



ccsad
Cape Cod Symposium on Addictive Disorders

Friday, September 10, 2021

Group B

(Exhibit Hall Opens at 12:30 PM)

2:00 – 3:30 PM Opening Keynote

351B. Technology Enablement in Behavioral Health and Recovery (1.5 CE/CME)

Janelle Wesloh, MBA, LADC Supported by Hazelden Betty Ford Foundation

Level of Instruction: Intermediate/Advanced

The infusion of technology and innovation in behavioral health is everywhere we look. Apps, telehealth, remote monitoring, virtual reality, artificial intelligence, etc., give behavioral health providers new ways to access, treat, and connect with patients in ways we may have never imagined before. This workshop will focus on ways to determine which innovations are best suited to behavioral health, while looking at best practices and available research in technology enablement in our field. The workshop will look at pros and cons of several innovative technologies currently being used in the field and those on the horizon while using real life examples of successful and not so successful implementations.

4:15 - 5:45 PM Friday Late Afternoon Workshops

375B. Trauma, Attachment and Recovery

David Cato, LCSW, TCT, SEP Supported by Sierra Tucson

Level of Instruction: All

This workshop is designed to educate about different attachment styles and how they impact the nervous system. Relational systems are so important in our everyday lives that we may not realize there are disruptions that can be caused by trauma. In this discussion, we will examine how to begin to heal these attachment wounds and have more functional relationships.

376B. Stages of Change for Co-Occurring Mental Health and Substance Use Conditions

Deborah Kuzmin, MSW, LCSW Supported by Origins Behavioral HealthCare

Level of Instruction: Intermediate

Can Individuals be treated successfully for co-occurring disorders and substance use disorders when they present to treatment but do so unwillingly or without commitment? Here we explore the possibilities, myths and stages of change, and successful techniques of meaningful engagement, communication and collaboration with the patient.

Participants will discover through small groups and their own interactions in proposed case studies, Motivational Interviewing techniques and the clinician's own style and practice of empath and listening. Learn how the vital communications link between clinician and patient is forged in initial meetings. Participants will learn the efficacy of collaborative planning in individual treatment and recovery planning. We examine quadrants of co-occurring disorders, reoccurrence of substance use, cyclical learning and hope, and the role of holistic therapies and spirituality in treatment. the successful navigation of the stages of change are presented in individualized treatment and the realization of an individual's authentic goals.

377B. Universal Mechanisms of Change in Psychotherapy: What Works and How to Measure It

Andrew Gerber, MD, PhD Supported by Silver Hill Hospital

Level of Instruction: Intermediate/Advanced

Dr. Gerber will describe a framework for understanding the full range of mechanisms by which psychotherapy works in a range of situations, including psychiatric illness and addictions. He will present data from psychotherapy research and from Magnetic Resonance Imaging (MRI) studies to support this framework. A program of research will be suggested for moving away from the "horse race" mentality of studies that attempt to show one type of psychotherapy is better than another, towards a future where practitioners can prescribe individual techniques that target the unique set of difficulties with which a patient presents.

378B. Experiential Techniques in Therapy for Patients impacted by the COVID-19 Pandemic

Jack Sodak, LPC, MS, CAADC, CCS Supported by Retreat Behavioral Health & Liza Piekarsky, LMHC, CAP, NCC Supported by Retreat Behavioral Health

Level of Instruction: Intermediate/Advanced

Covid 19 took and shook the lives of many. With social isolation, shelter in place orders, and other unexpected measures taken to combat this vicious disease, we are seeing a significant increase in mental health symptoms among patients. Did you know that people seeking treatment for mental health symptoms is up to approximately 80% since March 2020? Therapists are working tirelessly to develop treatment plans consistent with the pandemic. This workshop will explore the benefits of experiential techniques and participants will have the opportunity to engage in experiential role plays. as they relate to working with their clients during the pandemic. Clinicians will gain tools, techniques, and strategies to utilize when working with clients during a global pandemic.

379B. Maternal Functioning Among Mothers in Recovery Support Treatment for OUD

Julianne Mazzawi, PhD, RN

Level of Instruction: All

This workshop will present the latest research on the issue of primigravada and multigravida post partum women who are dealing with the stigma and social support to support their recovery from SUDs. This will be presented as the root of the dynamic between mother and infant.

This presentation will also discuss the social determinants of a recovery oriented framework with a review of the literature. Discussion will be focused on mothers with SUDs who are working with HCP providers to engage

support for the mother. Thereby ensuring a healthy Mother/baby relationship. Illumination of the existing gaps in practice, policy, education and research will be given in an overview.

Saturday, September 11, 2021

Group B

8:30 - 10:00 AM Saturday Morning Keynote

400B. Stories of our Ancestors: Understanding the Impact of Culture, Race and Trauma on Addictions

Carolyn Ross, MD, MPH, CEDS

Level of Instruction: Introductory/Intermediate

Research dating back generations has explored the impact of the trauma of war, genocide, class struggles and race on families and offspring. People in the helping professions -psychologists, therapists and other health care providers have rarely been educated in treating trauma that is not solely individual and are particularly uneducated in treating trauma based on cultural identity or race. Statistics show that racism and intersectionality can be a form of adversity that can have an impact on brain development and that these effects can define and limit a person from childhood through adulthood - affecting their performance in school, work and having an impact on their mental and physical health. Cultural competence and cultural humility and an understanding of the social and local contexts of trauma can enrich a clinician's ability to improve outcomes for clients with addictions. This presentation will offer specific ways in which clinicians can ask hard questions from the standpoint of cultural humility to gain necessary competence in working with individual with historical and intergenerational trauma. This includes providing a basic understanding of why detecting this type of trauma is important and how this type of systemic cultural trauma presents in clinical practice in individuals with substance use disorders. The presentation will include case examples that demonstrate historical trauma / intergenerational and racial trauma and how that impacts the mental health especially of BIPOC communities. This presentation will explore how subjugation, humiliation and shame of survivors of trauma has an impact on mental health and risk for SUD and will distinguish historical/intergenerational and racial trauma differs from the effects of trauma that is not racialized or visited only on specific populations - i.e. in that it involves ongoing abuses, triggering due to the systemic nature of this type of trauma. In the presentation, clinicians will be given a template of strategies that come from the perspective of cultural humility, an understanding of cultural identity and the necessity to recognize bias and stereotyping that can unconsciously occur. The presentation will offer strategies for clinicians to help clients with historical / intergenerational / racial trauma build resilience while understanding the impact of their trauma in the genesis of their SUD.

10:45 AM - 12:15 PM Saturday Late Morning Workshops

425B. Unspoken Loyalty: Exploring the Impact of Trauma and Substance Use in Young Adult Families

Trish Caldwell, MFT, LPC, CAADC, CCDP-D, CCTP Supported by Recovery Center of America

Level of Instruction: Intermediate/Advanced

Research continues to identify that one of the most critical elements of successful treatment is family involvement (SAMSHA). Research also reveals that as recovery capital increases and problem severity decreases recovery rates increase (White & Cloud, 2008). Notably, the research highlights the need for providers to fully integrate all external resources, including the family. As we see younger populations impacted by the disease, we must explore new avenues to meet their needs. Effective treatment practices, such as MAT should be explored and expanded so that evidence-based substance use treatment specifically targets our youth and young adults. Involving the family to educate on the role of MAT and to explore how their traumatic experiences in relation to their child's SUD has impacted their parenting is an essential component to recovery. The unspoken loyalties to family could undermine recovery. When placed in a triangle, young adults often choose family over recovery.

426B. Trauma Based Challenges in LGBTQ Treatment

John Sovec, LMFT

Level of Instruction: Intermediate/Advanced

The hetero-normative model of treatment has been the standard of care with little respect or validation of the unique needs of LGBTQ patients. Studies reveal that LGBTQ people take more risks to use substance and that this need is often driven by developmental trauma closely related to their LGBTQ identity. As treatment professionals, an understanding of hetero-normative privilege, LGBTQ developmental phases and how these constructs influence LGBTQ treatment is vital. This workshop will identify issues that impact mental and physical health of sexual minorities. We will explore the alienation of LGBTQ clients from their family of origin, understand substance use as a coping mechanism in LGBTQ identity development, and how by reaffirming the coming out process in a supportive environment, clients can regain their sense of identity. Issues of sobriety, sexuality, gender, and family dynamics will be explored in this interactive workshop with tools shared to address these challenging issues.

427B. Group cognitive-behavioral therapy (CBT) for diverse addictive behaviors

Bruce Liese, PhD, ABPP

Level of Instruction: Intermediate

Group therapy continues to be the predominant modality for addressing addictions and many treatment programs offer group therapy as their primary approach. This workshop will present an approach to Group Cognitive Behavioral Therapy (CBT) for addictions that has been developed over several decades. Important features of this approach are the inclusion of persons with diverse chemical and behavioral addictions; rolling enrollment (members are permitted to come and go as they wish); and the adaptability of each session, depending on problems and concerns presented by members. Group sessions are structured, supportive, and collaborative. Goals of the group include modification of addictive behaviors, development of general coping strategies, and fostering of group support and cohesiveness. This workshop will begin with a brief presentation of Group CBT and then several participants will be invited to volunteer for a group role-play, intended to demonstrate the content and process of a typical CBT group.

428B. Complex Cases Challenging Drug Courts

Brian Meyer, PhD, LCP & Tina Nadeau, JD

Level of Instruction: Introductory/Intermediate

During this session, the panel will discuss several actual cases from New England Drug Court Programs involving participants who have struggled with drug court program requirements and whose behavior has been especially

challenging for the drug court team to manage and address successfully. During this session we will ask the experts for recommendations on whether sanctions were appropriate, whether the team was considering all treatment options, and whether termination was appropriate.

429B. No More Rock Bottom: Compassion Focused Therapy in the Treatment of Eating Disorders and Related Conditions

Nicole Siegfried, PhD, CEDS-s

Level of Instruction: Intermediate/Advanced

Eating disorders (EDs) are complex disorders associated with emotion dysregulation, internalized shame, and self-criticism. Research has shown that individuals with shame and self-criticism may not respond as well to traditional evidence-based treatments. Compassion-Focused Therapy (CFT) was developed as an enhancement to traditional psychotherapies to specifically target symptoms of shame and self-criticism. CFT is an integrated, multimodal approach that draws on evolutionary, social, developmental psychology, and neuroscience to promote inner warmth, safeness and soothing through compassion and self-compassion. There is increasing evidence for the effectiveness of CFT with various mental health disorders, including EDs and addictive disorders. Participants in this workshop will be equipped with an understanding of the philosophy of CFT, practical tools to address the underlying neurobiology of emotion dysregulation, and effective interventions to foster self-compassion. Attendees will leave this presentation with improved competence and renewed hope in treating EDs and other disorders rooted in shame and self-criticism.

12:15 - 1:45 PM Saturday Lunch Keynote

450B. Current Drugs of Abuse: Recovery Strategies and Innovative Treatment *Donna*

White, RN, PhD, CNS, LADC I, CADAC II, CCFE, CCFT, CARN, CCDN

Level of Instruction: All

The purpose of this workshop is to provide a synthesis between the healthcare provider and the individual who continues to use a substance that is causing extreme health related issues. Terminology and medical terms have been shown to often be a barrier in the treatment of SUDs. Clients refer to a drug of choice with a recognizable basis of knowledge gleaned from personal and collegial use. Without knowledge of the related terminology, healthcare providers are often unable to recognize detrimental effects the client describes. And without recognition, the opportunity to create a therapeutic relationship can be lost or misguided. Utilizing a unique approach of drug recognition and street terminology, an opportunity for health education can be created at the specific junction early in the relationship. Offering hope to the client and simultaneously expanding the knowledge of the Provider.

2:00 - 3:30 PM Saturday Early Afternoon Workshops

451B. The Opposite of Addiction is Connection: The Intersection of Attachment Theory, Nervous System Regulation and Emotional Sobriety

Andrew Susskind, MSW, LCSW, SEP, CGP

Level of Instruction: Intermediate/Advanced

Based on the theory that addiction stems from attachment ruptures, this workshop will explore the reparative factors of the multi-faceted psychotherapeutic relationship. Relational attunement and neurobiological attunement work together to regulate the nervous system and in turn decrease the vulnerability to relapse. Such themes as somatic awareness, entrenched shame and emotional sobriety will be explored. Addictive, compulsive behaviors cross all sexual and gender orientations as well as SES and cultural/ethnic backgrounds.

452B. A New First Response: Examining The Paradigm Shift in How Communities Manage 9-1-1 Mental Health Emergencies

Amanda Fialk, PhD, LCSW, LICSW Supported by The Dorm & Sarah Harte, LICSW Supported by The Dorm

Level of Instruction: Intermediate

In this presentation on A New First Response; how Communities respond to 9-1-1 Mental Health Emergencies, we will be examining three core areas. First, the current state of intersection between law enforcement and individuals with mental illness, with historic and contemporary data that indicates how a lack of training and qualified response to a behavioral mental health crisis can and has ended in tragedy and why a paradigm shift in first response is necessary. Second, we will share industry best practices for responding to a psychiatric emergency; highlighting the necessity for trained mental health professionals to be part of any new first response solution. Third and finally, we will highlight several initiatives being launched nationally in response to widespread calls for change including New York's "health-centered pilot program" launching in February 2021 that will make new mental health teams the default responders to mental health emergencies in two communities.

453B. Family- Focused Addiction Support Training: Working with Families Impacted by Substance Use Disorder

Maureen Cavanagh, M Ed, MPA

Level of Instruction: Introductory/Intermediate

A healthy and supportive family, or lack thereof, is one of the strongest determinants of mental and physical wellbeing throughout life. The need for that connection doesn't end at childhood and the lack of family support can impact in many ways. Addiction, often called a family disease, requires treatment that includes the person affected as well as their support system, primarily the family.

What is the current attitude toward providing family support and education? How can treatment outcomes be improved by educating and supporting both the patient and their family? In this workshop we will explore how addiction impacts the family and what families need to know and how they need to hear that information using MI, CRAFT and intervention techniques, how we can help families develop their own family working agreement that takes the individual, unique family system into consideration, and how to encourage self-care techniques that benefit all.

454B. Clinical Reflections and Strategic Interventions in the Treatment of Traumatic and Complex Grief

Kathleen Parrish, MAMFC, MARE, LPC

Level of Instruction: Intermediate/Advanced

We live in an age where complex grief is woven into the tapestry of our lives. Many people are struggling to cope in the aftermath of the shocking and brutal loss. In our world today, people are grieving the death of a child or other

loved one through violence, accident or unpredicted illness. We continue to see a dramatic rise in mass shootings, terror attacks, violent crimes, and drug overdoses that leave behind broken-hearted loved ones. These losses can result in indescribable suffering for those who grieve. As clinicians, may not always know how to help them recover, and in fact, we may find that we are desensitized to the level of suffering that is on the rise in our world today. This presentation will examine the diagnostic criteria for complex grief, explore clinical considerations, risk assessments, and strategies to help those who are suffering from traumatic and complex grief.

455B. Understanding Fentanyl

Abid Nazeer, MD Supported by Symetria Health

Level of Instruction: Intermediate/Advanced

Fentanyl is challenging outpatient treatment of opioid use disorder and greatly impacting the current opioid crisis by "changing the game". This course will dissect the current data trends related to Fentanyl's role in the current epidemic. Fentanyl's impact on the brain and receptors will be described, and how this results in more individuals gravitating towards it. Participants will understand the history and origin of the medication, why it is being prescribed, and how it being used illicitly. The course will explore treatment approaches specific for Fentanyl and help participants gain an understanding from a medical provider position.

4:15 - 5:45 PM Saturday Late Afternoon Workshops

475B. Buddhist Psychology: Enhancing DBT, ACT, and MBRP for Relapse Prevention *Chris*

McDuffie, MSW, MA, CADC-II Supported by AToN Center

Level of Instruction: All

Attendees will learn the essential teaching of Buddhism, to help inform their understanding and expertise of DBT, ACT, and MBRP. Treating clients with co-occurring disorders during the COVID-19 pandemic has increased the risk of relapse for our clients. Evidenced-based, western modalities of DBT, ACT, and MBRP are best approached with a comprehensive understanding of the essential teachings of Mindfulness and Meditation.

476B. Engaging the Complex Family System; Identifying Family Values-Protective or Harmful to Attachment Individuation

Heather Hayes, MED,LPC & Andrew Sidoli, MSW LCSW CADAC

Level of Instruction: Intermediate/Advanced

Engaging in complex family systems is incredibly taxing and requires the ability to both assess individuals and the family as a unit: the triangular nature of creating attachment to both the family and the Identified patient requires juggling competing values that clash when the Identified patient in an attempt to individuate writes a different script for themselves. Family systems often promote compliance and dependency in an attempt for homeostasis within a rigid, restrictive system and present a binary paradigm of either dependence/dependency or rejection of independence efforts,

As clinicians how do we help family systems in terms of moving from avoidance to curiosity, condemned isolation to self compassion and promoting authentic connection by accepting differences and accept a state of interdependence and self care.

477B. Practicing Alcohol Moderation: A Harm Reduction Alternative to the Abstinence-Only Model

Cyndi Turner, LCSW, LSATP, MAC & Craig James, LCSW, LSATP, MAC

Level of Instruction: Intermediate/Advanced

Over 90 million people in the United States struggle with their alcohol use but are not physically dependent. Traditional treatment is designed for the severe alcohol user, encompassing about 19 million individuals, leaving the majority experiencing problems without appropriate services. With the DSM-5 now viewing alcohol use disorders on a spectrum, behavioral healthcare providers need to have treatments that are appropriate for all levels of alcohol use. There is over 50 years of research that supports the harm reduction strategy of alcohol moderation as an effective treatment option. Upon completion of the presentation, attendees will be able to: describe why harm reduction is an effective treatment option for the majority of alcohol users, predict who is a candidate for alcohol moderation using the Alcohol Moderation Assessment, develop and monitor an Alcohol Moderation Plan, and utilize alcohol moderation tools.

478B. The Sexual Development of Gamers

Hilarie Cash, PhD, LMHC, CSAT, WSGC

Level of Instruction: Intermediate/Advanced

Young adults with Gaming Disorder (ICD-11) have usually grown up with a heavy dose of porn accompanying their even heavier use of video games. The result is often what we refer to as an "intimacy disorder". This workshop seeks to educate clinicians in the meaning of this terminology and show how intimacy disorder develops in the majority of hard-core gamers. Because gaming starts at an early age and porn use, on average, begins in males around the age of 9, child development is sharply impacted - specifically, the brain's wiring for sexual arousal and for building and maintaining relationships. Social anxiety and avoidance follow, leading to a vicious cycle of social avoidance, depression, anxiety and escape into gaming and other online distractions. Understanding all of this will help clinicians ask the right questions and address the right problems.

479B. When Philosophy Falls Short: Utilizing Attachment Theory and Experiential Therapies to Create Lasting Change

Brad Kennedy, MRC, CRC Supported by Driftwood Recovery

Level of Instruction: Intermediate/Advanced

Clinicians and programs often choose an approach based on thinking that conventional intellectual concepts and philosophical frameworks are the primary tools needed to inspire and create lasting change in the lives of our patients and their communities. This practice assumes intellectual transference of these concepts is all that is required - ultimate adoption and implementation remain subject to myriad variables within the patient, often beyond the control, direction, and support of the clinician. This session utilizes research and case studies to illustrate the efficacy of experiential attachment therapies such as role-play, shared decision making, and psychodrama to challenge the conventional philosophical approach and encourage modern practitioners to focus more heavily upon the work and not the words. Tools for analysis include the co-creation of a shared narrative and treatment plan, a formulation letter, and autobiography with a co-created action plan will provide specific recommendations about program design and community integration.

Sunday, September 12, 2021

Group B

8:30 - 10:00 AM Sunday Morning Keynote

500B. Loneliness: Clinical Observations and Therapeutic Approaches

Cardwell Nuckols, PhD

Level of Instruction: Intermediate/Advanced

Loneliness is not the same as depression. Loneliness is not the same as being a "private" person. Some people both desire, need and enjoy a lot of alone time. For others, loneliness is an emotionally painful experience. This practical clinical presentation will review the research and look at various clinical scenarios where isolation and loneliness are examined.

Over 40% of adults experience profound loneliness (the percentage is much greater due to pandemic) and it is an emerging issue that is under addressed. Loneliness causes physiological changes that both generate and complicate medical and psychiatric disease and disorders.

This "skills training" event will take a close look at exactly what we mean by "lonely," as well as the various causes, health consequences, symptoms and potential evidence-based treatments for loneliness. The goal is the improvement in quality of life and reduction of loneliness-related symptoms while managing other (psychosocial, psychological and medical) complications.

10:45 AM - 12:15 PM Sunday Late Morning Workshops

525B. A Multi-faceted Approach to Cravings Management

Douglass Paul, LMHC, QS, LPC

Level of Instruction: Intermediate/Advanced

The DSM 5 added "cravings" to the criteria for substance use disorders in October, 2015, while noting that cravings may persist well past the period of post-acute withdrawal. Just as addiction can impact every area of life, so too must the approach for cravings management. The goals for this workshop will be to review the literature on cravings management techniques, describe in detail four craving types and elicit a discussion of multi-faceted approaches to use in a variety of treatment settings to assist clients in cravings management. This dynamic presentation is both experiential and educational with the use of mixed-media and pop-culture references.

526B. What is Your Idea of Success?

Michael Walsh, MS, MCAP, CIP Supported by Landmark Recovery, Crisis Case Management

Level of Instruction: All

No matter what level of care or clinical specialty you practice in, the overall health and wellness of the individual clients directly impacts your ability to help in the healing process. Understanding the challenges which affect our clients along their path to our offices is part of that process. Our understanding of this process and our ability to address any concerns can positively impact their outcomes/success. We will be discussing how to manage clients to are unable or unwilling to engage in current level of care safely and successfully and when, why, and how to

refer out to higher levels of care. When referring out to a higher level of care what steps can be taken to build a referral network of reputable individuals and facilities to minimize risk and provide quality clinical care. Referring to appropriately trained and experienced therapists should be a priority for programs. How do I continue to remain current and available in this evolving industry? We will address these challenges and give suggestions on how we can proactively impact the communities in which we practice offering more individuals and families a better chance of successful outcomes.

527B. Spiritual Disconnect: The Original Identity vs. the Addictive Personality *Mukta Khalsa, PhD, LADAC, LPMHC Supported by SuperHealth, Inc.*

Level of Instruction: All

We are born highly intelligent and intuitively sensitive. Our original identity vibrates connection to spirituality. In childhood a belief system gets formulated about our self and our environment. If the sensitive child grows in harsh environment, we tend to de-value ourselves with low self-esteem and confidence. The once spiritual connection to our True Self begins to diminish - eventually disappearing. People with addictions find themselves in similar situations with deep emotional pain. Through yoga, meditation, sound healing, breathe work we restore our self-worth and spiritual connection with hope and inner strength.

528B. Emergency Preparedness for Behavioral Healthcare Professionals: Lessons Learned from the COVID Pandemic

Lee Neagle, LPC Supported by Certa Scientia Consulting

Level of Instruction: Introductory/Intermediate

While all healthcare providers should be versed in emergency preparedness, daily demands can distract from planning for emergencies that may feel unlikely or far-off. As the COVID-19 pandemic has shown us, extraordinary events can arise with little warning. These events significantly impact the delivery of care, especially if we are not prepared. Throughout this presentation we will review the responsibility of behavioral health outpatient, day treatment, and residential care providers for emergency preparedness, including planning for infection control and prevention. We will also review how to create and maintain an emergency preparedness plan and how to monitor the ever-changing regulatory environment.

529B. Multiple Pathways To Recovery

Jonathan De Carlo, CAS Supported by C4 Consulting, Inc.

Ian Gershman, MBA, MA, CHC, CADC Supported by C4 Consulting

Level of Instruction: Introductory/Intermediate

Recovery is an evolving and individualized journey. For each person, there is a different definition to recovery. Multiple pathways exist, whether we recognize them or not. The term harm reduction denotes the vestige of approaches to recovery other than traditional abstinence-based models. This presentation will focus on discussing progressive and modern approaches to developing recovery from multiple pathways (not just harm reduction). We will present historical definitions to recovery, wherein participants will collaborate to produce a sufficient contemporary definition to recovery. Participants will explore the history of addiction and treatment perspectives on the evolution of multiple pathway practices. Participants will discuss standards of treatment for multiple pathways of recovery and explore how to integrate a multiple pathways perspective into all continuums of care.

Considerations from agency level to individualized practice will be addressed to integrate multiple pathways for sustainable recovery.