



23rd ANNUAL
SUMMER
INSTITUTE ON
ADDICTIONS

JUNE 12 – 14, 2017

*In a world where treatment for
substance use disorders
appears to be an issue so black
and white; we find there are
infinite shades of grey.*

CONFERENCE SITE
ELMHURST COLLEGE
– FRICK CENTER –
190 PROSPECT AVENUE
ELMHURST, ILLINOIS

**Six (6.0) CEUs per day will be awarded from
Illinois Certification Board (IAODAPCA) for CADCs. Six
(6.0) CEUs per day will be awarded from IDPFR for social
workers, professional counselors, psychologists, and nurses.**

2017 CONFERENCE FEES

— PLEASE REGISTER EARLY, SEATING IS LIMITED IN SOME WORKSHOPS —

CONFERENCE – June 12, 13, & 14, 2017	1 Day	2 Days	3 Days
Early Individual Registration Postmarked by 5/10/17	\$130	\$240	\$340
Regular Individual Registration Postmarked 5/11/17 or later	\$155	\$300	\$425
Multiple Attendee Discount (per person)*	\$120	\$230	\$325
Senior Rate (62 years of age and older)	\$145	\$280	\$395
Student Rate*	\$ 65	\$125	\$185
Exhibitor (includes registration for one staff per day)	\$200	\$350	\$450

- * To receive the Multiple Attendee Discount, three or more people from the same agency must register to attend the conference. Complete an individual registration for each attendee and include the names of at least two other attendees being registered from the same agency.
- * To receive the Student Rate the registrant must be currently enrolled in an undergraduate or graduate school. Photocopy of student ID must be sent with registration and payment.

PAYMENT INFORMATION

Payment may be made by check, money order, or credit card. **DO NOT SEND CASH.** Make check payable to Haymarket Center. Online registration/additional information is available at **www.hcenter.org** or call Tammy Peters at 312.226.7984 ext. 383, Fax: 312.226.1676, Mail: Attn: Tammy Peters, Haymarket Center, 120 N. Sangamon Street, Chicago, IL 60607. *Cancellations received after 6/02/17 will receive a refund for fifty (50) percent of the amount paid. No refunds will be given after 6/09/17.*

CONTINUING EDUCATION CREDITS (CEUs)

Six (6.0) CEUs per day will be awarded from Illinois Certification Board (IAODAPCA) for CADCs. Six (6.0) CEUs per day will be awarded from IDPFR for social workers, professional counselors, psychologists and nurses. Certificates are issued at the end of each conference day.

HOTELS (NEAR CAMPUS)

The following hotels are near the conference site. Reservations are to be made on your own.

- * SpringHill Suites by Marriott 410 West Lake Street, Elmhurst, IL 60126 Contact Number: (630)-782-6300
- * Courtyard by Marriott 370 N. Route 83, Elmhurst, IL 60126 Contact Number: (630)-941-9444

Rooms on campus are also available. For details call (312) 226-7984, Ext. 383

DIRECTIONS

Elmhurst College, 190 Prospect Avenue, Elmhurst, IL 60126 Phone: (630)-279-4100

To take a virtual tour of Elmhurst College Campus or to view maps for more detailed directions to Elmhurst College, visit <http://public.elmhurst.edu>

From the North

- Take Interstate 294 (Tri-State Tollway) south
- Exit at I-290 West, Ill. 64-North Avenue
- Exit again immediately at Ill. 64-North Avenue
- Go west 1.5 miles to Maple Avenue, turn left
- Take Maple Ave. 1/2 mile across railroad tracks to Alexander Blvd.
- Turn right at Alexander, then right into the campus parking lot

From the South

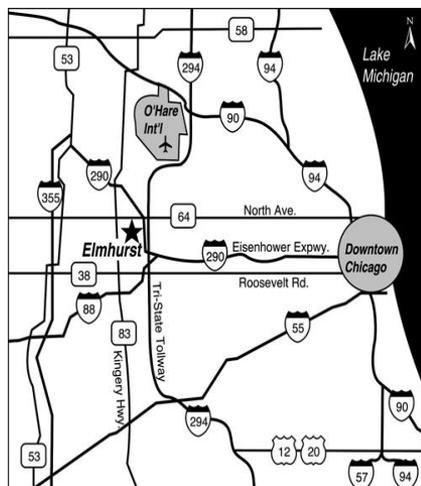
- Take Interstate 294 (Tri-State Tollway) north
- Travel past the Cermak Road plaza
- Follow signs for I-290 West to Ill.64 (North Avenue)
- Go north on I-290 to St. Charles Road
- Travel west on St. Charles past York Road to Prospect
- Turn right onto Prospect for two long blocks to Alexander Blvd.
- Turn left onto Alexander, then turn right into the parking lot

From the East

- Take Interstate 290 (Eisenhower Expressway) west
- Follow signs for I-290 West-Rockford
- Exit at westbound St. Charles Road, just west of I-294
- Travel west on St. Charles past York Road to Prospect
- Turn right onto Prospect for two long blocks to Alexander Blvd.
- Turn left onto Alexander, then turn right into the parking lot.

From the West

- Take Interstate 88 (Reagan Memorial Tollway) east
- Travel past the Oak Brook exit to Interstate 294
- Exit at York Road
- Travel north on York to St. Charles Road, turn left
- Travel west on St. Charles to Prospect Avenue
- Turn right onto Prospect for two long blocks to Alexander Blvd.
- Turn left onto Alexander, then turn right into the parking lot.



KEYNOTE SPEAKERS



Joan Borysenko, Ph.D. – This distinguished pioneer in integrative medicine is a world-renowned expert in the mind/body connection. Her work has been foundational in an international health-care revolution that recognizes the role of meaning, and the spiritual dimensions of life, as an integral part of health and healing. After graduating magna cum laude from Bryn Mawr College in 1967, Dr. Borysenko earned her doctorate in Medical Sciences from the Harvard Medical School, where she completed post-doctoral training in cancer cell biology. Her first faculty position was at the Tufts University College of Medicine in Boston. But after the death of her father from cancer, she became more interested in the person with the illness than in the disease itself, and returned to Harvard Medical School to complete a second postdoctoral fellowship, this time in the new field of behavioral medicine. Under the tutelage of Herbert Benson, M.D., who first identified the relaxation response and brought meditation into medicine, she was awarded a Medical Foundation Fellowship and completed her third post-doctoral fellowship in psychoneuroimmunology. In the early 1980's Dr. Borysenko co-founded a Mind/Body clinic with Dr. Benson and Dr. Ilan Kutz, became licensed as a psychologist, and was appointed instructor in medicine at the Harvard Medical School. Her years of clinical experience and research culminated in the 1987 publication of the New York Times best seller, *Minding the Body, Mending the Mind*, which sold over 400,000 copies. The 20th anniversary edition, newly revised, was published in 2007. Author or co-author of 13 other books and numerous audio and video programs, including the Public Television special *Inner Peace for Busy People*, she is the Founding Partner of Mind/Body Health Sciences, LLC located in Boulder, Colorado and the Director of The Claritas Institute Interspiritual Mentor Training Program. Her inspirational reflections are featured frequently on Hallmark Channel's *New Morning* program, and she also hosts a weekly Internet radio show, *Your Soul's Compass*, for Hay House. One of the most popular and sought after speakers in the field of health, healing, and spirituality, her engaging and well researched presentations are perfect both for professionals and for the general public.



Mark Sanders, LCSW, CADC is an international speaker in the behavioral health field whose presentations have reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands. He is the author of 5 books and has had two stories published in the New York Times Bestselling book series, *Chicken Soup for the soul*. Mark is board president of *Serenity of Chicago* - The only recovery

high school in Illinois. He is a board of trustee at his Alma Mater, MacMurray College and past board president of the Illinois Chapter of NAADAC.



Dr. D. Shane Koch, Rh.D., CRC, CSADC, AADC is a Professor in the College of Education and Human Services. His professional background includes extensive work with consumers diagnosed with primary and coexisting alcohol and other drug abuse disabilities. Prior to becoming a rehabilitation educator, he served in various settings as a counselor, program evaluator, clinical director and program director. Currently, he serves as the Co-editor for the

Rehabilitation Counselors' and Educators' Journal. Dr. Koch is the author of twenty-six professional publications, nine book chapters and seventeen technical and research reports. He has made over eighty referred presentations and fifty invited presentations at state, national and international professional conferences. Dr. Koch has served as principal investigator or co-principal investigator on fourteen funded research grants and four teaching grants. While on faculty at the University of North Texas Dr. Koch served as Coordinator of Rehabilitation Studies and Co-Director of the Institute for Studies in Addictions. He served as a past vice president and board member of the National Association on Alcohol, Drugs, and Disability (NAADD) and as a board member on both the Texas Certification Board of Addictions Professionals and the International Coalition of Addiction Science Educators. Dr Koch served as the editor of the Journal of Teaching in the Addictions from 2005 through 2009. Dr. Koch is a graduate of the Rh.D program at the Rehabilitation Institute where he was the 1996 recipient of the Lorenz Baker Award. In 2004, the International Association of Addiction and Offender Counselors selected Dr. Koch as the Counselor Educator of the Year. In 2011, he received the SIUC College of Education and Human Services Outstanding Scholar Award. He is a certified rehabilitation counselor, certified supervisor for AODA counselors, and an internationally certified advanced alcohol and drug counselor.



Dr. Amy Faith Ho, MD, is an emergency medicine physician. She has had multiple national publications and features in forums like NPR, Forbes, Chicago Tribune, KevinMD and others, including several pieces focused on mental health. Her interest in addiction medicine stemmed from her time interning at the renowned Betty Ford Center and then again at the VA. Her speaking and media

engagements include presentations with TEDx, American Medical Association, American Academy of Emergency Medicine, and Illinois College of Emergency Physicians. She also holds multiple leadership

positions in various medical organizations on both the state and national level working to affect health care challenges politically.



Shelly F. Greenfield, MD, MPH, is an addiction psychiatrist, clinician and researcher. Dr. Greenfield serves as principal and co-investigator on federally funded research focusing on substance use disorders treatment, gender differences in substance disorders, and substance disorders health services. She is a recipient of a National Institute on Drug Abuse (NIDA)-funded career award in mentoring in substance use disorder patient oriented research and received a NIDA-funded grant to develop and test a new manual-based group therapy for women with substance use disorders. Dr. Greenfield is a member of the Board of Directors of the American Academy of Addiction Psychiatry, the American Psychiatric Association's Council on Addiction Psychiatry, and chair of the NIDA Clinical Trial Network's Gender Special Interest Group. She is editor-in-chief of the Harvard Review of Psychiatry. Dr. Greenfield is a distinguished fellow of the American Psychiatric Association, and recipient of the R. Brinkley Smithers Distinguished Scientist Award from the American Society of Addiction Medicine.



Jamelia Hand MHS, CADC, MISAI is the owner and principal consultant of Vantage Clinical Consulting LLC where she provides technical support and training to healthcare professionals on Opioid Addiction topics. She is a professor, author, and treatment advocate for Addiction and Recovery issues. She serves as an Advisory Board member for Governors State University's Addictions Studies Program, Board member of the Illinois Certification Board and Board member for NAADAC (IL) and she's the President of the Addiction Studies Alumni Club.

Her advocacy recently received the attention of the IL House of Representatives and she was awarded for her advocacy in Opioid Overdose. For more than 16 years, she's taken great pride in being knowledgeable about resources to support recovery and has enjoyed being able to translate that excitement to anyone who will listen, especially students who are interested in working in the field of addictions.

In an effort to keep conference expenses and fees to a minimum Haymarket Center will not provide hard-copies of handouts. Handouts will be made available to the participants via restricted access on Haymarket Center's website.

HAYMARKET CENTER'S MISSION & HISTORY



The mission of Haymarket Center is to aid people with substance use disorders in their recovery by providing comprehensive behavioral health solutions.

Founded in 1975 by the late Monsignor Ignatius McDermott and Dr. James West, McDermott Center dba Haymarket Center is

the largest not-for-profit community-based adult detoxification, residential, and outpatient substance abuse treatment facility in Chicago. Haymarket Center has continued to grow into a comprehensive alcohol and other drug treatment organization, licensed by the state of Illinois, which receives funding from the private sector, as well as city, county, state and federal agencies. The treatment programs are accredited by the Commission on Accreditation for Rehabilitative Facilities (CARF).

Msgr. McDermott and Dr. West's understanding of addiction as a disease provided the motivation for their call for treatment in lieu of criminalization. This fundamental perspective continues to guide Haymarket Center in pioneering innovative, high quality, community-based, social setting behavioral health programs that are gender responsive, culturally appropriate and population specific. Although Haymarket serves primarily homeless, indigent and ex-offenders from the south and west side communities of Chicago, it extends its services to the entirety of Illinois. Since its inception Haymarket Center has remained wholeheartedly devoted to identifying and designing new and progressive methods for furthering our founding mission: "to aid people with chemical dependency in their recovery by providing a continuum of optimal professional care that is responsive to the identified needs of the community."

With more than 30 specialized programs supporting our mission, more than half are CARF accredited programs that utilize evidence based practices which harness significant research that prove their effectiveness and insure greater success for our clients. Along with this commitment, we have continually been faithful to our guiding principle of providing comprehensive substance abuse treatment and referrals to Chicago's vastly ignored and underserved populations regardless of their ability to afford services. Our loyalty to these two fundamental principles has led Haymarket to develop programs in clinical treatment and supportive services to men, women and children, serving over 18,000 clients per year.

CONFERENCE SCHEDULE

Monday, June 12 – Frick Center

7:45 a.m. - 8:30 a.m. Registration/Continental Breakfast

8:30 a.m. - 8:45 a.m. Introduction

8:45 a.m. - 10:10 a.m. Keynote Speaker: Joan Borysenko, Ph.D.

**Topic: *Psychotherapy of the Heart: An In Depth Look
At How We Help Others***

In our increasingly fast-paced technological and data-based world, it's easy to forget the non-linear wisdom of the heart. Caring relationship to self, others and a larger Whole is the crucible from which healing emerges. Learning to embody that crucible is an important, yet sometimes unarticulated and untaught, skill that can transform and amplify the power of therapy. Intuitively, human beings understand that love heals. Sociologically and scientifically, we're beginning to understand why. Data from the emerging fields of psychoneuroimmunology and neurobiology illustrate the effects of connection and compassion on health, emotional balance, and well-being.

10:10 a.m. – 10:30 a.m. Morning Break

Session I 10:30 a.m. - Noon

**A *Mindfulness: The Practical Neuroscience of Leadership*
Joan Borysenko, Ph.D.**

Recent research indicates that mindfulness training reduces stress, increases emotional balance, resilience, equanimity, and creativity through stimulation of the left and medial prefrontal cortex (PFC). It brings our Wise Self online. Mindfulness also decreases mental rigidity and enhances relationality, allowing for better decision-making. The health benefits of mindfulness range from reprogramming the brain and nervous system to reducing inflammation. In this daylong training (also available in shortened format as a lecture or short workshop) the focus will be 3-fold, involving theory, practice, and discussion.

**B *Slowing Psychosis in Its Tracks: Understanding the
Coordinated Specialty Care Movement to Change the Lives of
Young Adults Experiencing First-Episode Psychosis*
Marc Fagan, Psy.D. and Vanessa V. Klodnick, PhD, LCSW**

This year, approximately 3% of the US population will experience an onset of a psychotic condition, including schizophrenia. Psychotic disorders are disabling and costly on a personal, family, and community level. Onset occurs primarily in adolescence where symptoms often go unrecognized and

untreated. Research demonstrates that the quicker a young person (and their family) access “Coordinated Specialty Care” (CSC), the more they will benefit from treatment in the wake of an initial psychotic episode. CSC is multidisciplinary, team-based and constantly evolving as states use federal mandated Mental Health Block Grant set-aside dollars to implement CSC across a variety of system, fiscal, and provider cultures and contexts. Through consultation with early intervention experts, Thresholds has developed MindStrong as part of the FIRST.IL initiative in Illinois. Through this discussion, the audience will learn:

- What is Coordinated Specialty Care (CSC) and why the early research (both international and U.S) is so compelling?
- How to recognize signs and symptoms of early psychosis
- What Illinois is doing through the FIRST.IL initiative and how to connect with services
- Thresholds’ innovative advancements in First Episode Psychosis alongside its national and local partners

C *Substance Abuse and Trauma Informed Care: This is How We Heal*

Pamela K. Williams, MS, LCPC

As a family therapist working at Haymarket Center in the Pregnant & Post Partum Women’s Programs, the prevalence of trauma in the substance abuse treatment population cannot be understated. Trauma is an emotional response to a terrible event and while normal, some people have difficulty moving on with their lives. As trauma informed care treatment is recognized as a necessary component to treating addictive behavior, many traditional concepts are being challenged. This discussion will incorporate what is known about the long term effects of trauma and focus on the relational components of healing that may be more impactful incorporating key principles from SAMHSA.

D *Self-Compassion in Psychotherapy*

Sarah Buino, LCSW, CADC, CDWF

Self-compassion is a crucial, but often overlooked component of healing. Many of our clients are able to extend compassion to others, but neglect themselves. Kristin Neff and Tim Desmond are leaders in the field of self-compassion research. Their methods for increasing self-compassion will be introduced and explored in terms of client and self. This workshop will discuss components and functions of self-compassion from a scientific and philosophical framework and provide resources for specific tools for utilizing self-compassion in the therapy room. Learning objectives:

- Participants will be able to differentially define self-compassion, self-esteem, and self-worth.

- Participants will demonstrate an understanding of components of self-compassion and how they affect the psyche.
- Participants will identify how mindfulness of body, thought and emotion contribute to psychic distress or comfort.

Noon - 1: 00 p.m. Lunch (Provided)

1:00 p.m. - 2:25 p.m. Keynote Speaker: Mark Sanders

Topic: *From Heavy Confrontation- Shock Treatment to Robots: The History and Future of Counseling*

This keynote address focuses on the history and future of addictions and mental health counseling. Emphasis will be placed upon lessons from the past that can guide policy and clinical practice: 10 trends impacting addictions and mental health treatment in the future will be discussed, including: the use of technology, trauma informed care, integrated services, the effective use of peers, the de-criminalization of addiction, the use of medicine and recovery oriented systems of care. Emphasis will be placed on how to stay current in an ever changing field. Learning objectives:

- Ten lessons from history that can inform treatment and policy today.
- Ten Trends that will shape the future of Addictions and Mental Health Treatment
- How to stay current in an ever-changing field

2:25 p.m. - 2:45 p.m. Afternoon Break

Session II 2:45 p.m. - 4:15 p.m.

E *Integrating Logo-Therapy and Motivational Interviewing to Help Clients Change*

Mark Sanders, LCSW, CADC

According to Miller, clients change when there is a discrepancy between a current behavior and a goal. What about clients who are void of goals or due to current circumstances they have not thought about their goals for years? This workshop focuses on the successful integration of Motivational Interviewing and Logo-Therapy, developed by the renowned psychiatrist and holocaust survivor Victor Frankl. Logo Therapy focuses on helping clients achieve purpose in the midst of pain and suffering. Combined with Motivational Interviewing, this integrated approach increases hope, optimism, and recovery. Learning objectives:

- The history and techniques of Logo-Therapy
- The history and theoretical foundations of motivational interviewing.
- How to integrate the two approaches to facilitate client recovery

F *Sexuality in Sobriety – Building the Clinicians Tool Bag*

Prem Pahwa, LCSW, CST

This session will examine the challenges clinicians face in helping people in recovery from drugs and alcohol to establish a healthy sexuality. Learning how to be a sexual being without the use of substances can be challenging for many clients, and is a topic that many clinicians feel unprepared to effectively address. Sexuality often gets minimized or ignored in the treatment process, and can leave clients either vulnerable to relapse or not living life as fully integrated human beings. At the end of this session, clinicians will have added tools to their tool bag to help them work more effectively with their clients on healthy sexuality in recovery.

G *Healing Shame: A Group Experiential*

Sarah Buino, LCSW, CADC, CDWF

Shame is a full-contact emotion that permeates our entire being. Healing from shame can be terrifying for many of our clients. As empathy is the antidote to shame, healing from shame is best done in groups. Brené Brown's research on shame and vulnerability is the foundation on which this workshop is based. This experiential workshop will teach several group therapy exercises that focus on healing shame. Clinicians will have a chance to practice these exercises with each other in a fun, judgment-free environment. Learning objectives:

- Participants will be able to differentially define shame, guilt, embarrassment and humiliation.
- Participants will demonstrate an understanding of how empathy is the antidote to shame.
- Participants will learn and be able to replicate multiple shame-resilience group exercises.

H *Clinical Supervision in Times of Rapid Change*

D. Shane Koch, Rh.D., CRC, CSADC, AADC

Rapid changes in American cultural beliefs and behaviors as well as the impact of technology and expansion of drug menus have resulted in new and unexpected consequences for human professionals and their consumers. Clinical supervisors must be prepared to respond to challenges arising from rapid change. This presentation will explore how supervisors can utilize ethical decision models and best practices to enhance their ability to meet the needs of their supervisees and consumers. Learning objectives:

- Participants will be able to compare and contrast traditional cultural beliefs and values with those associated with modernity and post modernism.

- Participants will explore how the therapeutic alliance may be impacted by diverse consumer orientations.
- Participants will be able to identify the ethical challenges that emerge when serving consumers from exceptionally diverse cultural orientations.
- Participants will be able to apply supervision models and best practices to resolve ethical dilemmas arising from conflicts in therapist-consumer cultural orientations.
- Participants will explore the necessity of adapting their understanding about culturally appropriate attitudes, beliefs, values, and behaviors so as to create an environment where clinicians may be able to provide accessible, appropriate services to all consumers.

Tuesday, June 13 – Frick Center

7:45 a.m. - 8:30 a.m. Registration/Continental Breakfast

8:30 a.m. - 8:45 a.m. Introduction

8:45 a.m. - 10:10 a.m. Keynote Speaker: Amy Faith Ho, M.D.

Topic: *Addiction is a Disease Not a Stigma*

Addiction has long been seen culturally as a self-inflicted stigma, consisting of the belief that addicts are "bad" people or have made the "decision" to "do this" to themselves. This talk looks into the science and history of how addiction is a neurobiological disease and how, especially in light of the Surgeon General's recent report agreeing that addiction is a disease, everyone in healthcare should help propagate this idea.

10:10 a.m. - 10:30 a.m.

Morning Break

Session I 10:30 a.m. - Noon

A ***Addiction and Primary Care Integration as it Relates to Medication Assisted Treatments***

Michael Baldinger, M.D.

Newer medications for the treatment of alcohol and opiate use disorders, including buprenorphine and extended release naltrexone, can be administered in a physician's office rather than specialty opioid treatment programs. With efficacies comparable to treatment for other chronic diseases, these medications can help reduce drinking and drug use, achieve and maintain control over behaviors that can lead to relapse, and maintain adherence to other treatment components that support sustained recovery including counseling, lifestyle changes, and primary medical care. Many

addiction treatment programs have limited accessibility to a physician. This workforce gap creates a barrier to recovery. Ways in which substance use treatment providers can take advantage of these new medications, by integrating primary care and substance use treatment will be discussed, including working with medical staff to monitor medications and coordinate care.

B

Hepatitis C: A Silent Epidemic

Jill Wolf, LCSW and Dante Williams

Liver cancer is the only cancer on the rise, much of which is caused directly from untreated and undiagnosed hepatitis C. Approximately 150-million people worldwide have chronic hepatitis C (HCV) infection and nearly 500,000 die each year from HCV-related liver diseases. The HCV epidemic currently impacts two high risk groups: Baby boomers, those born between 1945 and 1965, are five times more likely to have HCV and are dying of liver cancer and cirrhosis because they have unknowingly been living with chronic hepatitis; and, young people between the ages of 18-24 are acquiring acute HCV infection due to experimentation with intranasal and injection drug use perpetuated by the opiate epidemic. New medicines cure upwards of 95% of persons infected with HCV, reduce the risk of death from liver cancer and cirrhosis, and decrease transmission of HCV to other individuals. With the new National Academy of Sciences' report entitled: *Eliminating the Public Health Problem of Hepatitis B and C in the United States*, we are well positioned to ELIMINATE hepatitis in our country, as long as we have the political will to do so. This workshop will provide a holistic perspective of HCV including information on HCV basics, strategies to screen and educate clients about HCV prevention, a review of current restrictions and barriers that limit access of substance users to curative treatments, and key action steps both systems and individuals can take to advocate on behalf of those with viral hepatitis.

C

Marijuana: How Safe is This Plant?

Lukasz Konopka, Ph.D.

In this breakout workshop, we will focus on the history of marijuana and its use. We will discuss how this knowledge informs us about marijuana's potential utility, today. Therefore, to understand the issues related to marijuana's medicinal and recreational use, we need to familiarize ourselves with its bioactive substances and how these substances impact different physiological processes in the periphery and the brain. In addition, we will discuss the significant variability in how and why different individuals respond to marijuana by considering their genetic makeup, physiological vulnerabilities, and the age of first exposure. Learning objectives:

- After this workshop, participants will understand the lack of homogeneity among marijuana plants and how this impacts the potential users.
- Participants will learn to identify different receptors in the human brain and periphery that are targeted by marijuana's bioactive compounds.
- Participants will understand how much we already know and how much we need to learn about this popular drug that is on the path to legalized recreational use.

D

20 Too Many: Understanding Military and Veteran Culture and its Effects on Suicide

Michelle M. Langlois, LCSW

Suicide rates have been increasing across all ages and genders in the United States. The Centers for Disease Control and Prevention have now ranked suicide as the 10th leading cause of death, with approximately 44,000 individuals dying by suicide in 2015. An extensive Suicide Data Report was completed in 2014 by the Department of Veterans Affairs, which indicates that 20 veterans die by suicide per day. However, only 6 of the 20 utilized the VA Health Care System. This presentation will focus on:

- Military and Veteran Culture and how this Culture directly affects veteran's access to treatment, suicide risk, and substance abuse vulnerability.
- Suicide risk within the general population compared to the Veteran specific population.
- Suicide Prevention efforts by the Department of Veterans Affairs and clinical interventions targeting the suicidal veteran.

Noon - 1: 00 p.m.

Lunch (Provided)

1:00 p.m. - 2:25 p.m. Keynote Speaker: Shelly Greenfield, M.D.

Topic: *Gender Differences in Addiction: Implications for Women's Treatment*

The prevalence of substance use disorders has increased in women since the mid-twentieth century, with women initiating their use at earlier ages than in prior decades and currently at the same rates as men. However, women experience an accelerated course of addiction to many substances. The phenomenon in which women progress more rapidly from first use to the onset of dependence and first treatment compared with men has been labeled "telescoping." This telescoping course of addiction in women has implications for screening, early detection, and treatment. Gender differences in the current prevalence of, and risk factors for, substance use disorders and treatment services delivery will be reviewed, as will evidence for the use of women-focused treatment for women with addiction.

2:25 p.m. - 2:45 p.m. Afternoon Break

Session II 2:45 p.m. – 4:15 p.m.

E

Treating Women with Substance Use Disorders: The Women's Recovery Group Study

Shelly Greenfield, M.D.

This session will present the evidence for the Women's Recovery Group (WRG), a women-focused group therapy for women with substance use disorders who are heterogeneous with respect to their substance of abuse, age, partner and parenting status, histories of trauma, and co-occurring psychiatric disorders. The session will provide a practical guide to implementing the WRG in a variety of services settings including video-clips of therapists conducting the WRG.

F

A Person-Centered Approach to Diagnosis and Treatment

Lukasz Konopka, Ph.D.

To provide comprehensive diagnoses for every patient, clinicians need to explore the multidimensional intricacy of the individual. We can begin to unmask these complexities by using the bio-psycho-social-spiritual model that views every individual as a unique entity. Using a conceptual framework of quantitative assessment (a Brain to Behavior Approach), we may more precisely identify the individual's strengths and weaknesses and develop more effective person-centered interventions that lead to more effective therapies. Learning objectives:

- From this workshop, participants will become familiar with the currently available, objective assessment tools.
- Participants will learn to differentiate between structural and functional imaging tools.
- Participants will understand how brain imaging relates to behavioral presentations and how the different modalities' independent data converge and assist in the development of targeted treatments.

G

Opioids and Opiates: The Ethical and Clinical Challenges Associated With Providing Appropriate and Effective Services to Consumers

D. Shane Koch, Rh.D., CRC, CSADC, AADC

Increased access to opioids and opiates has resulted in a significant increase in the incidence and prevalence of both opioid use and misuse. As a consequence of the addictive potentiation of these substances, their use by consumers may result in the rapid progression of substance use disorders. However, many consumers may safely utilize these substances for pain management and response to chronic disability. This presentation will focus

on increasing awareness of the clinical and ethical complexities associated with providing appropriate, effective services to those affected by opiate/opioid use. Learning objectives:

- Participants will be able to accurately identify how opioids and opiate use has increased and how increased use has affected both individual consumers and our communities.
- Participants will identify the pharmacological properties of these substances that may lead to increased addictive potentiation.
- Participants will become aware of the challenges inherent in assessing opioid use disorders.
- Participants will be able to identify the ethical challenges presented when clinicians become aware of their clients' opioid use.
- Participants will learn how they can develop an ethically sound methodological response when confronted by dilemmas arising from serving consumers who are involved with opioid/opiate use and misuse.

H *Integrating HCV Screening and Testing in Substance Abuse Treatment*

Jessica Dubuar, LCPC

This talk will present information related to lessons learned about the implementation of a new Hepatitis C testing program centered in a substance abuse treatment agency. Strategies for HCV screening and testing, linkage to care and motivating clients to engage in HCV care will be discussed.

Wednesday, June 14 – Frick Center

7:45 a.m. - 8:30 a.m. Registration/Continental Breakfast

8:30 a.m. - 8:45 a.m. Introduction

8:45 a.m. - 10:10 a.m. Keynote Speaker: D. Shane Koch, Rh.D., CRC, CSADC, AADC

Topic: *Coexisting Disability: Responding to Consumers Who Experience Disability and Substance Use Disorders.*

Changes in demographics, re-entry of OEF/and OIF veterans who have experienced significant physical disabilities and increased incidence and prevalence of consumers who experience chronic pain have resulted in an increased need for human service professionals to understand the complex relationships between disability and addictive disorders. This presentation will identify how onset of disability and addictive disorders influence the type and severity of consumer challenges and may determine the appropriate course of intervention. Service system delivery issues; development of

appropriate, accessible, effective services; changing drug menus; and utilization of medication assisted therapy will be explored in the context of serving consumers with coexisting disabilities. Learning objectives:

- Participants will be able to identify the three types of onset of coexisting disabilities and understand how onset affects assessment, treatment planning, and case management.
- Participants will be able to identify the impact of expanded drug menus and medication assisted therapy in the treatment process for persons with coexisting disabilities.
- Participants will be able to identify specific barriers within service delivery systems that may negatively influence consumers' ability to successfully complete treatment programs.
- Participants will become aware of how to utilize evidence based practices to provide appropriate, accessible, and effective interventions for consumers with coexisting disabilities.

10:10 a.m. - 10:30 a.m.

Morning Break

Session I 10:30 a.m. - Noon

A

Ethics and Ethical Decision-Models

D. Shane Koch, Rh.D., CRC, CSADC, AADC

Ethical decision-making is an evolving science with increased attention being paid to organizational variables, introduction of measures of moral intensity, reconsideration of traditional principle based decision making models and introduction of complex, critical thinking models as an alternative to static ethical formulas. This presentation will compare and contrast ethical systems and explore how professionals may use appropriate critical thinking to identify and resolve ethical challenges and dilemmas. Learning objectives:

- Participants will be able to identify the philosophical systems that provide a foundation for professional decision-making.
- Participants will be able to identify specific ethical principles that have guided the development of codes of ethics and professional standards of practice.
- Participants will be able to apply methods of critical thinking to identify and accurately examine ethical challenges and ethical dilemmas.
- Participants will be able to identify how contextual factors influence ethical decision-making and professional practice.
- Participants will become familiar with effective and appropriate strategies for resolution of ethical challenges in professional practice.

B *Technology Assisted Care in Substance Use Treatment and Recovery*

Michael L. Dennis, Ph.D.

Substance use disorders (SUD) are chronic conditions that typically last for decades and have a high risk of relapse, yet over two thirds of the people with an SUD eventually enter recovery. Treatment reduces the time to sustained recovery, but it takes 3 to 4 episodes of treatment before half the people are able to sustain remission. This is actually equal to or better than many other major chronic medical and mental conditions. Unfortunately, less than 1 in 10 people with SUD access treatment, half drop out in less than 90 days, and half relapse within the 90 days after discharge. Since the turn of the century there has been a growing move to use technology (phones, pc, internet, smartphones, and other devices) to reduce the barriers to entering and staying in treatment and for providing recovery support. Technology has also been used to improve capacity, consistency, quality, effectiveness and cost-effectiveness of care. Learning objectives:

- Review advances in technology assisted care in substance use treatment and recovery support
- Examine evidence on their acceptability and effectiveness with actual clients
- Identify existing resources that participants can access immediately
- Identify some of the limits of what is available.

C *Jail Diversion: Getting to the Root Causes of Criminality*

Benny Lee, CADC

Research highlights the benefits of connecting low-level offenders—particularly those struggling with substance abuse and mental health issues—with community health care programs, drug programs, and job training. Studies found that people who entered these programs cut their chances of getting arrested again by 60 percent. One report released earlier this year also found that mental health courts and in-house services have shown moderate success, in part because they're better at addressing the root causes of inmates' criminality. Jail diversion programs go beyond the conventional options that law enforcement officials typically have—and takes into account the bigger factors that influence an inmate's entrance and subsequent returns to the prison system. This workshop will inform participants about the different types of jail diversion programs, and criteria used to determine appropriateness for referral into a jail diversion program. Lastly, we will take a look at the model of Cook County Jail's mental health transition center.

D***Stepping Outside of the Addiction Lens: The Ripple Effects of the Opiate Crisis - A Public Health Perspective*****Jill Wolf, LCSW**

The opiate epidemic has great impacts on multiple components within both the behavioral and public health fields. Directly related to the overprescribing of prescription opiates, we have seen various devastating impacts: an increased demand for addictions treatment services with resource-limited systems; too many tragic losses from deaths by overdose; increased arrests and criminal justice system interactions; and extra familial impacts with increased exposures to trauma. To take this even further, the opiate crisis has perpetuated the spread of hepatitis C, the most chronic, widespread and infectious disease outbreak of our time, and continues to make insults and threats to the health and well-being of our country. This workshop will discuss the public health impacts of the opiate crisis through the lens of hepatitis C and will flesh out the increase in acute infections, the increased restrictions for access to a cure, the discriminatory regulations in place for substance using patients that were developed out of stigma and the criminalization of addiction, and opportunities for community engagement and advocacy.

Noon - 1: 00 p.m.**Lunch (Provided)****1:00 p.m. - 2:25 p.m. Keynote Speaker: Jamelia Hand, MHS, CADC**
Topic: What's your WHY?

With state budget challenges, program closures, mergers and a new presidential administration, we face many uncertainties. One that resonates with all of us is our concern regarding our PROFESSIONAL futures. We must work together on behalf of OUR Field. The best way that we can do this is to go back to scratch and remember why we entered the field of Substance Use Disorders in the first place. We must go back to WHY... By the end of this keynote address, I hope that our treatment professionals will depart with a reminder and a renewed spirit for the great work that they do.

2:25 p.m. - 2:45 p.m. Afternoon Break**Session II 2:45p.m. – 4:15p.m.****E*****Opioid Addiction*****Jamelia Hand, MHS, CADC**

1.9 Million Americans live with prescription opioid dependence while 517,000 Americans live with heroin addiction. Opioid Addiction disease occurs in every American state, county, socio-economic and ethnic group.

As healthcare professionals, you will be required to treat an opioid addicted client. In this workshop, we will discuss:

- Some of the contributing factors to opioid addiction
- Opioid Addiction Overview
- Opioid Addiction Treatment and MAT
- Overdose Prevention and
- Tools for Recovery

Attendees will leave with an enhanced overview of Opioid Addiction that they can continue to build upon in their professional development. They will also leave with an MAT toolkit so that they can utilize to advocate for clients when they are asked to discontinue MAT.

F

Addiction Treatment is Not Black and White

Leo Miller, LCPC, CRADC

Significant changes to the addictions and mental health fields are imminent. This presentation will outline the contextual changes in key areas that will influence the future of addictions and mental health treatment, including the new healthcare reform, new partnerships, new funding streams, the growth of recovery mutual aid groups, the need for recovery industries, recovery schools, new recovery research, the use of technology in recovery, and substance use trends and the economy. The objective of this presentation will be to make participants aware of the upcoming changes and implications for the future.

G

Nuances of Eating disorders and Co-occurring diagnoses

Kimberly Reiser, MA, NCC, CAADC, LCP

This presentation will explore how eating disorders and co-occurring disorder are intermingled. When working with this client you can easily be working harder than the client while getting caught up in the drama and fear. Presentation will address what unique behaviors and excuses to watch for in your clients. Education will be provided on the dangers of exercise purging,diabulimia, drunkorexia and use of laxatives. Presenter will explain the importance of recognizing the presenting age of your client to motivate them to a “new normal”. Time will be spent demonstrating how to align a destructive cycle with ACT and DBT with intent of supporting clients in longer extinction cycles.

H

Changing the Numbers: Addiction and Suicide in the LGBT Community

Jeffrey Zacharias, LCSW, CAADC, BRI-I

It is estimated that 30% of the LGBTQI community identifies as having some form of addiction(s). Clinicians believe that the rates of addiction are greatly underreported given that it requires an individual to be out regarding

identifying as LGBTQQI AND as having an addiction(s). Both of these identifications can carry with them a tremendous amount of stigma and shame. These factors can also lead to higher rates of suicide in the LGBTQQI community, which are exacerbated, by depression, anxiety and trauma. What are the risk factors present that the community at large needs to be more of as well as what are the preventative factors that can be put into place to decrease these statistics? What are the warning signs surrounding the intersection of addiction and suicide in the LGBTQQI community? This presentation will develop a deeper understanding of addiction and suicide in the LGBTQQI community as well as prevention/recovery tools which can be used to bring healing to those impacted.

Disclaimer: The keynote presentations and workshops do not necessarily reflect the policies or practices of Haymarket Center.

Please bring a jacket or sweater in case it is cooler in the Frick Center than you might like.

In an effort to keep conference expenses and fees to a minimum Haymarket Center will not provide hard-copies of handouts. Handouts will be made available to the participants via restricted access on Haymarket Center's website.

Continuing Education Opportunities

Haymarket Center offers ongoing opportunities for Continuing Education at our Fall and Spring Workshop Series. Also offered for Continuing Education is the IAODAPCA Accredited AODA Counselor Training Program. For more information on the Fall and Spring Workshop Series, contact Tammy Peters at 312.226.7984 ext. 383. For more information on the AODA Counselor Training Program, contact Rick Love at 312.226.7984 ext. 580. Information is available on the website as well. Go to www.hcenter.org and click on the tab "Education & Professionals".

Haymarket Center is grateful to those that contributed monetary donations to Haymarket Center's Continuing Education Fund and to the Daniel P. Sullivan Memorial Fund. Your generous support helped to make the 23rd Annual Summer Institute on Addictions possible. We would like to express our appreciation to Elmhurst College for welcoming Haymarket Center, and allowing us to utilize their beautiful campus to host this event. Lastly, we thank the many professionals, clinicians, counselors, and students who attend the Summer Institute on Addictions year after year. You remind us that we are never done learning, we are never done questioning, and we are never done searching for the possibilities that lie ahead.

SUMMER INSTITUTE ON ADDICTIONS – WORKSHOPS AT A GLANCE

Session I – 10:30am to Noon

Session II – 2:45pm to 4:15pm

Monday, June 12th 2017

A. Mindfulness: The practical Neuroscience of Leadership- Joan Borysenko	E. Integrating Logo-Therapy and Motivational Interviewing to Help Clients Change- Mark Sanders
B. Slowing Psychosis in Its Tracks- Marc Fagan and Vanessa Klodnick	F. Sexuality in Sobriety-Building the Clinicians Tool Bag- Prem Pahwa
C. Substance Abuse and Trauma Informed Care: This is How We Heal- Pamela Williams	G. Healing Shame: A Group Experiential- Sarah Buino
D. Self-Compassion in Psychotherapy- Sarah Buino	H. Clinical Supervision in Times of Rapid Change- D. Shane Koch

Tuesday, June 13th 2017

A. Addiction and Primary Care Integration as it Relates to MAT- Michael Baldinger	E. Treating Women with Substance Use Disorders: The Women’s Recovery Group Study- Shelly Greenfield
B. Hepatitis C: A Silent Epidemic- Jill Wolf and Dante Williams	F. A Person-Centered Approach to Diagnosis and Treatment- Lukasz Konopka
C. Marijuana: How Safe is This Plant?- Lukasz Konopka	G. Opioids and Opiates: The Ethical and Clinical Challenges Associated with Providing Appropriate and Effective Services to Consumers- D. Shane Koch
D. 20 Too Many: Understanding Military and Veteran Culture and its Effects on Suicide- Michelle Langlois	H. Integrating HCV Screening and Testing in Substance Abuse Treatment- Jessica Dubuar

Wednesday, June 14th 2017

A. Ethics and Ethical Decision-Models- D. Shane Koch	E. Opioid Addiction- Jamelia Hand
B. Technology Assisted Care in Substance Use Treatment and Recovery- Michael Dennis	F. Addiction Treatment is Not Black and White- Leo Miller
C. Jail Diversion: Getting to the Root Causes of Criminality- Benny Lee	G. Nuances of Eating Disorders and Co-occurring Diagnoses - Kim Reiser
D. Stepping Outside of the Addiction Lense: The Ripple Effects of the Opiate Crisis – A Public Health Perspective- Jill Wolf	H. Changing the Numbers: Addiction and Suicide in the LGBT Community- Jeffrey Zacharias

2017 CONFERENCE REGISTRATION

Please indicate your choices for workshops you would like to attend by placing the letter of the workshop next to the corresponding space provided. See the example below.

Example Workshop Registration:

Session I

A B C D

Workshop Choice C

Monday, June 12

Session I

A B C D

Workshop Choice ____

Session II

E F G H

Workshop Choice ____

Tuesday, June 13

Session I

A B C D

Workshop Choice ____

Session II

E F G H

Workshop Choice ____

Wednesday, June 14

Session I

A B C D

Workshop Choice ____

Session II

E F G H

Workshop Choice ____

TOTAL CONFERENCE FEE:

Please make check or money order payable to Haymarket Center

\$ _____ Total Conference Fee

Contact / Billing Information:

Name: _____ Agency: _____

Address: _____

Phone: _____ Email: _____

Payment Type: Check _____ (Number) Money Order _____ (Amount)

Visa/MC/Discover/Am. Express: Number: _____

Exp. Date: _____ Security Code: _____

Signature: _____ Date: _____