



Wednesday, September 29, 2021

Group A

(Exhibit Hall Opens at 12:30 PM)

2:00 – 3:30 PM Opening Plenary

151A. Unplug to Reconnect: How the Digital World Potentially Reinforces Insecure Attachment in Relationships.

Don Grant, MA, MFA, DAC, SUDCC IV, PhD & Barb Nosal, Ph.D., LMFT, LADC Supported by Newport Healthcare

Level of Instruction: Intermediate/Advanced

This presentation explores how a parent's (even unintentional) engagement with devices could impact emotional and social attachment development in children. Attachment theory, exploration and education surrounding how our device use and utilization can affect/effect our relationships, and skills to help better manage our own digital behaviors are offered and discussed. The presentation will identify examples and/or symptomatic manifestations of unhealthy or inappropriate device management which could contribute to the development of a relational insecure attachment bond. We will review expert recommendations of how to implement healthier device management behaviors for themselves, their clients, patients, children, and/or students.

4:15 – 5:45 PM Wednesday Late Afternoon Workshops

175A. Healing the Opioid Crisis with Mindfulness-Oriented Recovery Enhancement: Clinical Efficacy and Biobehavioral Mechanisms.

Eric Garland, PhD

Level of Instruction: Intermediate/Advanced

Successful treatment of opioid misuse and addiction among people with chronic pain has proven elusive. To fill this gap, Mindfulness-Oriented Recovery Enhancement (MORE) was generated through a NIH-funded treatment development process. Grounded in affective neuroscience, MORE unites mindfulness training, CBT, and principles from positive psychology into a therapy for addiction, stress, and pain. Participants will learn about the theory, research, and clinical skills integral to MORE. MORE's efficacy has been demonstrated in multiple, multi-million dollar clinical trials funded by the National Institute on Drug Abuse and Department of Defense. Data on clinical outcomes and neurobiological mechanisms will be presented demonstrating that MORE remediates brain reward deficits underpinning addictive behavior. At the completion of this workshop, participants will have an understanding of the MORE intervention and how to apply the core therapeutic techniques of mindfulness, reappraisal, and savoring to persons suffering from the comorbidity of pain and addiction.

176A. Recovery of Self: Discovering identity through establishing values and belief systems in recovery.

Terra Holbrook, LCSW, CADC, CSAT

Level of Instruction: Intermediate/Advanced

The most important task of recovery is the recovery of self. This comes as clients redefine values and beliefs and establish ongoing practices that lend to their healing and growth. This workshop will explore the concept of self and how substance use disorder impacts the self. Using Polyvagal Theory, Internal Family Systems work, and attachment theory as a framework for understanding the impact of trauma and survival, we will explore how client's self is restored and a new identity is formed through healing work, identifying values, and establishing core beliefs. Substance abuse disorder strips identity, values, and beliefs from individuals so that recovery from substances is the recovery of the self. Attachment theory, Polyvagal theory, and Internal Family Systems work all define survival states that provide protection from dysregulation or disconnection. By using these as a framework for restoration, we assist the patients to use the self to establish healing practices and reinstate values and core beliefs that guide the recovery process.

177A. Missed Opportunities: Prevention and Treatment of Suicide and Self-injurious Behavior

Cardwell Nuckols, MA, PhD

Level of Instruction: Intermediate/Advanced

Suicide is not so much about wanting to die, but about a powerful need for pain to end. People choose suicide because they feel unable to cope with feelings of pain, hopelessness, helplessness, shame, loneliness, isolation, and uncertainty.

Suicide is not a binary issue. There is no "on-off" switch.. Suicide has no single cause, and the causes and predictors of suicide vary across individuals. Due to this heterogeneity, most risk factors account for a small proportion of the variance in predicting suicide deaths. Suicide is best prevented by reducing as many risk factors as possible while activating protective factors.

This skills training event will help clinicians sharpen their skills in the areas of identification, assessment and treatment of self-injurious and potentially suicidal patients. Emphasis will be placed on clinical assessment and prevention strategies and the development of a patient safety plan.

178A. Best Behavioral Practices in Substance Use Disorder Treatment

James Peck, PsyD Supported by UCLA Integrated Substance Abuse Programs

Level of Instruction: Intermediate/Advanced

This workshop will define the term "evidence-based practices" and briefly describe the process for deeming an intervention to be "evidence-based". It will increase the knowledge and skills of participants by presenting in detail the foundational concepts of the following behavioral treatment approaches for substance use disorders: Motivational Interviewing, Contingency Management, Cognitive-Behavioral Therapy, and the Matrix Model of intensive outpatient treatment. Participants will be better able to implement these interventions in their treatment programs as a result of attendance.

Thursday, September 30, 2021

Group A

8:30 – 10:00 AM Thursday Morning Plenary

200A. Stories of our Ancestors: Understanding the impact of culture, race and trauma on Addictions

Carolyn Ross, MD, MPH, CEDS

Level of Instruction: 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 – 5:45 PM Thursday DOT/SAP All Day Workshop

210A. SAP Qualification and Requalification: Part 1

Steven Garnham, MEd CADC MAC CEAP

Level of Instruction: Intermediate

Effective January 1, 2004, before you can serve as a Substance Abuse Professional under the D.O.T. Regulations, you must have received 12 hours of qualifying training and then pass a qualifying examination. In addition, those qualified as SAP's must complete 12 hours of continuing education relevant to the SAP function, including recent updates in the regulations. This course contains the latest information.

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

225A. 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.

226A. Improving Successful Outcomes through Implementing Measurement-Based Care

Antoinette Giedzinska, PhD Supported by Sierra Tucson

Level of Instruction: Intermediate/Advanced

Measurement-based care (MBC) continues to gain traction in the behavioral health care industry necessitating therapeutic practices to use objective patient data to track the impact of care and treatment progress. Progress and outcomes data derived through standardized instruments informs treatment goals and objectives, monitors individual progress, and informs decision-making related to individual treatment plans. Such data are also used innovatively to add personalized meaning to patient insight, improvement, and strengthen therapeutic alliance. MBC is key to reducing treatment failure by identifying patients who are not progressing. At the organizational level, aggregated data can provide a repository of progress and outcomes data to further support quality assurance, fidelity management, and practice outreach. This presentation will explore measurement-based care from the theoretical, individual, and systemic perspective, and provide basic how-to steps for successful implementation.

227A. Being "SMART" About Treatment Approaches to Harm Reduction

Pete Nielsen, MA, LAADC Supported by California Consortium of Addiction Programs and Professionals

Level of Instruction: Introductory/Intermediate

As the pendulum swings toward "harm reduction" approaches to treating addiction, many professionals find themselves wondering, how do I support my clients while keeping a focus on abstinence in a world where medication assisted treatment is increasing? This presentation helps participants understand the SMART recovery approach to behavioral change, which includes: building and maintaining the motivation to change; coping with urges to use; managing thoughts, feelings, and behaviors in an effective way without addictive behaviors; and living a balanced, positive, and healthy life. It also addresses "stigmatizing the stigmatized" by helping participants evaluate their own entrenched views about abstinence so that counselors can be prepared to center therapy on the client without internal bias regarding where a client may stand with regard to abstinence. Interactive discussions about "feelings of giving up" when moving away from "abstinence only" programming will provide participants an opportunity to hear about their colleagues' changing attitudes.

228A. Stimulants: Impact on Brain and Behavior and Treatment Approaches

James Peck, PsyD Supported by UCLA Integrated Substance Abuse Programs

Level of Instruction: Intermediate/Advanced

This presentation will describe the national scope of stimulant use. The acute and chronic mental health and physical health consequences of stimulant use will be presented, including information on the impact of stimulant use on memory and cognition. The presentation will conclude with a discussion on how to implement effective behavioral treatment interventions with people who use stimulants, and the necessary adaptations needed to engage and retain people in care.

12:15 - 1:45 PM Thursday Lunch Plenary

250A. If You Want Your Patients to Get Better...: Nutritional Psychology in Behavioral Healthcare

John Dyben, DHSc, MCAP, CMHP Supported by Origins Behavioral Healthcare

Level of Instruction: All

Mental health professionals are keenly aware that there are many factors and domains that influence psychological wellness. We often specialize in one or a few domains and leave the other areas to "specialists". One area where this is often true is the area of nutrition. Some may feel that nutrition is outside of the mental health therapist's scope and should only be addressed by a nutritionist. This workshop will not be a replacement for a trained nutritionist. It will provide a basic program of education and intervention that any mental health professional can provide to their patients to improve brain health through "macronutrient remediation". Participants will be presented with a set of tools that they can provide to patients that will empower them to improve their patient's brain health through nutritional intentionality.

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

251A. Families, Trauma, & Addiction: Insights from Medical Family Therapy and Treatment of Chronic Disease

Michael Barnes, PhD, MAC, LPC Supported by Foundry Treatment Center - Steamboat

Level of Instruction: All

What would happen to our treatment outcomes if we were to really treat addiction like the chronic disease that we say it is? This presentation will apply lessons learned from how chronic disease is treated in integrated medical environments, through the lens of medical family therapy, and through the lens of transgenerational and family system trauma theory. The goal will be for attendees to consider the need for a paradigm shift in how families are incorporated into the addiction treatment process. Attendees will learn about the phases of the chronic disease process and the developmental tasks for families in each phase. Dr. Barnes will discuss clinical implications and briefly introduce a family system, family-centered clinical program for treating families who are struggling to deal with addiction. The ultimate goal of this model will be to include the client in family services in order to create family healing.

252A. Chasing Intensity: Understanding and Treating the Super-stimulating Effects of Co-occurring Drug Use and Sexual Behavior

David Fawcett, PhD, LCSW Supported by Seeking Integrity LLC

Level of Instruction: Intermediate/Advanced

Persons who pair substance misuse with porn and/or sexual acting out are frequently seeking to distance themselves from uncomfortable emotions. In most such cases there is a history of trauma which has resulted in the urge to dissociate from uncomfortable feelings, thus numbing emotional pain. Many survivors of trauma seek detachment from painful thoughts and feelings through the activating intensity of sympathetic arousal. The superstimulation resulting from combining drugs and sex creates this analgesic distraction while fueling a desire for even more intensity and connection. This workshop examines this phenomenon and provides clinical skills such as recognizing signs and symptoms of co-occurring stimulant misuse and sex addiction; understanding the unique effects of meth on the brain, including neurotoxicity that damages the reward circuitry and impacts the trajectory of recovery; and best practices for treating stimulant misuse and co-occurring sex addiction.

253A. "Embracing Vulnerability, Cultivating Authenticity: Relapse Prevention through Shame Resilience"

Heather Fotion, LMFT, CDWF Supported by Oceanfront Recovery

Level of Instruction: Intermediate

The Daring Way™ is a shame resiliency curriculum rooted in Narrative Therapy and Mindfulness based psychotherapy. Shame resiliency focuses on recognizing shame and understanding shame triggers, mindfulness practices, non-attachment, understanding the components of trust and building a network of people trustworthy with whom to share shame stories. The practice of "speaking shame" as opposed to being overcome by secrecy, silence and judgement builds resilience and awareness. Narratives focused on scarcity "I'm not __ enough" increase likelihood of relapse due to isolation, secrecy and disconnection. This presentation uses concepts from Narrative Therapy including the following interventions: externalization, deconstruction of the problem, and unique outcomes. This presentation utilizes shame resilience constructs based on the research of Brené Brown, Ph.D, LMSW, including the importance of social supports, reality checking messages of shame from self or others, and insight into physiological experience of shame in order to build emotional vocabulary.

254A. Emergency Preparedness for Behavioral Healthcare Professionals: Lessons Learned from the COVID Pandemic

Lee Neagle, LPC Supported by Certa Scientia Consulting

Michelle McCorkle, MPH, CJCP

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.

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

275A. Adoption and Addiction: The Impact of Biological Parent Relationships on the Severity of Substance Use

Brett Furst, MA, PsyD, LMFT Supported by PACE Recovery Center

Level of Instruction: Intermediate

Adoptees are twice as likely to become addicted to substances than the non-adopted population. Despite knowing that this adopted-addicted population exists, very little is known about why adoptees present with this unfortunate propensity, or what impacts the severity of their presentation. This presentation will explore the research relating to how a relationship to a biological parent, or the idea of them, may impact the severity of substance use, as well as review the current literature on the topic. Possible treatment options, and how the adoptee population differs in their treatment of addiction compared to a non-adoptee population, will be introduced and explored as well.

276A. Facilitated Growth: Experiential Activities for Recovery and Wellness

Marc Pimsler, LPC, NCC, MAC, CCS, CET3, CYT Supported by Onsite

Level of Instruction: Advanced

Come and play!!! If you are bored with your groups guess who else is bored with them, YOUR CLIENTS!!!! Join us in this session as we learn the powerful art of therapeutic play. Experiential group therapy is a powerful way of

introducing skills, rehearsing skills, and uncovering powerful insights that are otherwise unexplored. So much comes up when utilize this powerful technique properly. In this session participants will practice with the actual skills as well as learn the art of debriefing. You will walk away with several new group ideas that will change the way you and your clients approach group counseling.

277A. Demographics, Trends, and Assessment of the LGBTQ+ Population

Todd Connaughty, MA, LPCC, LADC Supported by Pride Institute

Level of Instruction: Intermediate

The session will begin with an overview of the APA Standards of Care to include current acceptable practice of LGBTQ+ terminology and language to build the foundation in learning to provide culturally competent care. This will move the attendees into education and explanation of the minority stress model and the intersectionality's of LGBTQ+ identities. Minority stress and other marginalized identities often lead to higher rates of substance use, mental health disorders, and trauma within the LGBTQ+ community. Statistics to support the higher rates of co-occurring disorders will be supported by presentation of SAMHSA's 2015 National Study, "Sexual Orientation and Estimates of Adult Substance Use and Mental Health." The current demographics and trends of LGBTQ+ individuals seeking treatment will be reviewed and studied as well as attendees will receive education on the use of a culturally competent assessment specifically created and formed to assess the needs of the LGBTQ+ identified individual.

278A. 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.

Friday, October 1, 2021

Group A

(Exhibit Hall Closes at 12:15 PM)

8:30 - 10:00 AM Friday Morning Plenary

300A. Why Gender Matters: Creating Trauma Services for Women and Men

Stephanie Covington, PhD, LCSW Supported by Plum Creek Recovery Ranch

Level of Instruction: All

With the increased awareness of the impact of trauma on people's lives, behavioral health professionals are beginning to consider what this means in their specific settings. There is a growing evidence-base documenting the impact of child neglect and abuse (as well as other forms of trauma) on health, mental health and behavior. While research and clinical experience indicate a high incidence of trauma and co-occurring disorders in women's and men's lives, clinicians often struggle with the realities of providing effective, integrated, and trauma-informed services.

This presentation discusses the specifics of becoming gender-responsive as well as defining the three levels of trauma work: trauma informed, trauma responsive and trauma-specific. Historically, "gender responsive" referred to women's services. Today we have expanded our understanding of gender and its importance in providing effective interventions to include men, transgender, and nonbinary clients.

10:45 AM - 5:45 PM Friday DOT/SAP All Day Workshop

310A. SAP Qualification and Requalification: Part 2

Steven Garnham, MEd, CADC, MAC, CEAP

Level of Instruction: Intermediate

Description:

Effective January 1, 2004, before you can serve as a Substance Abuse Professional under the D.O.T. Regulations, you must have received 12 hours of qualifying training and then pass a qualifying examination. In addition, those qualified as SAP's must complete 12 hours of continuing education relevant to the SAP function, including recent updates in the regulations. This course contains the latest information.

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

325A. Failure to Launch and The Unfortunate Connections of Trauma and Addiction

Rafael Cortina, LMFT MFCC

Level of Instruction: Intermediate/Advanced

The focus of this presentation is on understanding the relationship between addiction and trauma in the in treatment of young adults . This presentation will focus on providing a brief picture of the challenges that young adults face a combination of technology, sex and drugs that present the perfect opportunity to avoid life and stay in the protective cocoon of inactivity and contact avoidance. This presents a serious concern for the social structure and with the current rise of death due to drug overdose the impact on families and communities presents a potential risk that affects millions worldwide. The premise of this presentation is how we can utilize the principles of gestalt therapy and its relational approach to help young adults develop their ability to explore the contact boundary and build new experiences that may lead to growth opportunities

326A. Shifts in Illicit Drug Use Heighten the COVID-19 Health Crisis

Kelly Olson, PhD

Level of Instruction: Intermediate

While it is understood that there is no single solution to the current opioid epidemic, the last few years and the emergence of the COVID-19 pandemic in 2020, have led to dramatic shifts in drug abuse trends. On March 13, 2020, COVID-19 was declared a national emergency. The CDC stated that although drug overdose deaths already were increasing, these deaths have accelerated during COVID-19. In addition, overdose deaths have been led by non-prescribed fentanyl and its analogues, though stimulant-involved deaths such as those from methamphetamine and cocaine, are also increasing. In fact, methamphetamine has been the most frequently confiscated drug by law enforcement, followed by cannabis, cocaine, heroin, and fentanyl. Definitive urine drug testing of over 3 million specimens, using liquid chromatography tandem mass spectrometry (LC-MS/MS) and collected from all 50 states has yielded data that can be used to look at trends. We will be reviewing that data to illustrate how methamphetamine, cocaine, heroin, and fentanyl usage patterns are shifting, pre-COVID-19 and during COVID-19.

327A. The Integration of Spirituality and Psychotherapy

Jack Perkins, D.Min., LADC, CSAC, CCLC

Level of Instruction: Intermediate/Advanced

Spirituality is an important aspect in the lives of clients we serve; however, many professionals lack adequate training to effectively and ethically integrate spirituality within holistic care. Research validates the positive role of spirituality, when integrated with other modalities of services provided. It is associated with "a variety of adjustment indicators including lower levels of depression and alcohol consumption, fewer somatic complaints, fewer interpersonal problems, lower mortality, and greater levels of life satisfaction, more use of social supports and overall coping ability." (Meichenbaum, 2008) Research demonstrates the need from an ethical, multicultural and holistic perspective, for healthcare providers to integrate spirituality into their clinical practice within the scope of evidence-based practices. Documentation of spirituality assessments and implementation of spirituality in treatment is required by the professional standards of JCAHO and CARF. The presenter will demonstrate the efficacy of integration spirituality and equip participants with resources for assessments and treatment planning.

328A. Addressing Racial Trauma as an Element of Addiction Treatment

Devona Stalnaker-Shofner, EdD, LPC, NCC

Level of Instruction: Introductory/Intermediate

Racial and social justice have been at the fore of mental health due to societal movements related to recent anti-Blackness injustices, which have exposed the historical and current racial trauma experienced by Black, Indigenous, and People of Color (BIPOC). This workshop focuses on the application of a wellness model to address the racial trauma of BIPOC and with the aim of expanding the knowledge base and clinical skills of counselors working with BIPOC individuals in therapy. This understanding will serve the client by validating their personal racial trauma narratives, recognizing the role and importance of these experiences on the individual, and allow clinicians to adapt treatment strategies in a culturally competent way.