

Haymarket Center – Fall Workshop Series

Workshop I - September 14, 2019

Presenter: Ryan Breen LCPC, CADC is the Director of Staff Development and Training at Haymarket Center where he coordinates and provides various training in topics related to the treatment of addictive disorders and trauma to Haymarket's +300 staff members. For almost 20 years, Mr. Breen has provided therapy to clients who are dealing with relationship issues, trauma, substance use, and other mental health concerns. He has previously served as assistant clinical director for the agency's outpatient, integrated care, and men's residential programs. He has coordinated teams at the Chicago Children's Advocacy Center, directed residential services at Jewish Child and Family Services, and counseled families at Wedgewood Christian Services. Mr. Breen also operates a private practice dedicated helping those who are dealing with relational crisis and issues related to childhood trauma and maltreatment. Mr. Breen takes a special interest in childhood development as it relates to the fulfillment of individual human potential and relationship satisfaction.

MartinJon Garcia: Helping those that are ready to open up to their greatness is at the core of MartinJon's Practice. As a healer helping others is an integral part of his life's practice. His recovery and personal growth continues to be an anchor of love and growth. MartinJon's Portrait Project was the artistic groundwork that evolved into Portrait Facilitation and The Portrait Method. By connecting deeply through creativity MartinJon becomes a vehicle for healing to happen. Through sharing vulnerability people are free to open up and explore inner blocks that exist but were not have been previously available to be seen. MartinJon is a certified Shinpiden (Reiki Master), and has studied with a number of other energy healer covering a wide array of modalities. MartinJon has, and continues, to use multiple modalities to aid in the development of this new portrait modality as well as helping clients integrate lessons from their experiences with Portrait Facilitation.

Topic: Childhood Trauma and the Embedding of Perception

The link between Childhood Trauma and Addiction is a well-documented reality. Development in a trauma producing environment changes the way the brain will respond to stress. This leaves a person vulnerable to addiction, depression, and other social behavioral problems. Early life chronic trauma prevents self-referential processing and limits emotional awareness creating the sense of “getting lost” in emotions. When this occurs, an individual’s sense of personal control and self-awareness is compromised. These individuals find themselves at the mercy of relational and other environmental triggers.

This workshop will seek to explain the effect of trauma on the developing brain as it relates to self-awareness, self-control, and self-reflection. Participants will learn to utilize an individual’s emotional triggers, and their pacifiers, to uncover key perceptual themes that continue to manifest in our lives and the lives of our clients. Participants will work through an exercise to increase their own sense of self-awareness so that the principles may be applied in clinical practice.

Workshop II - September 28, 2019

Presenter: Charles Franke, LCSW has a Bachelor of Arts degree in Psychology from McKendree University, and a Master of Social Work degree from Saint Louis University (SLU). Chaz received his clinical license in 2009.

Chaz has been practicing therapy full time since 2007. Since the beginning of his career as a therapist, Chaz has worked with trauma and its long reaching effects. This work has included extensive work with all ages and all walks of life. Chaz specializes in psychodynamics, self-compassion, and integrating Eastern thought and philosophy into the therapeutic process. Chaz has participated in training with important figures in the field of therapy and psychology such as Dr. Ira Chasnoff, and Dr. Bruce Perry. Chaz has presented on topics including, but not limited to Trauma, Wisdom and Self-Compassion, Mindfulness, Self-Care, Transference and countertransference, and Early Intervention and Listening skills. Chaz is also currently employed as a faculty member in the Masters in Social Work program at Saint Louis University.

Chaz has over 10 years' experience training and competing in strongman, powerlifting, and the Highland Games. Chaz currently trains out of The LAB Gym in St. Louis, MO. Chaz has written articles for Elite FTS, WHOLE LIFE CHALLENGE and Barbell Shrugged related to the emotional and psychological aspects of strength training.

Topic: Integrative Self-Care: Accessing the Mind, Body and Soul as a Path to Being an Effective Provider

In this training we will give an in depth look at the signs of compassion fatigue and secondary trauma as it relates to clinical practitioners. In recent years more attention has been given to the long term concerns of being exposed to the traumatic narratives, stories, and experiences of the clients we serve. As a result, secondary trauma has received more discussion in the helping professions. In this training we will utilize current research to discuss the signs of secondary trauma in the context of understanding how to identify these concerns early. After discussing these signs we will then start the discussion of what a practitioner can do to create mental, physical, and spiritual outlets that make them an optimal practitioner/provider. The goal of this discussion is not simply improving health. The goal is to create outlets that make us the most effective for those we serve. This training will focus on the ability to connect to the aspects of this field we feel the most connected to while still discussing the need to care for ourselves as we delve into the stories of others.

Workshop III - October 12, 2019

Presenter: Dale Roberson, MSW, CADC is a recent graduate from the University of Chicago's School of Social Service Administration (Class of 2018). He is currently the Manager of Outpatient Services at Haymarket Center, a program which includes 16 counselors and 4 support staff, and consistently serves approximately 200+ clients across IOP, OP, DUI, and a satellite Lake County location. During his graduate education, his clinical applications included family systems, third-wave

behavioral approaches, motivational interviewing, and trauma-informed care for specific populations. In addition to managerial duties, he is one of the principal facilitators of Haymarket Center's CADC Training Program and a certified DUI Service Provider. In his spare time, Dale is a volunteer therapist at Center on Halsted, providing long-term individual therapy to members of the LGBTQ community.

Topic: DBT Skills as Therapeutic Intervention

Dialectical behavioral therapy (DBT) has been proven highly effective in the treatment of patients with borderline personality disorder, who have difficulties regulating their emotions. In this workshop, you will be provided with an overview of the four critically important skills that can reduce the size of emotional waves and help clients maintain their balance when those emotions overwhelm them: core mindfulness (experiencing more fully the present moment while focusing less on painful experiences from the past or frightening possibilities in the future), distress tolerance (coping better with painful events by building up resiliency and giving new ways to soften the effects of upsetting circumstances), emotion regulation (recognizing more clearly what is felt and then observing each emotion without getting overwhelmed by it), and interpersonal effectiveness (providing new tools to express one's beliefs and needs, set limits, and negotiate solutions to problems—all while protecting relationships and treating others with respect).

Workshop IV - October 26, 2019

Presenter: Aleen Shah, MS, PA-C, received a bachelor's degree in foreign language, specializing in Spanish, from Marquette University and a master's degree in Physician Assistant (PA) Studies from Rush University. She is an assistant professor in the Rush PA program whose clinical practice has concentrated in internal medicine, with special focus in geriatrics, long term care, diabetes mellitus and psychiatric medicine. Shah remains passionate about underserved communities, volunteering with the Rush Community Outreach programs in her

spare time, and continues to practice addiction and psychiatric medicine at Haymarket Center in the Intensive Outpatient Program.

Topic: Review of Substance Use Disorders and Medication-Assisted Treatment

This workshop focuses on recognition of substance use disorders, understanding of treatment principles and obstacles, as well as supplementary support and management. By the end of this workshop, attendees will gain a greater understanding of the involvement of all facets of medicine and support in the management of substance use disorders.

Workshop V - November 9, 2019

Presenter: Jamelia Hand, MHS, CADC, MISA I Jamelia Hand is an Opioid Addiction Specialist with two decades of experience in the healthcare industry. She is the CEO and Principal Consultant of Vantage Clinical Consulting, LLC, providing training and solutions to physicians and treatment centers to help improve the safety and effectiveness of medical and clinical programs for Opioid Addiction patients. She is also a Speaker and Adjunct Professor at Governors State University for the Master's Level Health Science program.

Jamelia is a credentialed Addictions Counselor with eight years of clinical practice and 10 years of sales and consultant work within the pharmaceutical and healthcare industries. Prior to founding Vantage Clinical Consulting, LLC, she worked for numerous companies such as Little Company of Mary Hospital, Adapt Pharma, and INDIVIOR, where she received numerous awards for her patient service and performance.

Topic: Client Engagement Strategies in the Treatment of Substance Use Disorders

Of the 20.2 million people who suffer from Substance Use Disorders (SUD's), less than 30% get the help that they deserve. A main reason "Why?" is because we don't engage clients before we begin the treatment process.

The increase in SUD's means that more people will call our agencies, come through our doors, interact with our staff, engage in treatment- or go to our competitor down the street who offers better service and client access.

Clients have options and we're not the only game in town...

Whether we need to take a step back to examine our own personal beliefs about serving clients, strengthen our clinical knowledge, enhance coordination for additional services or make more appropriate referrals, this presentation can assist our professional efforts in engaging clients with Substance Use Disorders.

Training Objectives:

- To take an honest look at our clinical values
- To learn how to ask better quality questions and construct engaging openers; thereby, setting the tone for quality treatment
- We will evaluate our client service process through the lens of a client from initial patient contact thru treatment admission and
- Enhance our referral process to increase quality client care and client loyalty

Who Should Attend?

This event is open to Substance Use Disorders Professionals, Mental Health Clinicians and Healthcare Professionals interested in learning more about best practices in working with older clients who suffer from Opioid Use Disorders.