

The 32nd Annual Substance Abuse Services State of the Art Conference - Through the Looking Glass: Hello from the Other Side

November 2 & 3, 2016

Greenville Hilton
207 SW Greenville Blvd., Greenville, NC

This premier annual conference, the 32nd Annual Substance Abuse Services State of the Art Conference, continues with its long and proud tradition of providing quality training to substance use/addictions and related professionals. The Eastern Region Substance Abuse Services Training Committee has worked hard to keep costs as low as possible, while still providing outstanding sessions for new and seasoned practitioners.

Staying true to its focus as the Eastern Region Substance Abuse Services State of the Art Conference, the conference will provide cutting edge sessions as well as sessions that fulfill credentialing and accreditation requirements. A clinical supervision credit session is offered, and the three (3) hour subcategory NC Substance Abuse Professional Practice Board (NCSAPPB) training requirements topics (nicotine dependence, psychopathology, evidence-based training approaches, substance abuse issues in older adults or substance abuse issues affecting veterans) are available as well, which can all be in one topic or a combination, according to the Board. Dynamic concurrent and plenary sessions offer best practice and credentialing training.

Wonderful, timely sessions presenting a variety of modalities that can be used with a range of clients will be provided with a total of 13.25 credit hours available for participants attending all sessions. Don't miss this dynamic conference, learning from experts, networking with peers and discovering resources from exhibitors!

TARGET AUDIENCE:

This conference will be of immense benefit to substance use/addictions/prevention professionals and adult services professionals, including psychologists, social workers, licensed professional counselors, case managers, marriage and family therapists, psychotherapists, health educators, nurses, clinicians and therapists working with adults or adolescents with substance use issues, as well as interested others. This also includes professionals working in school systems, social services, corrections/criminal justice, public health and rehabilitation.

Provided by:



Credit

This conference offers UP to 13.25 hours of credit, for participants attending **all** sessions.

Category A-NC Psychology Credit: This program will provide UP to 13.25 hours of (Category A) continuing education for North Carolina Psychologists. **No partial session credit will be given.**

Certified Health Educators (CHES): Sponsored by Eastern Area Health Education Center (EAHEC), a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive UP to 13.0 total Category 1 contact education contact hours. Maximum advanced-level continuing education contact hours available are 0.

Contact Hours: Certificates reflecting UP to 13.25 contact hours of education will be awarded at the completion of the program.

North Carolina Board for Certified Counselors Credit (NBCC): Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

North Carolina Public School Personnel Renewal Credit: Certificates for UP to 13.25 contact hours of education will be awarded at the completion of the program.

Substance Abuse Counselor Certification (SAC): Application has been made to the North Carolina Substance Abuse Professional Practice Board for UP to 13.25 hours of Substance Abuse Specific hours.

Registration Information

Online registration available at www.easternahec.net

Registration (received **by** 10/26/16)

Both Days.....\$175.00

One Day.....\$125.00

Registration (received **after** 10/26/16)

Both Days.....\$200.00

One Day.....\$130.00

The registration fee includes all program materials, credit, refreshments, and two lunches. Participants are encouraged to take advantage of the reduced fee by registering **by October 26, 2016**. If you register early and must subsequently cancel, a full refund will be made through **October 26, 2016**. *No refunds will be made thereafter, but a substitute may attend. We would appreciate advance notification of any substitutes so that we can prepare materials in that person's name.* If you register, do not attend and do not cancel by the deadline date (**October 26, 2016**), you or your agency **will be billed** for the full amount of the registration fee.

Individuals with disabilities, requesting accommodations under the Americans with Disabilities Act (ADA), should contact the Department of Disability Support Services at (252) 737-1016 (Voice/TTY) by **October 19, 2016**. If you would like more information on the program, [call Mental Health Education at EAHEC at \(252\) 744-5215](tel:2527445215).

Accommodations

A block of rooms at the **Holiday Inn** (203 SW Greenville Blvd, Greenville, NC) will be held through October 1, 2016 for the conference rate of **\$94.00 plus tax (with breakfast) for one king size bed or two queens**. The state rate will be available to those that present a valid state ID upon arrival, which is \$67.30 plus tax without breakfast. **Please mention the Eastern AHEC SA Conference to receive the special rate. Reservations after October 1, 2016 will be honored on a space available basis.** Make reservations directly with the **Holiday Inn** by calling **(252) 355-8300**. Check in time is 3 pm and check out time is 12 pm.

A limited number of rooms at the **Hilton Greenville** (207 SW Greenville Blvd., Greenville, NC) will be held through October 15, 2016, for the Conference rate of \$119.00 plus tax (per night) for single/double occupancy. **Please mention the Eastern AHEC SA Conference to receive the special rate. Reservations received after October 15, 2016 will be honored on a space available basis.** Make hotel reservations directly with the **Hilton Greenville** by calling **(252) 355-5000**. Check in time is 3:00 pm and check out is 12 pm.

Handouts

You will receive handouts for this workshop in your confirmation email. Please be sure we have your correct email so that you will receive the handouts. Please be sure to print your handouts **prior** to the event and bring them to the workshop, as there will be none available at the event. The program evaluation will be sent approximately 2-3 weeks following the conference to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

Please bring a jacket or sweater to ensure your comfort.

November 2, 2016

8:00 AM - REGISTRATION/REFRESHMENTS

9:00 AM - WELCOME/OPENING REMARKS

GINA LANE, LCAS, CCS

Chairperson, Eastern Region Substance Abuse Services Training Committee

Director, Community Relations, Eastpointe MCO, Rocky Mount

9:15 am - Opening Plenary:

Understanding Addiction “Science”: Lies, More Lies, and Statistics

AI J. MOONEY, MD, FAAFP, FASAM

Medical Director, Willingway Foundation, Co-author, *The Recovery Book*

In a clinical world of ever increasing emphasis on evidence, substance misuse counselors must possess more skill interpreting science than their profession previously required. This presentation will introduce the audience to strengths and pitfalls of the evidence which underpins our work. The science behind terms such as “Harm Reduction” and “Pain Management” will be addressed, and important emerging concepts of addiction science coming from recent and often underemphasized neuroscience and pharmacology will be discussed. The audience will be introduced to some simple yet effective tools to independently evaluate scientific investigations as they are made public.

10:15 AM - BREAK

MORNING CONCURRENT SESSIONS

10:30 AM - 12:00 PM

(Choose one session to attend)

Session A - **LEGOLAND, the Building of a Therapeutic Alliance**

CHERYL GENTILE, MS, LPCS, LCAS, CRC-MAC, CCS

Department of Addictions and Rehabilitation Studies, East Carolina University

The primary objective of this session is to provide guidelines for developing rapport and establishing a safe environment for therapy. Having a sound foundation and starting point in counseling can greatly impact the likelihood of developing a safe and sturdy therapeutic alliance. Resistant behavior will be identified with strategies to overcome both the clients’ and the therapists’ patterns of behavior that are not conducive to change. Using didactics and experiential learning, this training is designed to increase the skill, and confidence level of the clinician.

Session B - **HUNGOVER: A Clinician’s Guide to Coping with Difficult Use Consumers**

NATASHA C. HOLLEY, MSW, LCSW, LCAS, CCS

Clinical Director, Integrated Family Services, Greenville

MONA TOWNES, MSW, LCSW LCAS-A

Mobile Crisis Director, Integrated Family Services, Greenville

According to the National Institute of Drug Abuse, in 2013, an estimated 22.7 million Americans (8.6 percent) needed treatment for a problem related to drugs or alcohol, but only about 2.5 million people (0.9 percent) received treatment at a specialty facility. A large amount of these substance users were served by addiction professionals in our local communities and they were confronted with lack of engagement, relapse, and resistance. So often, we focus on strategies to improve outcomes when working with this demanding population and there is not enough emphasis on taking care of the addiction professionals. Thus, this training will focus on providing tools to addiction professionals to avoid burn out and maintain focus on treatment along with a positive outlook on recovery.

MORNING CONCURRENT SESSIONS (continued)

10:30 AM - 12:00 PM

(Choose one session to attend)

Session C - Substance Abuse 101

BILL THORNE, MS, LPC, LCAS, CRC-MAC

Licensed Professional Counselor, East Coast Counseling, Inc., Greenville

This introductory session will provide an examination of drugs and drug use from a variety of perspectives, including behavioral, pharmacological, historical, social, legal, and clinical.

Session D - Substance Abuse and the Intellectual/Developmental Disabilities Population (IDD)

KEISCHA H. PRUDEN, MS, LPC, LCAS, CCS

Child Mental Health Development Specialist, Uplift Comprehensive Services/The Power of U, Greenville

Just like with other populations, drug abuse is on the rise in the IDD population. Healthcare and other professionals in the helping communities need assistance in identifying ways to help those with intellectual deficiencies address substance abuse in ways that promote overall wellness and recovery. Attendees will be able to identify primary drugs of abuse in the IDD community; main triggers to substance abuse; available and effective treatment strategies to combat substance abuse and community resources that emphasize recovery from substance abuse.

Session E - Science to Serenity in Addiction: A Look Behind the Curtain of Recent Research and What it Means to the Counseling Profession

AL J. MOONEY, MD, FAAFP, FASAM

This concurrent session builds on the foundation laid in the earlier morning plenary session on addiction science, with a format allowing interaction and debate of multiple ideas. Participants will be provided with more details of addiction research methodology, and they will be asked to offer specific examples of how research can be helpful in working with patients or how it can contribute to confusion and counterproductive interventions. The audience will be challenged to resist dogma coming from evidence that originates from conflicted investigators and agencies, and they will be exposed to actual examples of important clinical breakthroughs that defied accepted clinical tradition and conventional wisdom.

Session F - Self-Injurious Behavior: Identification and Treatment Options

SHARI M. SIAS, PHD, LPC

Associate Professor and Director of the Substance Abuse and Clinical Counseling, Department of Addictions and Rehabilitation Studies, East Carolina University

Approximately 4% of the general population engages in self-injurious behavior (SIB), and 21% of clinical clients self-injure. Self-injurious behavior may be related to biological conditions or syndromes and can be used for attention-seeking, self-stimulation, or for communication (i.e., to get or avoid something). The goal of this session is to increase counselor awareness, counselor recognition, and provide information concerning the treatment needs of individuals who use self-injury as a coping tool.

Session G - Fetal Alcohol Spectrum Disorders (FASD): An Ounce of Prevention

ELIZABETH MONTGOMERY LEE, MA

Director, ECU Regional Training Center, FASD Prevention Specialist

FASD is an umbrella term describing the range of effects that can occur in an individual prenatally exposed to alcohol. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications. New research shows that 2-5% of younger school-age children in the US have an FASD. This session will educate participants about FASDs and help them have a clear understanding of how alcohol affects the developing brain, impacts behavior and the importance of identifying strategies for working with individuals who have an FASD. It will also assist in identifying a community's responsibility in the prevention of alcohol-exposed pregnancies and FASDs.

12:00 PM - LUNCHEON

LUNCHEON PLENARY

12:30 PM- 1:30 PM

Emerging Trends and Patterns of Substances of Abuse

JOHN J. SPAGNOLO, MA, RPH

Manager, Clinical Services, Dominion Diagnostics, North Kingstown, Rhode Island

The major focus of this session will be a discussion of the origins of the current nationwide heroin epidemic and the emergence of fentanyl in its role as a deadly companion. In addition, we will provide an update on designer drugs to include defining the major characteristics of these products and a review of the most current trends.

1:30 PM - BREAK

EARLY AFTERNOON CONCURRENT SESSIONS

1:45 PM - 3:15 PM

(Choose one session to attend)

Session A - **Working with Individuals with Cluster B - the Dramatic, Emotional, and Erratic Cluster**

NOGA ZERUBAVEL, PHD

Assistant Professor, Cognitive Behavioral Research and Treatment Program, Department of Psychiatry and Behavioral Sciences at Duke University Medical Center

There are high rates of comorbidity between Cluster B personality disorders (Borderline, Narcissistic, Histrionic, and Antisocial Personality Disorders) and the substance use disorders. Individuals diagnosed with these personality disorders often present unique challenges for clinicians providing substance abuse treatment. This session will focus on how to manage the challenges associated with each of these disorders and provide recommendations for clinicians.

This session will be continued after the break. You must attend both parts of the session to receive credit.

Session B - **From Psychotherapist to Psychopath: The Role of Clinical Supervision in Treating Antisocial Personality Disorders**

ED DUNBAR, MS, LCAS, LPCA, CSI

Doctoral Student, Department of Addictions and Rehabilitation Studies, College of Allied Health Sciences, East Carolina University

Clinicians who work with clients with antisocial personality disorder experience high rates of stress, burnout, and countertransference reactions. Although interventions for antisocial personality disorder are questionable, research suggests that clinical supervision plays a key role in effective treatment of the disorder. This presentation will introduce clinical supervision techniques and models that can help supervisors and clinicians better treat clients with this disorder.

This session will be continued after the break. You must attend both parts of the session to receive credit.

Session C - **Older Adults, Medication Misuse and Abuse Prevention**

C. RAY TAYLOR, ED.D., LPA

Human Services Department Chair, Pitt Community College

Approximately 25% of older adults who are prescribed psychoactive medications have a greater risk for misuse compared to the general population due to higher rates of pain, sleep disorders, anxiety, and depression. Some older adults may experience cognitive decline which can result in improper use of medications. Practical implications for discussing medication use with older adults, their care partners, and professionals will be provided.

AFTERNOON CONCURRENT SESSIONS (continued)

1:45 PM - 3:15 PM

(Choose one session to attend)

Session D - Emerging Trends and Patterns of Substances of Abuse: A Closer Look

JOHN J. SPAGNOLO, MA, RPH

Building on the luncheon presentation information, this session will provide a more comprehensive list of designer drugs and address the challenges facing laboratories in attempting to detect these products.

Session E - Theoretical Group Approaches

JENNA LEGGETT, MS, LCAS, LPC

Care Coordinator, Behavioral Health, Vidant Medical Center

PATRICIA L. OWENS, MS, LPC, LCAS

Social Work Case Management, Adult Behavioral Health, Vidant Roanoke-Chowan Hospital

The primary objective of this session is to examine various group counseling theories and techniques. Using theories and experiential learning, this training is designed to increase the knowledge, skill and comfort of the clinician.

Session F - What's the Risk? Recognizing, Assessing and Responding to Suicidal Risk

JANICE BRITT, MS, LPCS, LCAS, CRC, CCS

Substance Abuse Coordinator, Vidant Medical Center

The statistics about suicide are alarming. In the United States, suicide is the 11th leading cause of death, with an average of one person dying by suicide every 15.2 minutes, and one person attempting suicide every 38 seconds. One of the biggest risk factors for suicide is substance abuse. Seventy-one percent of psychotherapists report having at least one client who has attempted suicide, while 28 percent report having had at least one client die by suicide. Therapists can prepare themselves for working with suicidal clients by learning to implement the tools and techniques that have been found effective to assess and treat suicidal individuals. In this session, we will discuss risk factors, suicide warning signs, assessing and treating suicidal individuals and effective treatment approaches.

Session G - Alcohol Causes Cancer: What We Should Know and Why We Don't

DYLAN ELLERBEE, MPM

Project Coordinator, NC Preventing Underage Drinking Initiatives, University of North Carolina at Greensboro

Alcohol-related cancer deaths approach 20,000 each year in the United States alone. Alcohol is the 2nd leading preventable cause of cancer. And yet...nobody seems to know. This session will detail one of the most destructive harms of alcohol in our communities and what we can do about it.

3:15 PM - BREAK

LATE AFTERNOON CONCURRENT SESSIONS

3:30 PM - 5:00 PM

(Choose one session to attend)

Session A - Working with Individuals with Cluster B - the Dramatic, Emotional, and Erratic Cluster (continued)

NOGA ZERUBAVEL, PHD

This session is continued from before the break. You must attend both parts of the session to receive credit.

Session B - From Psychotherapist to Psychopath: The Role of Clinical Supervision in Treating Antisocial Personality Disorders (continued)

ED DUNBAR, MS, LCAS, LPCA, CSI

This session is continued from before the break. You must attend both parts of the session to receive credit.

Session C - An Invisible Epidemic: Alcohol Misuse and Abuse Prevention in Older Adults

C. RAY TAYLOR, ED.D.

The “hidden epidemic” nature of alcohol abuse and misuse has resulted in under-identified, under-diagnosed, and under-treated. Emphasis is placed on increasing public awareness, timely identification, and effective intervention. Practical implications for discussing use of alcohol with older adults, their care partners, and professionals are provided.

Session D - There’s an App for that: Mobile Tools for Clients and Therapists

KYLE G. SLOUGH, MS, LPC, LCAS

Horizon Health Therapist, CarolinaEast Medical Center Crossroads

ANDREW M. BYRNE, PHD, LPC, CRC

Assistant Professor, Ohio University, Athens, OH

This session will convey information and demonstrations on applications to bolster success in addiction treatment contexts. Safety, confidentiality, and utility for a number of exemplary apps will be discussed; and a framework for app evaluation will be shared.

Session E - Experiential Activities in Group Work

JENNA LEGGETT, MS, LCAS, LPC

PATRICIA L. OWENS, MS, LPC, LCAS

This session will provide practical applications with participants practicing group techniques in interactive experiential group sessions based upon various theoretical overviews.

Session F - The Powerful Role Spirituality Plays In Addiction Recovery

CHRISTY L. JONES, MA

The Founder of “The Coach Chris Company”

This session will empower the participant to discover the benefits of spiritual practices in addiction recovery and identify types of spiritual practices that can be used to aid clients in addiction recovery.

Session G - LGB and T: Research Implications and Substance Use Disorders and Transgender 101: Legal Issues for Transgender Clients

NOEL L. ROWAN, PHD, LCSW, LCAS

Professor; Coordinator of BSW Program; Coordinator of Substance Use Disorders and Addictions Certificate Program, School of Social Work, University of North Carolina at Wilmington

PAULA A. KOHUT, JD

Attorney at Law, Kohut, PLLC, Wilmington

A review of research related to LGB and T populations and substance use disorders will be discussed. The presentation will also involve a description of transgender persons and an understanding of legal issues for transgender clients. Terminology and etiquette for working well with transgender persons will be presented as well.

5:00 PM - ADJOURNMENT

November 3, 2016

8:00 AM - REGISTRATION/REFRESHMENTS

8:30 AM - EXHIBITORS/DOOR PRIZES (must be PRESENT to win)

9:00 AM - EARLY MORNING CONCURRENT SESSIONS (Choose one session to attend)

Session A - Treatment of Borderline Personality Disorder Using Dialectical Behavior Therapy (DBT): Acceptance and Change Strategies

M. ZACHARY ROSENTHAL, PHD

Vice Chair, (Clinical) and Associate Professor, Department of Psychiatry and Behavioral Sciences at Duke University Medical Center; and Director of the Duke Cognitive Behavioral Research and Treatment Program

Individuals with this complex and multi-diagnostic presentation often can be extraordinarily difficult to treat given the range of treatment targets and the emotional, interpersonal, cognitive and behavioral problems that may be present. This training will focus on one treatment, Dialectical Behavior Therapy (DBT), as a comprehensive and evidence-based approach. The theory, philosophy, structure, process and modes of DBT will be introduced. Acceptance and change strategies will be taught and practiced using both didactic and experiential learning during this training. This will include, for example, practice in small groups using DBT strategies to help increase motivation to make changes, and problem-solving strategies to use when change is slow or not occurring. This is not a comprehensive and intensive DBT training but is instead a general introduction to this treatment approach.

This session will be continued after the break. You must attend both parts of the session to receive credit.

Session B - Basic Understanding of HIV Diagnosis, Trends, Treatment and Stigmas for Individuals Seeking Mental Health and Substance Abuse Treatment

HILLARY EVANS, MS, LPCA, LCASA

Level II Treatment Therapist, Integrated Family Services, PPLC, Greenville

SHANNA MAY, MSW, LCSW, LCAS, CCS

External Field Instructor, School of Social Work, East Carolina University

This session will discuss and provide a basic understanding of HIV (epidemiology, transmission, stigmas), help participants understand stigmas of HIV positive diagnosis, and identify special considerations for the HIV positive community.

Session C - Self-Care for the Helper

CELESTE S. CRAWFORD, PHD, LPCS, LCAS, NCC

Clinical Assistant Professor, Director of Navigate Counseling Clinic, Field Site Coordinator, MS Programs, Department of Addictions and Rehabilitation Studies, East Carolina University

CHERYL MEOLA, LPC, NCC, MED

Doctoral Candidate, Department of Addictions and Rehabilitation Studies, East Carolina University

So often, compassion fatigue and burn-out in mental health professionals goes unrecognized and untreated. This can cause caregivers to leave their profession, struggle with addictions or even become self-destructive. As mental health professionals, we all understand this phenomenon for our own well-being, for our colleagues and for the health of our profession.

EARLY MORNING CONCURRENT SESSIONS (continued)

9:00 AM - 10:30 AM

(Choose one session to attend)

Session D - Medication Education: An Integral Aspect of Readjustment Counseling with Veterans

WILLIAM H. BUTLER, MS, NCC, LPC

Master Gunnery Sergeant, USMC (Ret), Readjustment Counseling Therapist/Acting Team Leader, Greenville Vet Center

This session will focus on discussing counseling strategies when working with veterans with complex combat trauma-based mental health issues, and substance use disorders. Participants will learn about the effects of medication in the treatment of veterans with complex combat trauma-based mental health, substance use disorders and the associated medical issues. They will learn how the variables of an individual's lifespan development and the military culture, contribute to how prescribed medications diminish or contribute to symptoms of the diagnosed illness. The usage of medications is dictated by the disability rating system and subsequent financial support, for some veterans will be discussed. Lastly, they will learn how recent changes in pain medication control has had a mixed outcome for some veterans transitioning from medication to alternative pain relief methods; acupuncture, acupressure, meditation, yoga, etc.

Session E - Making the Connection: The Interrelationship between Trauma and Substance Use

CHERYL M. HARRISON, MSW, LCSW, LPC

NC Department of Health & Human Services, Clinical Social Work Supervisor, Adult Acute Admissions Unit, Cherry Hospital

Current research and treatment strategies have identified that trauma plays a significant role in the assessment, understanding and interventions in the treatment of substance use. This session will address research/statistics of trauma's impact on substance use, the assessment of trauma and interventions helpful in providing comprehensive integrated treatment services.

This session will be continued after the break. You must attend both parts of the session to receive credit.

Session F - Family Systems and Addictions Treatment Therapy

TAB BALLIS, LCSW, LCAS, CCS

Insight Wellness Services, Wilmington; Faculty, School of Social Work, University of North Carolina at Wilmington

"I lead because I follow" was the deceptively powerful distillation of theory and practice that drew generations of clinicians to learn from the "Southern Gentleman" of family therapy, John T. Edwards, PhD. Moving the addictions treatment field toward a fuller integration of family systems during his prolific career, John was especially beloved for his ability to render complex human interactions accessible to a wide range of human service professionals. This training will employ practical skill-building, discussion, small group exercise, and archival video footage, to advance the body of work of this innovative pioneer in the art of engaging families. Participants are encouraged to use this training as an opportunity for ongoing immersion in family systems theory, advancing the mission of the John T. Edwards Foundation (www.foundationplace.net). Participants in this session will gain understanding of theory and practice of family systems therapy, which is essential for further practice and treatment.

Session G - Community Needs Assessment: Why Do You Care?

DEANNA HALE-HOLLAND, MA, CSAPC

Prevention Director, Coastal Horizons Center, Inc., Wilmington

DIANE EDWARDS, MAED

Coordinator, Adolescent Programs and Community Outreach, Crossroads Substance Abuse Prevention Program, Wilmington

This session has a community health focus on the applications and value of community needs assessment data collection. Discussion of partnerships to share data across multiple stakeholders, participation in data collection efforts, types of available data, identification of root causes and what you can actually do with community data after you get it. Applications will include funding, program planning and strategic planning.

10:30 AM BREAK

LATE MORNING CONCURRENT SESSIONS

10:45 AM - 12:15 PM

(Choose one session to attend)

Session A - Treatment of Borderline Personality Disorder Using Dialectical Behavior Therapy (DBT): Acceptance and Change Strategies

M. ZACHARY ROSENTHAL, PHD

This session is continued from before the break. You must attend both parts of the session to receive credit.

Session B - Barriers to Treatment for HIV Positive Individuals with Co-Occurring Mental Health and Substance Abuse Diagnoses and Promoting Social Change

HILLARY EVANS, MS, LPCA, LCASA

Participants will be able to identify unique barriers to treatment for mental health and substance abuse issues, as well as identify methods for over-coming barriers and treatment options. Attendees will also understand and be able to link individuals to local support groups.

Session C - Ethics: A Board Perspective

BARDEN CULBRETH

Executive Director, North Carolina Substance Abuse Professional Practice Board (NCSAPPB), Raleigh

ANN CHRISTIAN

NCSAPPB Board Attorney, North Carolina Substance Abuse Professional Practice Board (NCSAPPB), Raleigh

This session will describe how a case is handled from receipt by the Board, to investigation and negotiation, to both informal and formal resolutions. Examples of cases will be presented.

Session D - How to Not Lose Your Stripes - A Practical Guide to Stress Management

CELESTE S. CRAWFORD, PHD, LPCS, LCAS, NCC

Clinical Assistant Professor, Director of Navigate Counseling Clinic, Field Site Coordinator, MS Programs

KELLY B. DEWALD, MS, LCAS, LPCA, CSI

Doctoral Candidate, Department of Addictions and Rehabilitation Studies, East Carolina University

For mental health professionals, stress is inevitable. However, on-going emotional stress can lead to physical turmoil. Learning our own unique ways to cope with stress and reduce the negative effects it has on the body can help us take back control and be more effective and durable professionals.

Session E - Making the Connection: The Interrelationship between Trauma and Substance Use

CHERYL M. HARRISON, MSW, LCSW, LPC

This session is continued from before the break. You must attend both parts of the session to receive credit.

Session F - Family Systems and Addictions Treatment Practice

TAB BALLIS, LCSW, LCAS, CCS

Building on the first session, this training will introduce participants to innovative strategies for engaging families in treatment. It will also help attendees develop skills for joining with the family's strengths in facilitating change. Finally, participants will practice strategies that recognize the power structure within families.

Session G - Marketing Your Program !!!

VIRGINIA JOHNSON, CSAPC

Partner, Empowered Ideas, Fuquay-Varina

JAMES WONG

Partner, Empowered Ideas, Fuquay-Varina

Join us as we discuss effective marketing and communications strategies for growing awareness of local prevention programs. Learn the latest best practices in holistic social marketing campaigns to increase reach, engagement, and even enrollment in your programs.

LUNCHEON PLENARY

12:45 PM- 1:30 PM

Effective Domestic Violence (DV) Response: Why Changing Mindsets Improves Victims Safety

JOHN GUARD

Detective, Pitt County Sheriff's Office

This presentation will begin by providing an inside look at the dynamics occurring within relationships where intimate partner violence is present. There will be special emphasis placed on how these deep-rooted dynamics are created and exploited by an offender for their own personal gain. A focus on offender dynamics will be provided along with investigative strategies used by law enforcement to ensure the offender's "Private Face" is exposed and victim safety and offender accountability are increased.

1:30 PM BREAK

EARLY AFTERNOON CONCURRENT SESSIONS

1:45 PM - 3:15 PM

(Choose one session to attend)

Session A - DWI Services Update

LYNN B. JONES, LPC, LCAS

Program Manager, DWI Services, Community Policy Section, NC DMH/DD/SAS, Raleigh

MARCIE BLEVINS, LCAS, CRC

DWI Services Specialist, DWI Services, Community Policy Section, NC DMH/DD/SAS, Raleigh

This session will be an update on DWI services policies and practice. We will use case study examples to apply the new DSM-5 and revised ASAM criteria, along with DWI rules/law, for diagnosis and placement decisions. It will also include a review of the most recent annual report and best practices in DWI services.

This session will be continued after the break. You must attend both parts of the session to receive credit.

Session B - Strategies from Dialectical Behavior Therapy (DBT) to Improve Skill and Confidence Responding to Therapy-Interfering Behavior in Psychotherapy

M. ZACHARY ROSENTHAL, PHD

The primary objective of this session is to help behavioral health clinicians respond with skill and confidence when clients/patients/consumers do things that inadvertently interfere with their own therapy progress. Common and frustrating behaviors that interfere with therapeutic progress occur across a wide range of adult outpatients and therapeutic approaches. Some of these therapy-interfering behaviors (TIBs) include avoidance during therapy, therapy no-shows, drop-outs, angry behavior toward the therapist, suicidal threats, sexually inappropriate behavior, homework non-compliance, and behaviors on the part of the therapist that might interfere with therapeutic progress. This training will help clinicians better manage TIBs by using a practical framework with principles and strategies from Dialectical Behavior Therapy.

This session will be continued after the break. You must attend both parts of the session to receive credit.

EARLY AFTERNOON CONCURRENT SESSIONS (continued)

1:45 PM - 3:15 PM

(Choose one session to attend)

Session C - The Pitt County Model: An Assessment, a Protocol, and a Partnership

JOHN GUARD

This session will examine in further detail the dynamics within relationships where intimate partner violence is present. There will be an emphasis placed on identifying barriers victims of intimate partner violence face. A special focus on specific victim centered strategies that have been implemented locally to help identify individuals who are at the highest risk of being seriously injured or killed by their intimate partner will also be shared.

Session D - Bullying: It Affects Everyone!

WILLIAM LASSITER, MPA

Deputy Director, North Carolina Department of Public Safety - Center for Safe Schools

In this session, participants will learn about why it is important to focus on the challenge of bullying, and how bullying plays a part in future and more extensive violent behaviors. In order to address this challenge, schools must first construct a common definition of what bullying is. After looking at how bullying is defined, the causes of bullying will be presented. Finally, participants will be given some concrete tools they can use to prevent bullying in their schools and communities.

Session E - The Changing Landscape of Human Resources - What are the New Challenges and What Has Not Changed? !!!

PATRICE ALEXANDER, PHD, SPHR, IMPA-SCP, LPC, LEAP/CEAP

Greenville Utilities/East Carolina University

Human resources has always included recruiting and selection, compensation, discipline, performance evaluation, training, job design and descriptions, benefits, workers compensation and safety, and ensuring that your organization follows all applicable federal and state laws and regulations. Now managers and supervisors also must understand and administer succession planning, knowledge transfer and retention, employee rights and the need to accommodate, performance issue resolution, multiple generations in the workforce, new fair labor regulations related to compensation and overtime, the challenges of the new health insurance options, retention of high value employees, mitigating risk, organizational climate issues, workforces that are reflective of the surrounding community and/or client base and responding to grievances and complaints. It can be overwhelming. This session will give an overview of some of the most important changes, suggest strategies, and identify resources.

Session F - Practical Application of the Ethical Principles of Conduct for the SA Professional

DALE WILLETTS, CCJP

Director, NC TASC Training Institute of Coastal Horizons Center, Inc., Wilmington

Ethics violations range from minor and relatively benign to serious, sometimes criminal acts, that cause injury to the client and lasting consequences to the professional and perhaps his or her colleagues. This session will be an open discussion of real world examples of unethical conduct, its consequences, and what to do about it.

Session G - Using Social Media and Digital Analytics in Outcome Reporting !!!

VIRGINIA JOHNSON, CSAPC

JAMES WONG

Partner, Empowered Ideas, Fuquay-Varina

MELINDA PANKRATZ, MPH, PHD

SPF-PFS State Grant Coordinator, Division of MH/DD/SAS, Community Wellness Prevention and Health Integration Team, NCDHHS

Integrate digital data collection and analytics into outcome reporting to effectively tell your story. Participants will learn the best practices in tracking campaign effectiveness in terms of reach and engagement, and how to best integrate such data into outcomes reports.

3:15 PM BREAK

LATE AFTERNOON CONCURRENT SESSIONS

3:30 PM - 5:00 PM

(Choose one session to attend)

Session A - DWI Services Update

LYNN B. JONES, LPC, LCAS
MARCIE BLEVINS, LCAS, CRC

This session is continued from before the break. You must attend both parts of the session to receive credit.

Session B - Strategies from Dialectical Behavior Therapy (DBT) to Improve Skill and Confidence Responding to Therapy-Interfering Behavior in Psychotherapy

M. ZACHARY ROSENTHAL, PHD

This session is continued from before the break. You must attend both parts of the session to receive credit.

Session C - The Prevalence of Substance Abuse in Surgical Weight Loss Patients and Our Role as Counselors

JENNIFER HARRUP, MS, LPCS, LCAS, CRC, MAC, CCS

Director of Counseling

KATHARINE WEST, MA, LPC-A, LCAS-A

East Coast Counseling, Greenville

After conducting numerous assessments over the past few years, the team at East Coast Counseling started to notice a correlation between substance abuse and patients who have undergone surgical weight loss. After researching and speaking with many patients, prospective patients and professionals associated with the various surgical procedures; it became apparent that the resources, education and support around this issue were lacking. This session will aim to familiarize fellow counselors with specific surgical weight loss language, norms and warning signs for substance abuse in that population. It will also alert counselors to specific changes in a patient's life and body that create a higher risk for developing a substance use disorder after surgery.

Session D - Principles of Behavioral Tobacco Cessation Interventions

IRMA CORRAL, PHD, MPH

Assistant Professor, Department of Psychiatry and Behavioral Medicine, Brody School of Medicine, East Carolina University

This session will provide a review of best-practices behavioral interventions for tobacco cessation. Cognitive-behavioral interventions will be highlighted. Regional and national data and resources that can assist clinicians in assessing tobacco use and in providing tobacco cessation education, treatment planning, and referrals will be discussed.

LATE AFTERNOON CONCURRENT SESSIONS (continued)

3:30 PM - 5:00 PM

(Choose one session to attend)

Session E - College Prescription Drug Abuse

MICHAEL LANG, MD

Clinical Associate Professor; Director, Medicine/Psychiatry Residency Program, Department of Psychiatry and Behavioral Medicine, Brody School of Medicine, East Carolina University

ROBERT MORPHET, MS, LCAS

Assistant Director, Center for Counseling and Student Development, East Carolina University

Students are misusing medications in the college setting. Physiological and psychological concerns will be explained, as well as common treatment methods to address these issues. Information specific to ECU's population and noted trends of substance use in the campus community will be provided. Additionally, the current substance use programs and the new Collegiate Recovery Community will be discussed.

Session F - The Chicken AND the Egg: Disorders which Frequently Co-Occur with Substance Use Disorders

CARA N. HERRINGTON, MS, CRC-MAC, LPCS, LCAS, CCS, ACS

Coordinator/Instructor - Human Services/Substance Abuse Program, Pitt Community College, Adjunct Instructor, Department of Addictions and Rehabilitation Studies, East Carolina University

There has been a long-standing debate about comorbid disorders in terms of which disorder may have precipitated the other and which to treat first. This presentation will focus instead on those disorders most commonly co-occurring with substance use disorders and the use of signs vs. symptoms in diagnostic assessment. This presentation is for entry-level clinicians or clinicians with minimal exposure to substance use disorders.

Session G - What's all the Hype About Workplace Wellness?

ERIN DITTA, CSAPC

Prevention Coordinator, Coastal Horizons Center, Inc., Wilmington

TAMMY BRUNELLE, MA, CHES

Prevention Specialist, Coastal Horizons Center, Inc., Wilmington

Learn what workplace wellness is all about and how to implement it on a low or nonexistence budget. Gain ideas through this interactive session.

5:00 PM ADJOURNMENT

*** - denotes clinical supervision credit

!!! - denotes psychology/NBCC credit is not available

The 32nd Annual Substance Abuse Services State of the Art Conference - Through the Looking Glass: Hello from the Other Side

November 2-3, 2016, Greenville Hilton, 207 SW Greenville Blvd., Greenville, NC

Register online at www.easternahec.net

Last Name _____ First Name _____ Middle Initial _____

Last 4 digits of Soc. Sec. # XXX-XX-

Discipline (check one) Allied Health Dentistry Health Careers Medicine
 Mental Health Nursing Pharmacy Public Health Other

Specialties _____ Degrees/Certifications/License _____

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City _____ State _____ Zip _____

Phone _____ E-mail _____

Home Street/PO Box _____

City _____ State _____ Zip _____

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Please indicate which day(s) you plan to attend:

- Day 1 (November 2, 2016) Day 2 (November 3, 2016) Both Days
 Vegetarian Lunch

Choose concurrent sessions you plan to attend:

Day 1: Morning

- Building a Therapeutic Alliance
- Difficult Use Consumers
- Substance Abuse 101
- SA & the IDD Population
- Science to Serenity in Addiction
- Self-Injurious Behavior
- Fetal Alcohol Spectrum Disorders

Day 1: Early Afternoon

- Individuals with Cluster B (cont'd)
- Antisocial Personality Disorders*** (cont'd)
- Older Adults & Abuse Prevention
- Trends/Patterns of Substance Abuse
- Theoretical Group Approaches
- Suicidal Risk
- Alcohol Causes Cancer

Day 1: Late Afternoon

- Individuals with Cluster B
- Antisocial Personality Disorders***
- Alcohol Misuse in Older Adults
- Mobile Tools for Clients and Therapists
- Experiential Activities in Group Work
- Spirituality in Addiction Recovery
- Legal Issues for LGB & T Clients

Day 2: Early Morning

- DBT - Acceptance & Change
- HIV Diagnosis & Treatment
- Self-Care for the Helper
- Medication Education
- Trauma & Substance Use (cont'd)
- Family/Addictions Tx Theory
- Community Needs Assessment

Day 2: Late Morning

- Acceptance & Change (cont'd)
- HIV Barriers to Treatment
- Ethics: A Board Perspective
- Stress Management
- Trauma & Substance Use
- Family/Addictions Tx Practice
- Marketing Your Program!!!

Day 2: Early Afternoon

- DWI Services (cont'd)
- DBT - Therapy-Interfering (cont'd)
- The Pitt County Model
- Bullying
- HR Update!!!
- Ethical Principles
- Social Media & Analytics!!!

Day 2: Late Afternoon

- DWI Services
- DBT - Therapy-Interfering
- Surgical Weight Loss & SA
- Tobacco Cessation
- College Prescription Drug Abuse
- Co-occurring Substance Use
- Workplace Wellness

*** denotes clinical supervision credit

!!! denotes psychology/NBCC credit is NOT available

Program Number E48710

Method of Payment (Received **by 10-26-16: Both Days \$175; One Day \$125**, Received **after 10-26-16: Both Days \$200; One Day \$130**)

Check/Cash Enclosed for \$ _____ Charge: Visa MasterCard AMX Discover

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