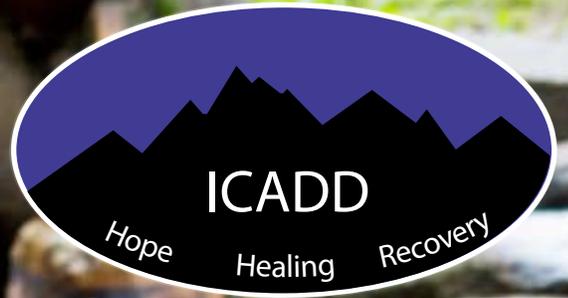


# Attendee Prospectus

Treatment - Prevention - Community Coalition



33

# Paths to Wellness

33rd Annual Conference  
Pre-Conference Workshops May 8, 2017  
General Conference May 9-11, 2017  
Boise State University

For more information: [www.attendicadd.com](http://www.attendicadd.com)

# 2017 ICADD CONFERENCE DETAILS

## MISSION STATEMENT

To provide education and training for substance abuse and dependence professionals and educators in behavioral health care, criminal justice and recovery support.

## CONTACT ICADD

PO Box 1311, Meridian, ID 83680  
Ph: 208-466-2519 Fax: 208-865-7872  
Email: info@attenticadd.com

## CONFERENCE LOCATION

Student Union Building  
Boise State University  
1700 University Drive, Boise, ID 83725-1335

## CONTINUING EDUCATION CREDITS

You can earn 24 CE hours at ICADD 2017, 6 hours for the full day of Pre-Conference and 18 hours for the full three days of the conference.

## INFORMATION ABOUT BOISE

Boise has a blend of traditional and non-traditional attractions. The City of Trees boasts museums and urban parks, a river flowing through the heart of the city and a 25-mile river front greenbelt. Among the many sites to visit are the Basque Museum and Cultural Center, Morrison-Knudsen Nature Center, Idaho Anne Frank Human Rights Memorial, Idaho Black History Museum and the World Center for Birds of Prey. Southwest Idaho's accessible outdoors beckons the Boise visitor to enjoy mountains, desert sand dunes, canyons and white water rafting rivers.

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## PARKING INFORMATION

In order to have FREE conference parking in the Lincoln Parking Garage at the corner of Lincoln Avenue and University Drive - you MUST note your parking space number and then stop at a parking kiosk and enter that number, click on the choice for ICADD and print a receipt. If there is a parking attendant present, they will give you a parking permit in lieu of using the kiosk. See our website or the insert in your registration packet for more detailed instructions.

**Attendees ARE responsible for their own parking fines.**

## LUNCH OPTIONS: Boise State Food Court

Chick-fil-A Express: 11:00 - 2:00 Mon. & Wed.  
Moe's Southwestern Grill: 11:00 to 2:00 Tues. & Thurs  
Subway: 11:00 to 2:00 everyday  
Fresh Express C-Store: 10:00 to 4:00 everyday

**Please note the Boise RiverCafe is NOT open**

## 2017 ICADD PRE-CONFERENCE SCHEDULE

### Monday, May 8th

8:00am - 2:00pm Registration  
9:00am - 10:30am Workshops  
10:30am - 10:45am Break  
10:45am - 12:15pm Workshops  
12:15pm - 1:30pm Lunch (on your own)  
1:30pm - 3:00pm Workshops  
3:00pm - 3:15pm Break  
3:15pm - 4:45pm Workshops

## 2017 ICADD CONFERENCE SCHEDULE

### Tuesday, May 9th

7:00am - 8:00am NA Meeting  
7:00am - 2:00pm Registration  
7:30am - 8:30am Continental Breakfast in Exhibit Hall  
7:30am - 3:30pm Exhibits Open  
8:00am - 8:30am Welcome and Introductions, performance by April White  
8:30am - 10:00am Keynote: Kevin McCauley, MD  
10:00am - 10:15am Break with Exhibitors  
10:15am - 12:00pm Breakout Session 1  
12:00pm - 1:15pm Lunch (on your own), Exhibits open  
1:15pm - 3:00pm Breakout Session 2  
3:00pm - 3:15pm Break with Exhibitors  
3:15pm - 5:00pm Breakout Session 3

### Wednesday, May 10th

7:00am - 8:00am AA Meeting  
7:00am - 2:00pm Registration  
7:30am - 8:30am Continental Breakfast in Exhibit Hall  
7:30am - 3:30pm Exhibits Open  
8:00am - 8:30am Welcome, Introductions, Lifetime Achievement Award, Prevention Award  
8:30am - 10:00am Keynote: Annie Fahy, RN, LCSW  
10:00am - 10:15am Break with Exhibitors  
10:15am - 12:00pm Breakout Session 4  
12:00pm - 1:15pm Lunch (on your own), Exhibits open  
1:15pm - 3:00pm Breakout Session 5  
3:00pm - 3:15pm Break with Exhibitors  
3:15pm - 5:00pm Breakout Session 6

### Thursday, May 11th

7:00am - 8:00am Al-Anon Meeting  
7:30am - 8:30am Continental Breakfast-Jordan Lobby  
8:00am - 8:30am Welcome and Introductions, performance by Phoenix Multisport  
8:30am - 10:00am Keynote: Geri Miller, Ph.D  
10:00am - 10:15am Break  
10:15am - 11:45am Breakout Session 7  
11:45am - 12:00pm Break  
12:00pm - 1:30pm Breakout Session 8

## AA, NA and AL-ANON MEETING INFORMATION

Location ~ Hatch D - 7:00am

The conference is featuring two open 12-step meetings on Tuesday & Wednesday mornings and an Al-Anon (Friends and families of problem drinkers) on Thursday to emphasize the importance of this widely available recovery support and to provide opportunities for any conference attendee to experience this powerful fellowship. Meetings will be held in the Hatch D Room.

# 2017 ICADD GENERAL INFORMATION

## Welcome!

On behalf of the Foundation Board and Planning Committee, I welcome you to the 33rd annual Idaho Conference on Alcohol and Drug Dependency. This year's conference has been organized and planned around six specific focuses. You can attend sessions all within one focus area, or pick and choose across any of them. The focuses are:

- Focus 1 Recovery Coach/Peer Support Services: Extending the knowledge base for persons providing recovery coaching and other peer support services
- Focus 2 Youth & Family: Highlighting behavior and juvenile justice issues for youth and family including brain development, generation gaps, stages of change, family support and trauma informed care
- Focus 3 Prevention: Presenting strategies for the prevention of substance use disorders
- Focus 4 Coalition: Imparting skills for building effective community coalitions
- Focus 5 Criminal Justice: Teaching foundational and emerging best practices for professionals providing services to justice involved individuals
- Focus 6 Clinical Issues: Sharing information on clinical issues, including ethics, harm reduction, MI, and the language of addiction

I want to thank the ICADD Foundation Board and the Planning Committee who have spent countless hours planning and preparing for this event. We hope you will gain skills and knowledge from ICADD you can put to use in your practice to make a difference in the lives of those we serve.

Thank you for taking the time out of your schedule to join us this year. We recognize the sacrifice that you make leaving your work and practice to be with us for these few days. We also want to thank you for all the hard work you do everyday. Your work is changing lives and what you do matters.

Please enjoy this year's conference. We look forward to your feedback on the new format as well as suggestions on how we can continue to improve ICADD in the future.

Sincerely,  
Amy Jeppesen, LCSW, ACADC  
2017 ICADD Chair

### ICADD 2017 BOARD MEMBERS

Amy Jeppesen, Chair  
Tom Hogan, Past Chair  
Rosie Andueza, Secretary  
Ryan Porter, CFO

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Gail Baker  
Joe Blume  
Darin Burrell  
Teri Carrigan  
Elisha Figueroa  
Dennis Hardziej  
Nancy Irvin  
Norma Jaeger

### ICADD 2017 COMMITTEE MEMBERS

Rosie Andueza	Dennis Hardziej
Gail Baker	Tom Hogan
Joe Blume	Nancy Irvin
Darin Burrell	Norma Jaeger
Teri Carrigan	Amy Jeppesen
Mary Christy	Claryce Manweiler
Jason Coombs	Matt McCarter
Liza Crook	Jim Meldrum
Chris Daniel	Jeff Morrell
Susan Esp	Ryan Porter
Elisha Figueroa	Jayne Robinson

Tuesday, May 9, 2017  
8:30am-10:00am

Location ~ Jordan D



**Kevin McCauley**  
MD

Co-Founder,  
The Institute for Addiction Study

## **Memo to Self: Protecting Sobriety with the Science of Safety**

Early recovery can be a frightening time, but several groups of professionals have had excellent success getting through the first year of sobriety and into long-term remission. This is the exciting new area of "Recovery Management" - the philosophy of organizing coordinated, integrated support systems around people seeking sobriety to help them begin, maintain, and strengthen their recovery.

Kevin McCauley describes his experience observing the behaviors adopted and challenges faced by pilots and doctors in professional health programs. Using Recovery Management practices, it is possible to overcome the most difficult part of addiction; making choices with a broken choice system.

Wednesday, May 10, 2017  
8:30am-10:00am

Location ~ Jordan D



**Annie Fahy**  
RN, LCSW

Founder, CEO Annie Fahy Consulting

## **The Unbearable Fatigue of Compassion: Notes from a Substance Abuse Counselor Who Dreams of Working at Starbucks**

Compassion Fatigue is a feature of challenging behavioral care work. Workers are often asked to activate super-power empathy for clients who are struggling to feel their own worth as they move towards healing. Empathic work can be draining, and if support is not a part of the workplace environment, retention of staff and the overall health of programs and workers can be impacted.

When Compassion Fatigue is identified, the advice given can place more of a burden on a worker. Individuals may be expected to adjust things in their home life or learn more organizational skills without any changes made to the chaotic intensity of their caseloads and complex client interactions. While everyone has to struggle with work-life balance, the Substance Abuse field needs a culture change that avoids binary outcomes of abstinence/relapse and success/failure and that values the human nature of this work. Through skill growth and mindful, innovative team approaches addressing continuum of incremental change, reduction of harms and a stance in therapeutic neutrality, energy becomes renewable and Compassion Fatigue shifts to Compassion Mastery.

Thursday, May 11, 2017  
8:30am-10:00am

Location ~ Jordan D



**Geri Miller**  
PhD, Diplomate Counseling  
Psychology, ABPP

Professor,  
Appalachian State University, NC

## **Fundamentals of Crisis Counseling with Addicted Clients**

This session provides an overview of crisis counseling with an addicted population. Addicted clients and their significant others can readily accelerate a situation into a crisis due to the suffering they have experienced and are experiencing as a result of the addiction. Counselors, then, need to learn and practice a calm and encouraging counseling approach. The theoretical approach and specific techniques of crisis counseling assessment and treatment with addicted clients is presented. Suggestions on beneficial approaches and techniques are provided in this presentation.

# STUDENT UNION CLASSROOM MAP



## 2017 Rooms Utilized

- 13 Hatch D Room
- 13 Hatch Ballroom (A/B)
- 15 Jordan Ballroom
- 21 Trueblood Room

CONGRATULATIONS to

**Rusty O'Leary**

2017 recipient of the ICADD Foundation

**Lifetime Achievement Award**

See Bio page 15

Join us for the announcement of the recipient of the

**2017 ICADD**

**Substance Abuse Prevention Award**

Wednesday's Welcome Session 8:00 am to 8:30 am

## Pre-Conference Schedule

Breaks from 10:30 am to 10:45 am, 3:00 pm to 3:15 pm

Lunch 12:15 pm to 1:30 pm (on your own)

### Workshop 1 (6 hours)

9:00 am to 12:15 pm; 1:30 to 4:45 pm

#### Treatment of Co-Occurring Mental Health & Substance Use Disorders

Mark Disselkoben, LCSW, LADC

Location ~ Hatch C/D

Participants will be introduced to terminology, assessment and treatment strategies and models related to co-occurring treatment. The training will provide foundational knowledge on evidence based practices in the field of behavioral health including differential diagnosis of individuals that have a substance use and mental health co-morbidity.

### Workshop 2 (6 hours)

9:00 am to 12:15 pm; 1:30 to 4:45 pm

#### New Ethical Dilemmas Facing Counselors and Clinical Supervisors

Vincent Collins, MSW

Location ~ Jordan A

This training will review the current literature regarding new ethical dilemmas related to technology and the Internet, and provide guidance and recommendations for both counselors and clinical supervisors. Case scenarios will be used to highlight these dilemmas and encourage discussions among training participants related to:

- 1) the use of social networking websites by clinical supervisors, counselors, and clients
- 2) emailing clients
- 3) conducting internet searches on clients and/or supervisees
- 4) conducting client consultations online

### Workshop 3 (6 hours)

9:00 am to 12:15 pm; 1:30 to 4:45 pm

#### Technology-Based Supervision: Extending the Reach of Clinical Supervisors

Paul Hunziker MA, LMFT, CDP

Location ~ Trueblood

Although clinical supervision has been shown to decrease staff turnover, improve morale, and lead to better client outcomes, scheduling sessions can be challenging, especially in frontier/rural areas. To address some of the barriers to conducting supervision, this training examines how technology can be used to review and provide feedback on counselors' skills, thereby enhancing the clinical skills of the behavioral health workforce. Designed for individuals with experience working as Clinical Supervisors in the substance use disorders treatment field, the goal of this training is to familiarize participants with technology-based clinical supervision research, demonstrate its utility in frontier/rural clinical settings, and provide opportunities to observe and practice delivery of clinical supervision services using different types of technology.

### Workshop 4 (3 hours)

9:00 am to 12:15 pm

#### American Society of Addiction Medicine (ASAM) Training

Jaime Goffin, LCSW

Location ~ Jordan B

The American Society of Addiction Medicine (ASAM) Criteria are the most widely used guidelines for assessment, service planning, placement, continued stay and discharge of patients with addictive disorders. A new edition was

released in October 2013. This workshop will update participants on what is new since the last edition (ASAM PPC-2R, 2001). It will highlight new sections on older adults, criminal justice clients, parents with children and people in safety sensitive occupations. It will also discuss emerging approaches in addiction around Tobacco Use Disorder and Gambling Disorder.

### Workshop 5 (3 hours)

1:30 pm to 4:45 pm

#### LGBTQ+ 101 & Providing a Safe Space for Clients

Jennifer Gess, PhD, LPC, NCC

Location ~ Jordan B

In the first half of this workshop, attendees will form a basic understanding of LGBTQ+ topics, including language, latest statistics, current issues impacting the LGBTQ+ community, and identity development models. Participants will learn about the spectrum of identities related to sexual orientation and gender, as well as gain insight into their own identity.

During the last half of this session, participants will gain an understanding of their own bias, prejudice, and privilege. They will learn how to provide a safe space for LGBTQ+ clients. Participants will have the opportunity to consider how to improve and increase LGBTQ+ affirmation in their place of work. Finally, local and national resources will be provided for participants to share with their clients.

## Session Focuses\*

- Focus 1 Recovery Coach/Peer Support Services
- Focus 2 Youth & Family
- Focus 3 Prevention
- Focus 4 Coalition
- Focus 5 Criminal Justice
- Focus 6 Clinical Issues

\*You can register following just one track or mix classes across all the tracks.

# SCHEDULE of BREAKOUT SESSIONS

## Tuesday Breakout Sessions

**Breakout Session 1**  
10:15 am-12:00 pm

### **Focus 1: Recovery Coach/Peer Support Core Competencies**

Michael Armand, AAS, CPSS

**Location ~ Trueblood**

This session will cover what SAMHSA says are the core principles and values of peer support work and the core competencies that can be applied to a recovery coach's scope of work. The core competency answers the question - why would someone need a recovery coach? When recovery coaches practice their core competencies they are more effective in their work.

### **Focus 2: The Effects of Trauma on Individuals & Families, Part A**

Myron Thurber, PhD, PT, LMHC, NCC, BCB, BCN; Sarah Emily Jordan MA, LCPC, LMHC, BCN

**Location ~ Jordan B**

How does trauma affect our physiology? Learn about an intensive model for working with individuals and families that have experienced trauma. Discover ways to effectively work with different dynamics that involve trauma. This class stands alone, but for more in depth information, also attend Part B where case studies will be utilized to enhance your learning.

### **Focus 3: Giving Youth Skills to Thrive**

Judy Gabert, M.A. Ed.

**Location ~ Jordan A**

Participants will learn about Sources of Strength, the core of the Idaho Lives Project. Sources of Strength is the only evidence-based, best practice, peer leadership program on the Suicide Prevention Resource Center's Best Practices Registry. This practice "harnesses the power of peer youth social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. Sources of Strength increases help seeking behaviors and promotes connections between peers and caring adults." Sources of Strength reinforces resiliency in youth and teaches students (and adults) to rely on their strengths during difficult times.

### **Focus 4: City Ordinances as a Mechanism for Community Change**

Terry Derden, Attorney

**Location ~ Hatch D**

Join Terry Derden, a former deputy city attorney, to discuss legal strategies that will help reduce underage drinking and eliminate large alcohol parties. Learn about criminal and civil ordinances, business licensing, and regulations aimed to control alcohol at the local level. Terry will review the issues local entities face when it comes to alcohol licensing and enforcement and end with best practices in the field and courtroom to hold people accountable and create an atmosphere of buy-in for city officials.

### **Focus 5: Use of Naltrexone to Decrease AMA Discharges: One Treatment Program's Experience**

Kevin McCauley, MD

**Location ~ Jordan D**

Motivation for sobriety varies in all newly sober individuals with Substance Use Disorder. However, with the growing realization that opioid poisonings are a major cause of premature and preventable death in young men and women, the likelihood of precipitous discharge against medical advice (AMA) and subsequent return to opioid use carry special risk. One medication, naltrexone depot, has been shown to improve treatment retention for people with Opioid Use Disorders. Naltrexone is a mu-opioid receptor blocker and is quickly becoming the standard of care for specific populations in early recovery. This lecture will explore the pharmacology and issues of Naltrexone through the example of one treatment program's experience using it.

### **Focus 6: Boundaries & Dual Relationships (Ethics)**

Paul Roberts, PhD, LCSW

**Location ~ Jordan C**

This training addresses professional boundaries in the context of dual relationships, conflicts of interest and common daily practices. Participants will be exposed to what boundaries are and how to determine which are healthy professional boundaries and which are not. Methods of assessing boundary appropriateness will be explored.

**Breakout Session 2**  
1:15 pm-3:00 pm

### **Focus 1: Less Hurt with Less Harm: The Neurobiology & Epidemiology of Iatrogenic Opioid Addiction**

Kevin McCauley, MD

**Location ~ Jordan D**

The adequate management of pain is a duty of healthcare and a measurable good for patients and society as a whole. However, the performance of this duty and creation of this good entails risk of pain medication abuse and iatrogenic addiction. Understanding the neuroscience and epidemiology of addiction can help clinicians recognize and avoid the problems inherent in adequate pain management. This lecture will review the latest research on addiction, the special pharmacodynamic and pharmacokinetics of opioid drugs, and the lessons learned from the analysis of opioid overdose deaths in the state of Utah. Finally, the application of disease management principles to the care of patients with chronic pain and/or in recovery from addiction is explored.

### **Focus 2: The Effects of Trauma on Individuals & Families, Part B**

Myron Thurber, PhD, PT, LMHC, NCC, BCB, BCN; Sarah Emily Jordan MA, LCPC, LMHC, BCN

**Location ~ Jordan B**

Through case studies, learn how to apply an intensive model for working with individuals and families that have experienced trauma. This class stands alone, but for more in depth information, also attend Part A.

### **Focus 3: Emerging Street Drugs**

Corporal Brandon Frasier

**Location ~ Jordan A**

Come learn about the new drug trends being seen in Idaho and surrounding states. Learn the latest forms of marijuana, synthetics and what's happening with illicit opiates and prescription drugs. We will talk about what law enforcement is seeing in our communities and schools and what you need to be aware of.

### **Focus 4: Meeting Ninja Warrior**

Laura Thomas, MED, RD, LD, FAND

**Location ~ Trueblood**

Are you ready to jump the hurdles, avoid the obstacles, run like the wind and help your team complete their goals through effective

# SCHEDULE of BREAKOUT SESSIONS

meeting processes? Achieve your dream of becoming a Meeting Ninja Warrior. Attend this session designed to help you “train your meeting skill muscles” for optimum performance. Yes, Ninja skills require work - learning and practicing solid techniques. Learn about agendas, effective meeting management, minutes, Roberts Rules of Order (simplified) and other aspects of a professionally facilitated meeting

## **Focus 5: LSI-R Criminogenic Risk & Need Assessment**

Brenda LaMott, BS

**Location ~ Hatch D**

This class will provide you with an overview of the theoretical underpinnings and application of the Level of Service Inventory-Revised. What the assessment measures and how it can guide case management and inform interventions will be discussed.

## **Focus 6: Ethical Conduct with Colleagues**

Paul Roberts, PhD, LCSW

**Location ~ Jordan C**

This training addresses ethical obligations professionals have toward one another as it relates to incompetence, impairment and unethical conduct of a colleague in a multidisciplinary environment. Participants will be exposed to differing ethical standards, related to interacting with colleagues, between the professions of Social Work, Marriage and Family Therapy, and Professional Counseling. Participants will also identify and practice strategies for addressing colleague incompetence, impairment, and unethical conduct.

**Breakout Session 3**  
3:15 pm-5:00 pm

## **Focus 1: Recovery Coach Supervision**

Amy Jeppesen, LCSW, ACADC

**Location ~ Trueblood**

We will be covering how to provide supervision to Peer Support Specialists and Recovery Coaches. We will address the supervisory needs and expectations of each. Participants will leave with a better understanding of what is needed in this type of supervision, how often it should be occurring and the requirements for certification for Peer Support and Recovery Coaches and clinical supervisors.

## **Focus 2: Welcome Home**

Janette Day, CADC

**Location ~ Jordan B**

This session is focused on addiction and family systems theory. Research indicates that when healthy family support is available to the addict or alcoholic long term treatment and recovery success is increased. Ada County Drug Court offers a family weekend program that assists clients, families and/or significant others to better understand both the impact of addiction and the recovery process on relationships. It also helps teach, promote and encourage family members to care for themselves while supporting loved ones in recovery. This session serves as an overview and guide to implement this very important aspect of successful recovery for the addict, family and significant others.

## **Focus 3: Idaho's Opiate Response Panel**

Alex Adams, PharmD, MPH; Christine Hahn, MD; Magni Hamso, MD, MPH; Elisha Figueroa, LMSW, CPS

**Location ~ Jordan A**

Idaho continues to search for strategies to address our prescription drug abuse crisis. Come listen to a panel of experts discuss how this issue is affecting Idahoans and what is being done to address it. Panelists include Alex Adams, PharmD, MPH, Executive Director, Idaho Board of Pharmacy; Christine Hahn, MD, State Epidemiologist, Department of Health and Welfare; Magni Hamso, MD, MPH, Terry Reilly Health Services; and Elisha Figueroa, LMSW, Administrator, Governor's Office of Drug Policy.

## **Focus 4: Changing the Media's Perspective**

Jason Russell, BBA

**Location ~ Hatch D**

Learn tested communication strategies for influencing the media in order to increase the favorability of local media coverage. With effective media advocacy, health and community partners not only reframe news stories to show the influence that politics, economics, health policy and stereotyping have on health and community issues, but also work with media representatives to help them understand those issues more clearly and present them in a more straightforward manner.

## **Focus 5: The Brain and Recovery: An Update on the Neuroscience of Addiction**

Kevin McCauley, MD

**Location ~ Jordan D**

The last twenty years produced an explosion of understanding not only about addiction (substance use disorders) but how our brains enable our most human capacities such as hedonic valuation and decision-making. This lecture summarizes the most current neuroscientific research about addiction - research that explains how the brain constructs pleasurable experiences, what happens when this process goes wrong, and why this can have a dramatic impact in our ability to make proper choices.

## **Focus 6: Opioid Treatment Programs: Overcoming Barriers**

Ben Lara, LCSW

**Location ~ Jordan C**

Opioid Treatment Programs have been shown to produce significant positive results for patients and communities over the past several decades. Unfortunately, even with the abundance of evidence to support this modality, stigma persists among a wide variety of helping professions. This in turn creates barriers for Opioid Treatment Programs and ultimately the people served. This session will focus on reducing stigma, empathetic and therapeutic approaches to treatment, and research.

## **Wednesday Breakout Sessions**

**Breakout Session 4**  
10:15 am-12:00 pm

## **Focus 1: Recovery Wellness Plan and Documentation for Recovery Coaches**

Michael Armand, AAS, CPSS

**Location ~ Trueblood**

This session will share the importance of the recovery wellness plan and the recovery capital plan to recovery coaching. The art versus the science of recovery coaching can be found in how well the recovery plan is developed. We will look at how the recovering person can benefit from such plans and staying engaged in their recovery.

# SCHEDULE of BREAKOUT SESSIONS

## **Focus 2: Ignite Your Life's Purpose Through Active Recovery and the Tenets of Positive Psychology: Learning How to Live a Meaningful Life in Recovery**

Margie Stroh, LMSW, M.Ed

**Location ~ Jordan B**

Activity creates self-esteem, confidence, motivation, inspiration and peace, especially if it takes place in a sober environment within a community of peer support. This session looks at the use of healthy, physical and social activities to encourage and maintain recovery, while at the same time showing the value of giving back to others.

## **Focus 3: Driven to Distraction**

Jared Olsen, TSRP

**Location ~ Jordan C**

Texting while driving has quickly become one of our country's top dangers. It is a choice many do not survive. Yet, the impact of technology is not just car crashes; it potentially wrecks other aspects of our lives.

## **Focus 4: Rowing in the Same Direction and Loving it! A Guide to Recruiting and Retaining Happy Volunteers**

Hannah Staller, BA

**Location ~ Hatch D**

Wondering how your coalition can row in the same direction if volunteers don't even pick up the paddle, or once they pick it up, don't know what to do? Join Hannah Staller, United Way of Treasure Valley's Volunteer and Special Events Manager, to discuss why some volunteer relationships make for smooth sailing, while others leave you shipwrecked. Participants will explore five elements of superb volunteer recruitment and retention, and tactics to keep the sailing smooth.

## **Focus 5: Improve Outcomes with Procedural Fairness and Trauma-Informed Care**

Norma Jaeger, PhD

**Location ~ Jordan A**

Individuals are more likely to abide by an otherwise unpopular decision if they believe they have been treated fairly - procedural fairness. Individuals with a history of trauma respond more positively to the services they receive if those services are trauma-informed. Fortunately, these two practices are closely related. This session will describe this relationship and provide concrete recommendations.

## **Focus 6: In the Situation Room: Harm Reduction Practice-Real World Skills, Incremental Change & Difficult Clients**

Annie Fahy, RN, LCSW

**Location ~ Jordan D**

The 2016 Surgeon General's Report on Addiction asks for a true public health response to addiction. Harm Reduction (HR) has long been a public health and treatment response to Substance Use and other high risk behaviors. Many providers consider that there are two basic approaches to recovery. An "all or nothing" approach that requires abstinence at the outset of treatment and a harm reduction approach that promotes safety, risk management, continued engagement and a collaborative climate for change (Denning & Little, 2012). Harm Reduction modalities are the treatment of choice when working with chronic substance issues and have relevance when clients present with co-occurring conditions such as PTSD, chronic pain and other mental health conditions. Providers of these services often walk a tight rope between encouraging abstinence with high stakes and harm reduction shown to be more realistic based on client dynamics. This workshop will discuss harm reduction technical skills when the client is unable or unwilling to adopt abstinence.

**Breakout Session 5  
1:15 pm-3:00 pm**

## **Focus 1: Recovery Coach Credential, Prepping for Credential and Ethical Guidelines**

Michael Armand, AAS, CPSS; Mary Christy, MA, ACADC

**Location ~ Trueblood**

This session reviews the IBADCC Recovery Coach ethical guidelines and application process. Attendees will actually begin preparing their Certified Recovery Coach application during this workshop and leave with a better understanding of how to complete the entire process of becoming certified through IBADCC.

## **Focus 2: Stages of Change: Youth Related**

Michelle Sundquist, LCPC

**Location ~ Jordan B**

The Transtheoretical Model developed by Prochaska & DiClemente, is an integrative, biopsychosocial model conceptualizing the process of intentional behavior change. As professionals working with adolescents, it

is important to understand the processes of adolescence and how developmental factors affect the trajectories that lead to substance abuse and addiction. Participants will gain insight into the unique challenges presented when working with adolescents. Strategies for working with adolescents in the various stages of change will be discussed and participants will identify three strategies for working with ambivalence.

## **Focus 3: The Accidental Advocate**

Liza Long, Ed.D

**Location ~ Jordan C**

Why is advocacy so important in mental health? What are the most effective ways to share our stories? A Boise mom and her son became accidental advocates when a blog post about mental illness went viral. In this seminar, they share their story of advocacy, recovery, and hope, providing insight into ending stigma and discrimination against people living with mental illness and their families.

## **Focus 4: Using PhotoVoice to Change Policy**

Jim J. Hopla, Ed.D, MHE, MCHES

**Location ~ Hatch D**

This session will address what PhotoVoice is, why and who should use it in their community, and examples of its use to influence policy to better communities. PhotoVoice is a creative way to help individuals within a community have a voice for change.

## **Focus 5: Methadone and Buprenorphine: The Good, The Bad and The Ugly**

Michael Kaylor, MD

**Location ~ Jordan A**

The use of medications or medication assisted therapy (MAT) has been called the "gold standard" for the treatment of opiate dependence. This session will explore the evidence and rationale for use of MAT, examine potential complications and downsides of MAT and discuss patients experiences of using MAT in our community.

## **Focus 6: In the Situation Room: Motivational Interviewing**

Annie Fahy, RN, LCSW

**Location ~ Jordan D**

Most Substance Use Disorder workers have developed some MI skills, however many settings have not adapted to the

# SCHEDULE of BREAKOUT SESSIONS

implementation of the elements of MI in team staffing and strategic planning. This is a missed opportunity for workers to plan for next steps with difficult clients. This workshop will highlight technical elements of client languages and responses, using cases, self-reflection and skill evaluation to develop true therapeutic neutrality and innovative strategies that use staff energies and time wisely.

## Objectives:

1. Participants will identify four types of client languages and practice neutral and technical skills of MI.
2. Participants will discuss case presentation using an MI focus and adapt intervention to their own setting with MI principals.
3. Participants will adapt actions to time and documentation parameters.

### Breakout Session 6 3:15 pm-5:00 pm

#### Focus 1: Funding Sources: Recovery Coaching

Norma Jaeger, PhD

Location ~ Trueblood

Learn how to help a recoveree navigate the treatment and recovery support services system and how to access available funding sources. Includes a Q&A session with experts from key funders.

#### Focus 2: Why Don't You Act My Age?

Ken Jenkins, BA, JD

Location ~ Jordan B

One challenging aspect of juvenile justice and working with at-risk youth is the blending of multiple generations in the workplace. Rarely have we seen such a myriad of generations side by side at the office. To help substance abuse and dependence service providers, as well as educators and other professionals, face this challenge and succeed, "Why Don't You Act My Age? Generational Team Building for ICADD" was prepared. This highly interactive session is focused on providing all disciplines – education, juvenile justice, law enforcement, and more – with generational team building skills. "Why Don't You Act My Age?" is designed to identify the key traits of each generation in our workplaces (including our young clients), covering communication, learning, and collaboration preferences. It addresses areas such as technology, perceptions of other generations, and cross-generational commonalities. In addition, the

course incorporates a cross-generational small group exercise to reinforce new skills. Regardless of your own generation, this class provides easy-to-apply skills that YOU can use!

#### Focus 3: Risks & Protective Factors

Jim Hopla, Ed.D, MHE, MCHES

Location ~ Hatch D

This session will cover the question "How do we assess the needs/risks of a community, work site, school, or individual to develop effective interventions for short and long-term behavior change?" We need to look at the big picture and consider both social environmental factors and individual perspectives to develop evidence-based interventions that change behavior.

#### Focus 4: Legal Marijuana: The Impact on Oregon

Chris Gibson, BS, MPA

Location ~ Jordan C

Oregon was the third state to legalize a retail marijuana program and the resultant data is beginning to be analyzed. What impacts has the new law had in Oregon? What is the data showing regarding outcomes? Join us as the Oregon data is presented.

#### Focus 5: MAT: Opiate Epidemic from a Pharmacological Approach

Theron Adamson, MD; Kristina Harrington, MD; Michael Kaylor, MD

Location ~ Jordan A

Join us for a panel discussion with MAT prescribers as we look at the opiate epidemic from a pharmacological viewpoint.

#### Focus 6: In the Situation Room: Flipping the Paradigm from Fatigue to Fun

Annie Fahy, RN, LCSW

Location ~ Jordan D

This workshop helps to create the space for new thinking and action around old behaviors that aren't working anymore. Participants will develop their own next step for self-nurturing and protection in toxic work situations.

## Thursday Breakout Sessions

### Breakout Session 7 10:15 am-11:45 am

#### Focus 1: Operationalizing Recovery & Integrating Peer Support

Amy Jeppesen, LCSW, ACADC; Jess Wojcik, BS, CPSS

Location ~ Hatch D

This workshop will discuss what it means for agencies to sustain a culture that promotes recovery, resiliency, and peer support. The shift from stabilization and maintenance to recovery and resiliency can present innate challenges, and we will present how the integration of peer support can bolster this process. We will review staff concerns that may present barriers and discuss keys for operationalizing recovery in order to build a sustainable peer support program that addresses the needs of behavioral health consumers.

#### Focus 2: The Brain- Getting the Best Results by Knowing How it Works

Brian Meham, BSW, MSW

Location ~ Jordan C

This presentation will discuss the living brain and its development over time. We will discuss the process of attachment and the concept of integration within the brain. Ideas will be shared about how relationships affect the brain and understanding how the brain works can lead to successful treatment results.

#### Focus 3: Ethics for Prevention Professionals, Part A

Cindy Hansen, MA, ACADC, CS

Location ~ Jordan B

This workshop is designed for the Prevention Professional who is seeking information regarding ethical and legal issues as it relates to Prevention. The Code of Ethics for Prevention Specialists will be reviewed in detail and discussions will encourage critical thinking skills as they apply to ethical dilemmas. Prevention Specialists will learn to conduct an on-going self-evaluation of professional performance applying legal, ethical and professional standards. Information on understanding ethical implications of a multi-cultural perspective will also be addressed.

# SCHEDULE of BREAKOUT SESSIONS

## **Focus 4: Population Health and the Interplay Between Physical, Mental and Addiction Healthcare - A Primer**

Panel includes St. Luke's Medical Center and Saint Alphonsus Regional Medical Center

**Location ~ Trueblood**

This panel will discuss how each person's overall healthcare is affected by the following: access/barriers to care, initial and ongoing assessments for co-occurring conditions and appropriate level of care referrals. The panel will discuss how these processes can reduce the impacts of mental health comorbidities and substance use in the overall healthcare of the client.

## **Focus 5: Editing GRRS**

Margie Morris, CADC

**Location ~ Jordan A**

In this session we will cover how to edit the GAIN GRRS utilizing the DSM 5. We will discuss recent issues with WITS and the GAIN system and the practical skills necessary to create a clinical GRRS. Participants will leave with practical ideas on how to write a clinically appropriate GRRS. We will identify current issues in the system as well as confidentiality concerns.

## **Focus 6: Addiction Counseling Group Exercises**

Geri Miller, PhD

**Location ~ Jordan D**

Group therapy is an effective addiction counseling approach because of the specific needs of the addicted client. These needs include: having their interactions with others observed, receiving support and feedback, and developing hope for their recovery from their addiction. This session begins with a

brief overview of how to set-up and maintain an addiction counseling group as it relates to common issues in addiction counseling groups. Leadership skills and specific techniques that facilitate the specific needs of addicted clients are provided.

**Breakout Session 8  
12:00 pm-1:30 pm**

## **Focus 1: Love to Care for Yourself**

Gina Westcott, BS, MS

**Location ~ Hatch D**

Self-care is critical for those working in the helping profession. This session will focus on the meaning of self-care, why it's important, how to identify compassion fatigue, and how to identify practical approaches to caring for yourself.

## **Focus 2: Fix my Kid! Engaging Parents as Allies in Mental Health Services**

Teresa Heald, LCSW

**Location ~ Jordan C**

After attending this training, you will be able to:

1. Identify and understand the prevalence and impact of mental disorders among youth.
2. Identify barriers to engagement and retention in mental health services.
3. Understand and be able to apply numerous practical methods for overcoming barriers to treatment and practical ways to engage parents in the treatment process.

## **Focus 3: Ethics for Prevention Professionals, Part B**

Cindy Hansen, MA, ACADC, CS

**Location ~ Jordan B**

See description for Session 7, Focus 3

## **Focus 4: Confronting the Bias Within**

Deanah Messenger, LCSW

**Location ~ Trueblood**

This workshop is designed to be an interactive exercise during which participants will be offered space to confront their own biases and then to examine how those biases affect our behavior.

## **Focus 5: CBI-SA Panel Discussion**

Gail Baker, LCSW; Amy Jeppesen, LCSW  
ACADC, Jim Meldrum, CADC

**Location ~ Jordan A**

In 2016, IDOC adopted CBI-SA as a core program in prisons and in the community. This open panel discussion is an opportunity to ask questions related to the CBI-SA and AP programming within IDOC and implementation in the provider network.

## **Focus 6: The Language of Addiction Counseling**

Geri Miller, PhD

**Location ~ Jordan D**

The session begins with an overview of the "language" of addiction counseling followed by an in-depth exploration of this language. A core component of the addiction counseling language is the approach of "compassionate accountability." This component is presented within the specific formats of addiction counseling (crisis, individual, group, family). Participants have an opportunity to explore the application of this concept to clinical examples and case studies that are provided in the session.

CONGRATULATIONS TO

**Carla Wherry**

2017 RECIPIENT OF THE

**Mark Emerson Memorial Student Scholarship**



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Northwest (HHS Region 10)

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<b>Idaho RADAR Center</b>	<b>River Sober Living</b>
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## 2017 Lifetime Achievement Award

### Rusty O'Leary

Rusty O'Leary was born into a large Irish-American family in Montana. He had eleven aunts and uncles and too many cousins to count. It seemed to this family that boxing, street fighting, storytelling, teasing, gambling, drug and alcohol use was a natural part of life. That was his introduction to addiction.

In the early 1970s, Rusty attended Montana State University in Bozeman, Montana. A few years later he attended and graduated from Carroll College in Helena, Montana, with a degree in Accounting and Business Management. He married and began raising his family while working for several years for an insurance company. His life moved him to many places: living by the Rocky Boy Indian Reservation near the Canadian border, spending several years in New Orleans, and finally landing in Boise in an attempt to get as close to the mountains and Montana as he could.

Each place was a learning environment for Rusty in what eventually would become his true love: addiction and counseling work. Over the years he lost family and friends to substance use and suicide. He spent time with friends suffering with PTSD, depression, and mental illness. He felt compelled to play a role in preventing destructive behaviors that left such devastation behind.

Rusty returned to college and graduated in 1994 with his Master's Degree in Community Counseling from Albertson College of Idaho. Since that time he has not stopped studying, learning, and doing all he can to further the field of addiction work in Idaho.

Rusty began his counseling work at Starting Point of Nampa. That same year he was introduced to his lifelong mentors, Rob Robinson and Mark Gornik at New Leaf, where he was trained in Cognitive Self Change, a program that would change his life. He moved into private practice at Counseling Care of Nampa and then to Mountain States Chemical Dependency and Counseling Services in Nampa where he has been since 1996.

In addition to being Executive Director/Owner of Mountain States Chemical Dependency, Rusty has successfully held and managed numerous contracts over the years including Idaho and Oregon Department of Corrections, Canyon and Quad County Drug Courts, the U.S. Probation Office and Bureau of Prisons, the U.S. District Court of Idaho, and Idaho Department of Health and Welfare.

Working to improve substance treatment in Idaho for both the client and providers has been a major focus of Rusty's career. He has served on numerous committees in his field and has given tirelessly of his expertise, time and energy.

Rusty has a great love for his work and also for life. He is known for his quick sense of humor, practical jokes, compassion, wisdom, unique style of therapy and, of course, his suspenders. He enjoys hunting, horseback riding and gardening.

Rusty has been instrumental in making many inroads and changes in the substance abuse community over the years. Those of you who know him understand he can be like a bulldog when it comes to things he believes in. He is committed in his endeavors to improve the profession he has come to love. He enjoys challenging others and playing a role in the development of his colleagues. We are proud to call Rusty "mentor," "teacher," "fighter," and "friend". Congratulations, Rusty, this award is well deserved!

# In Appreciation for Our 2016 Exhibitors, Sponsors & Supporters

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