



# 2024

## 48th Annual Alabama School of Alcohol and Other Drug Studies

### CONFERENCE BROCHURE



**March 19 - 22, 2024**

**Bryant Conference Center, Tuscaloosa, AL**

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### PLEASE REMEMBER TO...

Keep name badges accessible for scanners.  
 Scanning in and out of session to receive full credit.  
 No partial credits will be given.  
 Arrive to sessions at the scheduled times.

## Welcome to Tuscaloosa



# Welcome

I would like to welcome you to the 48th Annual Alabama School of Alcohol and Other Drug Studies (ASADS) Addiction. Our theme this year is **Building Resilient Communities: Engaging Prevention, Treatment and Recovery.**

Over the next three and half days, you can look forward to vibrant programming, impactful networking, and opportunities to reflect and connect over emerging and relevant topics. You will experience a wide variety of workshops, plenaries, and keynote presentations that will highlight innovative ideas, best and emerging practices, and personal journeys. We have worked hard this year to pull together a program that offers both workshops you will find interesting and workshops you need in order to meet licensing and certification needs.

ASADS has a conference app! By downloading the app you will be able to view the entire conference agenda and your personal schedule, scan in and out of workshops, access workshop handouts, network with other attendees, view maps of Bryant Center and much more.

For many attendees, ASADS has become a yearly tradition leading to many fond memories and fond friendships. We would like to welcome back and thank those people who have attended over the past 47 years and we would also like to welcome the new attendees to the ASADS tradition. We encourage you to take advantage of the amazing networking opportunities this conference affords and develop those relationships that will last for years. Please make sure to take time to visit our exhibitor tables and learn about the different prevention, treatment, and recovery resources available in Alabama. We would also encourage you to participate in one or all of the scheduled events and even take some time to enjoy one of the most charming cities in the nation.

I would personally like to thank the members of the ASADS's Board, whose support and guidance made this event possible. I hope you find this year's School full of new ideas and new opportunities for partnership. Please enjoy the conference, take time to celebrate our successes, and embrace the important work ahead.

Sincerely,

*Kat House*

Kat House  
President, Alabama School of Alcohol and Other Drug Studies



# ASADS Board of Directors

Kathy House	President, Opioid Response Network
Debbi Metzger	Vice President, Alabama Department of Mental Health
Vanessa Goepel	Treasurer, University of Alabama
Lucy Douglas	Parliamentarian, Veteran Military Crisis Line (VMCL)
Rachel Kiefer	Secretary, Alabama Department of Public Health
Brandi Brown	Alabama department of Rehabilitation Services
Roderick Chambers	Alabama Bureau of Pardons and Paroles
Scott Holmes	Federal Bureau of Prisons
Jackie Hill-Gordon	VA Medical Center Tuscaloosa
Gail Hooper	Drug Education Council
Sandy Johnson	Montgomery Family Court
Shona Johnson	Alabama Department of Corrections
Steve Kiser	Walker Recovery Center
Lonnie Layton	Alliance Health Center
Rodney Maiden	Troy University
Abby Migliore	Alabama Board of Nursing
Donna Oates	Alabama Administrative Office of Courts
Greg Snodgrass	Cumberland Heights
Sheree Logan Towne	Alabama Association of Addition Counselors/NAADAC
Shannon Weston	Alabama Department of Youth Services

## **Advisory Board Members**

Elana P. Merriweather	Chair, Alabama Department of Mental Health
William Bomar	VA Medical Center, Tuscaloosa, AL.
Carmela Y. Drake	Alabama State University
Savanah Fell	Walker Recovery Center
Rhonda Lawless	Rhonda Lawless Consulting, LLC.
Curt Lindsley	Alabama Alliance for Recovery Residences
Derek Osborn	Turning Point Treatment Facility
Sharmen Rutherford	All Things New Counseling Services, LLC
Tom Mihokanich	ASADS Business Manager, WTM & Associates
Jaime Vazquez	WTM & Associates

## About the 2024 Program

The 48th Annual conference offers a unique opportunity for professional development, information exchange, and networking. It is designed to address the need for knowledge and skill development through advanced training and will begin on Tuesday March 19, 2024 at 8:00am and end on Friday, March 22, 2024 at 12:45pm.

### REGISTRATION

Deadline for early registration is **March 11, 2024**. To provide a larger array of courses ASADS is now offering **HALF-DAY COURSES**. Registrations will be accepted until the first day of the conference; however, registrations post marked or faxed after **March 11, 2024**, will include an increased fee. Please see registration fees below.

**Please Note:** Many classes are filled prior to March 11, 2024. To ensure the class of your choice register early!

### REGISTRATION FEES PARTICIPATION

EARLY Registration: March 11, 2024 and prior	
4-day attendance	\$440.00
3-day attendance	\$380.00
2-day attendance	\$260.00
1-day attendance	\$135.00
Half Day attendance	\$70.00

Registration: March 11, 2024 or after	
4-day attendance	\$475.00
3-day attendance	\$420.00
2-day attendance	\$290.00
1-day attendance	\$150.00
Half Day attendance	\$80.00

### REGISTRATION INFORMATION

Participants may register online at [www.asadsonline.com](http://www.asadsonline.com). Registrations will also be accepted by mail or fax for those who do not have internet access. Organizations may mail/fax a Purchase Order or Voucher for approval with names of participants identified. To request a registration form, contact the ASADS Office at 256-620-3304 or [asadsalabama@gmail.com](mailto:asadsalabama@gmail.com).

### REGISTRATION PRIOR TO CONFERENCE

Every effort will be made to ensure participants are enrolled in their first choice; however, enrollment is limited, and reservations are made on a first-come, first-serve basis. ASADS reserves the right to cancel any course for which minimum enrollment is not reached. If a course is cancelled and a transfer is not possible, a full refund of the tuition fee will be made.

### ONSITE REGISTRATION INFORMATION

Registering online prior to the conference is strongly encouraged so that you may attend the class (es) you need or desire to take will be made available the days of the conference in the lobby of the Bryant Conference Center.



## **FOOD AND REFRESHMENTS**

Beverages and light snacks will be offered during break times.

## **HANDOUTS**

**ASADS has gone green!** Therefore, ASADS will not provide copies of course handouts before or during the conference. Participants may go to the ASADS website two weeks prior to the conference start date to download and/or print course-specific handouts.

## **SPECIAL NEEDS**

In accordance with the Americans with Disabilities Act, please indicate any needs when registering for the conference. If further assistance is needed, please contact Tom Mihokanich at (256) 595-2219 or email [asadsalabama@gmail.com](mailto:asadsalabama@gmail.com)

## **CONTINUING EDUCATION HOURS**

Continuing Education (CE) is designed to recognize the efforts made by individuals who attend approved continuing education programs. Participants at this conference can earn up to 27 continuing education contact hours. Participants attending courses, as documented by daily attendance, will receive a certificate upon completion of the approved courses by email. CE granting authority requirements state that certificates cannot be issued early or given to another participant, and only those courses approved by the certification issuing authority will be approved.

***NEW! APOSTC: This conference can be used for Alabama Peace Officers Standards and Training Commission (APOSTC) credits if approved by your agency head.***

## **PROFESSIONAL ASSOCIATIONS**

Alabama Alcohol and Drug Abuse Association

Alabama Alcoholism and Drug Counselor Certification Board

Alabama State Board of Social Work Examiners-0502

National Board of Certified Counselors-6600

Certified Rehabilitation Counselor

Alabama Board of Nursing-ABNP 1475 **PARTICIPANTS MUST BRING THEIR NURSING CARD TO BE SWIPED THROUGH THE ELECTRONIC SCANNER ONSITE.**

Alabama Psychological Association

Alabama Board of Nursing Home Administrators

## **CONTINUING EDUCATION (CE) PROVIDER STATEMENTS**



ASADS has been approved by NBCC as an Approved Continuing Education Provider, ACEP # 6600. Programs that do not qualify for NBCC credit are clearly identified on the Workshop Schedule. ASADS is solely responsible for all aspects of the program.

## **CONTINUING EDUCATION (CE) PROVIDER STATEMENTS (CONTINUED)**

This school is sponsored by ASADS and the Alabama Psychological Association (aPA). The aPA is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. aPA maintains responsibility for this program and its contents. Partial attendance, late arrival, or early departure will preclude the issuance of CE credits.

ASADS has been approved as a Continuing Education Provider with the Alabama Board of Social Workers and may offer approved clock hours for programs that meet Alabama Board of Social Workers guidelines.

**SIGN IN STATIONS**

**Certified Rehabilitation Counselor (CRC/CRCC)** – All Counselors need to locate the “**CRC/CRCC Signage Station**” and complete the Course Completion Form at the end of each day.

**Alabama Board of Nursing (ABN)** – All nurses need to locate the “**ABN Signage Station**” and swipe their nursing license upon arrival and departure each day.

**aPA** forms will be available at the registration desk. To be completed after the end of each day by participant.



Alabama Department of Rehabilitation Services is approved by the Commission on Rehabilitation Counselor Certification (CRC) to sponsor continuing education credits for counselors. Sponsor number 00060639.

**Note:**

Participants are responsible for selecting the course that meets the requirements of their certifying/licensing body for contact hours and renewal needs. If you have questions regarding the ASADS course content, contact Tom Mihokanich at (256) 595-2219 or [asadstommiho@gmail.com](mailto:asadstommiho@gmail.com)

**LODGING**

**HOST HOTEL:** Special arrangements have been made with the Hotel Capstone, which is adjacent to the Bryant Conference Center, for participants at a special rate of \$132.00 per night for Traditional room, Single King or Double Queen plus tax. The hotel is located at 320 Bryant Drive, Tuscaloosa, Alabama 35401. Phone: (205) 752-3200 or 1-800-477-2262. Please indicate you are attending the ASADS Conference when making your reservation. This special room block, and rate is reserved until **February 17, 2024**. The hotel reserves the right to discontinue the special rate after that date. One night's deposit is required when making your reservation. **You can click this link to book your room at Hotel Capstone.**

**ALABAMA SCHOOL OF ALCOHOL AND OTHER DRUG STUDIES 2024****How to use the link --**

- Hold down control and double click on the link above to open up the webpage
- Choose your date of arrival by clicking on “check-in” and departure in “check-out”; select “search”
- Select the room type you prefer by clicking on “Show Rooms” and it will drop down your available options
- Select “Book Now” for the room that fits your needs
- Complete your reservation by entering all requested information and click “Continue”; you will receive a confirmation number upon completion.

NOTE -- Only the dates above and room types contracted are available at the contracted rate -- rooms requested outside of your block dates or different room types are based on availability and at the prevailing rate

**ADDITIONAL HOTELS:** Additional rooms are available close to the Bryant Conference Center. Please refer to the following:

**Embassy Suites**

205-561-2500

**Hotel Indigo**

205-469-1660

**Homewood Suites**

205-349-2727

**Home2 Suites**

205-349-2002

**Holiday Inn Express and Suites**

205-464-4000

**Hampton Inn**

205-553-9800

\*\* Please note these are “some” of the lodging options available to you. The Hotel Capstone is our contracted site based on location and ability to negotiate a special rate due to large number of reservations during the school.

## WEEK AT A GLANCE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
4:00 – 6:00PM <b>REGISTRATION</b>	7:00 – 8:00AM <b>REGISTRATION</b>	<i>ASADS T-Shirt Day</i> 7:00 – 8:00AM <b>REGISTRATION</b>	7:00 – 8:00AM <b>REGISTRATION</b>	7:00 – 8:00AM <b>REGISTRATION</b>
	8:15 – 9:15AM Welcome	8:15 – 9:15AM Welcome	8:15 – 9:15AM Welcome	8:15 – 9:15AM Welcome
	<b><u>OPENING SESSION</u></b>	<b><u>OPENING SESSION</u></b>	<b><u>OPENING SESSION</u></b>	<b><u>OPENING SESSION</u></b>
	<i>Not Your Grandma's Bingo: EI/IM, What You Know?</i>	<i>Fueling Change Agents: Energizing the Path of Resiliency</i>	<i>If Prevention and Recovery Just Sat Down for a Cup of Coffee</i>	<i>Harmony in Healing</i>
	<b><u>Presenter:</u></b> <i>John Bringuel</i>	<b><u>Presenter:</u></b> <i>Nick Szubiak</i>	<b><u>Presenter:</u></b> <i>Kymberly Laube</i>	<b><u>Presenter:</u></b> <i>Mansfield Keys</i>
	9:15 – 9:30AM BREAK	9:15 – 9:30AM BREAK	9:15 – 9:30AM BREAK	9:15 – 9:30AM BREAK
	9:30AM – 12:30PM WORKSHOPS	9:30AM – 12:30PM WORKSHOPS	9:30AM – 12:30PM WORKSHOPS	9:30AM – 12:30PM WORKSHOPS
	12:30 – 1:30PM LUNCH	12:30 – 1:30PM	12:30 – 1:30PM LUNCH	<i>Adjourn 12:30pm</i>
	1:30 – 3:00PM WORKSHOPS	<i>Carl Nowell Award Luncheon</i>	1:30 – 3:00PM WORKSHOPS	
	3:00 – 3:15PM BREAK	1:30 – 3:00PM WORKSHOPS	3:00 – 3:15PM BREAK	
	3:15 – 4:45PM WORKSHOPS	3:00 – 3:15PM BREAK	3:15 – 4:45PM WORKSHOPS	
		3:15 – 4:45PM WORKSHOPS		
		<b>5:30 – 7:30PM COMMUNITY EVENT</b>		
		<i>Hope Dealer's PAR- TY: Positive, Artistic, Relatable, Talented Youth</i>		
		<b><u>Presenters:</u></b> <i>Hope Dealers Jerri Martin Wilma Pickett</i>		



# ***Tuesday Plenary Session***

**8:15am to 9:15am**

## ***Not Your Grandma's Bingo: EI/IM, What You Know?***

**Presenter: John Bringuel**



In this morning's plenary, you will play the age-old game of Bingo; however, it will be played like you have never experienced! No dusty old 1980s furniture with metal chairs and plastic tables. No smells of Chanel No. 5, Eau de Cologne Impériale, or Giorgio Beverly Hills. No food from a vending machine to slow your bingo mind. No, wishing you had the "winning card" because you already have it. No, this version of Bingo will have you buzzing with excitement and thirsting for knowledge! The bread, dough, money, bank, or cheddar you will earn in this Bingo game will far surpass any of your grandma's earnings. The words of wisdom and insight you will experience because of this bingo "experience" will be life-changing! Your heart will be moved by hearing people profess their "why," "purpose," vision, and "mission." You will be reminded that everyone has a "story" to be told and heard. As you listen and "experience" what is shared from the floor and stage, your "reflections" and "self-awareness" will lead you to have clarity on what you "need" to do or are already doing to "manage your emotions" be "socially aware," and "manage relationships" in your everyday walk of life. "Emotional Intelligence" (EI) will be in and on you like white on rice. EI will be in you like hair in a biscuit on a cool summer morning. Finally, in this game of Bingo, you will hear about the burgeoning solution to the "pain" and the "pain management epidemic" in Alabama, "Integrative Medicine" (IM), and the nine faces of IM.

### **Course Objectives:**

After attending the course, a participant will be able to:

- identity your "why, purpose, vision, mission".
- honor and embrace that every-1 has a story, and the story reveals the "needs" and the "solutions".
- recognize and accept that success in the social services arena is completely reliant on Emotional Intelligence, for the practitioner as well as the client/customer.

# *Wednesday Plenary Session*

8:15am to 9:15am

## *Fueling Change Agents: Energizing the Path of Resiliency*

**Presenter:** Nick Szubiak



Join us for an inspiring journey along the path of residency. In "Fueling Change Agents: Energizing the Path of Resiliency," we'll explore the essential elements of energy, resilience, and sustainability that empower addiction treatment professionals to drive positive change. Discover practical strategies to prevent burnout, reignite your passion for healthcare, and harness the inner strength needed to thrive in today's demanding addiction treatment landscape. This session will provide actionable insights and tools to help you become an unstoppable force for positive change, ensuring you're equipped to make a lasting impact on the people and communities you serve while nurturing your own well-being. Get ready to recharge your energy, refocus your vision, and reignite your passion.

### **Course Objectives:**

After attending the course, a participant will be able to:

- identify the signs of compassion fatigue and burnout for individuals and teams.
- learn three keys to accessing resiliency through the awareness of the mind, body and actions.
- explore skills to navigate the unique stressors experienced in addiction treatment and healthcare systems.
- earn specific skills to support individual, team and organizational resiliency.

## ***Carl Nowell Luncheon***

**Wednesday  
12:30PM - 1:30PM**



***Join us this year to see who the Carl Nowell Award recipient will be!***

***It could be you!***

The Carl Nowell Leadership Award is presented each year to honor a person who embodies the following characteristics:

- A person who shows dedication and persistence through leadership in the field of prevention and treatment of alcohol and substance abuse services on a local, state, and national level.
- A person who displays steadfast commitment through relentless effort, competence, and planning to improve those services and programs.
- A person who operates with a team mentality and recognizes that significant change is achieved only through the action of many individuals working together.
- A person who shares a vision for exciting possibilities and possesses an absolute belief in his/her ability to make extraordinary things happen.

***IT IS NOT TOO LATE TO NOMINATE SOMEONE!***

We are currently accepting nominations for the 2024 Carl Nowell Award.  
The deadline for submission is **Feb 28, 2024.**

To nominate someone, visit our website at [www.asadsonline.com](http://www.asadsonline.com)

2024

# Wednesday Community Event

5:30pm-7:30pm

**ASADS**  
WEDNESDAY NIGHT COMMUNITY EVENT  
**HOPE DEALER'S PARTY**  
POSITIVE ARTISTIC RELATABLE TALENTED YOUTH

**MARCH 20, 2024**  
**5:30-7:30PM**

**BRYANT CONFERENCE CENTER**  
240 PAUL W. BRYANT DRIVE / TUSCALOOSA AL 35401



**Up with Hope and Down with Dope. We're Hope Dealers?**

The Hope Dealers make being drug free cool. From viral music videos to their own radio show, they have been celebrated twice by the White House for the innovative work they do in Dallas County.

**Free Event /Open to the public**

Registration required / To Register visit [www.asadsonline.com](http://www.asadsonline.com)  
Refreshments and light finger food provided

In this interactive session you will hear about the successes of the Hope Dealers and our local Bridge, Inc. You will see the Hope Dealers in action as they demonstrate activities they conduct in their schools to spread the word of Hope.

Jerria Martin, the Head Hope Dealer, and Mrs. Wilma Pritchett will discuss ways to strengthen your youth outreach efforts, identify ways to partner with all sectors of your communities and most importantly emphasize how leading through listening and love is the most important aspect when working with youth in prevention and treatments settings.

You will also learn ways to engage youth who are resistant to help.



**PREVENTION, TREATMENT, AND RECOVERY**

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# **Thursday Plenary Session**

**8:15am to 9:15am**

***If Prevention and Recovery Just Sat Down for a Cup of Coffee***

**Presenter: Kymberly Laube**



Sometimes it can seem as if prevention, harm reduction, and recovery are at opposite ends of the continuum of care, however all have a goal and need for reducing harm and developing healthier communities. By drawing lines in the sand, those working towards improving prevention, treatment and recovery from Substance Use Disorder are not able to use each other as meaningful resources, and in turn short circuit conversations that could be extremely beneficial for all. By breaking down these silos and truly banding together to focus on healthier communities and individuals, we can drastically reduce risks for those in treatment and recovery and delay the onset of use for our youth.

## **Course Objectives:**

After attending the course, a participant will be able to:

- increase knowledge base for all partners and key stakeholders in the Continuum of Care.
- define the difference between Universal, Selected and Indicative Prevention and Harm Reduction.
- identify ways prevention, harm reduction, treatment and recovery can strategically work together to reduce stigma and strengthen overall programming.



# **Friday Plenary Session**

**8:15am to 9:15am**

## ***Harmony in Healing***

**Presenter:** Mansfield Key



This workshop focuses on the 4 B's-Building, Believing, Becoming, and Balancing. Building Community Resilience, Believing in Collective Strength, Becoming Agents of Positive Change, and Balancing Hope in Uncertain Times. Participants will explore practical strategies to foster resilient communities, draw inspiration from collective strength, and learn to be proactive agents of positive change. Gain valuable insights on maintaining hope in uncertain times while navigating challenges with optimism and perseverance. Elevate your skills and contribute to building a more resilient and hopeful society. The power of this keynote address entitled "Harmony in Healing" is that it uses energy, excitement, entertainment, education, and empowerment to engage its audience in a life-changing experience.

### **Course Objectives:**

After attending the course, a participant will be able to:

- explore practical approaches to building community resilience, emphasizing the importance of unity and collaboration in overcoming challenges.
- delve into believing in collective strength as a driving force for positive change while empowering individuals and communities to navigate adversity and work towards common goals.
- equip participants with tools and insights to become proactive agents of positive change by showing them their active role in shaping a better future for others.
- learn strategies to create a supportive environment that enhances the well-being of individuals while fostering a sense of belonging and purpose in harmony.

## COURSES AT A GLANCE

Participants need to select a first and second choice for the course they desire to attend on a specific day. The ASADS Board will work diligently to accommodate your need. However, courses are on a first come, first served basis and, occasionally the course may be full. Additionally, please be aware when selecting courses, do not select a course that overlaps another course.

**No Partial Credits will be awarded.**

**You must get scanned IN and OUT of each session.**

**Due to the short duration of the course, changing from one half day course to another half day**


TUESDAY PLENARY 8:15am – 9:15am Not Your Grandma's Bingo: EI/IM, What You Know? Speaker: John Bringuel					
Course No.	March 19, 2024 9:30am – 12:30pm (3 hours)	Speaker	Course No.	March 19, 2024 1:30pm - 4:45pm (3 hours)	Speaker
TAM01	Trapp: The Deadly Combination of Xylazine, Methamphetamine, and Fentanyl	Merrill Norton	TPM01	Pharmacy of the Streets	Merrill Norton
TAM02	"Do It for the Culture": Understanding the Sensitive Needs of Today	Monaletto Irby	TPM02	The "I" in Team: Leadership and Teambuilding	Monaletto Irby
TAM03	Clinical Interventions and Engagement Strategies for Low Motivation Clients	Christine Martin	TPM03	Monitoring Quality Clinical Documentation in Addiction Treatment	Christine Martin and Boni-Lou Roberts
TAM04	Ethics and Culture	Pierluigi Mancini	TPM04	Treatment Access in Criminal Justice Settings: Challenges and Opportunities	Andrea Yatsco
TAM05	Trauma Informed Parenting: An Ounce of Prevention	Talisha Moody	TPM05	Collaboration between the Community and Academia Impacting Addiction Across Alabama	Darlene Traffenstedt, Leah Leisch, Li Li and Sue Feldman
TAM06	Influencing Behavior Change through Community Outreach	Lindi Glasgow, Katie Cooper and Brian Key	TPM06	Fierce Urgencies of Now: Advancing Health and Racial Equity through Authentic Community Engagement	Cerise Hunt
TAM07	Shifting the Conversation: Emotional Intelligence an Innovative Approach to Prevention!	John Bringuel	TPM07	Multicultural Counseling in the Treatment Setting	Lisa Akine
TAM08	Teens and Social Media Addiction	Rommel Johnson	TPM08	Ain't a Man: Black Male Identity and Mental Health	Rommel Johnson
TAM09	Sister to Sister: For Women Only	Susan James-Andrews	TPM09	Police Deflection 101: Non-Arrest Pathways into Treatment and Recovery	Brittany Garrett and Scott Allen
TAM10	Progressing Forward in Relapse Prevention: Dealing with Stigma	Samson Teklemariam	TPM10	Recovery-Oriented Transformational Leadership: A Holistic Model	Samson Teklemariam



**PLEASE REMEMBER TO...**

**Keep name badges accessible for scanners.  
Scanning in and out of session to receive full credit.  
No partial Credits will be given.  
Arrive to sessions at the scheduled times.**

# COURSES AT A GLANCE

WEDNESDAY PLENARY 8:15am – 9:15am			Fueling Change Agents: Energizing the Path of Resiliency		Speaker: Nick Szubiak
Course No.	March 20, 2024 9:30am–12:30pm (3 hours)	Speaker	Course No.	March 20, 2024 1:30pm - 4:45pm (3 hours)	Speaker
WAM01	Adolescent Psychopharmacology 2024 Part 1	Merrill Norton	WPM01	Adolescent Psychopharmacology 2024 Part 2	Merrill Norton
WAM02	Defusing Conflict	Michael Nerney	WPM02	That Was Awesome: The Neuroscience of Effective Praise	Michael Nerney
WAM03	Health Disparities and Implicit Bias	Pierluigi Mancini	WPM03	Addiction is a Brain Disease: Using Science to Challenge Stigma	Andrea Yatsco
WAM04	Utilizing Evidence-Based Practices in a Correctional Setting	Talisha Moody and Rosalyn Davis	WPM04	Best Practices for Recovery Housing	Curt Lindsley, Kendra Homesley, Page Rubin, Robert Keeble, John Bayles
WAM05	Pregnant Women with SUD: Models for Maternal/Child Success	Suzanne Muir, Andrea Lashley, Leslie Moon, Emily Butler, Honour McDaniel, and Christine Cenczyk	WPM05	Ethics for Substance Use Professionals	Steve Mason
WAM06	Trauma and Recovery: Understanding the Impact of Trauma and Its Effects on Sustained Recovery	Sandy Queen	WPM06	Seizing the Moment: Mindful Practice in Addiction Treatment	James Campbell
WAM07	Combatting Compassion Fatigue	Judy Micale	WPM07	Thriving in the Midst of Change	Judy Micale
WAM08	An Introduction to Prevention Science and the Delivery of Evidence-Based: Do this, Not That	Kristin Kidd and Amber Jones	WPM08	An Introduction to Collegiate Recovery Programs: Funding, Structure, and Impact	Kristina Canfield
WAM09	Ethical Dilemmas in Today's Therapy	Lisa Akine	WPM09	Successfully Incorporating Certified Recovery Support Specialist Professionals into a Multi-Disciplinary Team	Melissa Beck and Leah Leisch
WAM10	Effective Advocacy	Pam Butler	WPM10	Professional Burnout: Exploring Compassion Fatigue, Secondary-Traumatic-Stress, and Vicarious Trauma	Holly Butoskey and Eric Abney
 <b>COMMUNITY EVENT: 5:30pm-7:30pm</b> <b>Hope Dealer's PARTY: Positive, Artistic, Relatable, Talented Youth</b> <b>Speakers: The HOPE Dealers, Jerria Martin and Wilma Pritchett</b> <b>Heavy appetizer provided as well as CEUs.</b>					

THURSDAY PLENARY 8:15am-9:15am			If Prevention and Recovery Just Sat Down for a Cup of Coffee		Speaker: Kymberly Laube
Course No.	March 21, 2024 9:30am – 12:30pm (3 hours)	Speaker	Course No.	March 21, 2024 1:30pm - 4:45pm (3 hours)	Speaker
THAM01	New Discoveries on Vaping and the Adolescent Brain	Merrill Norton	THPM01	Medical Aspects of Medical Cannabinoids	Merrill Norton
THAM02	Yoga, Mindfulness, and Addiction Recovery	Annie Howell	THPM02	Ethics for Counseling and Supervision	Bruce Kimble
THAM03	Launching and Leading a Recovery Residence Program That Changes Lives	Curt Lindsley, Page Rubin, Robert Keeble and John Bayles	THPM03	Law Enforcement in the Age of Synthetic Opioids	Randy Pollard
THAM04	Recovery through Work	Denise Bern	THPM04	Workforce Development: Preparing New Clinicians for Longevity in Treatment Settings	Elana Merriweather
THAM05	Understanding Veterans and Unique Factors Contributing to Substance Use Disorder and Alcohol Use Disorders	Garret Biss	THPM05	Why Do You Do What You Do? Finding Your Personal WHY	Beth Bergeron
THAM06	Surviving the Intersections: Where Morals, Values, and Ethics Collide	James Campbell	THPM06	The Wounded Healer: Engagement and Rapport as Therapeutic Tools	James Campbell
THAM07	Building Resilient Communities: Substance Use Disorders/Opioid Use Disorders Youth Risks & Choices	Jerria Martin	THPM07	STD's, HIV and PrEP in Behavioral Health Settings	Ronnie Gravett and Mary Scisney
THAM08	Youth as Change Agents in Prevention Policy	Amber Jones and Kristin Kidd	THPM08	Value of Peer Support	Pam Butler
THAM09	Let the Change Begin: Navigating Life Changes During Recovery	Sandy Queen	THPM09	Children of Parents with Addiction: Hidden Burdens and Resiliencies	Wendy Wade
THAM10	Logotherapy and Recovery	Steve Mason	THPM10	Substance Use Therapy Toolbox	Steve Mason

## ***COURSES AT A GLANCE***

FRIDAY PLENARY 8:15am-9:15am		Harmony in Healing	Speaker: Mansfield Key
Course No.	March 22, 2024 9:30am – 12:30pm (3 hours)		Speaker
FAM01	Supporting People with Disabilities in Treatment and Recovery		Vanessa Goepel and Brittany Gregg
FAM02	Engaging the Skeptical Client: From Referral to Discharge		Christine Clark and Ashley Motes
FAM03	Assessing Alabama's Opioid Epidemic		Christopher Sellers
FAM04	The Positive Psychology of Well-being, Empowerment and Resilience (POWER): Expect Recovery		George Braucht
FAM05	The Landscape of Faith Based Recovery and Transitional Living Programs		Judd Drake and Brandon Lackey
FAM06	Medication for Opioid Use Disorder (MOUD) Treatment Overview		Lashanda Craig
FAM07	Introduction to Substance Use Prevention		Erin Burleson
FAM08	HIV/STIs: An Overview/Update for the Substance Abuse/Mental Health Professional		Rick Meriwether
FAM09	Adult Children of Addiction in Substance Use Disorder Treatment		Wendy Wade
FAM10	Calm in the Storm		Patrick Tidwell



### **PLEASE REMEMBER TO...**

**Keep name badges accessible for scanners.**  
**Scanning in and out of session to receive full credit.**  
**No partial credits will be given.**  
**Arrive to sessions at the scheduled times.**  
**Silence cell phones during all sessions.**

## TUESDAY MORNING HALF DAY COURSES

### 9:30am to 12:30pm

#### TAM01 - Tranq: The Deadly Combination of Xylazine, Methamphetamine, and Fentanyl

**Presenter:** Merrill Norton

There is a rapidly expanding crisis in the United States involving a psychoactive form of fentanyl and a new street drug, Xylazine. Over the past year, thousands of overdoses have been reported. While efforts to stop the sales and import of "Tranq", the drug presents a serious public health risk of potentially wider impact than the original opioid crisis. This presentation will review the latest neurobiological research on Xylazine, fentanyl, methamphetamine, and other street drugs, their legal status, and adverse effects. Drug testing requirements, management of "Tranq" overdose and other street drugs toxicities will also be a part of our discussions.

#### Course Objectives:

After attending the course, a participant will be able to:

- develop an understanding of the pharmacology of Xylazine, methamphetamine, and Fentanyl.
- describe the procedures of managing a Xylazine, methamphetamine, and Fentanyl overdose.
- analyze the influx of the counterfeit drugs that contain Xylazine, methamphetamine, and Fentanyl.

#### TAM02 - "Do It for the Culture": Understanding the Sensitive Needs of Today

**Presenter:** Monaletto C. Irby

"Do it for the Culture" is usually a statement requesting that someone carry out a specific action for benefit of their shared culture. Case Managers have a unique job of creating a trust and building a bond with their clientele (parents and youth) of different cultures. This often involves the worker engaging with different value systems and beliefs, which can present unforeseen obstacles. Participants will engage in open discussion and practical exercises to gain a better knowledge of culture diversity in 2022 and how it plays a role in relationship building and how stereotypes can have a negative impact on potential progress. Let's Do it for the Culture.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe what is culture (Examples and Cultural Sensitivity).
- describe how our perception creates some biases.
- describe how personality types are determined in today's society.
- discuss barriers to change.
- describe recommended strategies

#### TAM03 - Clinical Interventions and Engagement Strategies for Low Motivation Clients

**Presenter:** Christine Martin and Boni-Lou Roberts

Every year the Substance Abuse and Mental Health Services Administration conducts a National Survey on Drug Use and Health. The latest survey data revealed that over 40 million people in the US who met criteria in the past year for a substance use disorder did not receive treatment. The reason for this?



## TUESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

Close to 97% did not feel they needed treatment. Of those who did recognize a need for treatment, the top reason cited for not seeking services was that they were ready to stop using. As addiction professionals, we should that a significant number of the individuals we encounter in SUD care are still questioning their need for treatment and may not be ready or willing to make changes to their substance using behaviors. It is critically important that we learn skills to engage individuals with limited motivation for recovery and leverage that engagement to move them along the continuum of wellness. This training will focus on clinical strategies and harm reduction-oriented interventions designed to meet people where they are, keep them safe, preserve life, improve wellness, all while presenting opportunity and hope for recovery.

#### Course Objectives:

After attending the course, a participant will be able to:

- apply clinical interventions to a client's specific level of motivation for change.
- self-identify barriers and biases that may impact their ability to truly "meet someone where they are."
- identify practical skills for reducing and preventing harm and improving engagement while maintaining a recovery orientation.

### TAM04 - Ethics and Culture

**Presenter:** Pierluigi Mancini

As the population of the United States becomes increasingly diverse, considerable attention is being directed to a critical examination of the quality of services received by ethnic minority groups, immigrants, refugees, and marginalized communities especially in substance use disorder and mental health services. This workshop will discuss aspects of the current behavioral health status of these communities and present some ethical problems that may arise when providers fail to take into consideration the role of ethnicity, language, race, culture, immigration history and socioeconomic factors in counseling this underserved population. It will address the following questions about professional/ethical responsibilities of behavioral health providers with regards to immigrants; ethical and cultural dilemmas that may arise in the failure to provide adequate services to these groups and what steps can clinicians take to provide services that are culturally, linguistically, professionally, and ethically appropriate.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe current behavioral health status of marginalized communities.
- identify ethical issues that arise when serving this population.
- discuss therapeutic strategies and interventions to serve this population.

### TAM05 - Trauma Informed Parenting: An Ounce of Prevention

**Presenter:** Talisha Moody

This training will focus on the first 17 years of a child's development and how parenting influences emotional, physical, mental, and spiritual development. The training will also cover discussion regarding Trauma-informed Care, ACE's study, Erickson's Stages of Development to provide insight to prevent maladaptive outcomes for our youth and ultimately create a safer, healthier, more educated community and families.

## TUESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### Course Objectives:

After attending the course, a participant will be able to:

- define Trauma Informed Care.
- expound on the Erickson's stages of development and how to create a safe, nurturing environment for growth.
- review the ACES study.
- recognize and identify how to implement and enhance child's resilience.
- describe the impact parenting practices have when raising children/youth.

### TAM06 - Influencing Behavior Change through Community Outreach

**Presenters:** Lindi Glasgow, Katie Cooper and Brian Key

This workshop will discuss theory and strategy of using community outreach, paid, and earned media to motivate behavioral change through lens of the Transtheoretical Model of Behavior Change and the Stages of change framework. There will be an introduction to the various types of media and how it can be used to engage with local communities. Core elements of the discussion will include the convergence of behavioral health data, marketing insights, and case studies.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe the Transtheoretical Model of Behavior Change and explain how it relates to media strategy.
- recognize the value of using media and how to use a data- focused strategy to implement a community outreach campaign.
- recognize tools and methods that can be used to measure the impact of media campaigns.

### TAM07 - Shifting the Conversation: Emotional Intelligence an Innovative Approach to Prevention!

**Presenters:** John M Bringuel

In this workshop, the conversation will shift from one that has traditionally and naturally focused on "what needed to stop, with the intervener saying, "drugs can hurt you" or "drugs are hurting you," which emphasizes external control and a deficit mindset. To one that focuses on internal control and an asset mindset by focusing on "what needs to start or improve." For all that misuse, abuse, or becoming addicted, emotional intelligence (EI) is what needs to start or improve. EI is built through self-awareness/self-assessment, self-management (coping), social awareness, and relationship management. EI is evident in people's lives through their vision, mission, purpose, and service to people, leading to belonging and significance. This workshop will be guided and informed by the experiential learning model, where everyone is invited but not forced to engage in the learning process, with participants learning at their own pace and comfort. The workshop will focus on building personal capacity regarding "interpersonal skills" that better equip a provider at any point on the service delivery continuum to be other-centered, effective, culturally responsive, and an example of emotional intelligence. This workshop aims to provide functional, practical, and valuable attitudes, skills, and tools to utilize in your professional and personal life across the prevention continuum.

## TUESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### Course Objectives:

After attending the course, a participant will be able to:

- analyze and understand emotional intelligence, prevention, the change process, and Maslow's Hierarchy of Needs, as well as other associated terms and processes.
- examine the origins of needs, emotions, and thinking, and their impact on emotional intelligence and substance use disorder.
- examine personal growth and development and a culture of service.
- review prevention science and the operationalizing of prevention science into field practice related to substance misuse, abuse, and addiction.
- analyze and discuss the multitude of tools; mental, physical, attitudinal, and emotional that create leverage for change such as resiliency, exercise, self-talk, and meditation.

#### TAM08 - Teens and Social Media Addiction

**Presenter:** Rommel Johnson

Problematic use of social media has increasingly become a widespread concern in the United States. Although there is evidence to the contrary, a growing body of research has nonetheless determined that there are mental health challenges for teens and adults who have problematic social media use. This includes an increased risk for depression (Sujarwoto & Yumarni, 2023) and other mental health problems, particularly for females (Janssen, Haug, et al, 2009), and an increase in suicidal ideations (Berryman, Ferguson, & Negy, 2018) and bullying (O'Reilly, Dogra, Whiteman, et al, 2018). This presentation will discuss the scope and impact of problematic social media use as well as interventions to help teens and their families.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe the scope of addictive or problematic social media use in the U.S.
- identify the symptoms and neurological impact of addictive/problematic social media.
- discuss assessments instruments to determine presence of addictive/problematic social media use.
- discuss and practice interventions that can help prevent or aide in recovery from addictive/problematic social media use.

#### TAM09 - Sister to Sister: For Women Only

**Presenter:** Susan James-Andrews

It is estimated that 63.9% of drug abuse counselors and 68.6% of all mental health therapist are women, yet the number of boys and men in need of prevention and treatment interventions is higher than that of women, and male counselors/therapist are in great demand. Research shows that women and men sometimes use drugs for different reasons and as a result respond to them differently. The strengths and challenges of women working with boys/men, women/girls are often not discussed, but the potential for bias, generational considerations and transference can be left unnoticed, and potentially impact participants engagement and retention. And why do so many women prefer to work with boys/men and why do sometimes boys/men prefer to work with women? This session is interactive and poses multiple questions to the audience, as well as solutions to aid in raising awareness and will also introduce the curriculum SHERO: Girl's edition.

## TUESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### Course Objectives:

After attending the course, a participant will be able to:

- identify and discuss three facts of the benefits of gender specific treatment.
- discuss strategies to address stigma bias and transference.
- discuss the importance and value of the power of tears.

### TAM10 - Progressing Forward in Relapse Prevention: Dealing with Stigma

**Presenter:** Samson Teklemariam

Substance use disorder (SUD) is most often defined as a chronic disease involving a common repeating cycle of abstinence and relapse. 'Relapse' refers to a return to a previous level of substance use after a period of considerable reduction or abstinence from substance use. It is common practice to communicate with patients that even when a person with SUD is in remission and no longer using substances, a relapse is always a possibility. Just as it is with every patient struggling with a chronic medical condition, the goal during an exacerbation is to restore the patient to stability and keep them motivated and connected to treatment. However, when helping professionals who are both providing care and in recovery themselves experience relapse, reactions vary. These reactions are often driven by negative stigma and impact treatment decisions for both professionals and patients in recovery.

#### Course Objectives:

After attending the course, a participant will be able to:

- develop a progressive paradigm in relapse prevention for a chronic medical condition.
- implement evidence-based clinical interventions specifically designed for low-engaged patients and those patients who experience a return to use.
- utilize a guided discussion tool to address the stigma of treating a condition that's both chronic and relapsing.

## TUESDAY AFTERNOON HALF DAY COURSES

### 1:30pm to 4:45pm

### TPM01 - Pharmacy of the Streets

**Presenter:** Merrill Norton

The adverse effects of illicit drug use have been well-documented. Methamphetamines destroy your teeth, cocaine can cause convulsions, and smoking marijuana irritates the respiratory tract. These short-term consequences pale in comparison, though, to the ultimate price that drug users often pay - a life that's cut short by substance misuse. Indeed, there is an inversely proportional relationship between drug use and life expectancy, proving that recovery is often a matter of life and death. This presentation will discuss the impact on the American lifestyle by a specific list of current drugs. The list of various over the counter (OTC) herbal and pharmaceutical products will include kratom, methamphetamine, xylazine, delta 8 THC, delta 9 THC, delta 10 THC, and Wasp dope. These compounds are known as "gas station drugs" and their pharmacological profiles include dangerous adverse drug effects on human growth and development. The discussion will also include information on America's # 1 gas station drug: alcohol.

## TUESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### Course Objectives:

After attending the course, a participant will be able to:

- develop a vocabulary of the current herbal and pharmaceutical drugs known as the gas station drugs.
- discuss pharmacodynamics and pharmacokinetics of alcohol, Kratom, Ketamine, Delta 8 THC, Delta 9 THC, Delta 10 THC, Xylazine, and Wasp Dope.
- comprehend the severe adverse drug effects of alcohol, Kratom, Ketamine, Methamphetamine, Delta 8 THC, Delta 9 THC, Delta 10 THC, Xylazine, and Wasp Dope when it comes to growth and development.

#### TPM02 - The "I" in Team: Leadership and Teambuilding

**Presenter:** Monaletto C. Irby

What is your team's motivation? How well is communication within your team? Leadership is a strong component in Teambuilding. Effective leadership is the foundation of assuring a well-functioning and cooperative team. Leaders understanding how their team function is pivotal in its success. We have long been taught there is no "i" in Team. We have learned over the years we must all be a part of the solution. Participants will explore why the "I" in team is important to recognizing our resources for the success of the team. Participants will look in the mirror at their own personality and its effectiveness or lack thereof within the team building process. Your "I" requires a level of courage, discipline, emotional energy, and TRUST. Teamwork must be habit forming and something that all members work hard to develop and maintain on a consistent basis. Participants will participate in a Team building activity with a debrief at the end.

#### Course Objectives:

After attending the course, a participant will be able to:

- explore your team's mission.
- discuss your group dynamics.
- examine who you are.
- describe the teambuilding process.
- precipitate in teambuilding activity.

#### TPM03 - Monitoring Quality Clinical Documentation in Addiction Treatment

**Presenters:** Christine Martin and Boni-Lou Roberts

Accurate and timely clinical documentation supports and ensures the safety and quality of the care we deliver in addiction treatment. Quality documentation also protects against risks, supports correct and timely reimbursement, and ensures compliance with regulatory authorities. In order to promote a culture of high-quality clinical documentation, organizations must have consistent and robust quality monitoring systems in place. This training will assist organizational leaders and clinical supervisors to develop Key Performance Indicators (KPIs) for clinical documentation and design programs and systems to monitor their clinical team's performance.



## TUESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### Course Objectives:

After attending the course, a participant will be able to:

- determine Key Performance Indicators (KPIs) for clinical documentation to use within their organization.
- distinguish between quantitative and qualitative systems of measurement.
- develop, implement measurement systems and strategies for monitoring clinical documentation performance against their chosen Key Performance indicators.

#### TPM04 - Treatment Access in Criminal Justice Settings: Challenges and Opportunities

**Presenter:** Andrea Yatsco

This workshop will discuss the overlap of substance use and criminal behavior in justice-involved populations, with explanations surrounding direct and indirect interactions. Treatment strategies in this population will be outlined, and trends of treatment availability in incarcerated settings will be reviewed, with suggestions to create internal and external access to evidence-based medication treatment. The importance of a continuum of care for justice involved individuals will be discussed, emphasizing public health strategies that establish systems of care coordination throughout the entire justice system.

#### Course Objectives:

After attending the course, a participant will be able to:

- discuss the overlap of substance use and justice involved populations.
- summarize trends of medication-based treatments for opioid use disorders in criminal justice settings.
- recognize strategies to incorporate peer support with incarcerated populations.

#### TPM05 - Collaboration between the Community and Academia Impacting Addiction Across Alabama

**Presenters:** Darlene Traffanstedt, Leah Leisch, Li Li, and Sue Feldman

This workshop will discuss community support mechanisms to impact addiction across Alabama. To lay the foundation, we will begin with the addiction landscape. This will include historical and current trends across the state as well as some of the contributors to those trends. We will also discuss some of the successes that have occurred from the various initiatives supported by CDC and other federal and local agencies. Next, we will discuss some specifics around Buprenorphine Prescribing in Alabama. Results from a study conducted to better understand the Drug Addiction Treatment Act of 2000. This study will report on the X-waivered clinicians' viewpoints on potential barriers and opportunities likely to impact and improve access to buprenorphine prescribing in Alabama. Then we will discuss initiatives and their outcomes. For example, a Bridge Clinic and other collaborations with Cahaba Medical Care and Christ Health Center will be described. Cahaba Medical is a Federally Qualified Health Center providing comprehensive medical care with locations throughout central AL serving 6 counties, including Jefferson County. Christ Health Center is a faith-based clinic in Birmingham that provides affordable, Compassionate care to improve the physical, mental, and spiritual well being of children, women, and families. Lastly, we will demonstrate, ALAHOPE, a statewide free opioid and pain management curriculum developed for health professionals and students in the health professions.

## TUESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### Course Objectives:

After attending the course, a participant will be able to:

- demonstrate competence in accessing ALAHOPE.
- describe the substance abuse data for the state of Alabama.
- describe various pain and/or SUD initiatives in the state of Alabama.

### TPM06 - Fierce Urgencies of Now: Advancing Health and Racial Equity through Authentic Community Engagement

**Presenter:** Cerise Hunt

In this enlightening workshop, we will delve into the transformative power of authentic community engagement as a catalyst for advancing health and racial equity. We will explore the dynamic intersection of these critical issues, shedding light on the profound impact of systemic racism on health outcomes. By unpacking the principles of authentic community engagement and offering strategies to overcome barriers, we'll equip you with actionable insights to foster equitable change. Through real-life case studies, ethical considerations, and the role of humility, we'll empower you to actively contribute to healthier, more equitable communities.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe core principles of authentic community engagement and how they contribute to achieving health and racial equity.
- identify key strategies to effectively engage with diverse communities, including overcoming common barriers.
- recognize the role of prevention professionals in driving equitable change.
- define and apply key concepts such as, health disparities, inequities, social and moral determinants of health to take actionable steps towards promoting health and racial equity in your own spheres of influence.

### TPM07 - Multicultural Counseling in the Treatment Setting

**Presenter:** Lisa Anderson Akine

The session begins with a historical introduction to multiculturalism and its significance in the field of counseling. The historical introduction becomes the foundation to identify what is multicultural counseling in the treatment setting. We'll move into learning the importance of being a culturally competent counselor. Throughout the workshop participants will engage in role play, problem solving and explore counseling interventions to intergrade into their professional counseling style.

#### Course Objectives:

After attending the course, a participant will be able to:

- recognizes the broad scope of dimensions that influence an individual's personal identity.
- elaborate and describe universal identity.
- analyze with an increase in diverse populations within the US. Staff, interventions, and evidence-based practices will need to expand in diversity to meet the needs of the clients.
- summarize how their own apprehensions and reactions can interfere in the therapeutic relationship.
- trace the connection between, knowledge, skills, and awareness create a multicultural competent counselor.

## TUESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### TPM08 - Ain't I a Man: Black Male Identity and Mental Health

**Presenter:** Rommel Johnson

Black men face complex challenges that effectuate stress, exacerbating their mental health. Not only have Black men had a very frightful history with the medical and behavioral health care systems in the United States, but cultural internalizations of toxic masculinity have also had a significant negative impact on their mental health and their help-seeking behaviors. This has been to the detriment of Black males who continue to experience significant challenges to their mental health and lack culturally relevant resources to meet their needs. Therefore, this presentation will give a comprehensive overview of the ecological and historical factors that affect Black men's mental health in the United States. Interventions and implications for the counseling profession will be discussed.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe the ecological and historical factors that affect Black men's mental health in the United States.
- discuss the complexity and heterogeneity of the Black male population in the United States.
- describe constructs of Black masculinity within and outside the Black community.
- discuss implications for counseling and culturally sensitive interventions for working with this population.

#### TPM09 - Police Deflection 101: Non-Arrest Pathways into Treatment and Recovery

**Presenters:** Brittney Garrett and Scott Allen

PAARI is a nationwide network of over 650 police departments that have created non-arrest pathways into treatment and recovery. Director Garrett will provide an overview of the types of programs being run in public safety departments across the country to deflect people away from the criminal justice system and their effectiveness. Retired Police Chief Scott Allen will share his experience in creating a county-wide Deflection Initiative, working through the challenge of gaining officer and stakeholder buy-in. Additionally, Allen will describe the importance of taking a whole system approach by integrating with other community health initiatives, including Situation Tables and the nationally recognized, Handle with Care model.

#### Course Objectives:

After attending the course, a participant will be able to:

- define deflection programs/non-arrest pathways to treatment and recovery.
- identify best practices in the field of deflection/non-arrest pathways to treatment and recovery.
- evaluate effectiveness of deflection programs based on data outcomes.
- discuss the common challenges for implementing Deflection initiatives, including officer and stakeholder buy-in.
- discuss the intersection and complementary integration of Deflection initiatives with other community health initiatives, Situation Tables, Handle with Care, and data collection.

## TUESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### TPM10 - Recovery-Oriented Transformational Leadership: A Holistic Model

**Presenter:** Samson Teklemariam

According to the Department of Employment & Development, indicators show that over 15% of mental health and substance use counselors are predicted to leave their profession in the next year. "Quiet quitting," a workforce disruptor, has recently impacted the addiction profession. Now more than ever, effective leadership can be the difference-maker of a successful or failing program. Existing and emerging leaders need a recovery-oriented leadership model that is ideal for the workforce and patients we serve. This presentation will identify some of the challenges in creating a healthy culture with staff, provide a leadership framework, and present a system that uses outcomes to build transformational programs.

#### Course Objectives:

After attending the course, a participant will be able to:

- distinguish a leadership framework that fits in recovery organizations.
- summarize four evidence-based leadership models tailored specifically for integrated care settings.
- learn how to implement an outcome and key results (OKR) system.
- discuss 12 steps of leadership aligned with the 12 steps of recovery.

## WEDNESDAY MORNING HALF DAY COURSES

### 9:30am to 12:30pm

#### WAM01 - Adolescent Psychopharmacology 2024 **Part 1**

**Presenter:** Merrill Norton

This presentation is for professionals who work with adolescents and young adults challenged with a mental disorder. The workshop will teach the body of knowledge from recent research relevant to the neurobiology of mental disorders and a review of the latest neurotransmitter and neurohormonal research on the impact of psychotropic chemicals on the brain. The workshop will bring to the participants the latest adolescent pharmaceutical applications to the diagnostics of the DSM 5. Many younger patients take medications to function at their highest level of success, but psychotropics do present adverse drug effects and monitoring is required. An overview of counselor monitoring for medication efficacy will be discussed. The workshop will also highlight the body of knowledge of psychotropic medications including the latest anti-depressants, anti-psychotics, anti-anxiety, mood stabilizers, psychostimulants, and herbal psychotropics. A recent review of the latest research in the neurobiology of anxiety, addiction, depression, and personality disorders will also be included in this presentation.

#### Course Objectives:

After attending the course, a participant will be able to:

- recognize the latest neurotransmitter research of mental disorders in adolescents and young adults.
- discuss and identify classes of drugs used to treat the spectrum of mental disorders.
- outline the neurobiology of adolescent anxiety, depression, personality disorders and psychotic disorders.

## WEDNESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### WAM02 - Defusing Conflict

**Presenter:** Michael Nerney

Defusing Conflict Current social conditions can make conflict a risky proposition. It seems like the twenty-four-hour news cycle brings us story after story of incidents that have turned violent or even deadly. For those working in the treatment and prevention fields, it is imperative to recognize the early indicators of conflict, understand the stages of escalation, and respond with effective verbal and physical behaviors to defuse the situation and keep staff, clients, and others safe. In this presentation participants will learn how physical posture, facial expression, tone of voice, and the use of a particular language structure can help manage these potentially problematic situations.

#### Course Objectives:

After attending the course, a participant will be able to:

- identify 2 physical behaviors that indicate a person in a conflict is escalating.
- list 3 physical postures to avoid during a conflict situation.
- explain the concept of "neutral language".
- demonstrate a "safe stance".
- describe the language structure of choices and consequences.

#### WAM03 - Health Disparities and Implicit Bias

**Presenter:** Pierluigi Mancini

This interactive 3-hour workshop is designed to equip addiction professionals, therapists, counselors, and anyone working in behavioral health with the knowledge and skills needed to recognize and combat health disparities and implicit bias within the field. Health disparities continue to persist in our society, disproportionately affecting marginalized communities. Implicit bias can further exacerbate these disparities, impacting the quality of care provided. In this workshop, participants will engage in meaningful discussions, participate in activities, and learn practical strategies to promote equity and inclusivity in behavioral health settings. By the end of this workshop, attendees will be better prepared to provide more equitable and cultural and linguistic responsive care to their clients.

#### Course Objectives:

After attending the course, a participant will be able to:

- define and recognize health disparities in the context of behavioral health.
- recognize implicit biases and their potential influence on clinical decision-making and patient interactions.
- describe how to create an inclusive and culturally and linguistically responsive environment for clients from diverse backgrounds.



## WEDNESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### WAM04 - Utilizing Evidence-Based Practices in a Correctional Setting

**Presenters:** Talisha Moody and Rosalyn Davis

This course is designed to provide participants with a comprehensive understanding of evidence-based practices in a correctional setting. It will also equip participants with the knowledge and tools to implement these practices effectively. This course incorporates active learning, group activities, and discussions to engage participants and promote a deeper understanding of how to effectively use Evidence-Based Practices.

##### Course Objectives:

After attending the course, a participant will be able to:

- discuss the importance of evidence-based practices (EBP) in the correctional setting.
- identify key principles and elements of evidence-based practices.
- describe how to assess the needs of individuals under correctional supervision.
- explore effective EBP interventions for rehabilitation and reintegration.
- discuss the challenges and implementation strategies for EBP in a correctional setting.

#### WAM05 - Pregnant Women with SUD: Models for Maternal/Child Success

**Presenters:** Carolyn Webster, Christina Cenczyk, Andrea Lashley, Leslie Moon, Emily Butler and Honour McDaniel

Pregnancy compounds the array of barriers commonly faced by individuals with substance use disorders (SUD). This session will highlight trends in maternal substance use including pregnancy-related and pregnancy-associated maternal mortality. Panelists from varying disciplines - medicine, substance use and peer recovery support - will discuss the impact of interdisciplinary and collaborative care to actively engage mothers and positively impact outcomes. Several models of care currently implemented in rural and urban settings will be discussed.

##### Course Objectives:

After attending the course, a participant will be able to:

- cite current trends in maternal substance use.
- identify the benefits of medication assisted treatment for pregnant women with opioid use disorders.
- recognize the challenges and unique stigma faced by pregnant women with SUD.
- discuss the value of integrated prenatal care and substance use disorder.

## WEDNESDAY MORNING HALF DAY COURSES (Continued)

### 9:30am to 12:30pm

#### WAM06 - Trauma and Recovery: Understanding the Impact of Trauma and Its Effects on Sustained Recovery

**Presenter:** Sandy Queen

Recovery is the process of reconnecting to life and re-establishing the conditions to make our lives meaningful and productive. To help people on the pathway to recovery, we must go beyond our traditional understanding of treatment and recovery modality and our preferred pathways and look beyond to building awareness of new ways to look at sacred traditions to help heal issues we have not addressed in the past.... trauma being one. The wisdom found in our Twelve Step tradition can be an immense help those healing from trauma. When the person who has experienced trauma also experiences a substance use disorder, we need the information and the courage to help that person acknowledge, address, and begin to heal those issues that may be sidetracking their recovery. Often relapse is connected to unhealed trauma. The shame and self-reproach often cause the individual to spiral downward. Understanding this, we can help them reduce shame and avoid the spiral to enable them to proceed with their recovery process. To do this, we need to deal with the whole person, not just their addiction. Ignoring unresolved PTSD is often an invisible force that fuels addiction. Understanding PTSD as it exists in today's world is germane to helping those who are experiencing the effects of this. Trauma has been generally overlooked, and until recently, rarely mentioned in twelve step recovery. Truthfully, trauma and dissociation are the roots of all addictions. Deepening our understanding of what trauma IS, how it affects the entire organism, and how we can integrate it into our traditional healing protocol is necessary for all of us if we are to help folks create a sustainable high quality and resilient recovery.

#### **Course Objectives:**

After attending the course, a participant will be able to:

- discuss the fundamentals of trauma and its affect on the entire person.
- examine the application of applying the twelve-step protocol to trauma, using the principles to assist in recovery.
- describe the necessity for trauma-focused treatment from the beginning of the recovery journey.
- describe the kind of environment that invites clients to feel safe enough to begin their journey in truth.

#### WAM07 - Combatting Compassion Fatigue

**Presenter:** Judy Micale

The course will define and provide science-based practices to combat compassion fatigue also known as vicarious trauma. This course is designed for all levels, but the primary focus is for those that are team leaders and above. To lead an organization leaders must also begin to enhance their own self compassion and self-care.

#### **Course Objectives:**

After attending the course, a participant will be able to:

- introduce and define signs/symptoms of compassion fatigue.
- identify the differences between compassion fatigue and burnout.
- recognize different techniques to increase their own well being.

## WEDNESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### WAM08 - An Introduction to Prevention Science and the Delivery of Evidence-Based: Do this, Not That

**Presenters:** Kristin Kidd and Amber Jones

This workshop provides a training opportunity for early career prevention professionals, frontline implementers and students/trainees that are involved in planning for implementing community prevention interventions. After a brief introduction to prevention science and the prevention profession, we will focus on the importance of evidence-based prevention interventions. Small groups will explore appropriate interventions based on a developmental framework with a focus on fidelity and culturally appropriate adaptations. Finally, we will explore what has been shown by research to not work in prevention and brainstorm ways to move communities incrementally toward more effective strategies. This course has been modified from the Prevention Technology Transfer Center's Introduction to the Prevention Core Competencies.

#### **Course Objectives:**

After attending the course, a participant will be able to:

- describe the core prevention professional knowledge, skills and competencies.
- describe the importance of research-based theories and processes that help explain and build effective prevention interventions.
- describe the criteria used to identify evidence-based interventions and how these prevention interventions operate within a developmental framework.
- discuss a few interventions that have been shown through research to NOT be effective in preventing substance misuse and explore approaches that can be effective alternatives.

#### WAM09 - Ethical Dilemmas in Today's Therapy

**Presenter:** Lisa Anderson Akine

The course emphasizes professional responsibility to the clients and includes interactive clinical and workplace circumstances. We'll be examining the foundation of the therapeutic relationships, along with the importance of operating within the clinician's scope of practice.

#### **Course Objectives:**

After attending the course, a participant will be able to:

- apply the steps from the ethical decision-making model.
- explain the importance of practicing within their scope of practice.
- recognize the importance of clinical supervision and consultation while engaging in ethical decisions.
- assess their own personal beliefs and barriers and how these areas play a major role when making ethical decisions.
- recognize the importance of skill, knowledge, and education in a competent, ethical counselor.

## WEDNESDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### WAM10 - Effective Advocacy

**Presenter:** Pamela Butler

This workshop will define the role and value of effective advocacy for individuals with a substance use disorder. Individuals will learn how to provide advocacy at all levels. Stigma related to substance use disorder is fueled by the lack of advocacy for individuals with a substance use disorder. The lack of changes needed in our current system of care to help individuals to maintain long-term recovery is due the little to no advocacy available. Effective advocacy for individuals with a substance use disorder can make a difference in the system of care including but not limited to better education, access to care, as well as more individualized services. With effective advocacy substance use disorder will be known to be a chronic condition that require long-term management, like other chronic medical conditions. An effective system of care allows individuals to find and follow their own recovery path, without judgment, unrealistic expectations, or financial requirements.

#### Course Objectives:

After attending the course, a participant will be able to:

- define advocacy.
- describe the value of advocacy.
- describe how to provide advocacy at any level.
- develop a personal plan to provide advocacy.

## WEDNESDAY AFTERNOON HALF DAY COURSES

### 1:30pm to 4:45pm

#### WPM01 - Adolescent Psychopharmacology 2024 **Part 2**

**Presenters:** Merrill Norton

This presentation is for professionals who work with adolescents and young adults challenged with a substance use disorder. The workshop will teach the body of knowledge from recent research relevant to the neurobiology of substance use disorders and a review of the latest neurotransmitter and neurohormonal research on the impact of psychoactive chemicals on the brain. The workshop will bring to the participants the latest adolescent pharmaceutical applications to the diagnostics of the DSM 5. The workshop will also highlight the body of knowledge of medications including the latest anti-craving, detoxification, and MOUD treatments. The presentation will present the latest pharmacological research to cover such topics as reward circuits, the anti-reward circuits, the role of dopamine, the endorphins, dynorphin, the stress response, allostasis, neuroplasticity, neurogenesis, psychological drug tolerance, and sensitization. The DSM 5 criteria will be included in our discussions.

#### Course Objectives:

After attending the course, a participant will be able to:

- recognize the latest neurotransmitter research of substance use disorders in adolescents and young adults.
- explain the neurochemical basis of the reward and anti-reward brain systems and their effects on the stress mechanisms of the brain.
- describe the neurobiological basis of substance use disorders in the adolescent and young adult brain.
- review of the neurobiology of substance use disorders in adolescents and young adults.

## WEDNESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### WPM02 - That Was Awesome: The Neuroscience of Effective Praise

**Presenter:** Michael Nerney

Recent studies tell us that false praise or ineffective praise not only does not build self-esteem but may also create negative outcomes in self-perception in adolescents. Participants will learn effective language structures, appropriate phrases, and the best techniques for using praise as a tool for enhancing adolescent self-esteem and providing motivation for better outcomes in social, educational, and vocational settings.

This presentation will include new research on the concept of "mattering" as it relates to self esteem.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe two examples of false/ineffective praise.
- identify two effective language structures that enhance adolescent/young adult self-esteem.
- list 2 components of trust.
- describe the link between mattering and self value.
- identify 2 subsets of language structure related to "mattering".

#### WPM03 - Addiction is a Brain Disease: Using Science to Challenge Stigma

**Presenter:** Andrea Yatsco

This presentation will provide a summary of how the brain is impacted by substance use that is rooted in science to reduce stigma surrounding the disease of addiction. It will deliver an introductory overview to the science of addiction and incorporates how exogenous substances interact with the brain and body with a purpose of demonstrating that the nuances of neurobiology can be translated and made accessible to all individuals, regardless of professional status or personal experiences. This course will review the availability of FDA-approved medications for substance use disorders, with an emphasis on Medications for Opioid Use Disorder (OUD) and describes how the medications create stability and consistency in the brain during recovery. Identifying stigma in different settings and strategies for advocacy will also be discussed.

#### Course Objective

After attending the course, a participant will be able to:

- utilize education and science to challenge stigmatizing beliefs.
- summarize how the brain is impacted by substance use.
- identify opportunities to manage stigma in different settings to treat substance use disorders more effectively.



## WEDNESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### WPM04 - Best Practices for Recovery Housing

**Presenters:** Curt Lindsley, Kendra Homesley, Page Rubin, Robert Keeble, and John Bayles

Recovery housing plays a vital role in helping many individuals with substance use disorder achieve long-term recovery. This training provides the most current information on Best Practices for Recovery Housing, based on the Substance Abuse and Mental Health Services Administration (SAMHSA)'s newly released publication by the same name. Learn what SAMHSA describes as the eleven Best Practices for Recovery Housing, and why they matter.

##### Course Objectives:

After attending the course, a participant will be able to:

- explain the value of recovery housing in helping people find long-term recovery.
- classify the National Association of Recovery Residences Levels of Support.
- identify and summarize the 11 Best Practices for Recovery Housing and why each of them matters.
- describe the value of quality recovery housing and how it can help those with substance use disorder.

#### WPM05 - Ethics for Substance Use Professionals

**Presenter:** Steve Mason

Ethics must be part of every professional's framework. When ethical dilemmas arise, you must be as ethically strong as possible to make the best decisions. This course will look at ethical issues that are faced in the counseling and substance use field. We will look at ways to identify ethical issues and navigate them to give the best outcome for the client and the counselor. Healthy boundaries, proper informed consent, and arising issues with confidentiality will be focal points.

##### Course Objectives:

After attending the course, a participant will be able to:

- demonstrate familiarity with ethical dilemmas.
- discuss issues around professional responsibility and informed consent.
- discuss issues that arise around professional relationships.
- discuss issues around confidentiality and privacy.
- recognize issues that arise with telehealth, distance counseling, and social media.

#### WPM06 - Seizing the Moment: Mindful Practice in Addiction Treatment

**Presenter:** James Campbell

Mindful practice is an effective tool in treating substance use disorders. Mindful Practice in Addiction Treatment is a didactic and experiential exploration of why mindful practice can be an effective aspect of treatment and provides participants with the skills needed to be able to utilize it as such.

## WEDNESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### Course Objectives:

After attending the course, a participant will be able to:

- define mindfulness.
- describe the reason mindfulness is recommended in addiction treatment.
- identify the physiological benefit of mindful practice on the brain.
- list the "what" and "how" of facilitating mindful practice.
- recognize a mindful practice.

### WPM07 - Thriving in the Midst of Change

**Presenter:** Judy Micale

This workshop looks at how in today's world and workforce we are constantly facing change. This course will go over the stages of change and how we as leaders can assist/support our teams during change. This will not only look at DiClemente and Prochaska's stages of change it will also address the business end of change the process of change.

#### Course Objectives:

After attending the course, a participant will be able to:

- review DiClemente and Prochaska's stages of change.
- review the concept of the process of change.
- recognize insight into why resistance to change a bad thing isn't always.
- analyze ways to have your team leaders empower their teams during change .

### WPM08 - An Introduction to Collegiate Recovery Programs: Funding, Structure, and Impact

**Presenter:** Kristina Canfield

The mental health crisis on college campuses is higher than ever. According to the National Education Association rates of anxiety, depression and suicidal ideation have never been higher-and faculty and staff are overwhelmed. With substance use disorder often co-occurring with these mental health disorders, the need for a continuum of care on campus is critical for getting students the help they need for long-term recovery. Collegiate Recovery Programs (CRPs) are designed to provide recovery support services within the college environment. With this support, students are given the opportunity to maintain recovery and thrive while succeeding in college. This session will address how campus-based recovery support through a CRP is a critical component of the continuum of care for students struggling with substance use disorder.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe the history, context, definition, and value of CRPs.
- demonstrate the continuum of care of recovery support services through the implementation of CRPs.
- recognize CRP best practices supported by the Association of Recovery in Higher Education.

## WEDNESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### WPM09 - Successfully Incorporating Certified Recovery Support Specialist Professionals into Multi-Disciplinary Team

**Presenters:** Melissa Beck and Leah Leisch

Substance Use Disorder presents a significant and persistent clinical and public health challenge within the United States. A substantial number of people diagnosed with SUD require a combination of acute care, medical stabilization, long-term recovery management, and supportive services for sustained disease-state remission. Existing healthcare and treatment models often lack structures that facilitate treatment engagement and connections to services supporting long-term SUD remission. To address this gap in care, numerous healthcare organizations have initiated the integration of peer recovery support services. These services aim to initiate and sustain patient engagement with SUD treatment and other recovery support services, thereby reducing the risk of recurrence of use. This course will provide insight into how peer professionals fit into the SUD treatment environment. Peer training and qualifications, the evolving roles of peers, and best practices in a clinical setting will be explored and discussed. However, existing healthcare and treatment models often lack structures that facilitate treatment engagement and connections to services supporting long-term SUD remission (McLellan et al., 2000; White and Kelly, 2011). To address this gap in care, numerous healthcare institutions have initiated the integration of Peer Recovery Support Services (PRSS). These services aim to initiate and sustain patient engagement with SUD treatment and other recovery support services, thereby reducing the risk of relapse. This course will provide insight into how CRSS professionals fit into the SUD treatment environment. We will discuss CRSS training and qualifications, the evolving roles of peers, and best practices in a clinical setting.

#### **Course Objectives:**

After attending the course, a participant will be able to:

- create a sense of urgency to incorporate peers as part of the multi-disciplinary team.
- define the role of peers in multi-disciplinary teams.
- counter any misperceptions about CRSS professionals in the SUD treatment setting.

#### WPM10 - Professional Burnout: Exploring Compassion Fatigue, Secondary-Traumatic-Stress, and Vicarious Trauma

**Presenters:** Holly Rutoskey and Eric Abney

Burnout for human service providers is a job-stress related syndrome with dimensions of emotional exhaustion, depersonalization, and reduced feelings of accomplishment. Burnout affects a person's overall wellbeing, as well as how a provider can show up for the people they serve. Professional burnout is an increasingly common experience for people working in fields such as mental health care, substance use recovery, care for chronic illness, first responders, and many more. This session will provide a space to discuss the impacts of these experiences on providers, clients, and organizations, and identify practical and helpful ways of responding to signs of burnout as well as of promoting prevention and self-care. This course will provide an opportunity for reflection and engagement among colleagues to explore a range of common experiences related to burnout.

## WEDNESDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### Course Objectives:

After attending the course, a participant will be able to:

- define and conceptualize compassion fatigue, secondary traumatic stress, and vicarious trauma.
- identify individual and organizational risk factors, warnings signs, and outcomes.
- explore individual and organizational protective factors and interventions for prevention and self-care.

## THURSDAY MORNING HALF DAY COURSES

### 9:30am to 12:30pm

#### THAM01 - New Discoveries on Vaping and the Adolescent Brain

**Presenter:** Merrill Norton

This presentation is for professionals who work with adolescents challenged with vaping kratom, nicotine, and marijuana. An explanation of the effects of vaping kratom, marijuana, and tobacco products on the developing adolescent brain from recent neuroscientific research and the serious aspects of e-cigarette and vaping use associated lung injury (EVALI) will also be a part of our discussions. An overview of the newest vaping products available will also be given.

#### Course Objectives:

After attending the course, a participant will be able to:

- explain the detrimental effects of vaping kratom, marijuana, and tobacco e-cigarettes and other products on the adolescent brain.
- describe the serious aspects of e-cigarette and vaping use associated lung injury (EVALI).
- evaluate the newest vaping products available in the US marketplace.

#### THAM02 - Yoga, Mindfulness, and Addiction Recovery

**Presenter:** Ann Howell

In treating addiction, we often focus on addressing the mental, emotional, and social issues our clients face, but what about the physical and sometimes spiritual problems that plague the people we treat? How can we be more holistic and incorporate practices that help with somatic healing, regulating the nervous system, and physical well-being? Utilizing yoga postures, breathing exercises, meditation, and mindfulness practices, and incorporating these with other recovery models and treatment methods can more fully assist our clients to finding integration, recovery, and wholeness.

#### Course Objectives:

After attending the course, a participant will be able to:

- summarize the current research on utilizing yoga, breathing techniques, and mindfulness practices to assist in reaching counseling objectives.
- determine where yoga and mindfulness practices may be appropriate interventions with clients.
- describe basics of yoga philosophy along with the 12-step principles and compare how they relate.
- incorporate simple yoga practices, breathing exercises, and mindfulness techniques into your sessions.

## THURSDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### THAM03 - Launching and Leading a Recovery Residence Program That Changes Lives

**Presenters:** Curt Lindsley, Page Rubin, Robert Keeble, and John Bayles

Discover how to create and lead a recovery residence program that truly makes a difference! Learn from industry experts who have successfully launched and managed recovery programs. Gain valuable insights into best practices, effective strategies, and innovative approaches. Whether you're a professional in the field or someone passionate about helping others, this event is perfect for you. Don't miss out on this opportunity to network with like-minded individuals, ask questions, and learn from experienced leaders who've been in the trenches. Join us for a workshop filled with inspiration, knowledge, and practical tips that will empower you to make a lasting impact in the lives of those struggling with substance use disorder.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- recognize what a recovery residence does, its purpose and why it's needed.
- summarize how recovery capital contributes to individuals achieving long-term recovery.
- examine and describe your why for launching and leading a recovery residence.
- identify and analyze the critical business plan considerations to evaluate and decide on before launching.
- describe the value of operating an AARR-certified recovery residence program.

#### THAM04 - Recovery through Work

**Presenter:** Denise Bern

Individual Placement and Support (IPS) Supported Employment promotes Recovery through Work. The IPS Supported Employment presentation will provide a brief historical context of IPS and how IPS fits into the ADMH and ADRS continuum of care. The IPS presenters will share the Eight IPS Practice Principles and highlight how they distinguish IPS from other supported employment models. The presentation will feature 4 videos demonstrating the value of supported employment for consumers who are interested in returning to work. IPS - Supported Employment is a person-centered, strengths based, empowering approach to supported employment that embraces peer services as a pillar of the program.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- recognize and differentiate Individual Placement and Support - Supported Employment from other supported employment models.
- list and describe the eight practice principles fundamental to the IPS - Supported Employment.
- summarize the philosophy of recovery through work.



## THURSDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### THAM05 - Understanding Veterans and Unique Factors Contributing to Substance Use Disorder and Alcohol Use Disorders

**Presenter:** Garret Biss

A lack of connection, authenticity, or sense of meaning and purpose are factors that promote addictive behaviors or SUD for many. This is especially true for veterans who are often unprepared for the unique ways these challenges affect members of the military. Learn why these factors are exacerbated for veterans in transition and how to help veterans navigate this high-risk period of their life. This presentation will prepare participants for working with veterans by helping them to meet veterans where they are and provide the support and understanding veterans need for their journey in recovery. During the presentation, participants will be guided through an exercise to promote greater emotional resilience that they can use in their own life and work with veterans and veteran families.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- explain unique challenges veterans face while transitioning from the military and how these challenges contribute to, or exacerbate, addictive behaviors and substance use disorder.
- explain how and why veterans struggle with lack of connection, lack of authenticity, and lack of meaning and purpose in their lives after military service.
- explain tools for helping veterans to establish a greater sense of connection, foster greater authenticity, and uncover a sense of meaning and purpose.
- to use the Daily Dozen practice for bolstering emotional resilience and will be able to teach this tool to others.
- apply elements of the Recovery Reset to increase capacity for resilience and recovery success.

#### THAM06 - Surviving the Intersections: Where Morals, Values, and Ethics Collide

**Presenter:** James Campbell

The words morals, values, and ethics are often used interchangeably in our culture, but these words are not synonymous. In fact, they are at times in conflict with one another. This session will distinguish between the three and take an honest look at some of the challenges we face as we seek to be ethical in our practice as clinical professionals. These differences and tensions will also be explored through applying them to case studies among participants.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- identify the difference between ethics, morals and values.
- list two topics where morals, values, and ethics are often at odds.
- demonstrate an ethical decision-making model for navigating ethical dilemmas as evidenced by evaluating scenarios for ethical concerns within the context of the group.
- describe some ways in which the application of ethics may vary depending on the role in which the individual is functioning professionally.

## THURSDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### THAM07 - Building Resilient Communities: Substance Use Disorders/Opioid Use Disorders

**Presenter:** Jerria Martin

The presentation will explore the profound changes taking place during this critical period and unravel the underlying factors that make adolescents particularly susceptible to the allure of substance use and how we as prevention, treatment, and recovery partners can play a positive role in the process.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- recognize and articulate developmental risks of adolescent substance use and risk factors for problematic use.
- create community strategies that are culturally relevant and culturally competent to combat youth substance use.
- analyze how adolescents' reason/think and why they make risky choices.

#### THAM08 - Youth as Change Agents in Prevention Policy

**Presenters:** Kristin Kidd and Amber Jones

Public Health and prevention-science research suggest the most effective way to prevent harmful behaviors among adolescents and increase positive development is through focusing on the shared influences (factors) related to a adolescent behavior, at each level of the social ecology. At the community level, factors such as laws, norms, and policies set the background and climate for either healthy, respectful behavior among residents or unhealthy, harmful, intolerant behavior. Engaging youth in the sociopolitical process can result in not only improved laws and more equitable institutions to protect the community, but importantly, offer young people the skills and opportunities to navigate the sociopolitical arena. This session will discuss social justice youth development concepts and consider local policy change opportunities to reduce risks and increase protective factors. Prevention leaders will gain the knowledge and skills necessary to connect with teens effectively and guide them toward becoming change agents. Through a combination of icebreakers, engagement strategies, and a case study of how youth successfully championed and advanced a local policy campaign, attendees will develop valuable skills for engaging youth as agents of change in prevention policy.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- apply techniques and strategies for building meaningful relationships with teens.
- associate adolescence as a positive period of growth, well-suited for agents of change.
- formulate opportunities to engage youth in assessing community-level problems.
- employ social justice youth development concepts to support local policy change.

## THURSDAY MORNING HALF DAY COURSES (CONTINUED)

### 9:30am to 12:30pm

#### THAM09 - Let the Change Begin: Navigating Life Changes During Recovery

**Presenter:** Sandy Queen

What does recovery mean - besides the cessation of whatever was the basis of the problem? Does it mean greater peace? Health? Happiness? Security? Maybe-maybe not. Recovery doesn't promise mental health or happiness. If this be so, then what exactly does it offer? What do we tell our clients about what they can expect? For those of us who have journeyed through this ourselves, what did we find as we proceeded through recovery? The process of change is scary and confusing for all of us, but most particularly for those who are making life changes that will incredibly affect all areas of their lives: physical, mental, social, emotional and spiritual. This session looks at the process of change in a revealing and creative way as we each observe the affects of change on the individual, or own particular life process, and how we can help those who are in the recovery process to approach, examine, and commit to the process of change that will be a consistent part of their journey through results sobriety and life!

##### **Course Objectives:**

After attending the course, a participant will be able to:

- discuss major life changes in all individuals - physical, mental, social, emotional, spiritual and how these are affected by addiction.
- define the major steps in making major life changes: precontemplation, resistance, assessment, commitment, and maintenance.
- relate major life changes to individual's prognosis for success in recovery.
- examine subtle life choices and how they affect our overall wellbeing.
- discuss the realities of the dynamics of life changes, individually, within society and professionally.

#### THAM10 - Logotherapy and Recovery

**Presenter:** Steve Mason

The pursuit of purpose is essential for any individual, it can be an even more important part of recovery for an individual working to build a new life of sobriety. Viktor Frankl's work with Holocaust survivors who were trying to re-establish a new life provides very similar scenarios that individual working through substance use recovery face. Logotherapy can be a tool to assist clients with working through obstacles and pursuing purpose. Participants will learn the basic concepts of logotherapy and how to apply it with clients to help them explore and pursue purpose.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- describe logotherapy and how it can impact recovery.
- identify how freedom of will, will meaning, and meaning in life apply to recovery.
- describe primary logotherapy techniques and how they can be applied to recovery.

**THURSDAY AFTERNOON HALF DAY COURSES**  
**1:30pm to 4:45pm****THPM01– Medical Aspects of Medical Cannabinoids**

**Presenter:** Merrill Norton

Medical Cannabinoids and associated derived products have become increasingly available in recent years, with new and different types of products appearing all the time. These products raise concerns and consequences for many consumers. As marijuana legalization becomes more prevalent, safety and appropriate use of these products becomes imperative. This presentation is Medical Cannabinoids 101 on the current status of medical THC and CBD effects on physical and mental health of the adult brain. Our discussions will include marijuana, the plant and its derivatives (Delta 8, Delta 9, Delta 10, CBD, etc.), the medical aspects of legalization, the legitimate health concerns of THC, the consequences of these cannabinoid products on pregnancy and breastfeeding, and what today's behavioral health practitioner needs to be aware of in their counseling practices

**Course Objectives:**

After attending the course, a participant will be able to:

- comprehend the neuroscience of THC, Delta 8 THC, and CBD.
- explore the physical and mental health consequences of marijuana.
- describe the applications for medical marijuana.
- explain specific consequences on the unborn with the use of marijuana.

**THPM02 - Ethics for Counseling and Supervision**

**Presenter:** Bruce Kimble

Ethics define this profession. An understanding of the values of ethics in professional development, as well as career management is essential. This workshop is designed to be a refresher course in the importance of ethical standards, behavior, and confidentiality, as well as boundaries related to the professional relationship.

**Course Objectives:**

After attending the course, a participant will be able to:

- identify understanding of the ethical standards that govern the counseling profession, as well as the role of supervisor.
- describe professional boundaries in the context of a counseling relationship.
- identify role definitions of the supervisor and supervisee.

## THURSDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### THPM03 - Law Enforcement in the Age of Fentanyl and Synthetic Opioids

**Presenter:** Randy Pollard

Fentanyl and other opioids are marking our streets in high amounts and setting our citizens at risk of overdose and legal consequences. We will discuss the history of opioid abuse and how it is affecting use now, along with a moderate perspective from law enforcement on what they are seeing in the community/ You will learn how synthetic drugs are marketed on the street, and the risk associated with each. By learning ways to identify these substances of misuse is crucial to saving lives and protecting innocent bystanders from damaging and life-threatening consequences or harm.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- discuss current situation regarding opiates in Alabama.
- recognize the dangers of these substances.
- learn active ways law enforcement and others can respond to community crisis.

#### THPM04 - Workforce Development: Preparing New Clinicians for Longevity in Treatment Settings

**Presenter:** Elana Parker Merriweather

This course is intended for new clinicians/providers that are within the first 24 months of employment at a behavioral health treatment setting. The purpose of this course is to equip newly hired clinicians for long term sustainability through early professional development, continuing education, formal supervision, and continuous self-assessment. This workshop is intended to encourage new clinicians to self-assess their individual work ethic and appropriately advocate for their individual personal and professional development needs in the behavioral health culture. Participants will learn about QSAP requirements, how to prepare for licensure or certification, and how to maintain compliance with ethical practices. The goal of this topic is to support agency retention efforts and staff longevity by empowering new clinicians to seek out mentorship and coaching to within the first year of employment in a treatment setting. This course is developed for newcomers/beginners (less than 24 months) who are newly employed with certified treatment agencies.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- describe the QSAP staff requirements for behavioral health providers who deliver substance use treatment services in Alabama.
- list clinical treatment services that are allowable by the different QSAP levels in certified substance use settings.
- describe how to navigate through the comprehensive licensing and certification requirements and processes with State Regulatory Boards.
- explain how to maintain ethical compliance with agency policies and procedures.
- discuss the importance of continuous self-assessment as a strategy to achieve long term retention and longevity in the behavioral health culture.



## THURSDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### THPM05 - Why Do You Do What You Do? Finding Your Personal WHY

**Presenter:** Beth Bergeron

So many of us define our lives by what we do for a living. But do we really know our WHY and HOW we got here? Knowing your WHY is so important, it is the reason we love what we do. This course will assist you in the journey of defining your work and your sense of purposed that will allow you to discover your WHY.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- identify benefits of knowing your WHY.
- overview of the process of discovering your WHY.
- learn the step by step process of to find your personal WHY
- be able to share your WHY with others.

#### THPM06 - The Wounded Healer: Engagement and Rapport as Therapeutic Tools

**Presenter:** James Campbell

Although evidence-based practices can help provide significant guidance for us in better assisting those we serve, effective treatment remains primarily about the therapeutic alliance. The Wounded Healer is a consideration of the curative factors of treatment and explores the importance authenticity, rapport, and the power of the therapeutic alliance. The literary and historical foundations of the wounded healer concept are explored along with its impact on the field of psychology and the recovery community, its physiological foundation in the brain, and its restorative power in the therapeutic relationship along with its practical treatment implications.

##### **Course Objectives:**

After attending the course, a participant will be able to:

- describe a foundational understanding of the physiological impact of the brain in cultivating a positive therapeutic alliance.
- identify two curative factors that are necessary for effective treatment.
- articulate an understanding of the role of therapeutic relationship and its impact on the human services field and the recovery community.
- list three specific steps to becoming more effective in their clinical work.
- demonstrate an understanding of the need for effective self-care and clinical supervision to be effective as clinicians.

## THURSDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### THPM07 - STD's, HIV and PrEP in Behavioral Health Settings

**Presenters:** Ronnie Gravett and Mary Scisney

This course will provide an overview of national and state prevention strategies aimed at reducing STD's and HIV in behavioral health settings. Information will be shared on the correlation between STD's and HIV on substance misuse, commonly investigated sexual risk behaviors, and harm reduction strategies that can be implemented by substance use treatment and behavioral health providers. Information will also be shared on the national CDC's End the HIV Epidemic Initiative and the how PrEP treatments can be used to reduce the rates of HIV infection. This session will provide information on the value of collaborative partnerships between statewide STD and HIV health care providers, and substance use treatment providers. This topic aims to provide information on how an integrative and collaborative approach to infectious disease prevention can reduce the spread of STDs amongst high-risk substance use priority populations in Alabama.

#### Course Objectives:

After attending the course, a participant will be able to:

- describe comprehensive overview of STDs in Alabama.
- discuss the national "End the HIV Epidemic" initiative and the role of PrEP for HIV prevention in Alabama.
- describe how behavioral health providers can integrate STD prevention and HIV Early Intervention Services into substance use treatment services.
- recognize state and community resources that are available to prevent and treat STDs throughout the State.

#### THPM08 - Value of Peer Support

**Presenter:** Pamela Butler

This workshop will define the role and value of peer support services in the substance use disorder system of care. When utilized appropriately a peer's lived experience of the impact of a substance use disorder and their experience in recovery is valuable to an individual's success in their recovery. Acute care substance use treatment without other recovery supports has often not been sufficient in helping individuals to maintain long-term recovery. Substance use disorders are currently understood to be chronic conditions that require long-term management, like diabetes. Peer-based recovery support provides a range of person-centered and strength-based supports for long-term recovery management. These supports help people in recovery build recovery capital-the internal and external resources necessary to begin and maintain recovery. Peers can assist with retention in recovery and/or treatment services by helping individuals break down barriers of experience and understanding, as well as power dynamics that may get in the way of working with other members in the substance use disorder system of care. The peer can keep an individual engaged in the recovery process by allowing individuals to find and follow their own recovery path, without judgment, expectation, rules, or requirements.

## THURSDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### Course Objectives:

After attending the course, a participant will be able to:

- define the role and value of peers and recovery support services.
- describe the value of "Recovery Capital".
- utilize peers as part of an emerging transformation of systems and services addressing substance use disorders.
- recognize how to utilize peers for engagement and retention in recovery and treatment process.

### THPM09 - Children of Parents with Addiction: Hidden Burdens and Resiliencies

**Presenter:** Wendy Wade

The effects of addiction on families are typically included in Addiction courses, less so effects on children. This presentation teaches how one out of 4 children are affected by trauma and chronic stress. There are neurobiological effects and lifelong consequences which may be relational, social, cognitive, academic, attachment, and behavioral. Others may not know there is addiction in the family since stigma, family secrecy rules about not talking, and fear of not being believed makes identification challenging. These children form a marginalized cohort holding the family's stigma and pain by taking on roles in the family. Services are limited for all children. Poverty, parental incarceration, systemic racism, and other forms of discrimination further affect availability. Trauma-informed adults can create a safe, predictable place to recognize, nurture, support, and develop resilience. This process can lead to prevention of the child's own use, the ability to express feelings, learn trust, feel less isolated, and heal the shame and stigma of parental use. How to put together educational support groups will be explained, and three activities will be demonstrated and experienced throughout the session.

#### Course Objectives:

After attending the course, a participant will be able to:

- list three traumatic adverse effects of parental addiction on children's cognitive, behavioral, physical, and social-emotional development.
- explain two ways children carry the family's stigma and pain by adopting survival roles.
- demonstrate understanding of children's resiliencies to effectively guide them in developing three effective coping skills and heal.

### THPM10 - Substance Use Therapy Toolbox

**Presenter:** Steve Mason

This will be an interactive course where we will look at how the brain impacts therapy and recovery. We will then look at the roles cognitive-behavioral therapy, motivational interviewing, dialectical behavior therapy, and family therapy play in substance use recovery. Application of each of these theoretical views and their application will be discussed. We will go as far into application of each approach as time allows.

## THURSDAY AFTERNOON HALF DAY COURSES (CONTINUED)

### 1:30pm to 4:45pm

#### Course Objectives:

After attending the course, a participant will be able to:

- discuss the impact of substance use on the brain and how it can impact recovery attempts.
- examine application and examples of cognitive-behavioral therapy approaches.
- examine application and examples of motivational interviewing approaches.
- examine application and examples of dialectical behavioral therapy approaches.
- examine application and examples of how to approach family therapy.

## FRIDAY MORNING HALF DAY COURSES

### 9:30am - 12:30pm

#### FAM01 - Supporting People with Disabilities in Treatment and Recovery

**Presenters:** Vanessa Goepel and Brittany Gregg

Disability is the largest and most diverse minority group in the world, yet many practitioners lack professional development on this topic. This interactive course will provide an overview of disability, examine models for conceptualizing disability, and review inclusive language and etiquette. Participants will learn about ableism and accessibility as we discuss ways to be more inclusive practitioners. We will explore the relationships between disability and addiction, healthcare disparities experienced by the disability community, and available resources. Participants will be able to recognize and respond to the needs and barriers of people with disabilities in treatment and recovery.

#### Course Objectives:

After attending the course, a participant will be able to:

- define and describe disability, accessibility, and ableism.
- integrate inclusivity and accessibility into daily practice.
- recognize the barriers and needs of disabled people in treatment and recovery.

#### FAM02 - Engaging the Skeptical Client: From Referral to Discharge

**Presenters:** Christine Clark and Ashley Motes

This course will cover how to engage clients who are hesitant or resistant to engage in counseling or the therapeutic relationship. The focus will be on understanding barriers to engagement and strategies for building rapport and motivation in clients who may traditionally be difficult to engage. Learners will be exposed to different strategies and interventions for practical use in their clinical work.

#### Course Objectives:

After attending the course, a participant will be able to:

- identify barriers to client engagement in the therapeutic process.
- describe their role as clinician in the therapeutic relationship.
- identify at least 3 strategies for building rapport with clients.
- recognize additional therapeutic and evidence-based models for building client motivation and engagement in the counseling relationship.

**FRIDAY MORNING HALF DAY COURSES (CONTIUNED)**  
**9:30am - 12:30pm****FAM03 - Assessing Alabama's Opioid Epidemic**

**Presenter:** Christopher Sellers

This course will present the state's substance use data repository as a tool to monitor and report the impact of substance use upon state resources. This course will examine how this tool was developed as a solution to create a comprehensive story about the opioid epidemic using previously siloed data from various state agencies and our partners.

**Course Objectives:**

After attending the course, a participant will be able to:

- access statewide and county-level substance use data.
- interpret statewide and county-level substance use data.
- utilize statewide and county-level substance use data to monitor trends, allocate community funds and resources, and justify funding request to reduce the impact of substance use disorders.

**FAM04 - Protecting the At-Risk Youth**

**Presenter:** Zina Cartwell

A youth at-risk faces extreme threats to a successful transition into adulthood. The longer an at-risk youth goes without receiving help, they are more likely to live lives full of damaging issues. Prevention strategies play a crucial role in addressing the needs of at-risk youths. This course will look at effective practices that increase knowledge and empower prevention staff with the skills to help increase protective factors by using the Strategic Prevention Framework. Participants will engage in open discussion and interactive activities to gain better knowledge of how to create emotional safe environments, engage in healthy communication, discuss cultural-diversity, socio-emotional training, and youth empowerment.

**Course Objectives:**

After attending the course, a participant will be able to:

- describe the protective factors that influence the decision making of an at-risk youth.
- recognize the importance of youth empowerment and the role it plays in peer engagement.
- recognize the important role of developing an effective prevention plan.



## FRIDAY MORNING HALF DAY COURSES (CONTIUNED)

### 9:30am - 12:30pm

#### FAM05 - The Landscape of Faith Based Recovery and Transitional Living Programs

**Presenters:** Judd Drake and Brandon Lackey

This is a training on how today's faith-based and transitional living programs have answered the call to the SUD epidemic and have focused on providing wrap-around services. The training would communicate what services are available across ACRM (Association of Christian Recovery Ministries) members. We will dig into the push towards wrap-around services. Also, it describes what it means to be a certified ACRM member, the certification standards, and the certification process. We want providers to be able to confidently offer ACRM member services as one of many recovery options. We are better together.

**Course Objectives:**

After attending the course, a participant will be able to:

- recognize services ACRM members provide throughout the state.
- gain confidence in referring to ACRM member programs,
- recognize the Value of Transitional Living.
- address rumors and false beliefs about Faith Based programs.

#### FAM06 - Medication for Opioid Use Disorder (MOUD) Treatment Overview

**Presenter:** Lashanda Craig

This session will focus on the use of Medication Assisted Treatment for Opioid Use Disorders. Participants will gain an understanding of the use of FDA-approved medications for opioid treatment programs and review harm reduction strategies. This session will provide an overview of the structure of federally regulated Opioid Treatment Programs (OTP), discuss the stigma associated with MOUD, and discuss the implementation of effective evidence-based treatment services. Information will also be provided on accessible treatment options that are available throughout the State.

**Course Objectives:**

After attending the course, a participant will be able to:

- define and understand Medication Assisted Treatment for Opioid Use Disorders.
- describe the operational and clinical structure of federal regulated Opioid Treatment Programs.
- identify the impact of harm reduction strategies in MOUD Treatment.
- recognize the stigma and its influences on MOUD Treatment.

## FRIDAY MORNING HALF DAY COURSES (CONTIUNED)

### 9:30am - 12:30pm

#### FAM07 Introduction to Substance Use Prevention

**Presenter:** Erin Burleson

This course offers an interactive introduction to the field of substance use prevention. Participants examine the history of substance use prevention, key concepts, and foundational research informing the Strategic Prevention Framework (SPF). Participants will build basic knowledge and skills necessary to identify prevention priorities and develop a plan to implement and evaluate evidence-based interventions.

#### Course Objectives:

After attending the course, a participant will be able to:

- define Prevention.
- explain the Continuum of Care.
- identify the six prevention strategies.
- understand risk and protective factors.
- describe the five steps of the Strategic Prevention Framework.

#### FAM08 - HIV/STIs: An Overview/Update for the Substance Abuse/Mental Health Professional

**Presenter:** Rick Meriwether

This three-hour course will provide an overview/update of current developments in Sexually Transmitted infections (STIs/HIV) diagnosis & management to the lay person/professional especially those involved in the counseling & education of individuals living w/a dual diagnosis, i.e. alcohol/drug addiction AND a STI, including HIV and/or HBV/HCV.

#### Course Objectives:

After attending the course, a participant will be able to:

- define/identify the following terms: abstinence, safer sex, risk reduction, HIV, AIDS, STI/STD, nPEP, PrEP.
- conduct a brief, accurate and sensitive assessment of an individual's sexual risk-taking behavior.
- discuss the epidemiology, clinical manifestations, diagnosis & treatment for the following: HIV, gonorrhea, Chlamydia, syphilis, herpes, bacterial vaginosis, venereal warts, viral hepatitis, and pubic lice.
- review risk reduction/behavior change theories and models as they relate to STI/HIV infection.

## FRIDAY MORNING HALF DAY COURSES (CONTIUNED)

### 9:30am - 12:30pm

#### FAM09 - Adult Children of Addiction in Substance Use Disorder Treatment

**Presenter:** Wendy Wade

Adults Children of Addiction (ACOAAs) bring concerns deserving targeted attention in substance use disorder treatment. It is crucial to attend to the specific kinds of presentations due to underlying trauma and chronic unmanaged stress from living in the chaos, abuse, neglect, violence, uncertainty, and relationship dysfunction they may bring to treatment. Family rules, survival roles, and other defenses are created in that environment. The trauma and substance use disorder are often intergenerational. Survival skills which may have created some safety for children growing up can present as confounding behaviors and in adulthood. These may affect relationships in treatment and can include, among many others, traumatic bonding, emotional constriction, cycles of re-enactment and unresolved grief. PTSD or Complex PTSD can be present, as well as unique kinds of narrative descriptions related to emotional functioning. Parental substance use disorder, while present in all parts of society, can have even more complicated effects when occurring in families with poverty, racism, gender bias, and other forms of discrimination. issues with gender identification. This is a quietly marginalized population both as children and as adults. Identifying, validating, and supporting resiliencies and ways to access resource factors ACOAs have developed is offered. Interventions as well as some ideas that may assist in treatment considering these dynamics given as well. Three activities suitable for groups will be demonstrated/experienced.

#### Course Objectives:

After attending the course, a participant will be able to:

- identify three ways the lifelong effects for adult children of addiction (AC)As) present and affect treatment.
- assess two primary resiliencies of ACOA clients in treatment.
- describe at least one individual and group intervention.

#### FAM10 - Calm in the Storm

**Presenter:** Patrick Tidwell

A course on how to maintain your composure and calm despite the demands of everyday paperwork, dealing with clients and coworkers. How to have some of you left for your family when you get home too. A course on how to engage your brain (and your team's) in discovering ways to reduce stress in the workplace and in life overall. It's all about finding ways that work for you (and hopefully your team) to have composure during calm and stressful times.

#### Course Objectives:

After attending the course, a participant will be able to:

- identify strategies and plans that have not worked to reduce stress (use of "the Miracle Question."
- compare methods of a daily strategy for dealing with stress versus weekly habits (Have interaction among people in the course).
- investigate and discover different means of being calm reducing stress can be used.
- evaluate and discuss how to apply strategies in your office to create positive habits.
- assimilate new information and brainstorm how to bring it into your daily routines.

## Presenter Biographies

### Eric Abney

Eric Abney is a clinical therapist providing co-occurring mental health and substance use services at Living Well Outpatient Center, an outpatient program through AIDS Alabama. He is a licensed master's level social worker and has direct practice experience in several areas of social work, health care, and behavioral health care. He has held positions as a nurse aide providing home health services, as a case manager helping people living with serious mental illness diagnoses to access needed resources and care, and in direct practice with people on their journeys with substance use recovery, eating disorder recovery, and navigating systemic stressors related to homelessness, chronic illness and disabling conditions, and legal involvement. He is interested in mindfulness and compassion-based approaches to care.

### Scott Allen

Scott is a retired Chief of Police from East Bridgewater (Massachusetts), with over 25 years of law enforcement experience. He is a certified Massachusetts police academy instructor, university associate lecturer, community activist, and regional law enforcement professional advocating for those struggling with substance use disorders and behavioral health issues. After retiring from the East Bridgewater Police Department in March of 2020, Scott pursued his passion for assisting others in addressing substance use and mental health disorders through collaborative co-responder initiatives in his role as Chief Operating Officer of O2SL & QRT National. Scott is a nationally recognized Deflection subject matter expert. He has presented on his leadership and experience in Deflection at the White House, Office of National Drug Control Policy (ONDCP), Bureau of Justice Administration (BJA), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S.-Canada Opioid Summit, in front of U.S. Senate Committee members, International Association of Chiefs of Police (IACP) Technology Conference, with PTACC, and at the Police Assisted Addiction & Recovery Initiative (PAARI) annual summits. Scott still maintains his membership with the IACP and the MA Chiefs of Police Association.

### Lisa Anderson Akine

Lisa Anderson Akine is originally from Harrisburg, Pa., where she began her education and career. She graduated from The Pennsylvania State University, gaining her BS in criminal justice. She pursued her master's in clinical mental health and counseling at Capella University. Lisa is certified as a CADCE II and nationally certified counselor. She has dedicated her life to learning and helping others with their mental health, substance use disorder, and recovery. She started her career in residential treatment, then moved into the outpatient setting. While on this journey, she has learned that her passion is with medication-assisted treatment clients, specifically women dependent on opiates while pregnant. Today, Lisa is employed with the state of Georgia as their Opioid Settlement Coordinator. In this position, she is responsible for overseeing the McKinsey settlement. These funds are distributed to different providers throughout the state of Georgia, with a focus on detox treatment, MAT, and a state-wide distribution of naloxone. Lisa views her most significant accomplishment as being the wife of Greg, the mother of 5, and the Jamma of 12.

### John Bayles

John Bayles, the Program Director at the Recovery Resource Center, a program of the Crisis Center, has worked in the substance abuse treatment and recovery field for 7 years, serving as a program manager, treatment guide, crisis consultant and community outreach coordinator. He has also worked as a journalist in development and public relations for a nonprofit. John is a person in long-term recovery, a father and a husband who finds purpose through helping others find recovery. John serves as President of the Board of Directors for the Alabama Alliance for Recovery Residences.

## Presenter Biographies

### Melissa Beck

Melissa Beck is a person in long-term recovery who hails from the most magical of all cities - Birmingham, Alabama. Her recent midlife crisis focused on earning a master's in public health from UAB, with a focus on SUD. She has been a Certified Recovery Support Specialist since 2017 and received her Alcohol Drug Counselor certification in 2022. Her professional interests focus on expanding the role of peer support, documenting the outcomes, successes, and opportunities of the profession, along with a better understanding of how chronic illnesses can be effectively treated with minimal use of opioid pain relievers and establishing best practice protocols for when such medication is needed. She and her husband Jason are the proud parents of a husky named Sir Charles Barkless and another canine of unknown origins who answers to Kylie.

### Beth Bergeron

Beth Malone Bergeron, LPC, currently works at the Alabama Department of Mental Health as the MHSA Director of Certification. Beth was previously the Executive Director of the Chemical Addictions Program, Inc. Beth also worked for the GA Department of Behavioral Health and Developmental Disabilities in the Division of Addictive Diseases as the Adolescent Program Specialist. She previously served on the Alcohol and Drug Abuse Certification Board of GA as the Secretary and Certification Chair and is a GA delegate to the International Certification and Reciprocity Consortium where she serves on various committees and work groups. Beth also served on the Georgia School of Addiction Studies Board of Directors and served as the GSAS conference planner. Beth's previous work experience includes clinically and administratively supervising the RSAT programs within the GA DOC. Beth received her Master's degree in Counseling and Human Development with a concentration in Addiction Studies from Troy University Montgomery and continued to work toward her Ed.S. She received her Bachelor's Degree in Family and Child Development from Auburn University.

### Denise Bern

Denise Bern is a graduate of Troy University and Jones School of Law. She began her career in children's services with Dothan City Schools as the Juvenile Court Liaison to the Houston County Juvenile and Family Court and was instrumental in the development of Dothan City Schools Administrative Code and Code of Conduct as well as the Alternative School program. In 2006, Denise joined the Houston County Probation office as a Juvenile Probation Officer and remained in that position until 2013, when she came to the Alabama Department of Mental Health's Multiple Needs Child office. In 2018, Denise moved to Adult Services as the Trainer and Coordinator of the Individual Placement and Support – Supported Employment program. Since taking on that role, the program has deepened its partnership with the Alabama Department of Rehabilitation Services and achieved sustainability for all three IPS sites. In 2023, the Alabama Department of Mental Health, Alabama Department of Rehabilitation Services and ViTAl were awarded a SAMHSA grant "Transforming Lives through Supported Employment" which will allow expansion to two additional IPS sites in Alabama.

### Garret Biss

Garret Biss is a retired Marine Corps Pilot. Post-retirement in 2015, Garret confronted challenges common among veterans: anxiety, depression, and a sense of displacement. Turning to alcohol as a crutch, it wasn't until suicidal ideation took hold that he sought change. Rather than traditional addiction treatments, Garret's path was shaped by mentoring that emphasized self-worth, rediscovering identity, and tapping into inherent strengths. This approach not only alleviated his addictive behaviors but also reignited his passion for life. Garret's transformative experience sparked his commitment to assisting others with recovery tools grounded in positivity and personal strengths. In 2017, he co-founded an addiction recovery residence in North Carolina, serving as an interim program director, executive director, and former board president, Garret has provided critical leadership for the past six years. Additionally, Garret crafted a recovery program and curriculum deeply rooted in positive psychology and the principles of human flourishing. A graduate of the Clark School of Engineering at the University of Maryland and holding a master's from the Harbert Business School at Auburn University, Garret's spirit of service soars beyond recovery. He's a pilot for the Civil Air Patrol and helms a global water non-profit, One Million Goal, Inc. As an award-winning author, co-founder of a recovery residence, and a captivating speaker, Garret consistently leaves audiences inspired, bolstered in self-worth, and imbued with a newfound sense of purpose.

## Presenter Biographies

### John Bringuel

John has been active in individual and community social change since 1986. He currently works for the Council on Alcohol and Drugs where he is the Prevention/Intervention Program Manager. Over the past twelve years John has been the Project Director for the Georgia Prescription Drug Abuse Prevention Initiative and numerous drug prevention initiatives in the state of Georgia. John earned his Bachelor of Arts degree in Psychology from Georgia State University and a Master of Arts degree in Psychology from the University of West Georgia where he completed his master thesis on A Profile of Child Abuse and Neglect in 1992 while he worked as a Child Protective Service Investigator/Case Manager. He is a Certified Trainer and Trainer of Trainers through City & Guilds National Center for Professional Certification (NCPC) in London, England, and a Qualified Results Based Facilitator (RBF Network). John is an International Certified Prevention Specialist (ICPS). In John's 37 years of working in the field of mental health he has worked across the prevention continuum as a CAC in an inpatient substance and mental health hospital, conducted hundreds of child protective service assessments/case plans, and trained thousands of social service providers and the public at large about everything from "EI, EI, OH" to "The Truth about Drugs" to "Brains and Behavior" to "How to Keep Your But Out of The Way". John has an intense interest in promoting functional mental health, healthy living, and values and beliefs that create safety and well-being of all in the community and especially the youth.

### Erin Burleson

Erin Burleson is a prevention consultant for the Alabama Department of Mental Health-Office of Prevention. She received her BS from Auburn University and began her career in the prevention field in 2002. Mrs. Burleson worked for a prevention agency for seven years, serving as a community outreach coordinator and prevention director where she also became certified as a Prevention Specialist in 2004. In 2009, she transitioned to her current position as a prevention consultant. As a prevention consultant, Mrs. Burleson provides technical assistance and training to prevention agencies throughout the state.

### Emily Butler

Emily Butler, though not a physician by training, brings a unique and invaluable perspective to this panel of doctors. Following back surgery, Emily spent a decade grappling with an opiate addiction. Her journey of resilience and strength took a pivotal turn when she discovered she was pregnant, prompting her to relinquish her dependency on opiates with the help and guidance of the UAB Comprehensive Addiction in Pregnancy Program (CAPP). Recognizing the transformative power of support and understanding, Emily pursued a Certified Recovery Support Specialist (CRSS) certification through ADMH. She obtained her certificate in October 2021 and has been working in that capacity since then. Today, as a Certified Peer Support Specialist, she channels her lived experience to aid others on their recovery journeys. Beyond her professional role, Emily fervently champions the cause of accessible mental health for all, advocating for system-wide changes and greater inclusivity in care. Her compelling story, hands-on expertise, and deep commitment to the well-being of others makes her an indispensable voice on this panel, bridging the gap between clinical perspectives and the lived experiences of countless individuals.



## Presenter Biographies

### Pamela Butler

Ms. Butler has been in long-term recovery for over nearly 30 years. She has worked in substance use disorder services in different capacities for over 26 years as well as actively participating and promoting recovery in the community. Her experience spans a variety of services to individuals and their family members including direct care in residential and outpatient settings. She worked for 17 years at the University of Alabama at Birmingham as a primary substance use disorder counselor, aftercare coordinator for health care professionals, treatment coordinator for Jefferson County Drug Court, and Coordinator of Recovery Resources for the Alabama Department of Mental Health. She worked for 10 years at Aletheia House as a primary counselor serving consumers and family members. Ms. Butler is the Director of Zoe Helpful, a recovery support agency providing trainings, consulting, and recovery coaching services. Ms. Butler promotes recovery resources through contact with recovery community, advocate groups, faith-based community coalitions, substance abuse consumers, their family members, prisons, court offices, universities, and other community stakeholders. Ms. Butler is dedicated to the promotion of individual driven, evidence-based, recovery focused, easily accessible substance use services for all those in need.

### James Campbell

James Campbell has been working professionally in the human services field for over twenty-eight years. His passion is helping individuals, families, and relationships to heal through leveraging their strengths and supporting other helping professionals as they cultivate their skills and expertise to assist others more effectively. James is a Licensed Professional Counselor, Licensed Addiction Counselor, Master Addictions Counselor, an Advanced Alcohol and Drug Counselor, and a Certified Grief-informed Practitioner. He is also a member of both NAADAC and ACA. James is a past President and continues to serve on the Board of Addiction Professionals of South Carolina and has worked in a wide range of clinical settings over the years. Currently he serves as the Training and Technical Assistance Manager for the Southeast Addiction Technology Transfer Center located at the National Center for Primary Care at Morehouse School of Medicine and works privately as a nationally recognized author, consultant, lyricist, poet, professor, and speaker. James is also an ordained minister.

### Kristina Canfield

Kristina Canfield is the Executive Director for the Association of Recovery in Higher Education (ARHE). Kristina attended Ohio University in Athens, Ohio where she earned both her bachelor's degree in history and a master's degree in College Student Personnel. During her time at Ohio University, Kristina helped to establish the Collegiate Recovery Community to assist students in or seeking recovery from substance use disorders on that campus. After graduation, she worked in an inpatient treatment facility where she continued to gain valuable experience in the continuum of care for substance use disorders. Previously, she was employed as the program coordinator for the Collegiate Recovery Program (CRP) at The University of Texas Rio Grande Valley and as the Substance Abuse Prevention & Recovery Coordinator for The University of Alabama at Birmingham. Kristina is very passionate about the field of collegiate recovery and prior to her current role, she worked closely with ARHE as Conference Manager for the ARHE/ARS/AAPG National Conference, Secretary of the Advisory Council, and Project Lead for two grant projects focused on advancing the field of collegiate recovery. Her vision is that one day, every institution of higher education offers support for students in or seeking recovery so that they feel supported no matter their chosen path of recovery.

## Presenter Biographies

### Christina Cenczyk

Christina Cenczyk is the former Director of Data and Research for the University of Alabama at Birmingham (UAB) Substance Abuse Division. In this role, she led her team in multiple evaluation research projects involving drug courts, family wellness, recovery support services, pretrial assessment, and a comparison study of chemically addicted pregnant women at the UAB Complications Clinic. Christina holds a master's in criminal justice from the University of Alabama (2001) and has worked within criminal justice and treatment-oriented systems for 28 years serving at-risk populations. She has a combined background of program management, data analysis, systems development, and evaluation research that is enhanced by a practitioner perspective. She is currently employed by UAB in the new role of Program Director I - Retention Lead for the All of Us Southern Network.

### Christine Clark

Christine Clark, MAMFT, LPC (GA), LPC-MHSP (TN), CPCS (GA), NCC is Senior Director of Training and Clinical Development at Health Connect America. She has worked in the Mental Health field for the last 12 years, is licensed as a Professional Counselor in both Georgia and Tennessee, is a Certified Professional Counselor Supervisor in Georgia and Approved Clinical Supervisor in Tennessee.

Throughout her career, Christine has worked as a counselor & assessor in community mental health, private practice therapist, and Adjunct Professor. Her areas of clinical specialization include trauma, child and adolescent counseling, family counseling, and more recently, telemental health.

### Katie Cooper

Katie Cooper is an Account Manager with Unified Partnerships where she assists with the planning, implementation, and tracking of government media campaigns. As a former Opioid Prevention Specialist with Georgia's Department of Behavioral Health and Developmental Disabilities, she brings the unique experience of being a partner of Unified Partnerships while managing the Georgia State Opioid Response Campaign. She has a Master of Public Health from Emory University.

### Lashanda Craig

Lashanda Craig is a Program Manager for the Alabama Department of Mental Health Substance Use Division. She has over 19 years of experience in Substance Use Treatment, Medication for Opioid use Treatment, program development, and program monitoring. She received her Bachelor's Degree in Social Work from Alabama State University and her Master's Degree in Counseling from Troy University. She was the Executive Director of New Seasons in Montgomery for 10 years before joining the Alabama Department of Mental Health. Lashanda is passionate about Substance Use Treatment. She is married and has 2 children. She enjoys traveling, gardening, decorating, and spending time with her family.

## Presenter Biographies

### Rosalyn Davis

Mrs. Davis is a 36-year Criminal Justice practitioner with experience in all phases of the criminal justice system. Ms. Davis is a Certified Alcohol and Drug Counselor 2, an International Certified Alcohol and Drug Counselor, a Medication Assisted Treatment Specialist. She is a Sr. Training Instructor Certification through the Peace Officer Standards and Training Act. Mrs. Davis also serves as a part-time Instructor for Middle Georgia State University. She specializes in Criminal Justice Reform and evidence-based training and programming. Mrs. Davis has served in multiple leadership positions in both the private sector and in State Government over the years, some include Probation Officer III, Day Reporting Center Manager, Statewide Manager for Day Reporting Centers, Programs Manager, and Manager 2. Her background includes teaching evidenced based training, Instructional designing, program implementation, program oversight for Day Reporting Centers, Counseling Services, Substance Abuse Aftercare Services, Mental Health Services, Education and Employment services. She is a National Trauma Informed Response Trainer through the Substance Abuse Administration (SAMHSA), a Crisis Intervention Officer, and a sworn probation/parole Officer in the State of Georgia. Ms. Davis holds a bachelor's and master's degree in criminal justice. She is very active in her community serving multiple organizations. She is a member of Alpha Kappa Alpha Sorority, Incorporated where she serves as Parliamentarian, and she also serves as Chairwoman of multiple committees. Mrs. Davis is also a member of the Macon Re-entry Coalition, Warner Robins Human Needs Coalition, Georgia Professional Association of Community Supervision, American Probation and Parole Association. She also serves as Parliamentarian and Chairwoman of the Bylaws Committee and the Social Justice Committee for the Alcohol and Drug Abuse Certification Board of Georgia. Mrs. Davis has always been an advocate for the less fortunate, homeless, and individuals who are in Recovery. In her spare time, she enjoys traveling, shopping, crafting, and spending time with her family and friends.

### Judd Drake

Judd Drake was born and raised in Tuscaloosa and has 2 children. He has spent the most part of 20 years in addiction until age 36. After choosing sobriety on April 28th, 2017 has accomplished the following, Worked in Faith Based Recovery for 5 plus years, obtained a CRSS certification through the Alabama Department of Mental Health completed Level 1 of the Minds and Mentors program at the University of Alabama through the Capstone School of Nursing. He is a Deacon at his church. He serves on the Board of Directors for an organization that helps battered and trafficked women by the name of Dorothy's House and is the Treasure of the Board and volunteers with One Misson (formerly Love INC Tuscaloosa), helping with their client software tracking development.

### Sue Feldman

Sue Feldman, RN, MEd, PhD, FACMI is a Professor at the University of Alabama at Birmingham and serves as Director of Graduate Programs in Health Informatics in the School of Health Professions. She has appointments in the Heersink School of Medicine in the Informatics Institute as well as in the Center for the Study of Community Health in the School of Public Health at UAB. Her research focuses on health information systems for social good – from development to implementation to evaluation. Most recently, Dr. Feldman led a team in developing symptom assessment and exposure notification tools for the state of Alabama. One of these tools, Healthcheck, was deployed for symptom assessment in K-12 schools and institutions of higher education across Alabama to keep schools open and classes in-person. Her current on-going work involves leading the development of a substance use and recovery data collection system for the state of Alabama. Dr. Feldman has received the HIMSS 2021 Changemaker in Health Award, UAB Faculty Innovator of the Year, and UAB Mentor of the Year. She was recently inducted into the American College of Medical Informatics. Dr. Feldman's work has been funded by several federal and state agencies and private foundations and has been published in many top tier journals. She has a master's degree in education and a PhD in Education as well as a PhD in Information Systems and Technology from Claremont Graduate University, part of the Claremont Colleges Consortium, in Claremont CA.

## Presenter Biographies

### **Brittney Garrett**

Brittney Garrett is the Director of Public Safety Training & Outreach at the Police Assisted Addiction & Recovery Initiative (PAARI). Brittney has more than 14 years of law enforcement and leadership experience. Prior to joining PAARI, Brittney most recently served as the Administrative Commander/Major for the Jeffersontown Police Department in Kentucky. Brittney previously served as a National Police Council Member for the Police Assisted Addiction Recovery Initiative (PAARI) and currently serves on the VAWA Implementation Plan Planning Committee for the state of Kentucky. She has received a 2017 PAARI Leadership Brittney received her bachelor's degree in justice administration from the University of Louisville and her master's degree in organizational leadership from Colorado State University-Global Campus. She has also received certificates from the Kentucky Department of Criminal Justice Training (DOCJT) Academy of Police Supervision, the DOCJT Criminal Justice Executive Development Course, and 200-hour Power Yoga Teacher Training.

### **Lindi Glasgow**

Lindi Glasgo specializes in health, education, tourism, and campaigns that represent vulnerable and hard to reach communities. Most recently she developed campaigns around Covid-19 Awareness, Vaccine Acceptance projects, GA Department of Behavioral Health and Disabilities, SC Department of Alcohol Other Drug Abuse, MS Tourism, AL Education Summer Food Program, NC Community College Systems, TN Voter Registration, SC Voter Education, Fulton County GA Voter Education, AL 2020 Census, GA 2020 Census and Military Learners Now. Lindi specializes in overseeing comprehensive data-driven strategies and world class campaign development. Skilled in omni-channel brand development, media relations, and behavior change campaigns, she works on all campaign deliverables, relentlessly pushing for the best idea, solution, and outcome.

### **Vanessa Goepel**

Ms. Vanessa Goepel is a Licensed Professional Counselor Supervisor, with 10 years' experience in higher education disability services, and more than 15 years' experience in behavioral health treatment. She has been with The University of Alabama since 2014 and has led the Office of Disability Services as Executive Director since 2018. In addition to her role at UA, she manages a small counseling practice in Tuscaloosa, providing therapy to adolescents and adults with a variety of behavioral health concerns. Ms. Goepel has been a member of the Alabama Alcohol and Drug Studies (ASADS) Board since 2017 and serves as the Treasurer.

### **Ronnie Gravett**

Ronnie "Matt" Gravett MD, MSPH (He/Him/His) focuses his research on HIV prevention and the intersection of HIV and STIs in the Deep South. Dr. Gravett is an Assistant Professor of Medicine in the Division of Infectious Diseases at the University of Alabama at Birmingham Heersink School of Medicine. At UAB, he completed his clinical fellowship in Infectious Diseases as well as the AHRQ NRSA T32 Postdoctoral fellowship in Health Services, Outcomes, and Effectiveness Research in 2020. His research and educational work centers on improving sexual health outcomes in the Deep South with a particular focus on HIV prevention and STIs in sexual and gender minority persons. His research concentrates on PrEP promotional messaging, participatory methods utilizing crowdsourcing to engage the community, and clinical trials with new PrEP modalities and early-phase HIV vaccine trials. He is an Associate Director for the Center for Outcomes Education and Research Education (COERE), where he leads Gathering to Enrich and Advance Research (GEARs). As a clinician and educator, he directs the 1917 PrEP Clinic at UAB, sees patients living with HIV at 1917 Clinic, and leads the HIV curriculum for the Southeast STD/HIV Prevention Training Center. Recognizing affirmation as a remedy for stigma, he fervently believes and advocates for affirming and inclusive sexual health care for LGBTQ+ persons.

## Presenter Biographies

### Brittany Gregg

Ms. Brittany Gregg is a Licensed Professional Counselor and holds a Master's in Counseling from UAB. She currently works as the Assistant Director in the Office of Disability Services at The University of Alabama. Ms. Gregg has worked in postsecondary disability services for ten years. She holds a Master's in Higher Education Administration and is a Certified ADA Coordinator. She also serves on the Board of Directors for the Alabama Association of Higher Education and Disability.

### Kendra Homesley

Kendra Homesley, MSW, ADC, ICRC, CRCT is currently Territory Manager for Bradford Health Services. She is a Certified Addiction Counselor and a member of AADAA. Kendra has served on the board for the Alabama Alcohol and Drug Abuse Association and is President of AADAA. She also currently serves as a board officer for the Alabama Alliance of Recovery Residences. She received her master's degree in social work at Jacksonville State University. Kendra has worked in the substance abuse field in 2010. Kendra is also a person in long term recovery and has been sober since 2009. She uses her own personal experience, as well as her education and professional experience to help those suffering from substance use disorder, advocate for those individuals, engage in public speaking events that educate the public and attempt to reduce the stigma related to SUD.

### Ann Howell

Annie Howell is a Licensed Professional Counselor in Alabama, a Nationally Certified Counselor, and a nationally certified Master Addictions Counselor. She currently works as the Clinical Director for Family Life Center with inpatient and outpatient locations all over north Alabama. She holds a 200-hour Registered Yoga Teacher certification with Yoga Alliance. She has been facilitating weekly Yoga of 12-Step Recovery (Y12SR) meetings for over 2 years. Y12SR is for anyone who struggles with addiction or has been affected by addiction in any way and incorporates yoga and 12-step philosophies. She also identifies as a person in long term recovery.

### Cerise Hunt

Cerise Hunt, PhD, MSW, is the Associate Dean for Equity, Diversity, and Inclusion, director for the Center for Public Health Practice, assistant professor in the Department of Community & Behavioral Health at the Colorado School of Public Health on the University of Colorado Anschutz Medical Campus. She is responsible for collaboratively leading the school's efforts to advance equity, diversity, and inclusive excellence. Cerise is also responsible for forming community linkages that guide public health practice, providing education and workforce development opportunities, and engaging in public health practice research. Cerise was instrumental in the formation of the Colorado Black Health Collaborative, which is a community-based organization that is committed to improving health and wellness in Colorado's Black, African, and African American communities through collaborations, and partnerships, with community-based organizations, non-profits, public organizations, private entities, and government agencies.

### Monaletto C. Irby

Monaletto C. Irby is a native of Demopolis, Al. He attended and graduated from Jacksonville State University in Alabama in 1997 with a Bachelor of Science in Criminal Justice (Corrections) and a minor in Social Work. Irby has spent over 25yrs working with at-risk youth and their families. He is currently employed with Georgia Department of Juvenile Justice for close to 16yrs, where he has served as a Juvenile Probation/Parole Specialist for 4 years before moving to the Office of Professional Development in 2011, where he currently serves as the Deputy Director of Regional Development. Irby is a Georgia P.O.S.T certified Master Training Instructor. He is certified Verbal Judo Instructor, Training Center Faculty for American Heart Association and Coordinator of the Basic Life Savers Course for the Agency. In May 2020 during the pandemic, he created his own company MCI Motivated Intervention Solutions, LLC. Focused on Leadership and Staff Development. He has had the pleasure of training in several different agencies across Georgia and other states. Irby has been a featured speaker at several Professional Development Conferences to include Georgia Juvenile Services Association, Georgia School of Addiction Studies, APPA (American Probation and Parole Association).



## Presenter Biographies

### Susan James-Andrews

Susan James-Andrews has provided substance use, mental health, prevention, treatment, and HIV counseling services at all levels of care (detox, outpatient, partial hospitalization, inpatient), as well as at psychiatric facilities from New York to Tennessee. For over 25 years she has been an advocate for inclusion of culture, generational and gender considerations to enhance and sustain organizations systematically regarding the intersection of substance misuse, violence, mental health and crime. In February/March 2023 Susan co-conducted a nationwide Listening session for BJA regarding opioids impact on underserved and marginalized communities and served as an advisor on the Residential Substance Abuse Treatment, (RSAT) DEI advisory committee. Susan has consulted across multiple federal agencies providing grant review, training, and technical assistance. She has trained law enforcement, tribes, worked with various universities, states in research in prisons, pre-release and juvenile facilities. She served as a conference administrator for the International Counseling and Treating People of Colour Conference, Black Addictions Institute, is the former Executive director of the Thurgood Marshall Action Coalition and previously served on the executive board of National Association of Drug Court Professionals, (All Rise), where she trained or provided technical assistance of hundreds of treatment courts, (adult, juvenile, family, tribal and veterans courts). and served on the advisory Board of Native American Alliance Foundation amongst others. She received her MS degree in counseling from University of Memphis, TN and BS degree in Community Health at Mercy College in Dobbs Ferry, NY and is a certified *Historical trauma Specialist* and received her Certification as Addiction Counselor, (CAC) in Washington, DC and New York. She is the owner of James-Andrews & Associates, based in Mitchellville, MD.

### Rommel Johnson

Rommel Johnson is an Assistant Professor in the School of Rehabilitation Services and Counseling at the University of Texas-Rio Grande Valley. Dr. Johnson holds a Ph.D. in Counselor Education and Supervision from Western Michigan University and Master of Arts degrees in Community Counseling and Youth Ministry from Andrews University, Berrien Springs, Michigan and a Bachelor of Arts Degree in Theology from Oakwood University, Huntsville Alabama. He is a Licensed Professional Counselor (LPC) in the states of Michigan and Texas and is Board Certified in General Counseling (NCC), Rehabilitation Counseling (CRC), and Addiction Counseling (CAADC). Dr. Johnson has over 15 years of clinical mental health and addiction counseling experience. Dr. Johnson's research interests include understanding issues of race, social justice, disability, addiction, and mental health within Afro-Caribbean and Afro-Latinx populations.

### Amber Jones

Amber Jones is a project manager at the Southeast Prevention Technology Transfer Center (SE PTTC) at Wake Forest School of Medicine. With a dedicated career spanning over 15 years in the field of substance misuse prevention, Amber has made an impact at the community, regional, and state levels. Her work has reached the lives of thousands of teens and families through the delivery of evidence-based prevention programs, empowering them to make informed and healthy choices. Amber has also led coalitions in both rural and urban communities by collaborating with teens, community members, and professionals to develop strategies, programs, and policies to address alcohol and substance misuse issues within their respective communities. Her passion lies in youth engagement, where she has strived to empower young people to become catalysts for positive change.



## Presenter Biographies

### Robert Keeble

Robby has a long and successful career in the addiction/recovery profession. He recently retired as the founder and senior partner of Any Length Resources LLC, which operates recovery residences in Alabama and Florida. He also was Executive Director of the Genesis Center in Georgia and The Center for Addiction and Mental Health Services at Lloyd Noland Hospital in Alabama. He has served as a consultant for the development of several programs over the last 30 years. He has presented to professional groups including social workers, counselors, nurses, physicians and recovery residence operators. He is the creator of “Time To Recover,” a time management tool for recovering people, and “The Broken Brain,” a layman’s view of the brain of an addict. He also presents extensively on topics related to healthy recovery communities and spiritual virtue in healthy sober living facilities. He currently serves on several boards of directors for recovery organizations. He also serves as a board member for the Alabama Alliance for Recovery Residences and is a founding member.

### Brian Key

Brian Key Partner and Chief Marketing Officer. Since arriving at Copperwing in 2008, Brian has helped clients succeed within their industries through creative marketing strategies. He became a partner at the firm in 2013, helping to create steady growth while achieving record-setting results for clients. Brian keeps a sharp focus on each client’s industry. He leads marketing strategy to gain optimal results from every initiative. His marketing solutions have been integral to success in launching new product brands for clients like KW Container; getting unprecedented results for state programs such as Alabama’s Break for a Plate; and informing and engaging audiences through campaigns for Neptune Technology Group, among many others. Digital marketing results for professional service firms such as Jackson Thornton; informing and engaging audiences in social media campaigns for the Alabama Department of Mental Health— Opioid Crisis Awareness; and spearheading public outreach campaigns for the Alabama Department of Public Health, are just a few of the ways Brian has built brand relationships. Brian holds a degree in advertising and journalism from Troy University and a master’s degree in public administration and nonprofit management from Auburn University at Montgomery. He and his wife, Donna, have three boys. Brian is active in his community and church.

### Mansfield Key

Mansfield (Pete) Key III is the leading Growth Development Strategist and International Motivational Speaker. He’s a Life Coach, mentor, consultant, speechwriter, and certified HIV/AIDS Instructor. He holds multiple certifications in grief counseling and 21st Century Leadership. He’s certified in Relationship Smarts, Fatherhood Initiative, Together We Can, and Basic Training for Relationships from the Human Development Department at Auburn University. He has provided technical assistance to the Federal Government’s Health and Human Service for all 50 states and has worked directly with the U.S. Centers for Disease Control. He has consulted for the Departments of Education and Public Health in several states. He has also provided presentations for the Juvenile Justice System, Dream Development Center in Johannesburg, South Africa, and Liverpool, England’s Hope Organization. He is the creator of the Lunch with The Keys Program, teaching Character Education to kindergarten through twelfth-grade students. The youth services program, Lunch with The Keys, won the School of Distinction for Florence High School and went on to be awarded the 2019 CLAS Banner for Alabama School District 7. Pete’s Fatherhood program also won the Community Action Head Start Fatherhood Program of the year. He was named Humanitarian of the Year for the Alpha Phi Alpha Fraternity. He’s also a member of the 2016-2017 Class of Leadership Alabama and the 2020 President of the Florence Rotary Club. His speaking engagements include the Ryan White National Conference; Substance Abuse and Mental Health Services Administration (SAMSA); Alabama Education Association; Alabama Associate of School Boards; and the School Superintendents of Alabama. He has authored three books and released multiple curricula. Besides his relationship with God, he is most proud of his wife, Sharlene, and two daughters, Erin and Joi. Key believes everyone has something special, but sometimes people need others to help them discover it.

## Presenter Biographies

### Kristin Kidd

Kristin Kidd is Director of the North Carolina Behavioral Health Equity Initiative. This project collaborates with North Carolina agencies and communities to address the structural or root causes of behavioral health inequities in historically underserved neighborhoods and communities of color. Kristin also provides local policy training and technical assistance for the SAMHSA-funded Southeast Prevention Technology Transfer Center (PTTC) at Wake Forest University School of Medicine. She has developed and delivered both synchronous and asynchronous trainings focused on the policy process across the region and internationally. Prior to joining the Southeast PTTC, Kristin led the Tobacco Control Training and Technical Assistant Team at the Colorado School of Public Health. Her team provided statewide advocacy and policy guidance to local health agencies focused on eliminating tobacco-related disparities. Kristin collaborated with multiple Colorado communities to pass local tobacco control policies such as retailer licensing and expanded smoke-free/vape-free ordinances.

### Bruce Kimble

Bruce Kimble is a peacemaker. Bruce has been President of AADAA times and has many friends in the field of addiction treatment/Prevention. Bruce Kimble has recently retired as the Drug Treatment Program Supervisor for the Department of Corrections and is currently serving as the Clinical Director of Grace Recovery for Women/Coosa Community Services. Bruce has over forty years experience in the addiction field. Bruce is married to Ava Kimble and they live in Clay County, AL.

### Brandon Lackey

Brandon Lackey served the Foundry Ministries for two years as the Director of Changed Lives Christian Center, a homeless transitional housing nonprofit, before transitioning to his current role as Chief Program Officer in 2015. Before joining the Foundry, Brandon served for over a decade with Adult & Teen Challenge, where he held programming, administration, and development positions. He also spent nearly two decades in a volunteer leadership role, helping at-risk youth experience the greatness of God in an outdoor scouting ministry. He holds a Bachelor of Science in the behavioral sciences from the University of Alabama at Birmingham, is currently working on his master's in clinical Mental Health Counseling at the University of West Alabama and is an ordained minister by appointment to the Foundry. Brandon has served as the Executive Administrator to both the Alabama Rescue Services Association and the Association of Christian Recovery Ministries. As a founding board member of the Association of Christian Recovery Ministries, he worked with the Alabama Legislature to revise Alabama's mental health laws, further protecting recovery choices (2010). He also facilitated the development of standards for certification-exempt recovery organizations that emphasize best practices, transparency, and accountability. As the Executive Administrator of the Association of Christian Recovery Ministries (2020-2022), Brandon worked in conjunction with the Alabama District Attorney's office, the Alabama Legislature, and the Alabama Department of Public Health to classify the addictive compounds found in Kratom (2016), Tianeptine (2020), and Phenibut (2021) as controlled substances. He continues to serve in a watchdog capacity to identify emerging threats to the recovery community's health and safety. He has spoken or been quoted in various advocacy roles by Consumer Reports, The Doctors TV Show, the Huffington Post, the Center for Science in the Public Interest, the National Academies of Sciences, Engineering, and Medicine, and the CityGate Network. Brandon served on Alabama Governor Kay Ivey's Opioid Abuse and Overdose Commission (2017-2023), focusing on expanding access to treatment and recovery services, and the Alabama Department of Mental Health's Recovery Housing Committee, recommending National Association of Recovery Residences affiliation and standards. Brandon has been married to Deidre, a nationally published photographer, since 2003, and together have two teenage sons – James and John Brooks. The Lackey family are active members of Covenant Presbyterian in Birmingham.

## Presenter Biographies

### Andrea Lashley

Andrea Lashley is a Licensed Professional Counselor. She graduated from both Judson College and the University of Alabama at Birmingham. She has dedicated her career to working with those with substance use disorders in both residential and outpatient settings. With over 10 years of experience, Andrea currently works with the Birmingham Fellowship House. She serves as the Team Leader within their Walker County Outpatient office. Her professional interests include trauma-informed care and collaborating with other providers to expand recovery within Walker County and surrounding communities.

### Kymberly Laube

Kym Laube is the Executive Director of Human Understanding Growth Services, Inc., HUGS, Inc., located in Westhampton Beach, NY. In this position she brings over 33 years of substance misuse prevention knowledge and expertise. Since she took the role of Executive Director in 2002, she has been leading the organization to provide a full array of multidimensional prevention services and recovery supports, all while ensuring she is advocating for the field all along the continuum of care. Kym is a national trainer and speaker, working with notable leaders in prevention including CADCA, various state associations and corporate businesses. Having participated in the HUGS, Inc. Teen Institute program in 1986 as a high school student, Kym understands firsthand, the profound impact, lifelong influence, and workforce development the Teen Institute program provides to young people. From student leader to Executive Director in 2002, Kym's mission has been to empower others to seek their full potential and become agents of change in the world. Kym offers dynamic, passionate and interactive keynotes, trainings and workshops for large and small groups with an uncanny ability to talk with and not at people. Annually, Kym presents to over 25,000 individuals, young and old across our great country.

### Leah Leisch

Dr Leah Leisch is board certified in Internal Medicine and Addiction Medicine. She is the Program Director of the Addiction Medicine Fellowship at UAB and the medical director of UAB's Beacon Integrated Healthcare. Her clinical practice focuses on providing evidence-based treatments for pain and substance use disorders.

### Li Li

Li Li is a board-certified general psychiatrist and addiction medicine specialist, and an associate professor in the Department of Psychiatry and Behavioral Neurobiology at the University of Alabama at Birmingham (UAB). Dr. Li Li received her MD from the Hubei Medical College, Wuhan University, and Ph.D from the Georgia State University. Then she joined the Psychiatry residency at UAB. Upon completing her residency training, Dr. Li was appointed as a physician-scientist at the UAB in 2013. She was appointed as the medical director for Outpatient Addiction Services at UAB. She has provided services for patients in both inpatient and ambulatory settings. She is also an independent investigator with experiences in early life stress, substance use and psychiatric disorders. She is currently leading a SAMHSA study targeting providers at UAB to increase their knowledge to substance use disorder, and to expand the access to medications for opioid use disorder (H79TI082550-02, SAMHSA), and a community-based project on substance use and mental health comorbidities in Alabamians using telemedicine (Foundation for Opioid Response Efforts).

### Curt Lindsley

Curt Lindsley has led and worked with nonprofit organizations for over 25 years. In May 2019, Curt, and his wife Tracy, along with the new Executive Director Stephanie Jennings launched Best Life Recovery, a women's recovery residence program in Huntsville to help women with substance use disorder to find long-term recovery. Since January 2021, Curt has served as President of the Board of Directors of the Alabama Alliance for Recovery Residences (AARR) and helped lead the organization to becoming accredited by the National Alliance for Recovery Residences to certify recovery residence programs in the state of Alabama by the NARR Standards.

## Presenter Biographies

### Pierluigi Mancini

Dr. Pierluigi Mancini is a national and international consultant and speaker about mental health and addiction specializing in cultural and linguistic responsiveness, immigrant behavioral health, social and racial justice, health equity and health disparities. His new book "...And Healthcare for All - How to become a high- performing, equity -centric organization: A Practical Guide for Health Care Leaders' has just been published and is being heralded as a timely and important book. As a national consultant, Dr. Mancini has provided expert content on immigrant behavioral health and cultural and linguistic responsiveness to clients at the local, state, and federal level.

Dr. Mancini's public service announcement and documentaries addressing Latino underage drinking, suicide and prescription drugs have won a combined six (6) EMMY ® awards. Dr. Mancini has been honored with the 2023 Advocate of the Year Award, the National Latinx Psychological Association Star Vega Distinguished Service Award; the UnidosUS (NCLR) - Helen Rodríguez- Trias Award for Health; and the Mental Health America "Heroes in the Fight" Award and was named one of the 50 Most Influential Latinos in Georgia. He is the Chair-Elect for Mental Health America National Board of Directors, serves on the Board of Directors for R.I. International and the Advisory Council for The Center for Victims of Torture.

### Chrissie Martin

Christine (Chrissie) is a Licensed Marriage and Family Therapist (LMFT), Licensed Addictions Counselor Supervisor (LAC-S) and Certified Supervisor (CS) in the state of South Carolina. For the last 17 years, she has been working in the field of opioid treatment. She has worked in a variety of roles including as a counselor, a clinical supervisor, and program director. Chrissie currently works as a National Clinical Director for Behavioral Health Group, the largest network of Joint Commission-accredited outpatient opioid treatment recovery centers in the country., Chrissie worked as a program surveyor for the Commission on Accreditation of Rehabilitation Facilities (CARF), conducting accreditation surveys of opioid treatment programs throughout the country. She is actively involved in volunteer work at the community, state, and national level. She currently represents South Carolina on the board of AATOD, the American Association for the Treatment of Opioid Dependence. She serves as the president for the South Carolina AATOD chapter (SCATOD). On a local level, she maintains active involvement on the board of FAVOR (faces and voices of recovery) Lowcountry, a local nonprofit Recovery Community Organization. Chrissie is a passionate advocate for individuals and families in and seeking recovery and a strong believer in the value of evidence-based treatment, medication-assisted recovery, harm reduction, and supporting multiple pathways to recovery.

### Jerria Martin

Jerria works with a variety of government entities and organizations including the United States Substance Abuse & Mental Health Services Administration (SAMSHA), Community Anti Drug Coalitions of America (CADCA), the Center for Disease Control (CDC) and the Opioid Response Network (ORN). As a licensed and ordained minister, her vision, strategies, and have helped influence public policies with programs that reach out across the cultural divide. With a bachelor's degree in English from Stillman College and a Master of Divinity degree from Princeton , Jerria has preached and presented nationally and internationally, working with a host of world renown leaders. In October of 2020, Jerria was recognized by Former First Lady Melania Trump, Former President Trump, and the ONDCP as one of the top drug coalition leaders in the country. As a leader in her community, she hosts three radio shows and serves on several boards, including the Board of Directors for Vaughan Hospital. In 2022, Jerria was appointed by Governor Kay Ivey to serve on the Alabama Public Library Service Executive Board, as the representative for District 7. Most recently Jerria and her coalition received a Blue Ribbon Coalition Award from the White House.



## Presenter Biographies

### Steve Mason

Steve Mason is a licensed professional counselor, supervising counselor, and certified addiction counselor who has worked in the substance use field since 1999. During his tenure in the field, he has worked with both adolescent and adult populations in outpatient, residential, and home-based settings. He is currently serving as the clinical director for the Aletheia House, executive director for New Direction Counseling Inc, and serving as adjunct faculty for Alabama A&M University's counseling program.

### Honour McDaniel

Honour is the Director of Maternal and Infant Health Initiatives for March of Dimes in Alabama. A native of Franklin, Tennessee, Honour received her undergraduate degree in public health at the University of Kentucky. After undergraduate studies, Honour served in the AmeriCorps setting up and providing free vision screenings in preschools around Alabama. Once she completed time in the AmeriCorps, Honour received her MPH from the University of Alabama Birmingham in Maternal and Child Health Policy and Leadership and received a certificate in social marketing. She has background in program evaluation, needs assessment, and publications on evaluating infant mortality and reproductive coercion. Honour has worked with state entities in Alabama, Tennessee and Wisconsin. Honour serves as the chair of the Maternal Child Health/Substance Use Subcommittee of the Alabama Opioid Overdose and Addiction Council.

### Richard "Rick" Meriwether

Richard Meriwether is currently serving as an Independent Health Educator. He had been employed with the University of Alabama at Birmingham (UAB), Department of Medicine, Division of Infectious Diseases, as a Program Manager/Health Educator/Trainer beginning in 1994. Prior to his employment with UAB, he was employed by the Alabama Department of Public Health, STI/HIV/AIDS Divisions, as a Disease Intervention Specialist in the STI/HIV program. He has worked in several areas of STI/HIV prevention & control, i.e. epidemiology, research, surveillance, education, clinical/medical/community relations, etc. His work has allowed him opportunities for working with several medical entities, as well as community-based organizations in the areas of prevention education on both the individual and community-based levels.

### Judy Micale

Judy Micale, MS, PCC, CAP, CPP is an author, mentor, speaker, and a professionally credentialed coach through the International Coach Federation. She has been coaching for over thirteen (13) years with clients on a global range. She has additional certifications as a Conscious Business Coach, Certified trainer for Canfield/s Principles of Success, a certified facilitator for Appreciation in the Workforce, Compassion Fatigue educator, Certified Addiction Prevention Professional and Certified Addiction Professional. Her tagline is that Communication + Compassion = Change in today's world and workforce.

### Talisha Moody

Talisha Carter-Moody has over 28 years of experience conducting training and providing counseling services to some of the most resistant and difficult populations. She has a Bachelor of Science Degree in Criminal Justice and a master's degree in Community Counseling. She is a Licensed Professional Counselor and a Certified Professional Counselor Supervisor. She is trained in multiple evidenced based programs. She has created and overseen the implementation of new training and programs and provided continuous quality updates as the statewide counseling manager for Georgia Department of Corrections. She is a skilled communicator, trainer, counselor, mentor, manager, leader in the area of counseling services and beyond. She was promoted to the Statewide Counseling & Cognitive Behavioral Unit Manager in 2013, where she oversaw all the counseling services and training for the Georgia Department of Corrections until her retirement in October 2021. She is currently active in her community and does private practice providing counseling services for adolescents and adults. She is wife to Ronnie for 29 years and they have two wonderful sons, Carter and Seth and two beautiful granddaughters who she is affectionately called "Ouma"-Kennedi and Kensleigh. She is a woman of God, who is constantly working to give the world what she was born to do, her goal is to not leave anything on the field when she leaves this world.

## Presenter Biographies

### Leslie Moon

Leslie Moon is a Certified Peer Recovery Specialist within the University of Alabama at Birmingham's Department of Psychiatry and Neurobiology. She is a senior at the University of Alabama at Birmingham, majoring in Social Work. The last eight years of her career has been spent in the field of substance use primarily sharing her lived experience and mentoring those struggling with substance use disorders. With a passion for our vulnerable populations struggling with substance use disorders, Leslie has worked to advocate for accessibility and respectful care, while bringing attention to the stigma surrounding the disease.

### Ashley Motes

Ashley Motes, LICSW-S has been the Program Director for Health Connect America's Russellville, Alabama Office since May 2018. She graduated with her Bachelors of Social Work from the University of North Alabama in 2014 and Master's of Social work in 2016. Ashley has experience working as an Intensive Outpatient Therapist, with a focus on working with adolescents struggling with Substance Abuse.

### Suzanne Muir

Suzanne Muir is an Associate Director within the University of Alabama at Birmingham's Department of Psychiatry and Neurobiology. She is a graduate of both Auburn University and Florida State University. The majority of her career has been spent in the field of substance use primarily with marginalized individuals. With a passion for pregnant and parenting women with substance use disorders, Suzanne has worked to increase community awareness, reduce stigma and advocate for integrated, accessible and respectful care

### Michael Nerney

Michael Nerney is a consultant in Substance Abuse Prevention and Education, with over forty-two years of experience in the field. As the former Director of the Training Institute of Narcotic and Drug Research, Inc. (NDRI), his responsibilities included the management of a statewide training system which delivered more than 450 training programs to substance abuse treatment and prevention professionals annually. Mr. Nerney's understanding of adolescent issues is drawn from twelve years' experience as a teacher and coach at the junior high and high school levels. He went on to add four years' experience in the chemical dependency field as a substance abuse counselor and Director of the Drug Abuse Prevention Council in Hamilton County, NY, before joining the staff of NDRI in 1984. He has been a consultant for two of the major television networks and appeared on the ABC program "20/20". He is the father of four children.

### Merrill Norton

Dr. Merrill Norton is an EMMY winning Clinical Associate Professor Emeritus of the University of Georgia College of Pharmacy with his specialty areas to include psychopharmacology and addiction pharmacy. He was most recently honored by the Georgia Addiction Counselors Association's Board of Directors and Certification Board with being bestowed the first Certified Master Addiction Counselor (CMAC) credential in the state. His book, *Understanding Substance Use Disorders Pharmacology*, has been used to train thousands of mental health professionals nationally and his latest book, *The Pharmacist's Guide to Opioid Use Disorders* was released in December 2018. Dr. Norton completed his undergraduate and graduate work at the University of Georgia College of Pharmacy. He accomplished a three-year addiction medicine fellowship under the direction of Douglas Talbott MD at Ridgeview Institute and has state, national, and international credentials in the treatment of mentally ill/addicted/chronic pain individuals. He has also been a faculty member of the Fairleigh-Dickinson University Post-doctoral Training Program in the Masters of Psychopharmacology, Alliant International University of San Francisco College of Psychology, University of Georgia School of Continuing Education, and Berry College in the areas of Psychopharmacology and Addiction Pharmacy. His areas of specialty in addiction pharmacy are the management of chronic pain in the substance use disordered patient and the neuroscience of substance use disorders. Since his recent retirement from UGA, Dr. Norton's primary focus is to provide the latest scientific information to communities, educators, healthcare professionals, prevention specialists, treatment providers, and especially families, on the diseases of substance use disorders.



## Presenter Biographies

### **Elana Parker Merriweather**

Elana currently serves in the capacity of Adolescent and Adult Program Manager of the Mental Health and Substance Use (SU) Treatment Division of the Alabama Department of Mental Health. She is responsible for monitoring administrative and clinical compliance of adolescent and adult treatment programs in Alabama. Elana also provides technical assistance, coordinates continuing education and professional development trainings, provides case management services for SU treatment providers, and facilitates collaborative partnerships with adolescent and family service providers throughout the State. Prior to joining the Alabama Department of Mental Health, Elana served as the Director of Behavioral Health for Medical Advocacy and Outreach/Copeland Care Clinic where she was responsible for providing administrative and program oversight to behavioral health services in Ryan White Care Settings. Elana directed the integration of substance abuse and mental health screening services into agency wide programs across a 36-county service area which included medical and clinical care, community education, pharmaceutical, social services, and tele- behavioral health in rural counties.

### **Randy Pollard**

Captain Randy Pollard, Montgomery County Sheriff's Office, Investigation Division. Captain Pollard is a tenured speaker and staff member of the Investigation Division of the Montgomery County Sheriff's Office with experience in training officers and others in the community on the prevalence and dangers of synthetic opioids, namely fentanyl

### **Wilma Pritchett**

Wilma Pritchett is a certified alcohol and drug counselor. She works as a therapist for the Bridge, Inc. in Dallas County, providing early intervention and substance abuse counseling. Wilma has more than ten years of experience in the mental health field. She provides evidence-based counseling through individual, group, and family therapy. Wilma strives to reduce underage drinking and substance abuse among youth under the age of 21 by providing adolescents and their parents with information about the risks and dangers of drug use. Wilma has a bachelor's degree in business administration from Faulkner University and a master's degree in Community Counseling from Troy University. She lives in Selma, Alabama with her husband and their two daughters.

### **Sandy Queen**

Sandy has worked with individuals throughout the US and Canada as a trainer, speaker and educational consultant over the past forty years with groups ranging from recovery to K-12 wellness curriculum development to change management within the corporate structure helping individuals reaffirm their lives and careers and helping them understand the necessity of creating a life that is rewarding, not only for their clients and students, but most importantly, for themselves. Because of her broad range of experience, Sandy brings a global perspective to her presentations that allows her to take audiences beyond the basics. She has developed many innovative programs and activities in the areas of wellness, recovery, spirituality and women's issues and her ability to bring a lighter touch to serious subjects while still making her audience think has made her a much-sought-after speaker and trainer. Sandy was the 2012 recipient of the National Wellness Institute's prestigious Halbert L. Dunn Wellness Award given to the person in the US for significant contributions in the field of wellness. Her message is one of humor and hope; information and inspiration, but most of all she leaves her audiences with a feeling of being better when they leave than when they arrived...lightened up and laughing.

### **Boni-Lou Roberts**

Boni-Lou Roberts is the National Clinical Trainer for BHG. Her experiences include multi-modal counseling and training in residential treatment, community-based treatment, and private practice outpatient treatment. While working in a Medication Assisted Treatment facility, she earned her specialist recognition in MAT as well as a Master's in Higher Education. She hopes to help move the field further by providing highly effective training to counselors. Since joining the National Clinical Leadership team, she has had the privilege of speaking at both the state and national level to further the discussion on SUD treatment and professional needs within the field.

## Presenter Biographies

### Page Rubin

Page Rubin is the owner and director of EvenStill's Women's Program in Birmingham, Alabama, a sober living program whose primary goal is to cultivate the desire for long-term recovery so that the residents can be proud to share their experience, strength and hope with others. Prior to opening EvenStill, Page spent 10 years with Bradford Health Services. She is a licensed clinical social worker. She believes that the brokenness caused by drug and alcohol addiction can be restored by establishing a strong clinical foundation and working a 12-step program. Page serves as a board member, Ethics Committee Chairperson and Treasurer for the Alabama Alliance for Recovery Residences.

### Holly Rutoskey

Holly Rutoskey is a Licensed Master's Social Worker who received her Bachelor of Arts in Psychology at Auburn University and completed a master's in clinical and medical social work at the University of Alabama Birmingham. Currently, Holly is a clinical therapist at Living Well Outpatient Center, a program of AIDS Alabama. Holly utilizes evidence-based interventions in a variety of clinical areas including mental health, co-occurring disorders, chronic illness, and homelessness. Her clinical practice emphasizes the importance of intersectionality, working with each client to dismantle barriers to receiving effective care. Holly utilizes trauma informed care to empower each client's strengths, values, and protective factors.

### Mary Scisney

Mary Scisney currently serves as the Nursing Consultant in the Division of STD, Communicable Disease at the Alabama Department of Public Health. Mary has over 20 years of experience in the evaluation and management of sexually transmitted infections. Previously served as the State Systems Director, Child Health Director, and Newborn Screening Director for the ADPH. Mary received her BSN, MSN from Troy State University and Certification as a Pediatric Nurse Practitioner. She has served as a trainer at numerous state and national conferences on STD treatment and care.

### Christopher Sellers

Christopher Sellers is an epidemiologist with the Alabama Department of Mental Health. His prior work includes being an early adopter of the CMS core set of quality of healthcare measures. Having specialized in analysis of claims data, he was selected to lead the development of Alabama's Community Health Assessment which collected data from a broad spectrum of agencies and health interests to provide a comprehensive perspective on the current state of population health. His current work involves co-chairing the Alabama Opioid and Addiction Council's Data Committee which has led to exciting work, such as, the establishment of a centralized repository for data related to the addiction crisis. Partners include entities from the justice community, healthcare providers and payers, and public health surveillance.

### Nick Szubiak

Nick Szubiak brings more than 20 years of experience in direct service, administration, and clinical experience to the healthcare field. He is the Founder of NSI Strategies, an organization that provides support to integrated healthcare environments and currently serves as an Advanced Implementation Specialist for SAMHSA's Opioid Response Network. Nick is the former Assistant Vice-President of Addiction and Recovery at the National Council for Behavioral Health and Director at the SAMHSA-HRSA Center for Integrated Health Solutions. Nick provides technical assistance, consultation, and training toward bi-directional integration of behavioral health and primary care, substance use disorders, medication assisted treatment (MAT), SBIRT, measurement-based care, population health management and utilizing implementation science to maximize clinical pathways to better care. Nick is known for his heartfelt presentations, keynote speeches, and has sat on various expert panels, partnering with many organizations as a behavioral health subject matter expert. He earned his master's degree in social work from Rutgers University.

## Presenter Biographies

### Samson Teklemariam

Samson Teklemariam, LPC, CPTM, is the Vice President of Clinical Services for Behavioral Health Group (BHG). Samson also serves as the Southeast Regional Vice President for NAADAC, the Association for Addiction Professionals. He is an accomplished leader with a history of driving organizational results with learning and development solutions. He was formerly the Director of Training and Professional Development for NAADAC. Samson is a certified lead trainer for the Cognitive Behavioral Interventions for Substance Abuse (CBISA) curriculum, Calm Every Storm: Crisis Prevention & Intervention curriculum, and experienced in treating trauma-related disorders using trauma-focused cognitive behavioral therapy (TFCBT) and Seeking Safety. Samson previously worked for Phoenix House Foundation as the National Director of Learning and Development.

### Patrick Tidwell

Patrick Tidwell is a licensed marriage and family therapist (LMFT) who has worked in for-profit and non-profit agencies throughout the state of Alabama. His main experience has been with substance abuse clients and their families for 18 plus years. He graduated with his bachelor's in 1999 from Faulkner University in ministry/theology. He went on to complete his master's degree in marriage and family therapy (MFT) in 2002 from Amridge University. He started his career as a counselor/therapist in the same year. After a while, he decided to pursue and complete his Ph D in Marriage and Family Therapy in 2014 from Amridge University.

### Darlene Traffanstedt

Dr. F. Darlene Traffanstedt is a native of Florence, Alabama. She completed her undergraduate studies at the University of Alabama and her medical degree at the University of Alabama School of Medicine. She completed an internship and residency in Internal Medicine with Baptist Health System in Birmingham. After spending 14 years in the practice of General Internal Medicine, she now works as a Medical Director at the Jefferson County Department of Health. Dr. Traffanstedt has served on the Alabama Board of Medical Examiners, the State Committee on Public Health, the Medical Association of the State of Alabama's Board of Censors, the Admissions Committee for the University of Alabama at Birmingham School of Medicine and Governor Ivey's Alabama Opioid Overdose and Addiction Council, where she currently serves as Co-Chair of the Prescribers and Dispensers Committee, leading the development of a statewide pain and substance use curriculum. Dr. Traffanstedt was recently named a 2022 Human Impact Partners Health Equity Awakened Fellow, is a member of the Leadership Birmingham Class of 2023 and is a recipient of the Medical Association of the State of Alabama's 2022 Ira L. Myers Service Award, the 2022 Carl Nowell Leadership Award from the Alabama School for Alcohol and Drug Studies and the 2022 Addiction Prevention Coalition Impact Award. Dr. Traffanstedt lives in Homewood with her husband and three sons.

### Wendy Wade

Wendy Wade, PhD, LPCC and CADC 1, has worked with children and families throughout her career. She began by facilitating educational support groups with children of parents with substance use disorder in the 1980s when the field was first beginning. She has continued providing training for teachers, counselors, therapists, and addiction professionals beginning in 2016 to the present and speaks at conferences as often as possible about this marginalized cohort of children who need understanding and providing information how to help them. Currently she trains for the National Association for Children of Addiction (NACoA) and has co-written training curricula. She is also Assistant Professor at Palo Alto University in the MA in Counseling Program since 2014. She is lead teacher in the Addiction Counseling Course and teaches several other classes as well. Interests include trauma, addiction, and the effects of addiction on family members especially children. Her BA in Psychology is from Stanford University, MA in MFCC from Santa Clara University, and PhD in Clinical Counseling from Pacifica Graduate Institute. She has a California Alcohol and Drug Certificate. She lives in Capitola, CA.

## Presenter Biographies

### Carolyn Webster

Dr. Carolyn Webster is an Assistant Professor of Maternal-Fetal Medicine in the Department of Obstetrics and Gynecology at the University of Alabama at Birmingham. Dr. Webster is an alumnus of Auburn University and UAB School of Medicine and graduated both summa cum laude. After obtaining her medical degree, she moved to North Carolina where she completed OB/GYN residency and Maternal-Fetal Medicine fellowship training at the University of North Carolina in Chapel Hill. She returned to Alabama in 2020 with her husband, bringing with her a passion for patient-centered, evidence-based, and compassionate care. Dr. Webster's special interests include treatment of substance use disorders in pregnancy, maternal mental health, and patient safety and quality improvement. She is a mom to two usually adorable small humans, who by all accounts remain unimpressed with her above listed credentials but will at times vouch for her gardening skills.

### Andrea Yatsco

Andrea J Yatsco, PhD, CADC, LCDC, is a Certified Alcohol and Drug Counselor, a Licensed Chemical Dependency Counselor, and a Certified Clinical Supervisor. Dr. Yatsco received her PhD in Criminal Justice from Sam Houston State and wrote her dissertation on the impact of military service on delinquency and substance use over the life course. Her undergraduate work at University of Arizona focused on psychological and sociological predictors of deviant behavior. She has counseled incarcerated populations in Massachusetts and worked with families and adolescent offenders in Vermont. She is a previous adjunct professor of Becker College, teaching curriculum in the undergraduate forensic psychology concentration and developed grant funded substance education. Dr. Yatsco is an Assistant Professor at UT Health Science Center at Houston working as the Associate Director for clinical research with opioid use disorders at Houston Emergency Opioid Engagement System (HEROES) and related substance use and mental health expansion projects across Texas.

### Zina Cartwell

Zina Cartwell is a motivational speaker with over 18 years of experience in public speaking, drug prevention, counseling, program development and community outreach. She is a self-published author, Adjunct Professor for Lawson State Community College and the Prevention Director for Central Alabama Wellness. In 2015, she launched the motivational speaking company, "I Heard You Cry for Help LLC" and developed a self-esteem program called, "Why am I so?". She has a Bachelor's in Criminal Justice from Faulkner University, Bachelor's in Ministry from Ministry International, and Master's in Human Services with a Specialization in Social and Community Services from Capella University. She is a Certified Prevention Manager, International Certified Prevention Specialist and Certified Moral Reconciliation Therapy Instructor

