2017 SUBSTANCE USE SERVICES CONFERENCE: TAPESTRY OF SKILLS IN TREATMENT INTERVENTIONS

November 1-2, 2017
Hilton Greenville Greenville, NC

This 33rd annual conference continues its tradition of providing quality training to professionals working with clients with substance use disorders. Participants are able to attend a variety of sessions, earn up to 13 hours of credit, and complete their ethics requirements for licensure all in two days! A change in the format focuses on required trainings to acquire or maintain licensure including ethics, HIV/STD, nicotine dependence, substance abuse issues affecting veterans, clinical supervision, and evidence based treatment approaches. A one day rate is also offered for those that are unable to attend both days. Sessions will be labeled beginner, intermediate, or advanced to indicate the appropriate audience.

Don't miss this opportunity to learn new techniques and interventions you can implement upon your return to practice, learn from experts in the field, and network with peers and colleagues.

TARGET AUDIENCE

- Substance Use Professionals
- Social Workers
- Psychologists
- Licensed Professional Counselors
- Marriage and Family Therapists
- Psychiatric Nurses
- Case managers and Care Coordinators
- Corrections officers and other criminal justice officials
- All other clinicians and interested professionals

Provided By:
EASTERN AHEC
Area Health Education Center
### Professional Ethics and Social Networks

**Kim Strom-Gottfried, PhD**

Smith P. Theimann Jr. Distinguished Professor of Ethics and Professional Practice, University of North Carolina at Chapel Hill

The emergence of online networking through sites such as Twitter and Facebook creates unique challenges in the application of familiar ethical and managerial concepts. Client privacy, public relations and marketing, worker self-disclosure, conflicts of interest and informed consent all take on new form and complexity in light of technological advances. This keynote session introduces the features of social networking and explores the risks and rewards of conscious use of networking sites in clinical practice.

This presenter is being supported through the partnership between the University of North Carolina at Chapel Hill, School of Social Work and the NC AHEC Program Office.
November 1, 2017
Morning
Concurrent Sessions
11:00 a.m. - 12:30 p.m.
(Choose one session to attend)

SESSION A - The Top Emerging Trends in Illegal Substance Use

MARGARET “MEG” SANDERS, MS
Doctoral Student, Graduate Teaching & Research Assistant, Department of Addictions and Rehabilitation Studies, East Carolina University

Currently within the United States there is an alarming rise in the use of illegal substances across all age groups. The aim of this presentation is to outline, identify, and discuss the top five emerging trends in illegal substance use within Eastern NC, North Carolina, and the US as a whole. Two of the trends that will be highlighted will be the illegal use of opioids and the emerging trend of overdose linked to this drug. The presentation will conclude with a brief overview of evidence-based treatment options and special populations impacted by these trends.

SESSION B - Engaging Adolescents and Emerging Adults in Mandated Substance Use Treatment - #CoolCounselor

HILLARY LILES, MSW, LCSW, LCAS
Alcohol and Other Drug Staff Counselor, Center for Counseling and Student Development, East Carolina University

This session will focus on individuals who are new to the substance use profession, are new to the role of serving mandated clients, or are looking for different ways to establish the counselor-client alliance in mandated work. There will be information provided on alternative ways to build rapport and align with clients as a means to elicit change. Therapeutic alliance components will be reviewed and application to a mandated counseling population will be discussed. There will be a focus on the use of Motivational Interviewing and Stages of Change concepts used throughout the recovery-oriented systems of care.

SESSION C - While You Are Here, Let’s Work on Tobacco Treatment Too!

JOYCE SWETLICK, MPH
Director of Tobacco Cessation, Division of Public Health, Tobacco Prevention and Control Branch, North Carolina Department of Health and Human Services

Does this statement make you shudder? If so, you are not alone; however, between 70-80% of clients receiving treatment for alcohol and other drug problems want to stop using tobacco. Integrating tobacco treatment into the treatment of alcohol and other drug problems helps clients and improves treatment outcomes. This session will discuss evidence-based practices in tobacco treatment for people with substance use disorders along with resources to help them quit.

SESSION D - Ethics in the Electronic Age

KIM STROM-GOTTFRIED, PHD
Smith P. Theimann Jr. Distinguished Professor of Ethics and Professional Practice

This session will focus on ethical issues with technology and using social media in a case based format.

This presenter is being supported through the partnership between the University of North Carolina at Chapel Hill School of Social Work and the NC AHEC Program Office.
November 1, 2017
Afternoon
Concurrent Sessions
1:30 p.m. - 4:45 pm
(Choose one session to attend)

SESSION A - The MI Sandwich.....Something to Chew On: Motivational Interviewing in Assessment

KENN PRITCHARD, MS, LPC, LCAS
Doctoral Student, Department of Addictions and Rehabilitation Studies, East Carolina University

Motivational Interviewing is a framework within which we work throughout the treatment process. This session will explore practical ways to conduct assessments that promote autonomy, engage in collaboration, and evoke what is important for a person to change and a plan to make those changes. To reinforce the learning and integration of these skills and applications, participants will have the opportunity to explore and practice them in interactive exercises.

SESSION B - Mobile Social Support in Addiction Relapse Prevention

EVEANGEL SAVAGE, PHD
Chief Executive Officer, Audacity Leadership Institute

This presentation will provide a depth and breadth of trends in online social support and the extension of theory to mobile technology in addiction relapse prevention. Through further examination of mobile social support concepts, participants will increase their knowledge of integrating mobile social support in practice to remove barriers associated with access, costs, and stigma associated with continuum of care to maintain sobriety.

SESSION C - Service Member/Veteran Suicide and the Intersection with Substance Use and Mental Health

LIEUTENANT COLONEL BRAD LANTO, MSW
Military Deputy, Defense Suicide Prevention Office (DSPO)

KEITA FRANKLIN, PHD
Director, Defense Suicide Prevention Office (DSPO)

This session will discuss military culture, suicide, and the intersection of substance use and mental health. The speakers will review the evidence-based protocols, VA and Department of Defense (DOD) Clinical Practice Guidelines, trauma and trauma informed care, challenges in working with the VA and DOD population, risk and protective factors in suicide and substance abuse, barriers to care, and the impact of social media on suicide.

SESSION D - Applying Acceptance and Commitment Therapy When Working with Substance Use Disorders

HILLARY LILES, MSW, LCSW, LCAS
Alcohol and Other Drug Staff Counselor, Center for Counseling and Student Development, East Carolina University

LESLIE VEACH, MS, NCC, LPCS
Staff Counselor and Group Coordinator, Center for Counseling and Student Development, East Carolina University

This presentation will cover an overview of Acceptance and Commitment Therapy (ACT) and how it can be applied to clients who are living with addiction. There will be an emphasis on integrating ACT based interventions into your existing practices. This will be explored through experiential exercises and small group discussion.
November 2, 2017

8:00 a.m.  
Check-in/Refreshments

8:30 a.m.  
Keynote Presentation

10:30 a.m.  
BREAK

10:45 a.m.  
Morning Concurrent Sessions

12:15 p.m.  
Luncheon

12:15 p.m.  
Luncheon Speaker

1:15 p.m.  
BREAK

2:15 p.m.  
Afternoon Concurrent Sessions

3:30 p.m.  
ADJOURNMENT

KEYNOTE PRESENTATION

RISK OF DISEASE AMONG SUBSTANCE ABUSERS

LUCINDA MCMILLAN, MSN, MPH, RN

Infection Control Nurse, Walter B. Jones Alcohol and Drug Abuse Treatment Center

This keynote session will define the chain of infection, explain standard precautions, discuss blood borne pathogens and other communicable diseases, and describe how to prevent and reduce the spread of infection in individuals with a substance use disorder. The speaker will cover HIV and AIDS, Hepatitis B and C, Syphilis, MRSA, and Tuberculosis.

LUNCHEON SPEAKER

NORTH CAROLINA SUBSTANCE ABUSE PROFESSIONAL PRACTICE BOARD (NCSSAPPB) ETHICS: POLICY AND PROCEDURES

BARDEN CULBRETH

Executive Director, North Carolina Substance Abuse Professional Practice Board

During this session, the Executive Director of the NC Professional Practice Board will explain how a complaint is handled by the board, describe how a hearing is conducted, and discuss what constitutes an ethical complaint.
November 2, 2017
Morning and Afternoon
Concurrent Sessions
10:45 a.m. - 12:15 p.m. and 2:30 p.m. - 4:30 pm
(Choose one session to attend - sessions are continued and you must attend the same one to receive credit.)

SESSION A - Substance Use Disorders and Intimate Partner Violence: The Connection and The Complications

CONNIE RENZ, MSW, LCSW, LCAS
Consultant, Chapel Hill

Intimate Partner Violence (IPV) is a pervasive, serious problem, that is detrimental to the health of untold numbers of women and children. In addition to physical injuries that may be sustained, such violence has been associated with mental health challenges including anxiety, depression, PTSD, and substance use disorders. This session will examine the association between IPV and substance use disorders with particular attention to the dynamics that occur when a woman is struggling with both issues. Time will be spent examining clinical issues in both individual and group work as well as reviewing best practice curricula. Basic knowledge of substance use disorders and IPV would be helpful, but is not required to benefit from this session.

This presenter is being supported through the partnership between the University of North Carolina at Chapel Hill School of Social Work and the NC AHEC Program Office.

SESSION B - Using Dialectical Behavior Therapy (DBT) to Help Substance Use Disorder Clients with Emotional Regulation

KIRK MOCHRIE, MA
Department of Psychology, East Carolina University

TONY CELLUCCI, PHD, ABPP
Department of Psychology, East Carolina University

MARLEE LAYH, BA
Department of Psychology, East Carolina University

This presentation will present DBT-informed therapy as an approach to treating complex, multi-problem clients who present with emotional dysregulation with a particular focus on the application of DBT to clients with psychoactive substance use disorders. The DBT framework will be discussed as well as the theoretical basis of DBT therapy and how it conceptualizes in clients. The empirical evidence supporting DBT for substance abusing clients will be briefly reviewed. An overview of DBT skills training will be provided. Finally, we will discuss emotional dysregulation among substance abuse clients in depth and how to integrate teaching specific DBT emotion regulation skills and strategies into individual treatment with this population.

SESSION C - Clinical Supervision and Professional Development for Substance Abuse Counseling

MEGAN VARIANO, LCAS, LPCS, CCS
Therapist and Owner, Finding Balance Life Counseling, Raleigh

This presentation will provide an overview of clinical supervision for the substance abuse professional. Topics will include theoretical models, developmental stages for both counselors and supervisors, and assessment tools used in supervision. This session will be interactive and attendees will be actively engaged in experiential exercises and case discussion.

SESSION D - Treating Psychological Trauma and Substance Use Disorders

ELLEN PALLME, MSW, LCSW, LCAS, CCS
Clinical Supervisor, Substance Abuse Programming, Carolina Outreach, LLC, Durham

Participants who attend this session will explore the interaction between trauma and substance use disorders. You will learn about the impact of adverse childhood experiences and the prevalence amongst those who experience substance use disorders as well as the impact of PTSD and ACE’s on the brain and body. We will explore treatment options and coping skills that address both trauma and substance use disorders.

This presenter is being supported through the partnership between the University of North Carolina at Chapel Hill School of Social Work and the NC AHEC Program Office.
Registration Information

SEATING IS LIMITED—PLEASE REGISTER EARLY TO ENSURE A SPACE

Online registration available at www.easternahec.net

Registration (received by October 25)
Both Days...............................................................................................................................................$175.00
One Day...............................................................................................................................................$125.00
Registration (received after October 25)
Both Days...............................................................................................................................................$200.00
One Day...............................................................................................................................................$130.00

Group rates are available for those working in the same agency and who send five or more employees.

The registration fee includes all program materials, refreshments, and lunch on both days. Participants are encouraged to take advantage of the reduced fee by registering by October 25, 2017.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

Eastern AHEC Cancellation Policy
• To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity
• NO refunds will be given for cancellations less than one week prior to the activity
• For continuing professional development activities canceled more than one week prior to continuing professional development activity:
  • A $35.00 fee will be deducted from the refund OR
  • The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year
• Substitutions are welcome; advanced notice encouraged

Americans with Disabilities Act

Individuals requesting accommodations under the Americans with Disabilities Act (ADA), should contact the Department of Disability Support Services at (252) 737-1016 (Voice/TTY) at least five business days prior to the conference.

If you would like more information on the conference, call Mental Health Education at (252) 744-5215.
Credit

THIS CONFERENCE OFFERS UP TO 13.0 HOURS OF CREDIT FOR PARTICIPANTS ATTENDING ALL SESSIONS.

Category A-NC Psychology Credit
This program will provide up to 13.0 hours of (Category A) continuing education for North Carolina Psychologists. No partial session credit will be given.

Contact Hours
Certificates reflecting up to 13.0 contact hours of education will be awarded at the end of this conference.

National Board for Certified Counselors Credit (NBCC)
Eastern AHEC is an NBCC Approved Continuing Education Provider and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the programs. (Provider #5645).

North Carolina Public School Personnel Renewal Credit (PSPR):
Certificates for up to 13.0 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 13.0 hours of Substance Abuse Specific hours.

Handout & Evaluations

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 conference, as there will be none available at the event. The program evaluation will be sent approximately three weeks following the conference to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

Accommodations

A limited number of rooms at the Hilton Greenville, 207 SW Greenville Blvd., Greenville, NC, will be held through September 30th for the conference rate of $129.00 plus tax (per night) for single/double occupancy. Please mention the Eastern AHEC Substance Use Conference to receive the special rate. Reservations received after September 30, 2017 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 p.m. and check-out is 12 noon.

A limited number of rooms at the Holiday Inn, 203 SW Greenville Blvd., Greenville, NC will be held through October 23, 2017 for the conference rate of $91.00 plus tax (per night - no breakfast) for two queens only. Please mention the Eastern AHEC Substance Use Conference to receive the special rate. Reservations received after October 23, 2017 will be honored on a space available basis. Make reservations directly with the Holiday Inn by calling (252) 355-8300. Check-in time is 3:00 p.m. and check-out is at 12 noon.
2017 Substance Use Services Conference:
Tapistry of Skills in Treatment Interventions
November 1-2, 2017 Hilton Greenville, 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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Please indicate which day(s) you plan to attend: □ Day 1 (11/1/17) □ Day 2 (11/2/17) □ Both Days □ Request a vegetarian lunch

Day 1: Morning Concurrent Sessions
□ Trends in Illegal Substance Use
□ Engaging Adolescents in Mandated Treatment
□ Tobacco Treatment
□ Ethics in the Electronic Age

Day 1: Afternoon Concurrent Sessions
□ Motivational Interviewing
□ Relapse Prevention
□ Veterans, Suicide, and Substance Use
□ Acceptance and Commitment Therapy

Day 2: Morning and Afternoon Concurrent Sessions
□ Substance Use and Intimate Partner Violence
□ Using DBT with Emotional Regulation
□ Clinical Supervision
□ Trauma and Substance Use

Program Number E51457

Method of Payment (Received by 10-25-17: Both Days $175; One Day $125, Received after 10-25-17:
Both Days $200; One Day $130)

Check/Cash Enclosed for $ ____________________________ Charge: □ VISA □ MasterCard □ AmEx □ Discover
Signature_____________________________________________________________

Billing Address_______________________________________________________
City ____________________________ State _________ Zip ____________

Account No. _________ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □
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