

Haymarket Center

25th Annual Summer Institute on Addictions

Presenters & Descriptions

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.

Topic: Hopeful Integrations: How the Movement to Merge Contextual Behavior Science with Cognitive Therapy will Change Our World

Behavioral Science has often been isolated from more mainstream approaches in counseling, social work and psychology. However, many of our evidence based practices have been derived

from or have borrowed from behavioral science. Recent efforts by leaders in both contextual behavior sciences and cognitive psychology have led to increased collaboration and new opportunities for integration that can enhance our addiction and mental health service delivery systems.

- A. Introduce the field of Contextual Behavioral Sciences
- B. Compare and contrast CBS with traditional Cognitive Behavioral Approaches
- C. Review how new and innovative CBS approaches have contributed to innovation in addiction and mental health counseling.
- D. Discuss future opportunities for collaboration with CBS and methods for integrating CBS technology into addictions and mental health counseling.

Topic: Ethical Practice in Addiction Case Management

This presentation will review the philosophical foundations that underly our codes of ethics and inform the principles of ethical practice. Specific attention will be directed toward how to apply ethical tools and critical thinking strategies within the roles and functions of addictions counseling.

- A. Introduce the principles of biomedical ethics that underly professional practice.
- B. Discuss the strengths and limitations of ethical codes and means for resolving ethical conflicts through use of ethical decision making models.
- C. Discuss how pragmatism as an approach can facilitate individualization of services as well as allow for effective clinical decision making within the context of addictions case management.

Topic: The Science of Compassion: Implications for Addictions Professionals

Mindfulness based counseling (MBCT) approaches are being utilized effectively by a broad spectrum of human service professionals. Approaches such as ACT and DBT have become particularly popular and have been utilized as both primary and complimentary components of evidence based practices. Given that both approaches have borrowed heavily from Buddhist Psychology, there has been increased interest in exploring and defining core constructs of the Buddhist traditions. This session will focus on “compassion” and how exploring the construct of compassion can enhance our abilities to deliver effective, appropriate services.

- A. Review the connection between Buddhist Psychological tenets and mainstream Mindfulness-Based approaches.
- B. Identify the core principles of Buddhist Psychology that influence and inform MBCT.
- C. Compare and contrast the constructs of “empathy and compassion”

- D. Discuss how we can operationally define “compassion”, evoke/train compassion, and utilize compassion as a construct that enhances our MBCT practice.

Ryan Breen Bio: 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.

From Vicarious Trauma to Vicarious Resilience: Rethinking Stress in the Workplace

Stress has been misrepresented as something toxic which should be avoided. People in the helping field are inundated with concepts like "Self-Care" and "Vicarious Trauma" and are at risk for being burned out, contributing to high turnover rates, and potentially compromise the ethical standard of Do No Harm. This workshop will utilize newer research on the stress response system and seek to combat conventional cultural wisdom about stress, particularly in the work place and offer a perspective that not only builds resilience but can act as a catalyst for personal/professional growth, health, and resilience. Learning objectives include:

- Understanding the body's chemical response to stress.
- Understanding stress beyond "Fight or Flight."
- Understanding how mindset about stress changes the body's response from potentially toxic to one of health and resilience.
- Recognizing the role of self-awareness in bringing purpose and meaning to the work we do and manufacturing vicarious growth and resilience.

MartinJon Garcia Bio: 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.

Title: Trauma and Addiction: Recovering the Self
Co-facilitated by: MartinJon Garcia and Ryan Breen

It is well known that childhood trauma increases a person's vulnerability to addiction, depression, and other social behavioral problems. Children who experience complex trauma do not have the cognitive abilities to understand and makes sense of their suffering nor do they have the means to protect themselves as it is happening. Development in such an environment changes the way the brain responds to stress throughout the life span and can create a fixed mindset which sees all stress as a threat, binding the individual to the mercy of a hypervigilant fear based response system and burying their real self under a persona that inhibits self-expansion and thriving.

We are all extremely unique but are being raised in an environment that prefers to teach, work and explore life in a homogeneous way. From the first moment of our lives we have been taught what is expected of us. Those messages are deeply embedded in our lives. They are so comfortable, even if we are aware of their negativity in our lives, we will fight tooth and nail to justify, and hold onto these rules. This workshop presents new ideas, based in science and mindfulness, to become aware of subconscious connections we are unknowingly reinforcing. This workshop takes the conversation of "Recovering from," and shifts our perspective to the importance of "Recovering to."

Paul C. Farina, LCPC, MISA II, is currently part of the Psychological Services Team at Haymarket Center, which focuses on assessing and treating clients with co-occurring disorders. His role also entails training and supervision of the Master's and Doctoral psychology interns at Haymarket. In addition, he is currently an instructor for the CADC preparatory classes taking place at Haymarket's McDermott Center. Mr. Farina has over 25 years of experience in the behavioral health field providing individual, group and family therapy. He has assisted clients experiencing problems in the areas of domestic violence, substance abuse, mental illness, sexual abuse, co-occurring disorders, and those involved in the criminal justice system. He also has extensive experience in crisis intervention with children, adolescents and adults.

Title: Mindfulness and Recovery

What is mindfulness and how can mindfulness assist clients in recovery from substance use disorders? This workshop will serve as an introduction to mindfulness and will present various models that utilize mindfulness with clients in recovery. We will discuss the challenges facing clients in different phases of recovery, and look at how mindfulness based interventions can be integrated with aspects of traditional relapse prevention planning. Evidence based therapeutic approaches utilizing mindfulness practices will be discussed. Participants will have an opportunity to experience specific mindfulness exercises within the workshop and to share their experiences.

Kenneth Stagliano, Ph.D., is Program Administrator/Grant Writer within the Office of the Dean for Research at Rowan University School of Osteopathic Medicine where he helps physicians develop grant proposals for new clinical programs and works with administrative leaders to enhance training opportunities for medical students. Dr. Stagliano worked as a grant writer at Haymarket Center and was Associate Professor of Chemistry at Illinois Institute of Technology. He holds a doctorate in organic chemistry from Temple University in Philadelphia and was a Postdoctoral Research Associate at Brown University.

Topic: Overdose Prevention Education in Treatment for Opiate Use Disorders

Individuals with opiate use disorders are at high risk for overdose if they resume opiate use after a period of abstinence, especially following incarceration or an episode of residential treatment. Despite the chronic relapsing nature of opiate use disorders, many providers are reluctant to discuss the potential for relapse after treatment and the need for overdose prevention planning because it may hinder client progress during treatment. This talk will describe a new overdose prevention education curriculum developed for individuals in treatment for opiate use disorders that utilizes motivational strategies to help patients develop overdose prevention plans. Components of the curriculum include educating clients on the chronic relapsing nature of opiate use disorders, how to teach clients to assess for personal risk and identifies behaviors which clients can practice to reduce their risk for a fatal overdose. The curriculum also provides guidance for counselors to assess client readiness to adopt prevention behaviors and strategies for helping clients move through the stages of change.

Dr. Lukasz Konopka, Ph.D. is an internationally known clinical and applied neuroscientist and clinical psychologist. He attended University of Illinois at Chicago, BS in biology, University of Chicago MA, in biological and social psychology, Loyola University Medical Center PhD. in pharmacology. Postdoctoral training in neurobiology at University of Vermont.

Worked as a Director of Clinical Neuroscience Section at Hines VA Hospital and was a faculty member and mentor at the Loyola Medical School. He was a full professor of Psychology at the Chicago School of Professional Psychology.

He is a member and mentor for the renowned, international organization Collegium Internationale Neuro-Psychopharmacologicum (CINP), an organization promoting research in psychiatric disorders. Dr. Konopka is also the recipient of numerous private and federal grants. He has acted as a reviewer for grants from the National Science Foundation and the VA. He serves as scientific reviewer for number of international scientific journals. Currently he is a member of the board of the directors in International Board for Quantitative Electrophysiology and was an examiner for EEG board certification. He is board certified by BCIA in neuro-biofeedback.

Lastly, Dr. Konopka has publications in journals and scientific book chapters spanning the fields of cellular neurophysiology/anatomy, neuroeconomics, and neuropharmacology, to psychology, psychiatry and neurology, where he focused on the utilization of objective tools in diagnosis and treatment of patients using “brain to behavior” model in the field of Personalized Medicine.

A Neuroscience Prospective on Addiction:

Addictive behaviors are part of our human experience. These behaviors are repetitive activities that aim at a specific goal. Often, the goals may be altered one’s perception of the world and how one views oneself within the world. Another aim of addiction is distraction from the demands of everyday realities. Classically, we have narrowly defined addiction as an aberrant craving and need for chemical substances, but today, we characterize many differing addictions: food addiction, sex addiction, porn addiction, Internet addiction, and exercise addiction, to name a few. Nevertheless, the question remains as to what differentiates these addictions from classical substance addiction. Neuroscientific data, primarily driven by neuroimaging, helps us understand addictions by providing information about how these behaviors tend to overlap. This presentation will address recent neural imaging data from various addictive behaviors and interpret the data considering our understanding of addictive behaviors.

Learning Objectives:

1. To familiarize participants with current imaging techniques and provide an understanding of how the human brain processes information and responds to cues
2. To familiarize participants with the most common brain structures that appear to modulate addictive behaviors
3. To give participants an understanding of neuronal dopamine projections and their role in addiction
4. To expose participants to differing therapeutic approaches, how these may influence the way patients perceive their addictive behaviors, and how patients can modify their worldviews to overcome the debilitating effects of addiction
- 5.

A Clinical Perspective on Marijuana Use:

Non-medicinal (prescribed) marijuana use is on the rise. Many individuals, who come to clinics for psychiatric issues, test positive for marijuana use. Frequently, patients ignore the connection between their marijuana use and their presenting symptoms and avoid reporting their marijuana use unless specifically asked or confronted with test results. Patients appear to believe that THC’s effects are limited and play no role in their current clinical presentation. Generally, these beliefs are propagated and promoted by current social attitudes. Nevertheless, it is quite apparent that the public and the media are poorly educated on the potentially significant consequences of chronic recreational marijuana use. As such, the issues that come with ubiquitous use need to be addressed. When patients are asked why they use marijuana, they often indicate that it makes

them relax, enhances their social interactions, makes them feel more socially appropriate, improves their sleep, and helps them perceive their daily troubles as more remote and manageable. When they reflect on their marijuana experiences, they recall feeling less burdened and free from their perceived chronic anxiety. Over time, when reinforced by social norms, these perceptions intensify to the point where they are progressively sought as “normal experiences”. As a result, the occasional user becomes the chronic user. Often, in their day-to-day life and in the clinic, patients, who are “under the influence” of marijuana, have a diminishment of their emotions, their awareness, and their appreciation for consequences. Therefore, when patients are “under the influence”, therapy is very difficult. So, what are we to think and do? Now, with the significant accumulation of data that addresses brain function and its relationship to acute and chronic marijuana use, we have enough information to discourage the chronic use of marijuana.

Learning Objectives:

1. To sensitize participants to the fact that patients, who come in for therapeutic interventions, need to recognize their natural cognitive and emotional states and that the brain “under-the-influence” processes information differently than a unmedicated brain
2. To help participants understand that marijuana frequently becomes a means of self-medication, particularly for patients, who face difficult life decisions requiring emotional and cognitive stability
3. To educate participants about the effects of chronic marijuana use, particularly in youth and emerging adults whose brains are in the chronic state of development
4. To foster participants’ awareness of their role as patient educators, who provide accurate information regarding the advantages and disadvantages of marijuana use

Charles J 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 Chasoff, 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: The Challenge of Maintaining Presence: A Guide for Remaining Patient and Understanding with Turbulent Clients

This training will look at the process of working with clients/patients in escalated emotional states with special attention given to maintaining trauma informed care. The people we serve deserve a safe place to process, share, and express emotions. To accomplish this the provider has to be present, informed, consistent, and able to understand boundaries. This training will look at specific ways to navigate the more uncomfortable and difficult emotional states that our clients bring to us. Focusing on the provider's presence in the room we will look at ways to understand certain behaviors and emotions, strategies to engaging the client where they are in the moment, and we will focus on healing transactions as a cornerstone for recovery. With a focus on trauma, personality concerns, and the course of treatment this training will provide a clinical overview of helping people accept and work through emotions they have previously avoided or shut down to maintain a feeling of safety.

Ken C. Winters, Ph.D. is an adjunct faculty in the Department of Psychology (Clinical Science and Psychopathology Program), University of Minnesota, and a consultant to the Office of Research and Economic Development at Florida International University. Dr. Winters was a professor in the Department of Psychiatry at the University of Minnesota for 25 years, and also served as a Senior Scientist with the Treatment Research Institute, Philadelphia, PA. He founded and directed for 25 years the Center for Adolescent Substance Abuse Research (CASAR). He continues as an advisor to CASAR. Dr. Winters received his B.A. from the University of Minnesota and a Ph.D. in Psychology (Clinical) from the State University of New York at Stony Brook. His primary research interests are the assessment and treatment of addictions, including adolescent drug abuse and problem gambling.

Topic - Cannabis in America: A Public Health Perspective

Cannabis is probably the most commonly used "illicit" drug worldwide. As policy shifts gain favor toward the medicalization and legalization of cannabis, several complex public health issues become prominent. This presentation will seek to (1) offer a balanced, science-informed view of the health impacts of cannabis use and potential benefits of medical marijuana; (2) challenge some misconceptions and myths that create barriers to informed and balanced perspectives about cannabis policies; and (3) offer insights about prevention and treatment with respect to cannabis.

Topic - Adolescent Brain Maturation and Mental Health: Intersections on the Developmental Highway

Research now suggests that the human brain is still maturing during the adolescent years, with changes continuing into the mid-20s. The developing brain is a time for both opportunity and vulnerability with respect to mental health and wellbeing. The presentation will discuss how this emerging science informs mental health and mental illness during adolescence. In addition, prevention and treatment implications will be discussed.

Serena Wadhwa, Psy.D., LCPC, CADC, RYT

Serena Wadhwa, Psy.D., LCPC, CADC, RYT, is an assistant professor/program coordinator and a psychotherapist. Dr. Wadhwa works in a variety of roles as a consultant, creator, presenter, trainer, lecturer, radio talk show host, stress coach, yoga instructor, blogger and author. Her stress books, *Stress in the Modern World: Understanding Science and Society* and *Stress Intelligence: 365+ ways to smooth the stress flow* are available on Amazon. She is the founder of the Stress Intelligence coaching program. Her website is www.drserenawadhwa.com.

Topic: Mindfulness in Psychology

Mindfulness is often taught to clients as a tool to help with depression, anxiety and other experiences of dysregulation. But how can therapists integrate mindfulness in session? We will explore how to create a mindful practice within the counseling session and how to teach clients to create their own practice. We will explore the components of mindfulness integrating DBT, Gestalt, and philosophical perspectives. Finally, we will explore other forms of meditation that can be integrated into the counseling session. Exercises, discussions and other interactive opportunities will be integrated. Props provided.

Learning Objectives:

1. Identify components of mindfulness (N.O.W.©) and from other approaches
2. Identify the steps in applying mindfulness
3. Identify 5 other types of meditation

Stanley McCracken, LCSW, Ph.D

Stanley McCracken is a licensed clinical social worker and a registered dual disorder professional in the state of Illinois. He is a lecturer in the School of Social Service Administration at the University of Chicago. His practice and teaching interests lie in the areas of multicultural mental health, spirituality in social work practice, and dissemination and implementation of evidence-based practice. Prior to 2007, he had a joint appointment as Associate Professor of Psychiatry at the University of Chicago, Department of Psychiatry and later at Northwestern University Feinberg School of Medicine.

Dr. McCracken has taught courses in psychopathology and mental health treatment, substance abuse, clinical research, evidence-based clinical practice, the field case seminar, and spirituality and social work practice. He is the program director for the Evidence-Based Practice

concentration and for the Alcohol and Other Drug Abuse Advanced Training Program (AODA-ATP).

He has published a number of articles and book chapters in such diverse areas as behavioral medicine, behavioral pharmacology, psychiatric rehabilitation, substance abuse, and evidence-based practice. He is the co-author of two books, *Practice guidelines for extended psychiatric care: From chaos to collaboration* and *Interactive staff training: Rehabilitation teams that work*, which was translated and re-released in Japan. He has been on the editorial boards of the *Research in Social Work Practice*, *American Journal of Psychiatric Rehabilitation*, *Best Practices in Mental Health*, and *Journal of Muslim Mental Health*.

When not at teaching, McCracken provides clinical and program consultation to a variety of public sector and non-profit service agencies. He has overseen staff training, program development, and curriculum development projects for a number of states, the Veterans Administration, the State Department, and was an expert witness for the Department of Justice. In Illinois, he has contracted with and served on advisory groups for the Divisions of Alcohol and Substance Abuse, Mental Health, Healthcare and Family Services, Rehabilitative Services, and the Department of Child and Family Services.

Topic: Moral Injury in Combat Veterans

Modern warfare is often described as asymmetrical: threats are often indirect as opposed to direct attacks, civilian and combatants blend together, noncombatants may be used as human shields, and often the threat is from improvised explosive devices and snipers rather than direct assault. Combatants are exposed to life-threatening trauma, traumatic loss, and exposure to morally questionable or ethically ambiguous situations which can result in moral injury, a term used to describe a syndrome of shame, self-handicapping, anger, and demoralization that occurs when deeply held beliefs and expectations about moral and ethical conduct are transgressed or violated. This workshop will introduce participants to the characteristics of modern warfare and contrast it with Vietnam and before; risks of war; military ethos; clinical and pastoral care; coming home; and asking about military service.

Bob Carty, LCSW, CADC, CCJP - For nearly forty years, Bob Carty has participated in the addictions treatment profession in various roles – counselor, supervisor, trainer, mentor, administrator, board member and educator. Bob has participated in our Continuing Education program, presenting at many of our workshops and summer Institutes

Recently retired as the Director of Clinical Services within the Chicago facility of the Hazelden-Betty Ford Foundation. Previously, he coordinated Grant Hospital's Clinical Training Program for Addictions Counselors, worked as a Deputy Director at TASC, started his own consulting company, and served as the Program Coordinator of Harborview Recovery Center.

For the past five years, he has also been a board member of the Illinois Certification Board.

Topic: Building Professional Excellence via Clinical Supervision

With increasing demands upon substance use treatment programs, clinical supervision is often not given the time and energy it requires. This can stunt the professional development of a clinical team. In this workshop, we examine effective and efficient methods to provide supervision that focuses on pursuing clinical excellence.

Learning Objectives

At the close of this training, participants will be able to:

- List three purposes of clinical supervision
- Explain Powell's Developmental Model and its implications for supervision
- Describe ways to evaluate an addiction counselor's strengths and weaknesses
- Define the concept of a learning circle and describe its benefits

Topic: Energizing Your Counseling Groups!

Group can be a powerful, therapeutic experience for clients in addiction treatment as long as counselors have the knowledge and skills to tap into the energy found in peer-to-peer learning. In this session, we discuss key concepts of group dynamics and demonstrate experiential techniques that promote group cohesion and self-awareness.

Learning Objectives

At the close of this training, participants will be able to:

- Explain the importance of stage-appropriate group exercises
- Define the concept of "container" in regards to groups
- Describe at least one ice-breaker
- Identify ways to incorporate mindfulness practices

Dr. Patrick Corrigan is Distinguished Professor of Psychology at the Illinois Institute of Technology. Prior to that, he was Professor of Psychiatry at the University of Chicago where he directed its Center on Psychiatric Rehabilitation. His research examines psychiatric disability and social disadvantage. Currently, he is principal investigator of the Chicago Health Disparities Center. Funded by the National Institute on Minority Health and Health Disparities and the Patient Centered Outcomes Research Institute, this work examines how ethnic and

income disparities further lessen the opportunities of those with serious mental illness. He is also principal investigator of the National Consortium on Stigma and Empowerment, supported by NIH for about 20 years. He has written more than 400 peer-reviewed articles, is editor emeritus of the *American Journal of Psychiatric Rehabilitation*, and editor of *Stigma and Health* published by the American Psychological Association (APA). Corrigan has authored or edited seventeen books, most recently, *The Stigma Effect* published by Columbia University Press. He is recipient of numerous awards including APA's Alexander Gralnick award for his research on serious mental illness and the Presidential Medal from the Royal College of Psychiatrists.

Topic: Beating the Stigma of Substance Use Disorder

Unlike other behavioral health conditions, the stigma of substance use disorder (SUD) may be especially resilient to change because it is socially and legally sanctioned. After a brief overview addressing the "What" of SUD stigma, I consider measures on "How" to change it. I summarize what research shows about methods that seem to have little effect or actually may make stigma worse; e.g., educate the public that SUD is a brain disorder. I then describe one effective approach to stigma change: promoting contact between people with SUD and the general public. This requires strategic disclosure of SUD experiences for this approach to go big scale.

Topic: Honest, Open, Proud (HOP) to Address the Stigma of Behavioral Health Challenges

Choosing to disclose one's experiences with SUD is a strategic decision. HOP is a three-lesson program meant to help people consider this decision. (1) Review the pros and cons of disclosure which vary depending on setting: disclosing at work, versus with one's extended family versus in a faith-based community. (2) Learn ways to relatively safely disclose. (3) Draft your SUD story. The breakout session is a hands-on opportunity to experience the program workbook. HOP has been validated in four peer-reviewed studies, but only for people with serious mental illness. The breakout session will end with a discussion of HOP's relevance for SUD and ways in which it might be adapted using community-based participatory research.

Dr. Jinnie Cristerna, Rh.D, LCSW, CHt., the only practicing RoHun doctor in Chicago, is also a licensed clinical social worker in the state of Illinois, graduate of the University of Chicago, an Ordained minister, Clinical Hypnotherapist, former sport psychology manager for USA Taekwondo, and media expert for local and national news outlets has been practicing for 27 years. She was the resident therapist for JET Magazine for several years and hosted "Your Mental Health Minute" for a Chicago Morning show for a year.

Specialties: Depression, Anxiety, Abuse/Trauma (PTSD), Power and Control, Women and Minority issues, Sexuality, Dissociative Identity Disorder, Addictions

Dr. Cristerna has provided rapid healing by integrating clinical psychotherapy, psycho-spiritual therapy, and coaching to release depression, anxiety, shame, guilt, anger, resentment, jealousy, distorted thoughts, hallucinations, and judgment so patients can live a fulfilling life in as little as one to three sessions.

By utilizing customized, integrative mental health treatments, Dr. Cristerna supports the clinical and spiritual healing of each patient at deep sustainable levels. Treatment is focused on the following:

1. Turning painful experiences into valuable life lessons;
2. Identifying and connecting with your life purpose;
3. Gaining clarity, focus, and commitment to creating and achieving your life goals

Ellen Van Vechten, JD, MSW, CADC approaches the topic of addiction in the family from both an experiential and clinical perspective. After practicing law for over thirty years and experiencing the crises of addiction in her own family Ms. Van Vechten obtained a Master of Social Work from Loyola University Chicago, with an emphasis in Alcohol and Drug Counseling and is a Certified Alcohol and Drug Counselor in the State of Illinois. Ms. Van Vechten is the author of *On the Other Side of Chaos, Understanding the Addiction of a Love One*, which was released by Central Recovery Press in September of 2018.

Topic: The Role Forgiveness Plays in Healing & Recovery

Letting go and moving on is easier said than done; especially in recovery. Regardless of what caused our pain, the process of truly letting go and moving on is complicated and only happens when we understand the real meaning of forgiveness. More specifically, how to forgive ourselves. Forgiveness is often reduced to cliché's and stories with very little, if any, connection to an individual's experience. This workshop will move you beyond a mental understanding of forgiveness and invites participants to experience forgiveness in its true form.

From an experimental perspective, participants will gain first hand insight into how forgiveness can pave the way for healthy and sustainable recovery for their patients and loved ones.

The Effective Use of Family Approaches in the Treatment of Substance Use Disorders

The experience of addiction in the family wreaks havoc on healthy patterns of communication, fosters the development of anger and guilt, and destroys both trust and hope for the future. The effective use of family approaches in treatment can increase the recovery capital of clients with addictive disease and their family members. Using a broad and inclusive definition of family, this workshop will explore the benefits of integrating family approaches into the treatment of substance use disorders, as well as the obstacles to their use. It will also provide tips and tools for involving family members in treatment.

The workshop will discuss how to help families navigate the process of treatment and survive the minefield of early recovery. It will address how counselors can help family members to support another's recovery without enabling, clarify the conditions of financial support and define and enforce appropriate boundaries and house rules. This workshop will also explain how, in recovery, families can develop skills to re-build healthy patterns of communication including the practice of active listening, the use of "I feel" statements and the avoidance of loaded phrases and judgmental statements. The workshop will also focus on ways to help family members process their anger, grieve the losses they have sustained, and deal with the reality of relapse, as well as how to foster forgiveness and to rebuild trust and hope for the future.

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

Topic: Breaking Intergenerational Patterns of Addiction, Dark Secrets and Traumatic Stress Disorders

Some people can trace patterns of addiction and substance use related deaths within their family for four or five generations. Sad are the stories of parents who get sober and suddenly find themselves grieving the overdose death of a son or daughter. Or a father and son who meet for the first time while incarcerated. Each arrested for drug related offenses.

In this presentation you will learn strategies to help break intergenerational patterns of addiction. A partial list of topics includes: risk factors and pathways of intergenerational addiction, unique risks for children of parents with substance use disorders, Fetal Alcohol Spectrum disorder as a risk factor and intervention strategies, Co-occurring conditions and trauma as risk factors, the impact of siblings on the intergenerational transmission of addiction, parenting practices and cultural rituals which help reduce intergenerational transmission of addiction, the role of addictions treatment, persons in recovery and the community in breaking the pattern.

Objectives

- Understand 7 risk factors for children of parents with substance use disorders (SUD)
- Be able to increase resilience among children of parents with SUD's, thus decreasing the risk of addiction
- Be able to utilize 7 strategies as a treatment provider to help reduce intergenerational patterns of addiction
- Be aware of persons in recovery and the community in helping to break intergenerational pattern of addiction
- Understand 6 risk factors for the intergenerational patterns of addiction

Topic: The Therapeutic Benefits of Humor in Counseling

When Norman Cousins suffered from a debilitating illness of his immune system, doctors predicted that he would not be alive very long. In physical pain every waking moment, Cousins told his doctors that they were not God, checked himself out of the hospital, and prescribed comedy tapes as his medicine. Cousins discovered that, for every ten minutes he laughed, he had two hours of pain-free sleep. He lived sixteen years longer than doctors predicted, and his story is chronicled in the book, *Anatomy of an Illness*, which focuses the therapeutic benefits of laughter. According to research:

- Laughter releases endorphins in the brain that fight pain (this means that laughter is good for chemically dependent clients experiencing withdrawal).
- Laughter protects our immune systems.
- Laughter increases antibodies that fight infection.
- Laughter increases natural killer cell activity. Natural killer cells attack cancerous cells in the body.
- Laughter decreases stress.
- Laughter activates neurochemicals in the brain, such as dopamine and thus acts as an antidepressant.

Tobi-Velicia Johnson, MPH has been in the STI/HIV field for nearly 20 years, starting as a case manager for HIV-impacted clients at a community-based organization. Her case management experience led to her first position at Cook County Health Department as an STI field investigator. Tobi-Velicia investigated syphilis, chlamydia, and gonorrhea cases before being promoted to Prevention Services Coordinator in the HIV unit. This position involved supervision of the HIV field investigators, assisting IDPH with evaluating new staff at testing and counseling trainings, and also facilitating trainings on how to provide services for the black and Latino MSM population and the transgender population. Currently she is the STI/HIV Program Manager at Cook County Health Department.

Topic: Cultural Competency Awareness

This workshop looks at the meaning of culture and how understanding cultural differences can impact the services that are provided to clients. Topics of discussion:

- The four levels of cultural awareness
- Perceptions that affect clients and providers
- The five bases of power

- Micro-aggressions
- Levels of engagement barriers

Topic: Cultural Competency in Action*:

This workshop uses what was learned in Cultural Competency Awareness to discuss how to engage clients and address their concerns when seeking services from providers, as well as ways to increase cultural competency of the agency.

*Attendance at the Cultural Competency Awareness workshop is recommended, but not required to attend the Cultural Competency in Action workshop.

Darius McKinney - has been helping people with severe mental illnesses find and maintain work at regular jobs of their choosing for the past 19 years. Using the evidence-based practice of supported employment, Darius had been an employment specialist and team leader at Thresholds in Chicago, Illinois for 10 years and an DMH Individual Placement and Support (IPS) Trainer for 5 years. As an IPS trainer, he was responsible for executing and fulfilling all deliverables for their DHS/DMH contract to advise and assist the 18 IPS sites in Northern Illinois to implement, provide, and improve IPS services to consumers. Some deliverables include training Northern Illinois employment specialists to carry out all phases of IPS services, assisting Northern Illinois IPS team leaders with improving their IPS supervisory skills, teaching IPS staff on using the Illinois DMH IPS Web-Based System and then helping agencies to analyze and review their data to improve performance, and reviewing agencies annually using the Supported Employment Fidelity Scale. For the past 4 years, Darius has served as the Project Manager for the Illinois SAMHSA Transformational Mental Health Grant for Employment, which purpose is to develop the statewide infrastructure to sustain the IPS model in Illinois. As Project Manager, he is responsible for the oversight of the daily project operations and administrative activities of the grant and serves as the link with all project partners including Trilogy, Thresholds, and UIC. Darius has his Bachelor of the Arts in English from the University of Michigan. He has also had been through the IPS Fidelity Reviewer Training Course at the IPS Rockville Institute in Hanover, New Hampshire.

Topic - Making the Case for Individual Placement and Support [IPS]

Individual Placement and Support [IPS] is the evidence-based practice model of Supported Employment: IPS is proven through research to be the most effective approach to helping individuals with Severe Mental Illnesses [SMI] to return to the workforce; with the goal being the attainment and maintenance of a competitive, preference-based job within the community. This workshop will discuss IPS and make the case that IPS is a standard of care and employment is an outcome of care.”

Pamela Williams, LCPC, is a Family Therapist at Haymarket Centers Post-Partum and Pregnant Women's program, and has more than 25 years' of experience in community-based substance abuse and mental health. She studied at Southern Illinois University of Carbondale earning her BA in Psychology and MS in Rehabilitation Counseling with specialization in Addictions Counseling. She has worked with a variety of populations which include families, adult women, adult men, adolescents, mental health clients, chemically dependent clients and detainees of correctional facilities. Additionally, she is an independent contractor for a private practice in Homewood, IL.

Trauma Informed Care Approaches

The objective of this training is to enhance participants knowledge about trauma, it's impact on people and ways to enhance treatment settings to become trauma-informed care environments. At the end of this training, participants will:

- Be aware various types of trauma people experience
- Be aware of the ways trauma impacts people with an emphasis on Gender Responsiveness
- Learn trauma-informed care approaches
- Be able to list numerous ways in which they can apply SAMSHA Six Key Principles for Trauma-informed care
- Be able to list ways to prevent the re-traumatization of people in treatment settings

Addiction is a Family Issue

Drug and alcohol addiction is a family problem. It's not just one person's issue. When a person suffers from a substance use disorder, it impacts the entire family and other's that love and care about him/her. It doesn't matter if you're the one abusing the drugs and alcohol or if you're the partner, parent, child, or the sibling. The disease of addiction has had an impact on you. Because addiction is a family problem, treatment and recovery should include the whole family on the journey together, whenever possible, in order to beat the addiction. Many times agencies prohibit interactions between couples and/or don't offer family therapy. In this break out session we will discuss the many benefits of family involvement and ways to include families in the treatment and recovery process.

Dr. Jon E. Grant, MD, JD, MPH is a Professor of Psychiatry & Behavioral Neuroscience at the University of Chicago where he directs a clinic and research lab on addictive, compulsive and impulsive disorders. Dr. Grant did the initial research on many of the behavioral addictions such as stealing, sex, fire-setting and gambling. He is the author of over 300 peer-reviewed scientific articles and the Editor in Chief of the Journal of Gambling Studies

How behavioral addictions can inform our understanding of substance addiction

The concept that certain behaviors may share neurobiological, developmental, and psychological similarities to substance addictions has gained traction in the past decade. The clinical approach to these disorders has been to use interventions for substance addictions to treat behavioral addictions. While useful in many respects, it has also become clear that our understanding of these behavioral addictions may inform novel approaches to substance use disorders. This presentation will discuss behavioral addictions, their relationship to substance use disorders, and what they may teach us about improving our approaches to substance addiction.

Evidence-based pharmacological treatments for addictions

Although the gold standard of treatment for substance use disorders has largely been one of psychotherapy, pharmacological interventions may offer additional assistance to those struggling with substance use disorders. This presentation will discuss which interventions may be helpful, the reasons for why certain pharmacotherapies may offer improvement in outcomes, and novel approaches to individuals with more treatment resistant substance use disorders.

Dr. Abid Nazeer, MD, is board certified in Psychiatry and a member of the American Society of Addiction Medicine. He provides psychiatric and addiction medicine care at Symetria Health® and is responsible for providing outpatient medication management to patients with a co-existing psychiatric illness or are on medications for psychiatric diagnosis. Additionally, he works closely with staff and patients to educate them on the potential impact unresolved psychiatric symptoms, such as anxiety or depression, can have on the recovery process, and develops treatment plans for patients that have dual diagnosis.

Dr. Nazeer has served as Medical Director for the Chemical Dependency IOP at Presence Mercy Medical Center (Aurora, IL) and Willis Knighton Addiction Recovery Center in Louisiana. He trained and held the role of Chief Resident at Louisiana State University Shreveport.

Topic: Patient Centered Comprehensive Treatment and Recovery Program in the Wake of the Opioid Fentanyl Emergence.

Fentanyl is challenging treatment of Opioid Use Disorder. Understanding how the emergence of fentanyl is impacting current opioid trends is important. Taking a deeper look at how providers using medication assisted treatment are addressing the needs of patients in the emergence of fentanyl. Looking at the comprehensive treatment model, along with traditional treatment models in relation to Opioid Use Disorder.

