Psychotherapist by the American Group Psychotherapy Association*

2 Day Workshop • Monday & Tuesday  
10 CEUs

This course is designed for clinicians who have some group experience or have had either informal or formal group therapy training. Utilizing a modified interpersonal group model, this workshop will provide an experiential base for the advancement of group skills and detail techniques and interventions specific to the alcohol and other drug abusing client population. Emphasizing the intermediate nature of this course, active participant involvement is important, and individual participants are encouraged to bring case histories and/or their own group work for discussion and review. A brief review of the bio-psycho-social-spiritual experiential definition of addictive disease will give further focus to the workshop and will involve a discussion of the advances in brain research and psychodynamic world view as further supports for group process.

### Objectives:

1. Be able to recognize how the bio-psycho-social-spiritual components of addictive disease can be addressed in a multi-faceted approach when modified interactive group psychotherapy is used in an appropriate way.
2. Become familiar with the different levels of group interaction: intrapsychic, interpersonal, structural and group as a whole.
3. Identify specific skills that can be utilized across different forms of group psychotherapy setting which both help the therapist identify the process in the group and make interventions within that process.

## Intensive Skill Training in Motivational Interviewing

*Karen Garrity, MEd, NCC, LPCC, CADC*

2 Day Workshop • Monday & Tuesday  
10 CEUs  
Limit 15 participants

This two-day training is a skill-based strengths training that focuses on skill-building for direct practice staff working with challenging clients. The information will be presented over two days, utilizing multimedia presentations, interactive lecture and facilitated small and large group exercises. A mixture of small group discussions, videos, case scenarios, and full room exercises keep the training pace lively and engaging.

The emphasis for this training is on skill-building and “theory-to-practice” group work for direct application of these various curriculums.

### Objectives:

1. Define and understand the spirit and processes of motivational interviewing. Understand the spirit and processes of motivational interviewing that increase client-staff rapport and increase the client’s readiness to change.
2. Be able to demonstrate, in direct practice, resistant-lowering techniques that will improve the engagement of reluctant clients.
3. Be able to identify activities that will continue the skills development of MI.

*\* Sponsored by SATCC (Southeast Addiction Transfer Technology Center)*

## The Trauma Recovery and Empowerment Model (TREM) Group Treatment Intervention

*Lori L. Beyer, LICSW, MSWAC*

2 Day Workshop • Monday & Tuesday  
10 CEUs

Audience: Clinicians interested in becoming TREM group leaders (TREM groups routinely have female co-leaders though men are welcome to participate in the training). Each participating program should send two or more clinicians, as we recommend TREM groups be co-facilitated, and supervisory level staff who are responsible for providing clinical supervision of group leaders. The Trauma Recovery and Empowerment Model (TREM) is a gender-based trauma model designed to address issues of sexual, physical, and emotional abuse in the lives of women who have been economically and socially marginalized and for whom traditional recovery work has been unavailable or ineffective. The model was developed by clinicians at Community Connections in Washington, D.C. with considerable input from consumers. TREM uses a psycho-educational focus and skill-building approach, emphasizes survivor empowerment and peer support and teaches women techniques for self-soothing, boundary maintenance and current problem solving.

This training prepares clinicians to implement the fully manualized, 29-session TREM approach to group work with women abuse survivors. Participants learn the group’s rationale and process (including a range of cognitive-behavioral and psychoeducational interventions) as well as each session’s content. Leader techniques are taught through role-play in mock groups. Trainers also provide consultation about adaptations of TREM for specific settings.

### Objectives:

1. Participants will learn the four core assumptions, which provide the foundation for the TREM approach to trauma recovery work.
2. Participants will learn specific leader techniques used in the TREM model.
3. Participants will practice running a TREM group by being a TREM mock group leader and a TREM mock group participant.
4. Participants will understand the complex and multiple connections between trauma, mental health symptoms, and substance abuse.
5. Participants will learn how and when to use grounding techniques with consumers in group.

*\*Workbooks provided by SATCC (Southeast Addiction Transfer Technology)*

# TUESDAY AGENDA

Tuesday, July 15, 2014

7:00 - 8:00 am	<b>Morning AA/NA Meeting</b>	Hancock
9:00 - 10:00 am	<b>Plenary</b> <i>Kentucky's Changing Behavioral Health Landscape</i> Audrey Tayse Haynes, Secretary, Cabinet for Health and Family Services <i>with welcomes from:</i> Mary Reinle Begley, Commissioner, DBHDID & Natalie Kely, Director, Division of Behavioral Health	Crowne A Ballroom
10:00 - 10:15 am	<b>Break</b>	
10:15 - 10:30 am	<b>Prep Time/Go to workshop</b>	
10:30 - 12:00 pm	<b>Workshops</b>	
12:00 - 1:15 pm	<b>Lunch/Provided</b>	Crowne A Ballroom
1:15 - 2:45 pm	<b>Workshops</b>	
2:45 - 3:00 pm	<b>Break</b>	
3:00 - 4:45 pm	<b>Workshops Continued</b>	
5:30 - 7:30 pm	<b>Kentucky School Appreciation Banquet and Robert Straus Awards Presentation</b> <i>Live Music: Don Rogers Band begins 4:50pm – Come relax!</i> <i>Blessing: Mike Vance</i>	Crowne A Ballroom
8:00 - 9:00 pm	<b>Evening AA/NA Meeting</b>	Hancock

# SESSIONS

Tuesday, July 15, 2014

Title	Room	Workshop Length	Presenter	Session Type
Kentucky's Changing Behavioral Health Landscape	Crowne A Ballroom	1 Hour 9am-10am No CEU	Audrey Tayse Haynes, Secretary Cabinet for Health & Family Services  with welcomes from: Mary Reinle Begley, Commissioner Division of Behavioral Health, Developmental and Intellectual Disabilities  Natalie Kelly, Director, Division of Behavioral Health	Plenary
Advanced Clinical Seminar: Co-Occurring Disorders	Crowne B	1 Day	Cardwell Nuckols, Ph.D.	Workshop
Slipping Through The Cracks: Intervention Strategies for Clients With Multiple Addictions and Disorders	Crowne C	1 Day	Mark Sanders, LCSW, CADC	Workshop
Cognitive Therapy for Addictions	Coronet B	1 Day	Todd Reynolds, MSSW, CADC	Workshop
Foundation Skills for Substance Abuse Counseling	Elliot	1 Day	Geoff Wilson, LCSW, CADC	Workshop
Case Management & Homelessness - Using the Strengths Perspective and Trauma Informed Care to Guide Your Work	Madison	1 Day	Kristi Jo Jedlicki, CADC, LCSW	Workshop
Medically Assisted Treatment and Opioid Addicted Patient	Perry	1 Day	Mark Miller, MA, MS, LMFT, LSOCC, CSAYC	Workshop
Addiction - The Foundation for HIV, HEP, and TB	Trimble	1 Day	Dan Newman, Ph.D., DD, CT	Workshop
Adolescent Development and Substance Abuse Treatment Implications	Russell	1 Day	James Campbell, MA, CACII	Workshop
Mindfulness: Meditation for Self Care and Client Treatment: An Evidence Based Practice	Taylor	1 Day	Frank Snyder, Ph.D., LCSW, CADC	Workshop
Taking The Mystery Out of Relapse: An Overview of the Gorski-CENAPS® Relapse Prevention Model	Whitley	1 Day	Steve Grinstead, Dr. AD, LMFT, ACRPS, CADC-II	Workshop
Using Systems Science and Place-Based Approach to Design Effective and Sustainable Community Prevention Systems	Coronet A	2 Day	Michael Lowther, MA Laurie Sutter, MCRP, BSAS, BA	Workshop (Prevention Focus)
Intermediate to Advanced Modified Interpersonal Group Psychotherapy	Grant	2 Day	Jeff Georgi, M.Div., LSAS, LPC, CCS, CGP	Workshop
Intensive Skill Training in Motivational Interviewing (Beginning Course) Sponsored by SATTC (Southeast Addiction Transfer Technology Center)	Oldham	2 Day	Karen Garrity, MEd, NCC, LPCC, CADC	Workshop
The Trauma Recovery and Empowerment Model (TREM), Workbooks provided by SATTC (Southeast Addiction Transfer Technology Center)	Shelby	2 Day	Lori Beyer, LICSW, MSWAC	Workshop
Mike Townsend Leadership Academy	Franklin	3 Days	Jan Arnow, BFA Mike Barry, BS Karyn Hascal, BA, CADC	Workshop

# PLENARY • TUESDAY, JULY 15, 2014

## Kentucky's Changing Behavioral Health Landscape

*Audrey Tayse Haynes, Secretary - Cabinet for Health & Family Services*

WITH WELCOMES FROM:

*Mary Reinle Begley, Commissioner - Department for Behavioral Health,  
Developmental and Intellectual Disabilities*

*Natalie Kelly, Director, Division of Behavioral Health*

1 Hour Plenary • No CEU

9:00am-10:00am

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*Audrey Tayse Haynes was appointed Secretary of the Cabinet for Health and Family Services (CHFS) by Governor Steve Beshear on April 16, 2012. Prior to her appointment at CHFS, Haynes served as the Senior Vice President and Chief Government Affairs Officer for the YMCA of the USA in Washington, D.C., a position she had held since August 2002. Early in her career, Haynes worked in the field of mental health and substance abuse rehabilitation, serving as an alcohol and drug abuse counselor and later as a community education specialist. She has held prior appointments in the administrations of three previous Kentucky governors. . A graduate of Spalding University in Louisville and the University of Kentucky, Secretary Haynes holds both bachelors and masters degrees in social work. She has received numerous state and national awards for her advocacy for mental health care, adult education and other issues impacting youth and families*

*Mary Reinle Begley was appointed Commissioner of the Department of Behavioral Health, Developmental and Intellectual Disabilities (DBHDID) in October 2013 after serving as Inspector General for the Cabinet for Health and Family Services since January 2010. During her tenure, she oversaw the successful implementation of the Kentucky All Schedule Prescription Electronic Reporting system, commonly referred to as KASPER. Begley also helped implement measures to significantly improve the timelessness of surveys conducted by OIG for both healthcare facilities and regulated child care centers. A native of Danville and a registered nurse, she joined the Cabinet for Health and Family Services (CHFS) as the Ombudsman in January 2009. She joined CHFS from Ephraim McDowell Health where she served as vice president of customer and physician relations since 2006. Mary was a staff nurse with Ephraim McDowell beginning in 1976 and held various other positions with the organization, including director of marketing and community relations, education coordinator and director of critical care. Begley received a Bachelor of Science degree in nursing from Eastern Kentucky University.*

*Natalie C. Kelly, a licensed clinical social worker (LCSW), has been with the Cabinet for Health and Family Services since 2001 coordinating and monitoring programs related to child maltreatment, sexual violence, and private providers of children's behavioral health. Currently she works in the Department for Behavioral Health, Developmental and Intellectual Disabilities as the Director of the Department of Behavioral Health. She was the former Children's Behavioral Health branch manager, overseeing the planning, implementation and outcomes of Kentucky's publicly funded services across the state for children with behavioral health care needs.*

# WORKSHOP ABSTRACTS

## Slipping Through The Cracks: Intervention Strategies for Clients With Multiple Addictions and Disorders

Mark Sanders LCSW, CADC

1 Day Workshop • Tuesday

5 CEUs

Many chemically dependent clients have multiple addictions and disorders, which, if unaddressed, lead to chronic recidivism. They include hidden psychiatric disorders, unresolved trauma, unresolved grief, and process addictions, including sex, relationships, romance, gambling, shopping, and religion. In this workshop, participants will leave with strategies that will help them effectively address multiple addictions and disorders common among chemically dependent clients.

A partial list of topics includes:

- 7 Areas of Reassessment for Chronic Recidivists
- The Link between Shame and Multiple Addictions
- Assessment and Treatment of 5 Other Addictions Common Among Chemically Dependent Clients
- Strategies for Addressing Other Challenges Faced by Chemically Dependent Clients, Including Unresolved Grief, Unresolved Trauma, and Hidden Psychiatric Disorders
- Strategies for Keeping Clients from Slipping through the Cracks

Objectives

1. Be aware of how to assess and treat 5 multiple addictions.
2. Be aware of the link between shame and multiple addictions.
3. Be aware of strategies to help clients with multiple addictions and disorders to avoid slipping through the cracks.

## Cognitive Therapy For Addictions

Todd Reynolds, MSSW, CADC

1 Day Workshop • Tuesday

5 CEUs

Cognitive Therapy is a proven, evidence-based practice in working with addictions. This workshop will focus on effective strategies and skills that comprise utilizing cognitive therapy in working with addictions. Cognitive therapy is sometimes called cognitive behavioral therapy because the goal is to help people in the ways they think (the cognition) and in the ways they act (the behavior). It is based on the concept that the way we think about things affects how we feel emotionally and what we do. Cognitive therapy focuses on present thinking, behavior, and communication rather than on past experiences and is oriented toward problem solving.

Many people with addictions also have issues of trauma; some of these are from childhood, families of origin, or the madness of active addiction. There will be an additional focus on utilizing cognitive therapy in helping trauma survivors.

Objectives

1. Be able to define cognitive therapy;
2. Become familiar with the use of cognitive therapy in treating people with addictions and trauma;
3. Identify the roles of a person's thoughts, feelings and behavior in treating addictions and trauma; and
4. Learn cognitive therapy skills to utilize with patients with addictions and trauma.

## Foundation Skills for Substance Abuse Counseling

*Geoff Wilson, LCSW, CADC*

1 Day Workshop • Tuesday  
5 CEUs

This workshop is for new counselors entering the treatment field or for counselors that are beginning to see more addiction clients on their caseloads and want to be more effective with this population. Utilizing TAP 21: Addiction Counseling Competencies, pertinent aspects of assessment, diagnosis, and treatment planning will be reviewed. Techniques for engaging clients and their families and running effective treatment groups will be explored. Utilizing interventions that correspond to a client's stage of change will also be reviewed.

### Objectives:

1. Explore their professional readiness to work effectively with the addiction population.
2. Review a variety of Practice Dimensions, along with evidence-based practices for treating the addiction population.
3. Review techniques to enhance engagement with clients and how to formulate appropriate client involved treatment plans.

## Case Management & Homelessness-Using the Strengths Perspective and Trauma Informed Care to Guide Your Work

*Kristi Jo Jedlicki, LCSW, CADC*

1 Day Workshop • Tuesday  
5 CEUs

This workshop will help participants re-examine how they approach their work with clients who currently are homeless or formerly homeless from two approaches: the Strengths-Based Perspective and Trauma-Informed Care. Instead of only focusing on "what is wrong" with a client or a situation, the Strengths-Based Perspective seeks to identify "what is right" about both and builds on those strengths to reach goals and find resolutions. It's not a "Polly Anna" approach to case management, but rather it is an empowering and positive one. As case managers unearth clients' strengths, they are likely to discover those strengths hidden under the trauma that most people have experienced. Working off the assumption that everyone has experienced some level of trauma, Trauma-Informed Care seeks to identify the trauma and help heal it. Part of this type of care also involves case managers learning to practice self-care.

This workshop focuses on using Strengths-Based Case Management and Trauma-Informed Care when working with people who are homeless or formerly homeless.

### Objectives:

1. To work with clients to focus on solutions to the challenges that they face, rather than solely on the challenges and barriers to reaching their goals.
2. To learn effective techniques to identify and utilize a client's strengths to set both short-term and long-term goals.
3. To understand the core principles of Trauma-Informed Care.
4. To be able to implement Trauma-Informed Care principles in case management.
5. To identify and implement effective self-care techniques for the case manager.

## Clinical Challenges: Medically Assisted Treatment and the Opioid Addicted Patient

Mark Miller, MA, MS, LMFT, LSOCC, CSAYC

1 Day Workshop • Tuesday  
5 CEUs

Medically Assisted Treatment has been around for more than a half a century in the form of methadone and, more recently, Suboxone for opioid-addicted patients. This seminar will focus on medically-assisted treatment from a clinical perspective, highlighting both challenges and goals for working with patients in MAT. How do MAT programs work with co-occurring disorders? Patients with pain management? Addicted patients who use addictive substances while in treatment? How have recent changes in legislation impacted the patients with whom we work? What are the typical opioids that patients are using prior to treatment? Looking beyond the old standbys of “exchanging one drug for another” and “legal dope dealers”, how do MAT programs benefit their patients and what does this mean for you? Finally, how can you work toward prevention of heroin use in the community you are from, especially given all the challenges we are discussing? Come be a part of an exciting dialogue about this still-cutting edge treatment modality!

### Objectives:

1. Understand what MAT is
2. Learn the differences between Suboxone and Methadone
3. Establish and address particular challenges of preventing heroin use in the community in which our participants live and work.

## Addiction - The Foundation for HIV, HEP, and TB

Dan Newman, PhD, DD, CT

1 Day Workshop • Tuesday  
5 CEUs

### NOTE: This workshop meets standard for HIV/AIDS Certification Training in KY

**TARGET AUDIENCE:** This workshop is a multi-disciplinarian curriculum approved by the Cabinet for Health and Family Services as required by KRS 214.610/615 CHFS/DPH series #0714-1533-M. The certification is currently good for 10 (ten) years from the date of issue for the State of Kentucky. The purpose of this workshop is to educate and prepare professionals for working with any individual's chemical addiction and how addiction behavior can lead to high risk for HIV, Hepatitis, and/or Tuberculosis infection. This workshop is designed for participants to get a better understanding of how addiction behaviors can increase the risk of life threatening infections by as much as 60%. Participants will learn how addiction affects individuals, both male and female, sexually and physically, leading to a double or triple threat of bloodborne pathogens such as HIV, HEP, and TB.

### Objectives:

1. Identify how chemical addiction can lead to high risk for HIV/HEP/TB.
2. Learn how addiction is used to escape the internal discomfort of chemical dependency leading to severely reduce immune system.
3. Understand the compounded treatments needed for Tuberculosis and HIV infections.
4. Integrate this information into treatment with the understanding that sobriety can be difficult if they are coping with the health issues surrounding treatment for HIV, Hepatitis, or Tuberculosis.

## Adolescent Development and Substance Abuse Treatment Implications

*James Campbell, MA, CACII*

1 Day Workshop • Tuesday  
5 CEUs

Adolescent treatment can seem a bit like dancing in a minefield. Those who choose to do it are likely to have their sanity questioned by those around them who do not. Occasionally those who work with adolescents may even question their own sanity. When choosing a place to dance, a minefield is simply not the first choice of most. The unseen dangers lurking beneath the surface mean that any misstep can potentially have explosive results. Adolescence and volatility seem to be almost synonymous to many. Still, for some of us, we choose to dance there. We know the field is full of volatility and potentially danger, but we also know that the rewards of dancing there can be rich. Could there be some way to mitigate the risks while drawing out the best of adolescence? What if we, as counselors, could know where the mines were buried? What if we could be proactive in disarming them and help to make the fields safer for all who pass that way? What if what many consider to be liabilities are actually carefully disguised opportunities and, potentially, strengths?

There has been a wealth of recent discoveries about the biological, psychological, social, spiritual, and experiential aspects of adolescent development and learning. Unfortunately, there is frequently a disconnect between what we know works with adolescents and the treatment modalities we use when working with them. We cling to outdated paradigms and then cringe when they prove less than effective. This session briefly reviews some of the most important discoveries related to adolescent development in recent years and then explores how to best apply that knowledge to design and implement

effective treatment strategies for engaging and working with adolescents and their families. An emphasis is placed on practical implementation in working successfully and holistically with adolescents.

So come join us as we learn to effectively navigate the minefield of adolescence and learn to dance more effectively in prevention, treatment and intervention of those we serve!

Objectives:

1. Define what it means to work with adolescents holistically.
2. Gain an understanding of the fundamental developmental task of adolescence, why knowing this task matters, and how to leverage it effectively in prevention, intervention, and treatment.
3. Grasp the vulnerabilities particular to adolescent development related to substance use.
4. Enhance understanding of the role of family and support systems in adolescence and how to help build support for the adolescents we serve.
5. Evaluate the importance of learning styles and their implications for effective intervention and treatment.
6. Cultivate practical skills related to utilizing the arts in counseling regardless of artistic ability.
7. Gain exposure to and a conceptual understanding of experiential exercises for adolescents.
8. Cultivate ideas and develop a plan for engaging adolescents, families and systems within their own agencies and programs.

## Mindfulness: Meditation for Self Care and Client Treatment: An Evidence Based Practice

Frank Snyder, Ph.D, LCSW, MSW

1 Day Workshop • Tuesday

5 CEUs

Mindfulness has been described as non-judgmental moment-to-moment awareness. The use of mindfulness in the clinical settings is a rapid growing area of study and practice in the mental health and recovery fields in recent years. The number of research articles, books and popular press articles on the topic is growing exponentially each year for these evidenced based interventions. Its first application working with pain and stress was developed by Jon Khabot-Zinn at the University of Massachusetts was called Mindful Based Stress Reduction (MBSR). Since then, other approaches focused on different populations have been introduced: Mindfulness-based cognitive therapy (MBCT), Acceptance and commitment therapy (ACT), Dialectical behavior therapy (DBT), Mindful Based Relapse Prevention (MBRP) and others.

This workshop will be an introduction to mindfulness and its applications. This will be a learn-by-doing workshop as the way to learn mindfulness is to do mindfulness. The participant will be learning how to attend to the mind and body using the practice of mindfulness. The experiential exercises will be evenly supported with didactic presentations. In the didactic sessions, we will explore the evidence base for these interventions, the psychobiological changes which occur and where mindfulness practices fit in relapse prevention. So bring a yoga mat and meditation cushion or bench if you have one and if not, still come; these are not required at all. Wear comfortable clothing, and come to experience and learn.

### Objectives:

1. Understand the central role of mindfulness meditation practice in facilitating self-regulation of emotions mood and the relapse process
2. Articulate the vital importance of the therapist's ongoing mindfulness meditation practice and sustained mindful awareness within a psychotherapy framework
3. Develop and/or deepen their own mindfulness meditation practice, emphasizing both formal meditative practices and mindfulness as a mode of being in daily life

## Taking The Mystery Out of Relapse: An Overview of the Gorski-CENAPS® Relapse Prevention Model

Steve Grinstead, Dr. AD, LMFT, ACRPS, CADC-II

1 Day Workshop • Tuesday

5 CEUs

This clinical skills workshop is for professional clinicians who want to learn how to help their clients identify and manage the warning signs and high risks situations that lead to relapse despite a commitment to sobriety. Participants will learn that relapse is a process, not an event and that there are many identifiable warning signs that occur far in advance of alcohol and other drug use. Valuable tools will be introduced that will enable the participants take the mystery out of the relapse process and develop a strategic relapse prevention plan. Participants will learn how to develop an early relapse intervention plan and abstinence contract to set the foundation for the remainder of the training process. Then, the participants will be led through a strategic step by step high-risk situation identification process. The training process ends with teaching participants to help clients develop a relapse prevention plan designed to help them identify and manage future warning signs and high risk situations. This training includes a combination of lectures, demonstrations, group discussions, and experiential exercises designed to enhance the training process.

### Objectives:

1. Explain relapse as a process—not an event—and teach their clients that recognizing and managing early relapse warning signs is crucial step in stopping the relapse cycle.
2. Assist their clients to identify and manage relapse warning signs and high risk situations—and teaching clients that not recognizing and dealing with those two indicators of potential danger can lead to entering a relapse cycle that eventually ends in chemical use.
3. Understand how the inner saboteur—AKA A Return To Denial—is always the first step of entering the relapse cycle.
4. Identify the twelve (12) denial patterns employed by clients that are crucial to manage in order to stop a relapse cycle.

## **ADVANCED CLINICAL SEMINAR: CO-OCCURRING DISORDERS**

*Cardwell C. Nuckols, PhD*

1 Day Workshop • Tuesday

5 CEUs

This advanced clinical skills training will assist participants in the neurobiological understanding and the neuroplastic (psychotherapeutic and pharmacological) treatment of addictions (DSM V includes Pathological Gambling) co-occurring with other common psychiatric disorders including Major Depressive Disorder, Obsessive-Compulsive Disorders, Post-traumatic Stress Disorder (early life and later life occurrences such as combat related) and Personality Disorder Types (DSM V) Antisocial (merged with Conduct Disorder) and Borderline.

NOTE: THE EMPHASIS OF THIS TRAINING IS TO TAKE CERTAIN CO-OCCURRING SCENARIOS COMMON TO CLINICAL PRACTICE AND TO DELVE AS DEEPLY INTO THEM AS TIME ALLOWS. THIS IS NOT AN OVERVIEW COURSE. ATTENDEES MIGHT CONSIDER BRINGING A DSM (DIAGNOSTIC AND STATISTICAL MANUAL OF THE APA) ALONG TO REFERENCE SYMPTOMATOLOGY AND DIAGNOSTIC CRITERIA.

### Objectives:

1. Discuss the neurobiology of Addictive Disorders and describe at least one psychotherapeutic and one pharmacological intervention based upon the research.
2. Discuss the neurobiology of Clinical Depression and describe at least one psychotherapeutic and one pharmacological intervention based upon the research.
3. Discuss the neurobiology of Post-traumatic Stress Disorder and describe at least one psychotherapeutic and one pharmacological intervention based upon the research.
4. Discuss the neurobiology of Borderline and Antisocial Personality Types and describe at least two psychotherapeutic management techniques for each disorder.

# WEDNESDAY AGENDA

Wednesday, July 16, 2014

7:00 - 8:00 am	<b>Morning AA/NA Meeting</b>	Hancock
9:00- 10:00 am	<b>Plenary</b> <i>The New ASAM Criteria for the Treatment of Addictive, Substance-Related, and Co-Occurring Conditions – What You Might Need to Re-Form for Healthcare Reform</i> David Mee-Lee, MD	Crowne A Ballroom
10:00 - 10:15 am	<b>Break</b>	
10:15 - 10:30 am	<b>Prep Time/Go to workshop</b>	
10:30 - 12:00 pm	<b>Workshops</b>	
12:00 - 1:15 pm	<b>Lunch/Provided</b>	Crowne A Ballroom
12:00 - 1:00 pm	<b>CADC Luncheon/Meeting/Facilitated Discussion</b> <i>Licensed Alcohol and Drug Counselors in Kentucky</i> Geoff Wilson, LCSW, CADC (Bring box lunch to room), 1CEU	Crowne B
1:15 - 2:45pm	<b>Workshops</b>	
2:45 - 3:00 pm	<b>Break</b>	
3:00 - 4:45 pm	<b>Workshops Continued</b>	
6:00 - 8:00 pm	<b>Film/Discussion: <i>Anonymous People</i></b> Mike Barry, BA, Facilitator, 2 CEU's	Crowne A Ballroom
6:30 - 7:30 pm	<b>NA Speaker Meeting &amp; Fellowship</b>	Crowne A Ballroom
8:00 - 9:00 pm	<b>Evening AA/NA Meeting</b>	Hancock

# SESSIONS

Wednesday, July 16, 2014

Title	Room	Workshop Length	Presenter	Session Type
The New ASAM Criteria for the Treatment of Addictive, Substance-Related, and Co-Occurring Conditions-What You Might Need to Re-Form for Healthcare Reform	Crowne A	1 Hour 9am-10am	David Mee-Lee, MD	Plenary
CADC Luncheon (Bring lunch to room)	Crowne B	1 Hour 12pm-1pm	Geoff Wilson, Facilitator	Lunch/Meeting/ Discussion
The Female Brain and Substance Use Disorders: Implications for Prevention, Intervention and Treatment	Crowne B	1 Day	Jeff Georgi, M.Div., LSAS, LPC, CCS, CGP	Workshop Includes Prevention Focus
Good Grief: Helping Chemically Dependent Clients Cope With Loss	Crowne C	1 Day	Mark Sanders, LCSW, CADC	Workshop
How To Implement The New ASAM Criteria - Skill Building in an Era of Health Care Reform	Coronet B	1 Day	Dr. David Mee-Lee, MD	Workshop
How to Market Prevention to Community Stakeholders and State Legislators	Grant	1 Day	Thomas Workman, Ph.D	Workshop (Prevention Focused)
Basics of Substance Abuse for Mental Health Professionals	Oldham	1 Day	Mark Miller, MA, MS, LMFT, LSOCC, CSAYC	Workshop
Holistic Self Care for Practitioners: Discover the Tips, Tools, and Resources Needed to Create a Lifestyle Grounded in Simple Choices, Solid Boundaries, and Healthy Practices	Perry	1 Day	Julia Persike, MS, CSAC	Workshop
Getting to Know the 12 Steps and 12 Steps Fellowships	Trimble	1 Day	Gerry Boylan, Ph.D., CADC	Workshop
Understanding the Cultures of Addiction and Criminality	Coronet A	1 Day	Michael Johnson, LSW, LMSW	Workshop
Anonymous People	Coronet A	6-8:00 pm 2 CEUs	Mike Barry, BA	Documentary Film & Discussion
Best Practices in Clinical Supervision (The training fulfills the clinical supervision requirements outlined in 908 KAR 1:30 and 908 KAR 1:370)	Elliot	2 Day 6 hours Ends 5:45pm	Geoff Wilson, LCSW, CADC	Workshop
Addiction 101: Understanding the Basics of Treatment and Recover for Addictions Professionals	Madison	2 Day	Patrick McKiernan, Ph.D., CADC	Workshop
Preparing to Become a CADC in Kentucky	Shelby	2 Days	Jeanne Keen, RN, CADC, MS Mike Vance, MBA, CADC, CPP, LSW	Workshop
The Art and Science of Healing	Taylor	2 Days	CC Nuckols, Ph.D.	Workshop
The Wisdom to Know the Difference: Advanced: Blending Motivational Interviewing with Harm Reduction Strategies	Whitley	2 Days	Annie Fahy, RN, LCSW	Workshop
Mike Townsend Leadership Academy	Franklin	3 Day	Jan Arnow, BFA Mike Barry, BS Karyn Hascal, BA, CADC	Workshop

# PLENARY • WEDNESDAY, JULY 16, 2014

## **The New ASAM Criteria for the Treatment of Addictive, Substance-Related, and Co-Occurring Conditions – What You Might Need to Re-Form for Healthcare Reform**

*David Mee-Lee, M.D.*

1 Hour CEU Plenary

9am-10am

The ASAM Criteria are the most widely used guidelines for intake, assessment, service planning and placement, continued stay, and discharge of patients with addictive disorders. A new edition was released in October 2013. This presentation will update participants on what is new and implications in an environment of healthcare reform. It will suggest what clinicians, programs, and systems will need to re-form to respond to the clinical, financial and administrative demands for change.

### Objectives:

1. Review the current state-of-the-art of addiction services and what needs to change with healthcare reform.
2. Identify what is new in the third edition of The ASAM Criteria and why.
3. Discuss the implications of using The ASAM Criteria in an era of healthcare reform and change.

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*David Mee-Lee, M.D. is a board-certified psychiatrist, and is certified by the American Board of Addiction Medicine (ABAM). Based in Davis, California, he trains and consults both nationally and internationally. Dr. Mee-Lee has led the development of the ASAM Criteria for the Treatment of Substance-Related Disorders since the late 1980's. He has been the Chief Editor all editions of ASAM's criteria (American Society of Addiction Medicine), including a new edition, The ASAM Criteria – Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions, Third Edition (2013). He is also Senior Vice President of The Change Companies and has more than thirty years experience in person-centered treatment and program development for people with co-occurring mental health and substance use conditions.*

# WORKSHOP ABSTRACTS

## TREATMENT & PREVENTION FOCUS

### The Female Brain and Substance Use Disorders: Implications for Prevention, Intervention and Treatment (Audience Treatment & Prevention)

*Jeff Georgi, M.Div., MAH, LCAS, LPC, CGP is a Consulting Associate in the Department of Psychiatry and the Division on Addiction Research and Translation at Duke University Medical Center*

1 Day Workshop • Wednesday  
5 CEUs

This workshop will be an overview of the emerging information that identifies the unique aspects of the female brain and the significance of limbic resonance, giving a biological foundation for the relational nature of recovery. Despite the growing sensitivity to the importance of gender specific treatment, far too many models of treatment still find their theoretical foundations in the male experience. Utilizing the works of Louanne Brizendine, M.D., author of **The Female Brain**; Nancy Andreasen, M.D., Ph.D, author of the **Brave New Brain**, Candice B Pert, Ph.D., author of **Molecules of Emotion** and other important neuroscientists', participants will be provided with a review of the female brain and a discussion of the treatment implications.

#### Objectives:

1. Participants will review the emerging understanding of the female brain.
2. Participants will be able to discuss the treatment implications specific to the female brain.
3. Participants will be provided the opportunity to discuss the importance of relationships for women in recovery.

### Good Grief: Helping Chemically-Dependent Clients Cope With Loss

*Mark Sanders, LCSW, CADC*

1 Day Workshop • Wednesday  
5 CEUs

Losses are a major reason why chemically-dependent clients use chemicals, and issues around loss are often a major cause of relapse. This interactive, skill-building workshop will prepare participants to help chemically-dependent clients cope with the wide range of losses they experience, including: The loss that accompanies giving up alcohol and other drugs; death of a parent, child, or sibling; ambivalent deaths; unspeakable deaths; separation/divorce; parental abandonment; the end of an addictive relationship; loss of custody of their children; evictions; loss of dreams; loss of employment; deterioration in physical functioning; etc. Topics covered include: Grief Counseling with a Focus on Addictions; Types of Losses Chemically Dependent Clients Grieve; How To Do a Grief Inventory; Unspeakable Deaths; First Degree Grief Secrets; Personal Characteristics of Effective Grief Counselors; Gender Differences in Grief Work and Implications for Substance Abuse Counseling; Story Telling as Grief Work; The Stages of Grief and the Role of the Counselor; The Work of Kubler-Ross Revisited; and The Termination Phase of Therapy with Chemically Dependent Clients as Grief Work.

#### Objectives:

1. Be aware of the wide range of losses that chemically dependent clients experience.
2. Be aware of the basics of grief counseling with a special emphasis on the addictions.
3. Be aware of 15 strategies for helping chemically dependent clients cope with loss.

## How to Implement The New ASAM Criteria – Skill Building in an Era of Health Care Reform

David Mee-Lee, M.D.

1 Day Workshop • Wednesday  
5 CEUs

Besides updating participants on what is in the new edition of The ASAM Criteria, this workshop will help participants apply the criteria across a wide variety of settings with different populations – older adults, co-occurring disorders, criminal justice settings, parents with children, and safety sensitive occupations.

The focus will be on skill-building to use The ASAM Criteria to improve engagement of clients; develop individualized, person-centered recovery oriented systems of care; and use resources efficiently and effectively to increase access to care and stretch resources in an era of health care reform and cost containment.

### Objectives:

1. Review the underlying concepts of and goals of the new edition of The ASAM Criteria and its role in increasing access to care and efficient use of resources.
2. Identify how to use ASAM Criteria in different settings with various clinical populations.
3. Discuss the ASAM Criteria in the context of outcomes-driven versus program-driven treatment and healthcare reform.

### PREVENTION FOCUS

## How to Market Prevention to Community Stakeholders and State Legislators

Thomas Workman, Ph.D.

1 Day Workshop • Wednesday  
5 CEUs

Fully engaging community members and policy makers in state and local prevention efforts takes strategy, skill, and planning. This workshop will identify approaches and techniques to effectively market the value of prevention and promote specific activities to critical stakeholders through the creative use of data and stories, stakeholder interest-bridging, and calls to action. Participants will utilize tools for message development and identify opportunities for marketing prevention efforts to a broad range of stakeholders.

### Objectives:

1. Develop an understanding of the key facets of social marketing and message development as they relate to communities and legislators.
2. The use of communication tools to assist them and their colleagues in developing marketing messages for the community and state legislators.
3. The ability to utilize data, narratives, and interest bridges to enhance messages that focus on local issues and interests.
4. The ability to promote specific local and state actions based on community prevention goals.

## **Basics of Substance Abuse for Mental Health Professionals**

*Mark Miller, MA, MS, LMFT, LSOCC, CSAYC*

1 Day Workshop • Wednesday  
5 CEUs

How do you identify whether someone is suffering from Bipolar Disorder or is going through the cycle of substance abuse? Compare and contrast typical symptoms of drug abuse and DSM 5 disorders. Identify the spectrum of DSM 5 Substance Use Disorder and how it pertains to your patients. Discuss referral options in and around your communities. What questions do you ask of a Substance Abuse professional? What questions should a Substance Abuse professional ask you? Discuss the pros and cons of drug testing as a means of ruling out Substance Use Disorder with your patients. This will be a good jumping off point for individuals starting to work with Substance Abuse or those who have been working in the field longer but were afraid to ask!

### Objectives:

1. Be able to recognize the differences between Substance Use and Mental Health Disorders.
2. Understand the DSM 5 Substance Use Disorder spectrum
3. Learn the language of substance abuse versus the acronyms of mental health workers.

## **Holistic Self Care for Practitioners: Discover the Tips, Tools, and Resources Needed to Create a Lifestyle Grounded in Simple Choices, Solid Boundaries, and Healthy Practices**

*Julia Persike, MS, CSAC*

1 Day Workshop • Wednesday  
5 CEUs

Whether defined as a purposeful act of simplifying one's lifestyle or simply stated as a means of de-cluttering one's home, work, and connections, Intentional Simplicity is a way of life that encourages individuals to let go of unnecessary, unused, and unneeded thoughts, beliefs, feelings, practices, and "stuff", which adds to the clutter of daily living. Intentional Simplicity is a lifestyle practice which involves creating limits, adhering to boundaries, and developing healthy expectations about everything which fills our lives (sometimes to the point of overload and exhaustion). Maintaining a lifestyle based in intentional choices leads to freedom, contentment, and a stronger sense of peacefulness no matter how complicated your caseload, no matter how many hours you work in a week, and no matter how many obligations you juggle.

### Objectives:

1. Participants will learn the benefits of a lifestyle based in the roots of deliberate clarity and thoughtful choices.
2. Participants will gain valuable knowledge about how to create a lifestyle grounded in boundaries, contentment, and simplicity.
3. Participants will engage in a variety of learning methods (small group discussion, active learning, etc.) while exploring the benefits of lifestyle change, boundary adherence, and thoughtful simplicity.
4. Participants will learn from others in the class, will examine their personal choices, and will walk away feeling refreshed, rejuvenated, and ready to enjoy the benefits of a lifestyle based in Intentional Simplicity.

## Getting to Know the 12 Steps and 12 Step Fellowships

*Gerry Boylan, Ph.D., CADC*

1 Day Workshop • Wednesday  
5 CEUs

This workshop is designed to increase the participants' knowledge base and understanding of the 12 Steps. An introduction to the structure and origin of 12 step fellowships, along with a review of the 12 steps individually, will be given. The spiritual principles underlying the 12 steps will be independently examined, and examples of their application will be presented. A comparison of treatment and 12-Step fellowships will be made with techniques for linking the two processes explored. This workshop will explore the steps and their practical application, both in treatment and afterwards. Essentially the 12 Steps are a spiritual path, and the wisdom embodied there can be used successfully by anyone seeking growth and freedom. The workshop will explore how the steps support that spiritual path and how treatment can help it develop. The exploration will be both didactic and experiential.

### Objectives:

1. Increase ability to explain and present the 12 steps to clients and staff.
2. Be able to match client with, and make more accurate referral to 12 Step Fellowships.
3. Be able to present and discuss the differences between 12 step fellowships and treatment programs.
4. Be able to align the steps with therapeutic elements of treatment.

## Understanding the Cultures of Addiction and Criminality

*Michael Johnson, MSW, LMSW*

1 Day Workshop • Wednesday  
5 CEUs

The training discusses the parallels of addiction and criminality and the developmental processes leading to these lifestyles. The training addresses the impact of eroding values, changing norms, shifting attitudes and the perceptions of what is normal in the view of the addicted/offender. Its focus is on the anti-social characteristics of the offender and its impact on resistance, relapse and recidivism.

### Objectives:

1. How to identify the "primary diagnosis" of the client as with many offenders their criminality is the primary problem which proceeds drug and alcohol use.
2. Assist counselors in developing a treatment plan which has an improved usefulness to both the therapist and client.
3. Explain that the addict and offender is also enmeshed in lifestyle behaviors that can influence self-defeating behaviors and impede the process of recovery.
4. Provide insight concerning the ambivalence that this population presents in therapy.
5. Discuss the importance of continuity of care, e.g., the role of the treatment, parole/probation officers and out-patient therapists.

## Best Practices in Clinical Supervision

*Geoff Wilson, LCSW, CADC*

2 Day Workshop • 6 hours each day

Wednesday & Thursday

12 CEUs

[The training fulfills the clinical supervision requirements outlined in 908 KAR 1:310 and 908 KAR 1:370.](#)

This class is for those who have experience in the field of addictions and who are entering role of clinical supervisor or who would like to improve on their clinical supervision skills.

This is a two-day workshop offering 12 CEUs beginning at 10:30am and ending at 5:45pm each day—6 hours each day.

It will provide attendees with an in-depth overview of what clinical supervision is in practice. Various models of supervision will be reviewed, along with how a particular supervision model may best fit a supervisor. Specific issues with which clinical supervisors are often confronted will be discussed in an in-depth fashion (program morale issues, supervisees that may not want to be supervised, ethical issues, etc.). This is an interactive workshop where attendees will have the opportunity to establish and improve on practical clinical supervision skills.

Objectives:

1. Explore the path that individuals often take to becoming a clinical supervisor
2. Discuss stages of change for individuals becoming effective clinical supervisors and specific techniques to maintain effectiveness.
3. Review various models of clinical supervision and identify techniques that can enhance approaches to becoming more effective.
4. Discuss common pitfalls that clinical supervisors often are addressing and ways to effectively address them.
5. Addressing problematic supervisees will be explored along with an emphasis on effective feedback by clinical supervisors.
6. The difference between case management, case staffing, and "spending 8 hours with supervisees and counting it as supervision" vs. actual clinical supervision will be highlighted.

## Addiction 101: Understanding the Basics of Addiction and Recovery for Addictions Professionals

*Patrick McKiernan, Ph.D, CADC*

2 Day Workshop • Wednesday & Thursday

10 CEUs

This workshop provides participants with a forum to assess, increase, grasp and develop an understanding of addiction and the process of recovery. The workshop is designed to assist participants in evaluating their own thoughts and beliefs about addiction. The instructor will also present and discuss working definitions for addiction and recovery, along with demonstrating techniques and strategies for identifying and decreasing denial. This course is based on the disease model of addiction and reinforces the 12-step recovery process.

Objectives:

1. Have the ability to engage and connect with clients;
2. Learn the use and interpretation of an addiction progression chart;
3. Be introduced to the technique of using the stages of recovery chart and theory; and
4. Be introduced to strategies for identifying and decreasing denial.

## Preparing to Become a CADC in KY

Jeanne Keen, RNI, CADC, MS

Mike Vance, MBA, CADC, CPP, LSW

2 Day Workshop • Wednesday & Thursday

10 CEUs

This workshop will provide detailed and “hands-on” experience for the candidate for certification to understand the history and development of professional certification by ICRC and the Kentucky Application and Credentialing processes. The workshop will include a step-by-step instruction upon successful completion of the application documents, the regulatory requirements and the requirements for submission of all documents. The workshop will further identify and detail the Twelve Core Functions of Alcohol and Drug Counseling and will guide the participant toward a successful study plan that will allow adequate preparation for the new competency based comprehensive exam as introduced by ICRC in June 2008. The instructor will provide numerous suggestions about study methods, test taking ideas and techniques for successful exam taking. A sample exam will be given and will be scored on the last day of the class.

### Objectives:

1. Identify and describe the 12 Core Functions
2. Discuss the Global Criteria that are necessary to demonstrate competence in each of the functions
3. Discuss the process of the written exam
4. Understand the CADC certification process.

## The Art and Science of Healing: Finding The Healing Self Inside

Cardwell C. Nuckols, PhD

2 Day Workshop • Wednesday & Thursday

10 CEUs

Experience the awareness and awakening of your healing SELF in this powerful program for those who are seeking to enhance their healing potential. *This skills building training will increase your clinical effectiveness.*

It has been stated that as much as 75% of recovery from psychiatric (psychological) disorders such as depression is attributable to the various aspects of the relationship between the therapist and patient. Evidence-based approaches are important, but without the creation of a healing relationship, compliance is uncertain and effectiveness marginal, at best.

The skills training event will help participants learn to take advantage of their natural healing potential. The neurobiology behind this potential will be explained in detail.

### Objectives:

1. Understand the relationship between the clinician and the patient as a dance of attachment.
2. Describe the many aspects of what is commonly called “the placebo effect”.
3. Describe entrainment and why those with problems generally solve them on their own while in your presence.
4. Discuss how the patient’s “expectations” are such an important aspect of healing.
5. Experience the silence connected to “truth”, the “actual”, the eternal. This is where all the power for transformation resides.

## **The Wisdom to Know The Difference: Combining Advanced Motivational Interviewing Skill Building with Harm Reduction Strategies to Enhance Incremental Behavior Change**

*Annie Fahy, RN, LCSW*

2 Day Workshop • Wednesday & Thursday

10 CEUs

Current best practice for teaching Motivational Interviewing combines traditional installation training (e.g. 1-3 day foundational or intro training) with either individual and or group follow up for optimal skill development. (Miller, W.R., et al., 2004, EMMEE). Many gains made after an initial training can be enhanced and improved upon by follow up coaching with feedback.

Harm Reduction (HR) has long been a public health and treatment response to substance use and other high risk behaviors. Many providers consider that there are two basic approaches to recovery. An "all-or-nothing" approach that requires abstinence at the outset of treatment and a harm reduction approach that promotes safety, risk management, continued engagement and a collaborative climate for change. (Denning & Little, 2011). Harm Reduction modalities are the treatment of choice when working with chronic substance issues and have relevance when clients present with co-occurring conditions such as PTSD, chronic pain and other mental health conditions. Providers of these services often walk a high wire of encouraging abstinence because the stakes are so high and promoting harm reduction in their clients because that is realistic based on client dynamics.

This advanced training offers a unique blend of advanced MI training and coaching with harm reduction assessment strategies and techniques to enhance incremental behavior change as well as creating safe collaborative interventions for clients with high risk behaviors. MI and harm reduction are a natural fit together but many inexperienced practitioners need help developing the directional strategies that MI and Harm reduction often call for.

While harm reduction often involves smaller manageable changes in behavior, it is not easy to employ these methods without adequate support. Many important interactions

go largely undiscussed and unsupervised because they are part of the gray area of counseling. Most systems have some expectation of abstinence as a goal for high-risk behaviors.

While society at large imagines that abstinence is a reasonable goal, it is important to recognize that one size does not fit all and timing must vary based on behavior change theory (Ryan & Deci, 2002, Prochaska, DiClementi, Norcross, 1992)

This training offers a full day of advanced MI concepts with coaching and feedback. It is ideal for practitioners who want to improve their in the moment practice of MI and who are ready to move into fluency. This training will build on initial training by offering motivated individuals (peak performers) additional skill building, and an opportunity to develop take-home practice skills. It is also ideal for those interested in becoming proficient so that they may train and supervise MI in their settings. On day two, this course will build on advanced skills by offering a second full day of practice using harm reduction techniques combined with motivational interviewing. Assessment, designing collaborative interventions, addressing plan failure and ethical considerations will be covered.

This course offers dynamic interactive multimodal learning utilizing case examples, role play, and key interactive experiences.

### Objectives

1. Participants will learn advanced concepts of MI
2. Participants will practice MI and strategizing with a variety of behavior change situations using the four processes of MI - Engaging, Exploring, Evoking and Evaluating
3. Participants will receive and give feedback on their practice
4. Participants will understand and begin to work with coding and feedback instruments
5. Participants will address future learning goals and may choose to submit a post workshop taped session for feedback.

# THURSDAY AGENDA

Thursday, July 17, 2014

7:00 - 8:00 am	<b>Morning AA/NA Meeting</b>	Hancock
9:00 - 10:00 am	<b>Plenary</b> <i>The Evolution of Integrated Care: Rediscovering the Role of Prevention</i> Ruth Shim, MD, MPH	Crown A Ballroom
10:00 - 10:15 am	<b>Break</b>	
10:15 - 10:30 am	<b>Prep Time/Go to workshop</b>	
10:30 - 12:00 pm	<b>Workshops</b>	
12:00 - 1:15 pm	<b>Lunch/Provided</b>	Crowne A Ballroom
12:00 - 1:00pm	<b>Kentucky Association of Addiction Professionals Annual Meeting (KAAP)</b> <i>Mike Townsend</i> <i>(Bring box lunch to room)</i>	Crowne B
1:15 - 2:45pm	<b>Workshops</b>	
2:45 - 3:00 pm	<b>Break</b>	
3:00 - 4:45 pm	<b>Workshops Continued</b>	
5:00 pm	<b>2014 Kentucky School Concludes</b>	

# SESSIONS

Thursday, July 17, 2014

Title	Room	Workshop Length	Presenter	Session Type
The Evolution of Integrated Care: Rediscovering the Role of Prevention	Crowne A	1 Hour	Ruth Shim, MD, MPH	Plenary (Prevention Focus)
Craving Management	Crowne B	1 Day	Jeff Georgi, M.Div., LSAS, LPC, CCS, CGP	Workshop
Helping Women Recover (Based on Dr. Stephanie Covington's Manualized Curriculum)	Crowne C	1 Day	Twyla Wilson, LCSW	Workshop
Integration of Substance Abuse Prevention into Mental Health Services	Coronet A	1 Day	Ruth Shim, MD, MPH	Workshop (Prevention Focused)
Optimizing Care: Addressing the Impact of Combat Stress in Post Deployment Readjustment	Coronet B	1 Day	Michael McFarland, LMFT	Workshop
What's Trauma Got To Do With It? How to Integrate Trauma Informed Care into Prevention	Franklin	1 Day	Ronnie Nunley, MA, CPS	Workshop (Prevention Focus)
Treating Tobacco Use and Dependence—Have You Tried the Latest?	Grant	1 Day	Celeste Worth, MCHES	Workshop
Let's Get It Right: Understanding Medication Assisted Treatment (MAT) for Substance Abuse Disorders	Oldham	1 Day	Mark Fisher, MS	Workshop
Marijuana Trending, Marijuana Misuse, Medicine and Legalization—Helping Communities and Clients Sail the Rhetorical Seas	Perry	1 Day	Allan Barger, MSW	Workshop
Technical Assistance for Providers	Trimble	1 Day	Michele Blevins, MS, LMFT	Workshop
A Place at the Table: The Role of Substance Abuse Prevention Coalitions in Behavioral Health and Primary Care Integration	Whitley	1 Day	Laura Galbreath, MPP	Workshop (Prevention Focus)
Best Practices in Clinical Supervision The training fulfills the clinical supervision requirements outlined in 908 KAR 1:30 and 908 KAR 1:370)	Elliot	2 Days 6 hours Ends 5:45pm	Geoff Wilson, LCSW, CADC	Workshop
Addiction 101: Understanding the Basics of Treatment and Recovery	Madison	2 Days	Patrick McKiernan, Ph.D., CADC	Workshop
Preparing to Become a CADC in Kentucky	Shelby	2 Days	Jeanne Keen, RN, CADC, MS Mike Vance, MBA, CADC, CPP, LSW	Workshop
The Wisdom to Know the Difference: Blending Motivational Interviewing with Harm Reduction Strategies	Russell	2 Days	Annie Fahy, RN, LCSW	Workshop
The Art and Science of Healing	Taylor	2 Days	CC Nuckols, Ph.D.	Workshop

# PLENARY • THURSDAY, JULY 17, 2014

## *PREVENTION FOCUS*

### **The Evolution of Integrated Care: Rediscovering the Role of Prevention**

*Ruth Shim, MD, MPH*

1 Hour CEU Plenary

This plenary session will examine the interface between prevention practices and the integration of behavioral health conditions with primary care. We will discuss the epidemiology of mental illness and substance use disorders; contemplate how mental illnesses, substance use disorders, and physical illnesses are interconnected; and consider barriers and challenges in the current treatment of substance use disorders. Time will be spent discussing the role of prevention in the integration process, and how prevention can be successfully incorporated into the integrated care settings.

Objectives:

1. To contemplate how mental illnesses, substance use disorders, and physical illnesses are interconnected
2. To consider ways that prevention practices can be incorporated into behavioral health and primary care settings
3. To discuss barriers and solutions to integrating prevention into the identification and treatment of substance use disorders, mental health disorders, and physical health disorders

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*Ruth Shim, MD, MPH, is a psychiatrist and early stage investigator with public health, prevention, and health policy training, and the Associate Director of Behavioral Health at the National Center for Primary Care at Morehouse School of Medicine, a Historically Black College and University (HBCU), and a minority serving institution (MSI). She is also the Co-Director of the Southeast Addiction Technology Transfer Center (SATTC), a regional center established by the Substance Abuse and Mental Health Services Administration (SAMHSA) to improve the quality of addictions treatment and recovery services.*

# WORKSHOP ABSTRACTS

## Craving Management

*Jeff Georgi, M.Div., MAH, LCAS, LPC, CGP is a Consulting Associate in the Department of Psychiatry and the Division on Addiction Research and Translation at Duke University Medical Center*

1 Day Workshop • Thursday  
5 CEUs

Program Description: The DSM-5 has added craving as a major symptom of addiction, making it more important than ever to incorporate craving management at all levels of treatment intervention. For too long, we have focused on relapse prevention utilizing a cognitive model to serve our patients. Such interventions focus on engaging the frontal cortex in an effort to “out think” potential relapse. As we continue to learn more about the many pathways of addiction, it is clear that much of the energy for this illness comes from within the limbic system. When a craving strikes, the patient, much like a PTSD event, encounters a limbic storm which can literally take the frontal cortex off line. Reason and thinking simply are not enough. We need to arm our patients with craving management tools that they can use to “act” their way through the intensity of the craving experience.

### Objectives:

1. Participants will have a good working definition of craving.
2. Participants will discuss the limitations of the relapse prevention approach which focuses primarily on neocortical interventions.

## Helping Women Recover (Based on Dr. Stephanie Covington’s Manualized Curriculum)

*Twyla Peterson Wilson, LCSW, ACSW*

1 Day Workshop • Thursday  
5 CEUs

Over the past thirty years, our knowledge of women’s lives has increased dramatically, and we have added significantly to our understanding of the treatment needs of chemically dependent women. Based on Dr. Covington’s manualized curriculum *Helping Women Recover: A Program for Treating Addiction*, the workshop offers a comprehensive treatment model that integrates theories of addiction, women’s psychological development, and trauma. Designed to give counselors, clinicians, and others a basic understanding of the current knowledge related to chemical dependency, the workshop focuses primarily on women’s recovery. The workshop emphasizes the key issues of self, relationships, sexuality, spirituality, and the therapeutic techniques for dealing with these issues. Throughout the workshop discussion about how the treatment program materials can be used with women in the criminal justice system, the most hidden group of women in our society will be addressed.

### Workshop Topics:

- Historical overview
- Theoretical integration
- Gender differences
- Importance of treatment environment
- Implications for treatment
- Treatment strategies
- Sense of self/self-esteem
- Building healthy relationships
- Exploring sexual issues
- Healing trauma
- Developing a spiritual life

### Objectives:

1. Discuss the history of women’s treatment
2. Integrate current theoretical perspectives
3. Understand a developmental model of addiction for women
4. Discuss treatment environment
5. Examine the multiple issues in women’s recovery and learn treatment strategies
6. Increase participants’ understanding of the needs of incarcerated women

**PREVENTION FOCUS****Integration of Substance Abuse Prevention Into Mental Health Services**

Ruth Shim, MD, MPH

1 Day Workshop • Thursday  
5 CEUs

This workshop examines the interface between prevention of substance use disorders and mental health. We will clearly define mental illness prevention and mental health promotion, and discuss the importance of integrating prevention of substance abuse and mental health services. We will also consider the many roles that substance abuse preventionists can play in integrating substance abuse prevention and mental illness prevention. Also, we will discuss the impact of physical health and disease on behavioral health, and consider the challenges of practicing prevention in an age where multiple chronic conditions are becoming the norm. This workshop is interactive, and we will use case presentations to address implementation challenges that may occur in the integration process.

## Objectives:

1. To define mental health, mental illness prevention, and mental health promotion
2. To evaluate the role of prevention in the management of complex, chronic physical and behavioral health disorders
3. To develop effective methods of integration of substance abuse prevention, mental health services, and physical diseases

**PREVENTION FOCUS****What's Trauma Got to Do with It?**

Ronne Nunley, MA, CPS

1 Day Workshop • Thursday  
5 CEUs

*"Becoming trauma-informed is a process that involves striving towards a new way of understanding people and providing services and supports. This process involves a gradual integration of trauma concepts and trauma sensitive responses into daily practice."  
[ACEs Too High]*

This workshop will explore a broad definition of trauma, types of trauma, complex trauma, and the negative impact on health and social outcomes. Topics will include an examination of the Adverse Childhood Experiences (ACEs) study and its implications for substance abuse prevention efforts. ACEs are stressful or traumatic experiences, including abuse, neglect, and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home. ACEs are strongly related to the prevalence of a wide range of behavioral and physical health problems, including substance abuse, throughout the lifespan.

Also included will be an examination of the risk and protective factors associated with substance use and abuse. Risk factors are aspects of a person that can increase the chances for drug abuse, while protective factors can reduce the risk. Participants will investigate risk factors associated with and/or impacted by trauma. Risk and protective factors can affect children at different stages of their lives. At each stage, risks occur that can be changed through prevention interventions/strategies. The workshop will wrap up with a discussion of how trauma-informed principles can be integrated into universal, selective, and indicated substance abuse prevention strategies to increase efficacy and decrease negative health and social outcomes.

## Objectives:

1. Participants will gain a better understanding of trauma, types of trauma, and complex trauma.
2. Participants will be able to understand the relationship between adverse childhood experiences (ACEs) and the increased risk of substance use and abuse.

**PREVENTION FOCUS**

**Treating Tobacco Use and Dependence – Have You Tried the Latest?**

*Celeste T. Worth, MCHES  
Tobacco Treatment Specialist  
Professional Education and Training Manager  
Kentucky Cancer Program  
University of Louisville*

1 Day Workshop • Thursday  
5 CEUs

This training is based on the Public Health Service’s Clinical Practice Guideline and is for all types of providers, clinicians, and counselors. Topics include the scope of this problem for patients/clients, the nature of its physical addiction, behavioral modification needs, the approaches for those willing to quit and not willing to quit, resources for referral, especially the KY Quit Line, and the essential cessation medications and common issues with their usage. This training will also include video demonstrations as well as audience responses with iClickers. Participants will receive a comprehensive training packet with counseling tools and patient education materials.

Objectives:

1. Discuss the impact of tobacco dependence, particularly in Kentucky and in special populations.
2. Provide interventions for patients willing and not willing to make a quit attempt.
3. Provide recommended counseling and medications for pregnant/postpartum patients.
4. Address secondhand smoke exposure with patients and household members.
5. Discuss appropriate pharmacological treatments, recent changes, common medication problems, and advising patients on their proper usage.
6. Refer patients to external resources for follow-up and support, including specific classes, websites, and especially the KY Quit Line/1-800-QUIT-NOW.

**PREVENTION FOCUS**

**A Place at the Table: The Role of Substance Abuse Prevention Coalitions in Behavioral Health and Primary Care Integration**

*Laura Galbreath, MPP*

1 Day Workshop • Thursday  
5 CEUs

The integration of physical, mental, and behavioral health (including substance abuse prevention and treatment) is a major transformation taking hold across the country. This represents a major shift in our current fragmented system and has broad implications for community coalitions working to improve population-level health by reducing substance abuse and its associated problems. During this course, participants will learn about system transformations that are relevant to the work of substance abuse prevention coalitions and how they can explore their role in local-level efforts to integrate primary and behavioral health care.

Objectives:

1. Participants will be able to identify five roles that coalitions can play in shaping primary and behavioral health integration at the local-level
2. Participants will engage in hands-on application and group discussion
3. Participants will receive information on how to access practical resources in support of state and local integration efforts
4. Participants will return to their communities with some specific action steps to engage in this work

## **Marijuana Misuse, Medicine and Legalization – Helping Communities and Clients Sail the Rhetorical Seas**

*Allan Barger, MSW*

1 Day Workshop • Thursday  
5 CEUs

Have you ever had a client tell you marijuana is good medicine, a beneficial herb and that people are being thrown into jail by a draconian government out to get them? Are people in your communities persuaded that marijuana is relatively safe and should be legalized, taxed and made widely available? These ideas and attitudes impact both prevention efforts and our clients in treatment. This session explores current policy initiatives around medical cannabis, marijuana legalization, and government enforcement. It relates how we help communities and individual clients better understand the issues, explore their attitudes and beliefs before choosing what is in their own best interests. (There are images of marijuana used in this presentation that might create craving in those who are dependent.)

### Objectives:

1. Learn the information and beliefs expressed on the Internet, in communities and by clients that hamper both prevention and treatment efforts.
2. Explore 4 risks of marijuana use supported in research;
3. Explore the accuracy of 3 arguments people are given for marijuana legalization;
4. Develop responses that help communities and clients move beyond the rhetoric of their own beliefs and defenses.

## **Let's Get It Right: Understanding Medication Assisted Treatment ( MAT) for Substance Abuse Disorders**

*Mark Fisher, MS*

1 Day Workshop • Thursday  
5 CEUs

There are many treatment options available for someone with a substance use disorder. Medication Assisted Treatment ( MAT) is just one of those options. Many people have strong feelings – both pro and con about MAT – based on personal experience, media reports, or personal philosophy. This session will provide facts about MAT, including the current medication in use and how they work on the brain, what research says about MAT including treatment outcomes, advantages, disadvantages of this treatment option, and KASPER information relating to MAT. This presentation will cover the neurobiology of medication-assisted treatment, types of evidence-based medications that are used and their effects on the brain, treatment as used in Kentucky.

### Objectives:

1. Understanding of addictions being a brain disease
2. How Medication Assisted Treatment neurobiologically works within the brain
3. Understanding what medications are used

## **Optimizing Care: Addressing the Impact of Combat Stress in Post Deployment Readjustment**

*Michael McFarland, LMFT*

1 Day Workshop • Thursday  
5 CEUs

After 12+ years of protracted conflict in multiple theaters of deployment, the surge home is now mounting. Over 1.1 million Service Members will face the challenge of reintegrating back into local military base installations, local communities, and in many instances, resuming their civilian occupations. How can clinicians prepare to optimize their care? Although the nation as a whole is welcoming this generation of veterans home in a manner that acknowledges their service and their sacrifice, we tend to lag behind in our education about the realities of Service Members' and veterans' lives and experiences. Even families of Service Members are sometimes unprepared for the new people their loved ones have become, and for the new dimensions of their experience. This workshop will seek to explore some of the significant themes in the story of reintegration, recovery and resilience of Service Members as they face the very real impact of war zone stress in post deployment readjustment. Clinicians will gain a better perspective for optimizing care for their military clients.

### Workshop Outline:

- 1) Understanding the Challenge
- 2) The Hell of War

- 3) Post Deployment Stress Injuries Effects
  - Foundation: How the body responds to stress — the basics
  - Understanding the biology of war zone stress
  - PTSD
  - TBI
  - Suicide
- 4) Approaching therapeutic work and general treatment considerations for Veteran clients

### Objectives:

1. Participants will understand the challenge for treatment providers to understand the culture and perspective of Service Members and their deployment experiences as it affects the treatment process.
2. Participants will be able to identify some key factors which contribute to the difficulties and potentially traumatizing elements of war in a deployment environment.
3. Participants will gain a better understanding of some of the fundamental impacts of war zone stress.
4. Participants will be able to identify core considerations in approaching the work of providing treatment for Service Members.

# BIOSKETCHES

## Jan Arnow, BFA

Jan Arnow is the founder and Executive Director of Innovations in Peacemaking and is an internationally recognized authority on leadership, multicultural education, violence abatement, and prejudice reduction. She is a highly respected and award-winning author of eight books and scores of articles for a variety of national magazines. Her teaching experience ranges from workshops to university courses, and she has been the lead designer and trainer of the Mike Townsend Leadership Academy for nearly a decade. She has developed and successfully taught pilot programs, both nationally and internationally, on various issues of creativity and leadership, crosscultural communication, multicultural education and violence abatement, and her speaking and consulting engagements have ranged from the Smithsonian Institution in Washington, D.C. to the General Assembly of the United Nations on the issues of children and violence. Her continuing international work frequently takes her to Central Africa (Rwanda, the Congo, Burundi), among other places, where she assists communities in those countries establish coalitions to create successful programs to address peace and reconciliation in war-torn areas.

## Curtis L. Barrett, Ph.D., ABPP

Curtis L. Barrett is Professor Emeritus in the Department of Psychiatry and Behavioral Sciences of the University of Louisville. For most of his 30-year tenure at U of L he served as Chief Psychologist and Director of the Addictive Disorders Program of the Norton Psychiatric Center. His teaching responsibilities were with psychiatric residents and a wide range of mental health profession trainees, including psychology graduate students. As a Diplomate in Forensic Psychology of the American Board of Professional Psychology Dr. Barrett had extensive experience in forensic psychology. For more than 20 years, he directed the Forensic Behavioral Sciences Group in the University of Louisville School of Medicine. The major research orientation of the Norton Psychiatric Center during Dr. Barrett's tenure there was Cognitive Behavioral Therapy. Dr. Barrett was designated a "research qualified Cognitive Therapist" and, later, a Founding Fellow of the Academy of Cognitive Therapy. Prior to joining the Norton Psychiatric Center, Dr. Barrett was involved in research on treatment procedures for phobic and aggressive children. He was a consultant to Louisville's Projects Head Start and Follow-through, as well. In 1989, Dr. Barrett began his work in the horse racing industry as director of The Lifestyle

Program of Churchill Downs. This program has become the model for the industry as an Employer and Employee Assistance Program for workers on the backstretch of Churchill Downs and Ellis Park. Dr. Barrett founded The Winners Federation in 1993 and presently serves on its Advisor Council. The Winners Federation aims to foster and provide guidance for employee assistance programs that emphasize treatment of addictive disorders, throughout the racing industry. A natural extension of this effort was dealing with gambling addiction. Dr. Barrett is widely recognized as the horse racing industry's expert on gambling disorders that occur in the pari-mutuel industry. He is also consultant to the Kentucky Lottery Corporation and has been instrumental in establishing its widely acclaimed Play Responsibly program. Dr. Barrett is certified as a gambling disorders counselor by the National Council on Problem Gambling and by the American Compulsive Gambling Counselor Certification Board. He is Vice President of the latter organization. Dr. Barrett is a native of Evansville, Indiana and a graduate of Purdue University. His Master's and Doctorate in Psychology are from the University of Louisville. Dr. Barrett served 38 years in the Navy, active and reserve, retiring in 1991 as a line officer in the rank of Captain (O-6). In April 2000, Dr. Barrett was honored as one of the first three Navy Program Graduates inducted into the Purdue Tri-Service Military Hall of Fame. He is married to the former Jane Kraemer, also of Evansville. The couple has three adult children and five grandchildren.

## Susan Barron, Ph.D.

Susan Barron, Ph.D. is a Professor of Psychology at the University of Kentucky. She is a member of the Behavioral Neuroscience and Psychopharmacology Research Cluster at UK and her research focuses on how drugs affect the brain. She teaches graduate and undergraduate courses on topics related to brain and behavior, clinical psychopharmacology, and the effects of drugs on the brain. Dr. Barron is a member of the Kentucky Fetal Alcohol Spectrum Disorders Advisory Council and the KY Substance Exposed Infants Work Group.

### **Mary Reinle Begley, Commissioner**

A native of Danville, Ms. Begley joined the Cabinet for Health and Family Services (CHFS) as the Ombudsman in January 2009. She joined CHFS from Ephraim McDowell Health where she served as vice president of customer and physician relations since 2006.

A registered nurse, Mary was a staff nurse with Ephraim McDowell beginning in 1976 and held various other positions with the organization, including director of marketing and community relations, education coordinator and director of critical care. Begley received a Bachelor of Science degree in nursing from Eastern Kentucky University.

In January 2010 she was appointed CHFS Inspector General. During her tenure, she oversaw the successful implementation of the Kentucky All Schedule Prescription Electronic Reporting system, commonly referred to as KASPER. Begley also helped implement measures to significantly improve the timelessness of surveys conducted by OIG for both healthcare facilities and regulated child care centers.

In October 2013, Ms. Begley was appointed Commissioner of the Department of Behavioral Health, Developmental and Intellectual Disabilities (DBHDID).

BHDID provides services and support for individuals with needs related to mental illness, intellectual disability or other developmental disability and their families. It oversees the operations of the state's regional psychiatric hospitals, including the new Eastern State Hospital in Lexington.

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### **Mike Barry, BS**

Mike Barry has had his share of broad life experiences from which to draw. By age 40 he had reached the peak of his profession as a TV News Anchor, reporter, and producer. But behind the polished image of success was a man already overwhelmed by the disease of alcoholism. His story is more common than you think, which is why the driving passion of his life today is to help others in need of a new life, free from addiction and in long-term recovery, he himself found. His new calling as an advocate for the recovery movement is enhanced by his training and experience in broadcasting and technology. His unique combination of talent, energy and devotion to the cause has placed Mike Barry at the heart of this movement. He travels the country seeking to educate others about addiction, to remove barriers and discrimination, and thus enable those in long-term recovery and no longer using alcohol or other drugs to become productive members of society.

### **Lori L. Beyer, LICSW, MSWAC**

Lori Beyer, LICSW, MSWAC is a supervisory trauma clinician and lead trainer at Community Connections, a private, not-for-profit agency providing a full range of human services in metropolitan Washington, D.C. Ms. Beyer specializes in providing workshops, trainings, and ongoing supervision and consultation to agencies and clinicians nationally on issues related to trauma-specific and trauma-sensitive service provision. Ms. Beyer has more than 21 years of experience working with adults who are dually diagnosed with a serious mental illness and substance abuse disorder, and have histories of homelessness and violent victimization. She was an original member of the Community Connections Trauma Work Group which developed the Trauma Recovery and Empowerment Model (TREM), has co-led numerous group treatment interventions in areas such as Trauma Recovery and Empowerment, Parenting Skills, and Domestic Violence, and has served as a clinical case manager and clinical housing coordinator before her current position as a supervisory trauma clinician in two federally-funded research projects and as a lead trainer.

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### **Gerry Boylan, Ph.D, CADC**

Gerry Boylan has worked in the recovery field since 1978. Using his formal educational background in Transpersonal Psychology, and Comparative Religion, he has specialized in bringing growing understanding to Spirituality and Recovery. Added to traditional therapeutic techniques, he brings expertise in Holotropic Breathwork, Hypnotherapy, and Energetic healing to enhance the integration of body, mind and spirit. He organizes and runs self-empowering workshops and retreats for all those interested in recovery and continued growth. He holds graduate degrees in Biology and Transpersonal Psychology, and a PhD in Comparative Religions. As an ordained minister, he teaches classes at Unity of Louisville along with guest speaking at Sunday services. He has authored two books relating to everyday spirituality, recovery from life's traumas, and the healing of the soul: *Christ in Training* and *What Are You Holding Onto That's Holding You Back?* Both are available on his web site <http://www.christintraining.com> and Amazon. Presently Gerry is in private practice in Louisville.

# BIOSKETCHES

## James E. Campbell, MA, CACII

James Campbell has been working professionally in the human services field with addictions, children, and families for more than eighteen years. His passion is helping people, families, and relationships to heal and assisting them in building on the strengths they possess. He is certified as an Addictions Counselor II through the South Carolina Association of Alcoholism and Drug Abuse Counselors and is a member of the National Association of Alcoholism and Drug Abuse Counselors. James is also a certified as an instructor of De-escalation Techniques through Handle With Care, Inc., and a trainer in Cognitive Behavior Therapy and PRIME for Life through the Prevention Research Institute. James has worked with diverse human services programs including High Management Group Homes, Supervised Independent Living Programs, Clinical Day School Programs, Outpatient Services, and In-Home Services throughout his years in the field. He currently serves as the Adolescent Residential Manager at the White Horse Academy in Greenville, South Carolina through The Phoenix Center. In this capacity, he works directly with students and their families to assist them in entering recovery and working through issues related to addiction. He also actively weaves diverse treatment modalities into a unified treatment approach with positive outcomes. He is also the founder and program director for Family Excellence Institute, LLC and Family Excellence, Inc. and is an adjunct professor for substance abuse counseling.

## RonSonlyn Clark, PsyD, NCC, MAC, ICADC, CADC, CCGC

Dr. RonSonlyn Clark is the Sr. Director of Substance Abuse Services for River Valley Behavioral Health. She holds a Doctorate in Addiction Studies, is a Certified Alcohol and Drug Abuse Counselor (CADC), and is an Internationally Certified Alcohol and Drug Counselor (ICADC). She was the first woman in KY to become a Certified Compulsive Gambling Counselor (CCGC). She has 23 years of experience in the field of addiction treatment. Dr. Clark has spoken on a variety of addiction related topics at the local, state and national levels. She received the 2012 Robert Straus Award for lifetime achievement in substance abuse, the 2007 award for Outstanding Services for Kentucky Women and their Families in Substance Abuse, the Beacon Award for Leadership in the field of Substance Abuse and has been named a BP&W Daviess County Woman of Achievement. She is a published author. Her

programs at RVBH received the national "Best Practices" in 2007, 2008, 2009, 2010 and 2011. She is on the Board of Aubrey Song Foundation, the Board for Daviess County Agency for Substance Abuse Policy, the Educational Director of the KY Council on Problem Gambling and the Chair of the Daviess County Treatment Providers. She co-owns Clark's Health with her husband Steve. They have 3 grown children and 2 grandchildren.

## Lee Etta Cummings, MSW, CADC

Lee Etta Cummings has been working in the substance abuse prevention and treatment field for more than 23 years. She has worked in the capacity as both a prevention specialist and substance abuse counselor providing direct client care. She currently serves as the DUI Program Manager for the Cabinet for Health & Family Services, Division of Behavioral Health. In her role as DUI Program Manager she provides technical assistance and supervision to the DUI Program Coordinators that provide oversight to 129 certified DUI program statewide

## Robert W. Daniels, BA, MA

Robert Daniels graduated with a double major of Art and Psychology from the University of Tennessee, and also a Master of Arts in Expressive Therapy from the University of Louisville. He provides an array of services, from comprehensive assessment to outpatient, in-home treatment and case management of co-occurring disorder clients ages 10-21, and their families with Seven Counties Services, Inc, where he has been employed as a clinical supervisor in the Child and Family Division since May 1998.

# BIOSKETCHES

## A. Hasan Davis, J.D.

Keynote speaker, **A. Hasan Davis**, will share his transformational journey from juvenile delinquent to Juris Doctor. His journey begins as an Atlanta youth determined to stay one step ahead of the law. Following a pre-teen arrest and expulsion from alternative school, Hasan later earned his GED and decided to leave behind the life he knew well for one he could hardly imagine. This journey would eventually lead him to Berea College, from where he was expelled twice as a student. Determined to prove that failure would not be his lasting legacy, he returned a third time, earning a bachelor's degree at Berea College and a Juris Doctor degree from the University of Kentucky College of Law. Through his story, Hasan will provide an inside look into the education, justice and social service systems that fell short of providing the support needed for success. He will also share stories of the personal champions he met along the way. Through their efforts to engage, encourage and empower, he was able to transcend his mounting list of early struggles and "failures" to become a champion for youth. Once labeled a troublemaker and delinquent, Hasan is now recognized for his professional and personal efforts to serve the needs of youth through education, juvenile justice and the arts.

He is a Rockefeller Foundation Next Generation Leadership Fellow, an inductee into the Council of State Governments Henry Toll Fellowship Program, and an Annie E. Casey Children and Family Fellow. He also serves on the Board of the Council of Juvenile Corrections Administrators and is a member of the Juvenile Justice Leadership Network. In 2012, he became Kentucky's fifth Commissioner of the Department for Juvenile Justice.

## Jason Epperson, Film Producer

Jason Epperson, better known as "Epp", has been working in the world of film and video for more than a decade. He's developed a unique style over the years that continues to evolve with every project. Epp loves to be in the director's chair, but also confesses his best strengths come in the edit booth where he rarely hands off these duties. Eppic Films is a commercial and film production company launched in 2005 by Jason Epperson. In 2007 Steven Spielberg hand-picked 50 Filmmakers to participate in a reality competition that searched the world for talented and creative new directors. "On The Lot" was a joint venture created by Mark Burnett and Steven Spielberg that would award one person a \$1 million dollar contract with Dreamworks Studios. After 14 weeks, seven short films,

and lots of sleepless nights, Epp finished first runner-up in this competition and subsequently received a contract with Dreamworks Studios. Epp has received an Emmy, numerous Gold Addy Awards, Director of the Year, Distinguished ECU Alumni, and even the key to the City of Winchester KY. In 2010 Epp produced and directed his first feature film "Unrequited" that stars Michael Welch, known from the Twilight Saga. The film received a worldwide distribution deal through Arc Light Entertainment and a domestic deal with Lionsgate Films. More recently Eppic Films released a powerful documentary called IMPACT: After The Crash that tells the story of the worst drunk driving accident in US History that killed 27 people in Carollton, Ky in 1988. Visit [www.theimpactmovie.com](http://www.theimpactmovie.com) for more info. Eppic Films also released a documentary on the Kentucky Basketball fan base called "The Sixth Man" and Epp is currently Executive Producer for a new reality television series that just got picked up by DIY and GAC Network called "Logheads".

## Annie Fahy, RN, LCSW

Annie is an RN and an LCSW. She works as behavior change specialist with expertise in substance abuse, high-risk lifestyle behaviors, harm reduction, trauma, compassion fatigue, and mind body disorders. Annie offers training and professional skills development translating and implementing evidence-based practices into real life practice. She currently runs her consulting and training business out of her home in Black Mountain, NC and offers training and consultation one day a month at The Banyan Tree in Athens, GA. Annie is an experienced trainer and therapist in Harm Reduction and Motivational Interviewing. She is affiliated with The MINT (Motivational Network of Trainers); She was published in 2007 in The Clinical Social Work Journal concerning her work with Compassionate Fatigue. In 2007 she also joined the staff of the Harm Reduction Therapy Center with Dr Patt Denning and Jeannie Little LCSW as a Therapist/Trainer in San Francisco and Oakland California. In 2001, Annie co-founded the Recovery Café, a consulting, counseling and training business started in Athens, GA. She offers expertise and consultation to programs and providers working with complex substance using clients. She is an experienced consultant and trainer for the Emory University School of Medicine Department of Family and Children's Services, Metro Atlanta Recovery

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# BIOSKETCHES

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and Paroles, State Drug Court, Georgia Council for the Prevention of Child Abuse, Georgia Council For Substance Abuse and Georgia Department of Children and Family Services and several Health organizations. She is a graduate of the University of Georgia's Master's program in Social Work, though her counseling career began more than 15 years earlier as a registered nurse in mental health and addiction settings. Annie designed and managed several substance use programs including a Women's Services program, which provided intensive outpatient and residential addiction treatment services to women and their children, mandated outpatient programs and harm reduction interventions for clients and their families.

## Mark Fisher, MS

As the State Opioid Treatment Administrator, Mark Fisher is in charge of overseeing federal and state regulatory standards for 12 Narcotic Treatment Programs in Kentucky that have a combined service population of more than 3,000 persons. Additionally, Mark has at least 25 years of experience in the healthcare field focusing on quality assurance. He co-authored the "Substance Exposed Infant" white paper that was distributed statewide through the Department of Public Health, and served on the state team that wrote the new plan to expand substance abuse services and mental health treatment with the Department of Medicaid.

## Laura Galbreath, MPP Director, SAMHSA-HRSA Center for Integrated Health Solutions

Laura Galbreath leads the SAMHSA/HRSA Center for Integrated Health Solutions, a national training and technical assistance center dedicated to promoting the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings. As Director, Ms. Galbreath is focused on ensuring high quality technical assistance to SAMHSA's Primary and Behavioral Health Care Integration (PBHCI) grantees, health centers, and other safety net providers working to integrate primary and behavioral health care. In addition, she directs aggressive efforts to share practice tools; measurement instruments and outcomes; lessons learned; and poignant consumer stories from the PBHCI grantees to the broader healthcare field, as well as build and strengthen strategic partnerships to support policy, clinical, and organizational change that promote successful community healthcare integration efforts. Apt at adapting to a changing healthcare landscape, Ms. Galbreath brings extensive experience in healthcare integration policy and practice improvement, community organizing, and strategic relationships. As CIHS Deputy Director, Ms. Galbreath managed CIHS' day-to-day operations, led learning communities to support integration, created collaborative care infrastructures for shared patients, and increased access to primary care services for people with mental illnesses and addictions. Prior to joining CIHS, Ms. Galbreath held leadership roles at the National Council, Mental Health America, and the National Mental Health Association of Georgia where she conducted state policy issue tracking and analysis, technical assistance, and facilitated state, local, or multi-state advocacy meetings on a range of issues including Medicaid reform, Mental Health Insurance Parity, Medicare Part D, and healthcare reform. She received her Master of Public Policy from George Mason University.

# BIOSKETCHES

## **Ms. Karen Garrity, MEd, NCC, LPCC, CADC**

Karen Garrity graduated with a Master of Science in Education Degree, with an emphasis in counseling from Purdue University in 1996. She began working at LifeSkills Community Mental Health Center in 1996 as an addictions counselor and manager. In 2001 she began work as the Director of Addiction Services for LifeSkills. She found that Motivational Interviewing was very helpful in increasing client interest in making changes in their lives. She attended the Motivational Interviewing Training for New Trainers in 2008 and has been a member of the Motivational Interviewing Network of Trainers since that time.

## **Jeffrey M. Georgi, M.Div., M.A.H, CCAS, LPC, CGP**

Jeffrey M. Georgi, M.Div., M.A.H, CCAS, LPC, CGP from Duke University Medical Center has served as the clinical director of the Duke Addictions Program and Intervention Program. He received his BA from Duke University and his M.Div. in Pastoral Psychology from the Duke Divinity School and The Philadelphia Divinity School. Jeff completed an Internship and Residency program in Pastoral Counseling at the University of North Carolina at Chapel Hill Medical Center and a Masters in Allied Health at Duke University. He is a licensed Clinical Addiction Specialist, a Certified Clinical Supervisor, a Licensed Professional Counselor and a Certified Group Psychotherapist by the American Association of Group Psychotherapy. During his two plus decades at the medical center Jeff held clinical appointments in the Departments of Surgery, Obstetrics, and Psychiatry. He remains a clinical associate in the Department of Behavioral Medicine as well as a faculty member of the Duke University School of Nursing. He has contributed to a number of Treatment Improvement Protocols which are seen as the best practice guidelines by the Center for Substance Abuse Treatment, Washington D.C.

Although primarily known for his work in field of addictions with adolescents, adults, and families Jeff is also a national trainer and respected author in the areas of The Spiritual Platform™ a form of clinical spirituality, ethics, and the clinical application of our understanding of the adolescent brain, its development and vulnerability.

## **Dr. Stephen F. Grinstead, Dr. AD, LMFT, ACRPS, CADC-II**

Dr. Grinstead is author of the book *Freedom from Suffering: A Journey of Hope* as well as author of several other pain management books including *Managing Pain and Coexisting Disorders* and is internationally recognized expert in preventing relapse related to chronic pain disorders and is the developer of the Addiction-Free Pain Management® System (please visit [www.addiction-free.com](http://www.addiction-free.com) for more information). He has been working with pain management, chemical addictive disorders, eating addiction and coexisting mental and personality disorders for more than 28 years. He is also the Clinical Director of Training and Consultation for the Gorski-CENAPS® Corporation. Dr. Grinstead has a Bachelors Degree in Behavioral Science, a Masters Degree in Counseling Psychology and a Doctorate in Addictive Disorders(Dr. AD). He is a Licensed Marriage and FamilyTherapist, (LMFT) a California Certified Alcohol and Drug Counselor (CADC-II), and an Advanced Relapse Prevention Specialist (ACRPS). He was on the faculty of UC Santa Cruz Extension Alcohol and Drug Studies Program and also taught at Santa Clara University, UC Berkeley Extension and Stanford University Medical School and is currently on the faculty of University of Utah's School on Alcoholism and Other Drug Dependencies.

## **Geroge B. Haarman, Psy.D, LMFT**

George B. Haarman, Psy.D., LMFT, is a Licensed Clinical Psychologist and a Licensed Marriage and Family Therapist with more than 30 years of experience. A member of the American Psychological Association and Kentucky Psychological Association, Dr. Haarman is currently in private practice in Louisville, Kentucky, and serves as a consultant to several school systems regarding the assessment of children. For 24 years, Dr. Haarman worked in the Department of Human Services in Louisville, serving as the Deputy Director for the last 12 years of his tenure there. His prior experience with DHS included working with youth detention centers, juvenile group homes, child protective services, and juvenile probation. Dr. Haarman received his doctorate in clinical psychology from Spalding University and has been an instructor at Jefferson Community College, Bellarmine University, and Spalding University. Because of his years of experience in mental health, he has presented seminars regionally and nationally on psychopathology, depression, and emotional disorders in adults. He is also the author of "School Refusal: Children Who Can't or Won't Go to School" and "Clinical Supervision: Legal, Ethical, and Risk Management Issues".

# BIOSKETCHES

## **Karyn Hascal, BA, CADC**

Karyn Hascal has more than 30 years experience working in the field of substance abuse. Karyn worked in community mental health with indigent men and women suffering from substance abuse and co-occurring disorders. She also worked in correctional facilities, developing and operating substance abuse rehabilitation programs in prisons in Kentucky, Texas, Florida, and Ohio. Karyn has worked extensively with the homeless, addicted population serving as the Executive Director of substance abuse agencies addressing that population. She has served as the Director of the Division of Mental Health and Substance Abuse for the Commonwealth of Kentucky, the Deputy Executive Director of the Office of Drug Control Policy, and Assistant Director of the Division of Mental Health and Substance Abuse in the KY Department of Corrections. Karyn is currently serving as the President of The Healing Place in Louisville, KY. She has also served at the Project Director and principal investigator on a number of federal grants. She has been a Certified Alcohol and Drug Counselor since 1982, serving on the certification board for many years. She is a past President of the Kentucky Association of Addiction Professionals (KAAP). Karyn has been on the faculty of the Kentucky School of Alcohol and Drug Studies, the Tennessee Summit on Alcohol and Drugs, the Southeastern School of Alcohol and Drug Studies and the DC Institute of Addiction Studies. She has also been a guest lecturer at Indiana University Southeast and the University of Louisville. Karyn serves on a number of boards, including People Advocating Recovery, Greater Louisville Medical Society, Kentucky Physician's Health Foundation and the Kentucky Corrections Commission. Karyn lives in Louisville with her son, Erik.

## **Secretary Audrey Tayse Haynes**

Audrey Tayse Haynes was appointed Secretary of the Cabinet for Health and Family Services (CHFS) by Governor Steve Beshear on April 16, 2012. Prior to her appointment at CHFS, Haynes served as the Senior Vice President and Chief Government Affairs Officer for the YMCA of the USA in Washington, D.C., a position she had held since August 2002. Early in her career, Haynes worked in the field of mental health and substance abuse rehabilitation, serving as an alcohol and drug abuse counselor and later as a community education specialist. She has held prior appointments in the administrations of three previous Kentucky governors, including Executive Director of the Kentucky Literacy Commission; a member of the Kentucky Board for Elementary and Secondary Education following Kentucky's landmark education reform legislation; and as Deputy Secretary of the Cabinet for Health Services. In 1991, Haynes was appointed by the President of the United States to serve on the Board of the National Institute of Literacy. Haynes began working in Washington, D.C. in 1993 as the National Executive Director of Business and Professional Women/USA and the Business and Professional Women's Foundation. In 1997 she was appointed by President Bill Clinton to serve in the Clinton/Gore Administration as Deputy Assistant to the President and Director of the Office for Women's Initiatives and Outreach at the White House, and later was appointed to service as Special Assistant to Vice President Al Gore and Chief of Staff to Tipper Gore. A graduate of Spalding University in Louisville and the University of Kentucky, Secretary Haynes holds both bachelors and masters degrees in social work. She has received numerous state and national awards for her advocacy for mental health care, adult education and other issues impacting youth and families.

# BIOSKETCHES

## **Kristi Jo Jedlicki, LCSW, CADC**

Kristi Jo Jedlicki is a Licensed Clinical Social Worker and a Certified Alcohol & Drug Counselor in her hometown of Louisville, Kentucky. She earned her Bachelor of Science in Social Work degree from the University of Dayton and returned to Louisville to earn her Master of Science in Social Work degree from the Kent School of Social Work. Upon graduating with her MSSW, Kristi began her career working for Seven Counties Services in Shelby County, where she first worked with children and families, before embarking on her work with individuals and families dealing with addiction. She continued her career as the Assistant Director of the Counseling Center at the University of Louisville, where she provided students with brief therapy, led ongoing support groups, developed outreach programs across campus, and co-taught a NCAA mandated alcohol & drug class for student-athletes. Later, she became an adjunct faculty member at the Kent School of Social Work, where she remained until beginning her work in 2010 at the St. John Center for Homeless Men. Currently, Kristi is the Program Director at the St. John Center for Homeless Men.

## **Michael E. Johnson, MSW, LMSW**

Michael E. Johnson is a nationally recognized trainer and lecturer in the field of addictions. Over the years he has served the addictions field in many capacities; as a counselor, program director, consultant and trainer. He has developed a series of educational DVD's that are shown throughout the United States within residential AOD treatment settings, correctional institutions and prevention programs. He has worked as a consultant for the Michigan Department of Corrections, New York Department of Corrections, the Federal Bureau of Prisons as well as numerous Drug Courts throughout the country. He served as faculty for Eastern Kentucky University's Alcohol and Other Drug Studies for several years and has conducted classes at colleges and universities. He studied and graduated from Wayne State University in Detroit, Michigan, acquiring his Bachelor's in Counselor Education in 1988 and a Master's in Social Work in 1994. He is a Licensed Social Worker a Certified Advanced Addictions Counselor in the State of Michigan and has the International Advanced Addictions Counselor credential. In spite of his credential's his tenacity for learning has not ceased. He enjoys reading, attending trainings and seminars and loves a lively debate on addiction-related topics, counseling techniques and skill building. Michael does not believe that the education and need for training of counselors, therapists, social workers and psychologists ever ceases. Michael is known for his provocative lecturing style relative to the field of counseling, addiction and recovery and those issues associated with human struggles that are often ignored but so much a part of being alive. He is engaging and notorious for including audience experiences in his presentations.

## **Jeanne Keen, R.N., MS, CADC**

Ms. Keen graduated from Eastern Kentucky University with a BS degree in Community Health Education and received her MS EKU in Education in Allied Health Sciences. Jeanne received her AD in Nursing at Midway College. She is a certified alcohol and drug counselor and a certified batterer intervention provider and has more than 30 years of experience working in the chemical dependency field (detox, residential treatment, methadone maintenance, and outpatient). For seven years she worked specifically with pregnant substance abusing women and their children and trained extensively on peri-natal substance abuse. She also has more than ten years of experience working with domestic violence perpetrators and victims and has trained on these issues. For two years she was on the staff at the Ridge hospital as a PRN nurse and worked in the child, adolescents and adult units as needed.

## **Natalie C. Kelly, LCSW, Director, Division of Behavioral Health**

Natalie C. Kelly, a licensed clinical social worker (LCSW), has been with the Cabinet for Health and Family Services since 2001 coordinating and monitoring programs related to child maltreatment, sexual violence, and private providers of children's behavioral health. Currently she works in the Department for Behavioral Health, Developmental and Intellectual Disabilities as the Director of the Department of Behavioral Health. She was the former Children's Behavioral Health branch manager, overseeing the planning, implementation and outcomes of Kentucky's publicly funded services across the state for children with behavioral health care needs. During her career with the Cabinet, Natalie co-produced "Promise Not to Tell?: A Teacher's Guide to Recognizing and Responding to Child Sexual Abuse", a professional development series for educators around the identification and reporting of child sexual abuse in the school setting that in 2005 received a national award from The National Education Television Association for Best In Service Training Series. She has contributed to several other publications including the Commonwealth of Kentucky "Public Health Injury and Violence Prevention Plan". Prior to coming to the Cabinet, Ms. Kelly worked in Community Mental Health and as a family therapist at the Bingham Child Guidance Center in Louisville. Ms. Kelly received a Bachelor of Arts in Psychology from Hanover College and a Master's of Social Work from Indiana University. Drawing on the inspiration and support from her two children and husband, Natalie Kelly has been a tireless advocate for children, youth and adults who have been affected by trauma and those who are in need of behavioral health services.

# BIOSKETCHES

## Mike Lowther, MA

Mike Lowther, MA has more than 30 years of experience in leading, supervising, developing, and implementing public health programs at the federal, state and community levels. He has extensive expertise in social change theory, public policy and planning, organizational development, technical assistance and facilitation. Over his career, he has worked with and in communities, state government, universities and the federal government to enhance public health outcomes and increase the capacity of those systems to achieve their goals. His most recent experience is managing the provision of technical assistance to state drug and alcohol abuse agencies in order to improve the performance of their prevention system.

## Michael McFarland, LMFT

Michael McFarland, LMFT is currently the Director for Psychological Health for the Florida Army National Guard. He is a Licensed Marriage and Family Therapist with an extensive background in suicide prevention training for clinicians and in communities. Michael has previously served as the Kentucky State Coordinator for Suicide Prevention. He is a Master T4T trainer for the Suicide Prevention Resource Center's evidence based "Assessing and Managing Suicide Risk." He is Master QPR trainer and a Consulting Trainer for ASIST (Applied Suicide Intervention Skills Training).

## Patrick McKiernan, PhD, CADC

Patrick McKiernan has worked for over thirty years as an alcohol and drug counselor, received his Certification in chemical dependency counseling in 1986, and converted this to the CADC in 1996. For 16 years, he worked at Volunteers of America as Director of the Alcohol, Other Drug, Community and Mental Health Services Department. In this position he developed programs, wrote grants, and established a variety of needed services. He is a Part-Time Assistant Professor of the Kent School of Social Work where he is the co-coordinator of Alcohol and Drug Counselor Specialization. Currently he is the administrator for the Homeless Veterans Outreach Program for the Kentucky Department of Veterans Affairs. He is a U of L alumnus with Bachelors in Guidance and Counseling from the School of Education. In 1996, he was selected as the National Association Alcohol Drug Abuse Counselors Scholar that included enrollment in the Master's Program in Applied Addiction Studies from Nova Southeastern University, and from which he graduated in 1999. In June of 2004, he received his PhD in Psychology from Northcentral University. Throughout his professional career, Patrick has served in various leadership roles including President of the Kentucky Association of Addiction Professionals from 1996 -1998. In 1993, he became part of Kentucky School of Alcohol and Other Drug Studies faculty. He has been appointed to the Kentucky Board for the Certification of Alcohol and Drug Counselors, the Kentucky Interagency Council on Homelessness, the Governors Reentry Task Force, the Kentucky Recovery Advisory Board, and the Affordable Housing Trust Fund Steering Committee. He is a published author and co-investigator on several funded research and development projects.

# BIOSKETCHES

## **David Mee-Lee, M.D.**

David Mee-Lee, M.D. is a board-certified psychiatrist, and is certified by the American Board of Addiction Medicine (ABAM). Based in Davis, California, he trains and consults both nationally and internationally. Dr. Mee-Lee has led the development of the ASAM Criteria for the Treatment of Substance-Related Disorders since the late 1980's. He has been the Chief Editor all editions of ASAM's criteria (American Society of Addiction Medicine), including a new edition, The ASAM Criteria–Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions, Third Edition (2013). He is also Senior Vice President of The Change Companies and has more than 30 years experience in person-centered treatment and program development for people with co-occurring mental health and substance use conditions.

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## **Mark Miller, LMFT**

Mark B. Miller, LMFT has been the Program Director for Center for Behavioral Health Kentucky for almost ten years. CBH-KY is an organization dedicated to helping patients with addiction obtain a better life by using medically assisted treatment interventions, counseling, and general support. He is the program director in the Louisville office and coordinates care with CBH programs including Bowling Green, Elizabethtown, and Frankfort. He is a surveyor for CARF and has seen the impact of opioid addiction throughout the nation. He is also the current President of the Board for MensWork, Inc: Eliminating Violence Against Women and promotes male leadership to encourage healthy relationships and ally with other men to stop violence against women.

## **Herbert E. "Bud" Newman, Psy. D., CADC, CCGC**

Bud Newman is retired as the Clinical Manager of Adult Services at The Morton Center in Louisville, KY. He was in charge of the IOP Program, Chemical Dependency Treatment Program and the Pathological Gambling Program. Dr. Newman is certified as both an alcohol and drug counselor and a compulsive gambling counselor. Dr. Newman started working in the helping profession in 1967 working in residential services for the Department of Child Welfare. He continued working with adolescents in both residential and non-residential programs until 1973 when he went into the private business sector. He continued working in the private business sector and the helping profession until 1994, when he started working with people suffering from addictive disorders and their families. In 1999, Dr. Newman attended a two-day training program on Pathological Gambling and this grew into a passion that continues even today. It was the result of this initial training program, the subsequent training that he received from his mentor, Dr. Curtis Barrett, the time he spent working in an out-patient clinic in Las Vegas, NV and the numerous hours working with gamblers that brought him to the point that he recognized that he along with many of his helping professional brothers and sisters had treated numerous pathological gamblers – he just was not knowledgeable enough to ask the right questions and make the correct diagnosis. Today Dr. Newman's passion surrounds treating the gambler and his/her family, and shared what he has learned with other professionals so that they too can make an impact in treating this disorder, helping the compulsive gambler into recovery and bringing serenity and peace to the gambler and their families. Dr. Newman is honored to be serving his sixth term as President of the Kentucky Council on Problem Gambling. He also sits on the American Compulsive Gambling Counselor Certification Board, serving as the Treasurer and chairing the Ethics Committee. He has developed and presented on both the local and national levels for other helping professions and professionals on problem gambling. The consistent message being that pathological gambling is the grossly undiagnosed and untreated, not because professionals don't care, but rather that they don't know what to look for and pathological gambling is just not on the clinical radar screen.

# BIOSKETCHES

## **Rev. Daniel M. Newman, Ph.D., DD, APS, RRS Holistic Health Consultant and Senior Health Educator**

Dan is an interfaith minister and holds degrees in Doctor of Philosophy (PhD) and Doctor of Divinity (DD). He is certified as an HIV/AIDS Prevention Specialist (APS), Risk Reduction Specialist (RRS), and Senior Health Educator for more than two decades. Dan is a volunteer counselor with the Women's Crisis Center of Northern Kentucky and participated as a group facilitator for New Dads sponsored by the National Fatherhood Initiative. He is approved by the Cabinet for Health and Family Services for CEU's listed as HIV/AIDS Professional Education Multi-disciplinary Curriculum and he is certified as a First Aid/CPR/AED Instructor by the National Safety Council Emergency Care Teaching Certificate.

## **Dr. Cardwell C. Nuckols, Ph.D**

Dr. Cardwell C. Nuckols is described as "one of the most influential clinical and spiritual trainers in North America." Dr. Nuckols' passion and mission is to assist in the integration of emerging scientific research with traditional spiritual and self-help knowledge. From this integration comes knowledge, inspiration and technique helpful to those whose practice assists alcoholics, addicts and other mental health patients find healing and their personal road to recovery. Dr. Nuckols is widely published, having authored more than 60 journal articles, 30 books and workbooks, 50 DVDs, CDs and videos, and 25 audiotape series. His latest publication is entitled *The Ego-Less SELF: Achieving Peace and Tranquility Beyond All Understanding*. Dr. Nuckols' first book *Cocaine: Dependency to Recovery*, is a trade best seller, as are, his booklets *Quitting Heroin*, *Quitting Alcohol* and *Quitting Marijuana* (Hazelden) and *Healing the Angry Heart*. Dr. Nuckols' formal educational background includes advanced work in such areas as medical research, pharmacology, neurobiology, education and psychology. His personal spiritual path has involved studies into various spiritual traditions predominately early Contemplative Christianity. For more than 30 years, he has gratefully served the healthcare industry in multiple capacities as a clinician, supervisor, program director and hospital administrator. During his career, Dr. Nuckols has been awarded national honors including the SECAD, Swinyard, University of Utah School on Alcohol and Other Drug Studies Service Award and Gooderham award, as well as, being recognized for his contributions to The American Society of Addiction Medicine's Patient Placement

Criteria. Dr. Nuckols is on the review board of Counselor Magazine and serves as the conference chairperson for national conferences including the US Journal offerings "Neuroscience Meets Recovery" and "Clinical Skills."

## **Julia M Persike, MS, CSAC**

Julia began her career in the Behavioral Health Field in the early '90s as an aerobics instructor, personal trainer, and wellness educator. After teaching healthy lifestyle-based classes and workshops for more than 10 years, Julia took her motivational approach and became a Licensed Substance Abuse Counselor and mental health professional. During the past 10 years, Julia has worked as a case manager, substance abuse counselor, public speaker, independent consultant, and adjunct college instructor. Julia holds a Bachelor's in Health Promotion and Wellness (1994), a Master's in Mental Health and Substance Use Disorders (2010), and is currently a doctoral candidate studying criminal psychology. Julia enjoys the challenge of helping behavioral health professionals maintain their personal edge and professional integrity through the use of wellness planning and self-preservation skill-building techniques.

## **Todd Reynolds, MSSW, CADC**

Todd Reynolds has been in the addictions field since 1978. He has a Master of Science in Social Work from the Kent School of Social Work at the University of Louisville. He is a Certified Alcohol and Drug Counselor (CADC) in Kentucky and an Internationally Certified Alcohol and Drug Counselor (ICADC) by the IC&RC. He has served as a counselor, counselor supervisor, coordinator, manager, administrator, and director. He has worked in assessment/evaluation, detoxification, short and long-term residential, traditional long term outpatient, and intensive outpatient. He has worked with adolescents, adults, individuals, groups, and families with addictions and co-occurring disorders. He has worked in public and private psychiatric hospitals, treatment centers, and outpatient facilities as well as in prison. He has written and implemented several programs at all levels of treatment. He has presented at state conferences in addition to facilitated workshops and retreats in the public and private sectors. He has served as practicum faculty for the Kent School of Social Work at the University of Louisville. He currently is in private practice in Louisville, KY working with individuals, couples, families, and groups.

# BIOSKETCHES

## **Mark Sanders, LCSW, CADC**

Mark Sanders, LCSW, CADC, is an international speaker in the behavioral health field whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is co-author of *Recovery Management* and author of *Relationship Detox: How to Have Healthy Relationships in Recovery*. His most recent book is entitled, *Slipping through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders*. He has had two stories published in the *New York Times* best-selling book series, *Chicken Soup for the Soul*. He is a lecturer at the University of Chicago.

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## **Ruth Shim, M.D., M.P.H.**

Ruth Shim, MD, MPH, is a psychiatrist and early stage investigator with public health, prevention, and health policy training, and the Associate Director of Behavioral Health at the National Center for Primary Care at Morehouse School of Medicine, a Historically Black College and University (HBCU), and a minority serving institution (MSI). She is also the Co-Director of the Southeast Addiction Technology Transfer Center (SATTC), a regional center established by the Substance Abuse and Mental Health Services Administration (SAMHSA) to improve the quality of addictions treatment and recovery services.

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## **Frank Snyder, Ph.D, LCSW, MSW**

Frank Snyder has lived in Bowling Green for ten years and worked at LifeSkills for eight. He did his graduate work at Ohio State University, earning both a Master of Science in Social work and a Ph.D. His treatment interests are in addictions and trauma. He is board certified as a trainer in psychodrama, sociometry and group psychotherapy. In addition, in the last eight years his new learning has been in the area of mindful based therapies, completing training in Mindful Based Stress Reduction, Mindful Based Cognitive Therapy, Mindful Based Relapse Prevention and Mindful Based Approaches to Eating Disorders.

## **Laurie Barger Sutter, MCRP, BSAS, BA**

Laurie Barger Sutter has 30 years of experience developing and directing comprehensive social, public and behavioral health initiatives across organizational boundaries at all levels to develop sustainable organizational capacity and collaborative, multidisciplinary partnerships that use systems approaches to effectively identify and address complex social and public health priorities. She also has directed multiple federally-funded grants and contracts focused on health system development and organizational capacity, and has extensive experience presenting at the national, state and regional levels. Her most recent experience is managing system assessments of the state drug and alcohol abuse authorities who manage the prevention portion of the federal Substance Abuse Prevention and Treatment block grant in order to identify needed prevention system enhancements.

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## **Mike Vance, MBA, CADC, CPP, LSW**

Mike Vance began to serve in the chemical dependency profession in October 1970 and developed early eastern Kentucky programs for substance abuse intervention/education. Mr. Vance served in Community Mental Health (Mountain Comprehensive Care) for 30years, then as an administrator for private child care(Buckhorn Children's Center) for ten years. He currently serves as adjunct faculty for the School of Social Work, University of Kentucky and for the School of Sociology, Social Work and Criminal Justice, Morehead State University. Mike continues in the substance abuse field as a private practitioner, clinical supervisor, educator and consultant through his firm Mike Vance & Associates of Prestonsburg, Kentucky.

# BIOSKETCHES

## **Becky Vaughn, MSed, CEO, State Associations of Addiction Services**

Becky Vaughn has been working in the addictions field for more than 25 years. She was a member of the founding board of The Georgia Association for the Prevention and Treatment of Substance Abuse (GAPTSA) in 1992 and became their first Executive Director in 1994. Her responsibilities included training and advocacy at the local, state, and national level. In July of 2000 GAPTSA merged with an Atlanta coalition creating The Georgia Council on Substance Abuse where she served as President and CEO until 2007. Her work continued there as an advocate at the Legislature and catalyst in the community on issues related to prevention, treatment, recovery, homelessness, and drug courts with the goal of reducing the impact of substance abuse on GA communities. Her work included passage of many bills addressing substance use disorder solutions as well as securing budget resources. Beginning in 2008 she took over the helm of the State Associations for Addiction Services (SAAS) as their CEO after serving on its Board since 2000. She has served on numerous state and federal committees and panels and speaks on the issue in a variety of settings. Becky received her degrees from the University of GA and GA State University. She grew up in Atlanta, but is enjoying being part of the DC community. As a former teacher and the mother of four, she is passionate about preventing and finding solutions to the far-reaching problems caused by untreated addiction.

## **Geoff Wilson, LCSW, CADC**

Geoff Wilson is a licensed clinical social worker and certified alcohol and drug counselor. He has been practicing in the mental health and substance abuse treatment fields for more than 20 years. He has been employed with The Ridge Behavioral Health System in Lexington, KY for the last nine years, where he has held the positions of Director of Addiction Services, as well as Director of Clinical Services for their 110 bed inpatient psychiatric and chemical dependency treatment hospital and their outpatient department. He currently serves as their Director of Business Development. He served as the president of the Kentucky Adolescent Substance Abuse Consortium for more than 10 years. In 2004, he received the Robert Straus Award for Outstanding Service in the Field of Substance Abuse Treatment in Kentucky and in 2008 was appointed by Governor Steve Beshear to the Kentucky Board of Certified Alcohol and Drug Counselors. He maintains a private counseling practice in Lexington, KY where he treats adults, adolescents, and families.

## **Twyla Peterson Wilson, LCSW, ACSW**

Twyla Peterson Wilson, LCSW is a psychotherapist in private practice who specializes in addictions treatment, particularly gender-responsive approaches for women. Drawing on the work of mentor Dr. Stephanie Covington, she has developed a specialty practice emphasizing the compassionate, holistic treatment of women with addictive disease. She also trains professionals, conducting workshops on gender-responsive treatment for women. She has a Masters in Social Work from the University of North Carolina-Chapel Hill and a Bachelor of Science in Family Relations from the University of Minnesota. A licensed clinical social worker, she first worked in mental health settings, later moving into the addictions field. Now she conducts a variety of clinical services for recovering persons, often with co-occurring disorders. Prior to private practice, Ms. Wilson was a faculty member at Duke University Medical Center in the Department of Psychiatry. At the Duke Addictions Program (DAP), she did clinical, administrative and consultation work. There she was instrumental in establishing gender responsive services in an intensive outpatient treatment setting, integrating her mental health and substance abuse treatment knowledge into a comprehensive program for women, their children and other family members. She taught addiction medicine to psychiatry and family medicine residents, psychology interns and social work interns throughout her tenure at Duke. Prior to DAP, she served as Administrative Director of their Partial Hospital Program and the Centralized Evaluation Unit in the Department of Psychiatry. Always an advocate for client-centered treatment, she established and supervised clinical services in these areas. Early in her career, she worked in the public sector with the seriously and persistently mentally ill population and established a psychosocial rehabilitation program called Club Nova. Serving as Executive Director, she also worked as an advocate and community systems organizer for this population. A certified training associate and consultant for Dr. Covington, Ms. Wilson has taught in various professional venues over the last ten years. She is available for training on the *Helping Women Recover*, *Beyond Trauma*, and *A Woman's Way through the Twelve Steps* curricula, and consultation on the development of programs for women.

# BIOSKETCHES

## **Thomas Workman, Ph.D.**

Thomas Workman has more than 15 years of experience working with communities and institutions to address illegal and excessive consumption of substances by young adults through evidence-based environmental strategies. His experience working in alcohol and other drug misuse includes ten years as Associate Director and Communications Coordinator of a campus-community coalition in Lincoln, Nebraska through funding from the Robert Wood Johnson Foundation's "A Matter of Degree" Program. The coalition's approach was awarded as a Model Program by the U.S. Department of Education, and Dr. Workman received a Facilitator's Award from the Center for Excellence in Higher Education Law and Policy at Stetson College of Law for his work in Nebraska. He now serves as a member of the board for the Center and faculty member for the National Conference on Law and Policy. Since leaving Nebraska, Tom has worked to replicate and expand his work in prevention, working with communities across the country to create community-based coalitions that employ environmental strategies through a variety of funding sources, including the U.S. Department of Education, EUDL and SPF SIG. Tom served as the Community Coach for Bloomington-Normal Community-Campus Committee, a grant-funded coalition of twin towns and four college campuses. Tom has served in a variety of national leadership roles in substance abuse prevention, as a Fellow for the United States Department of Education's Higher Education Center for Alcohol, Drug, and Violence Prevention, a member of the Council of Advisors for the Network Addressing Collegiate Alcohol and Other Drug Abuse, and as the National Chair for the NASPA Alcohol and Other Drug Knowledge Community. Currently Tom serves as the Higher Education Task Lead for the National Center for Safe and Supportive Learning Environments, as a faculty expert for the National College Health Improvement Project (NCHIP) through Dartmouth College, and as a consultant to a joint NCAA/NASPA effort to engage athletic coaches in alcohol prevention and intervention. Tom has published a variety of book chapters, monographs, and articles on the subject, and is currently finishing a chapter on the use of Edgework (voluntary risk-taking) in alcohol prevention for the Sage Handbook of Risk Communication. Tom is a member of the Editorial board for Health Communication and reviews manuscripts for a variety of other academic journals including Health Affairs, Communication Quarterly, and Journal of Men's Studies.

## **Celeste T. Worth, MCHES**

Celeste Worth is a Tobacco Treatment Specialist and the Professional Education and Training Manager for the Kentucky Cancer Program at the University of Louisville. Since 2001, she has developed and implemented nationally recognized tobacco treatment education for more than 10,000 multi-disciplinary healthcare providers and students in Kentucky with funding from the Kentucky Tobacco Prevention and Cessation Program. Ms. Worth received her degree in Health Administration and Community Health from the University of Kentucky and is a Master Certified Health Education Specialist.