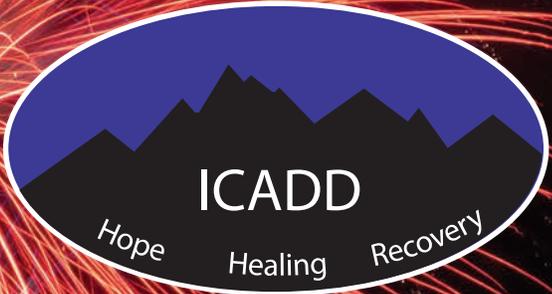


IDAHO CONFERENCE ON ALCOHOL AND DRUG DEPENDENCY

# Attendee Prospectus

Treatment - Prevention - Community Coalition



# Professional Practices & Promising Futures

**34th Annual ICADD Conference**  
**Pre-Conference Workshops May 21, 2018**  
**General Conference May 22-24, 2018**  
**Boise State University**

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

# 2018 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 2018, 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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## NEW! 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 LICENSE PLATE NUMBER**, then stop at a parking kiosk and enter that number in the Pay By Plate, next Select 1 for Purchase Ticket, then click on the choice for ICADD, then take your 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 to 2:00 M-F  
Subway: 11:00 to 3:00 M-F  
Fresh Express C-Store: 10:00 to 4:00 M-F  
Starbucks: 7:30 to 2:00 M-F

**FOOD TRUCKS WILL BE NEARBY**

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

## 2018 ICADD PRE-CONFERENCE SCHEDULE

### Monday, May 21st

8:00am - 4:45pm 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

## 2018 ICADD CONFERENCE SCHEDULE

### Tuesday, May 22nd

7:00am - 8:00am Narcotics Anonymous Meeting  
7:00am - 5:00pm Registration  
7:30am - 8:30am Continental Breakfast in Exhibit Hall  
7:30am - 3:30pm Exhibits Open  
8:00am - 8:30am Welcome and Introductions  
8:30am - 10:00am Keynote: FrancesPatterson, PhD, LADCII, MAC, BCPC, CCJAS, SAP, QCS  
Break with Exhibitors  
10:00am - 10:15am Breakout Session 1  
10:15am - 12:00pm Lunch (on your own), Exhibits open  
12:00pm - 1:15pm Breakout Session 2  
1:15pm - 3:00pm Break with Exhibitors  
3:00pm - 3:15pm Breakout Session 3  
3:15pm - 5:00pm

### Wednesday, May 23rd

7:00am - 8:00am AI-Anon Meeting  
7:00am - 5:00pm 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: Cardwell Nuckols, PhD  
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 24th

7:00am - 8:00am Alcoholics Anonymous Meeting  
7:30am - 8:30am Continental Breakfast-Jordan Lobby  
8:00am - 8:30am Welcome and Introductions,  
8:30am - 10:00am Keynote: Cardwell Nuckols, PhD  
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 - 7:00-8:00am

The conference is featuring a Narcotics Anonymous meeting on Tuesday morning, an AI-Anon meeting on Wednesday morning, and an Alcohol Anonymous meeting on Thursday morning. All conference attendees are welcome to attend these meetings.

# 2018 ICADD GENERAL INFORMATION

## Welcome!

On behalf of the Foundation Board and Planning Committee, I welcome you to the 34th annual Idaho Conference on Alcohol and Drug Dependency. We appreciate your feedback from last year and have made some adjustments in the specific focuses for this year. You can attend sessions all within one focus area, or pick and choose across any of them. The focuses are:

- Focus 1 Prevention & Coalition:** Presenting strategies for the prevention of substance use disorders. Imparting skill building for effective community coalitions
- Focus 2 Recovery Support:** Extending the knowledge base for persons providing recovery coaching and other peer support services
- Focus 3 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 4 Clinical Education & Skills:** Sharing information on clinical issues, including ethics, harm reduction, treatment, and the language of addiction
- Focus 5 Criminal Justice:** Teaching Foundational and emerging best practices for professionals involved in criminal justice

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 that you will gain skills and knowledge out of ICADD this year that you will be able to 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 years conference and we look forward to your feedback on what your thoughts are on this year's format. We also appreciate any ideas you have on topics of interest or ways we can continue to improve ICADD in the future.

Sincerely,  
Amy Jeppesen, LCSW, ACADC  
2018 ICADD Chair

### ICADD 2018 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  
Dennis Hardziej  
Nancy Irvin  
Norma Jaeger

### ICADD 2018 COMMITTEE MEMBERS

|                   |                   |
|-------------------|-------------------|
| Gail Baker        | Tom Hogan         |
| Joe Blume         | Nancy Irvin       |
| Darin Burrell     | Norma Jaeger      |
| Teri Carrigan     | Amy Jeppesen      |
| Mary Christy      | Claryce Manweiler |
| Jason Coombs      | Jim Meldrum       |
| Liza Crook        | Bevin Modrak      |
| Chris Daniel      | Jeff Morrell      |
| Susan Esp         | Terry Pappin      |
| Nicole Fitzgerald | Ryan Porter       |
| Shawna Forsmann   | Jayne Robinson    |
| Dennis Hardziej   | Sylvia Ryan       |



**Tuesday, May 22, 2018 -- 8:30am-10:00am**

**Location ~ Jordan D**

**Frances Patterson  
PhD, LADAC II, MAC, BCPC, CCJAS, SAP, QCS**

## **Humor in Self-care and Recovery**

Professionals who have focused their career on helping others often become so involved in their work that they forget about their own mental health. As a result, they may become stressed to the point of burnout. One of the symptoms of burnout is losing one's sense of humor.

Humor is necessary in all aspects of our lives and is important when counseling clients as they begin their journey of recovery. This keynote will address how counselors can use humor appropriately, and in the process, become more effective in their work with clients.

Dr. Frances Patterson received her BS and MS at Virginia Commonwealth University in the Alcohol and Drug Education Rehabilitation Program and PhD in Clinical Psychology at California Southern University.

In addition to being a licensed alcohol and drug abuse counselor in TN, she is a NAADAC certified Masters Addictions Counselor and Qualified Substance Abuse Professional. She also holds a certification as a Criminal Justice Addictions Specialist with the NAFC. She is board certified as a professional counselor with the American Psychotherapy Association. She is owner of Footprints Consulting Services, LLC in Nashville, TN.



**Wednesday, May 23, 2018 -- 8:30am-10:00am**

**Location ~ Jordan D**

**Cardwell Nuckols, PhD**

## **The Opiate Crisis: Understanding & Treating the Opiate Addict, Emphasis on Heroin & Fentanyl and its Analogues**

How does the opiate addict stop taking a substance that creates little cognitive impairment, elevates dopamine creating pleasure, makes them feel warm, fed and cared for while reducing stress and alleviating negative feeling states? Obviously, there is no easy answer but there are approaches that can elevate the opportunity for recovery. This skills training event will introduce those in attendance to ways of understanding the opioid addict's experience at engagement, as all attempts at intervention must start here. Both psychotherapeutic and pharmacological management will be discussed.

**Thursday, May 24, 2018 -- 8:30am-10:00am**

**Location ~ Jordan D**

## **Treating the Emerging Young Adult Alcoholic and Addict: Rehabilitation or Habilitation**

In treatment programs throughout North America, as much as one-half to two-thirds of the patient population is 18 -25 years old. This emerging young adult population often has difficulty with treatment programs designed for more mature adults. Their subjective experience of life is much different than that of someone who has already achieved some success in the social and business world. Often they need habilitation instead of being candidates for rehabilitation. Long-term treatment and other related options such as sober schools, allow the prefrontal cortex to develop.

This skills development training will give participants hands-on techniques based upon neurobiological and social science evidence. Neuroplastic changes are necessary to allow the prefrontal cortex to develop the abilities for formalized thought, management of affect and relationship skills. Without these skills the individual will not have the opportunities for life enhancement, such as receiving a diploma, holding a good job, being in a committed relationship and perhaps raising a child.

Dr. Cardwell C. Nuckols is described as "one of the most influential clinical and spiritual trainers in North America." He has served the behavioral medicine field for over 40 years and for the last 25 years is considered one of the leading experts in the world on addiction and recovery. He is widely published, having authored more than 65 journal articles, 30 books and workbooks, 50 DVDs, CDs and videos, and 25 audiotape series.

# STUDENT UNION CLASSROOM MAP



## 2018 Rooms Utilized

- 2 Alexander Room
- 13 Hatch D Room
- 13 Hatch Ballroom (A/B)
- 15 Jordan Ballroom (A, B, C, D)

## CONGRATULATIONS

### **Melanie Curtis, LMSW**

2018 recipient of the ICADD Foundation

### **Lifetime Achievement Award**

See Bio page 15

## CONGRATULATIONS

### **Kay Bennett**

2018 recipient of the ICADD Foundation

### **Substance Abuse Prevention Award**

## Pre-Conference Schedule

Classes begin at 9:00 am and conclude at 4:45 pm

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

#### Recovery Ethics (9:00 am - 12:15 pm)

Ryan Ortivez, PSS, CRC Supervisor  
Jenny Teigen

Location ~ Alexander Room

The purpose of this session is to review Recovery Coach Ethics and how we apply them to peers. Also, discussion of the unique ethics that are present in peer relationships will allow for us to use our discernment in these relationships. To further explore ethics and their importance, we will break out into small groups and examine potential ethical scenarios. To conclude this session, we will examine compassion fatigue and how it impacts our ethics. To help us to maintain ethics and combat compassion fatigue, we will compile ideas of effective self-care practices.

#### Recovery Coach/Peer Recovery Coach Exam Prep (1:30 pm to 4:45 pm)

Mary Christy, ACADC  
Norma Jaeger, PhD

Location ~ Alexander Room

This session will provide information on the Idaho Recovery Coach Certification Process and on core competencies in preparation for the written examination. There will be a Q&A with IBADCC representatives and recovery coaches that have passed the exam and are currently certified.

### Workshop 2

#### DBT-Skills (9:00 am - 4:45 pm)

Jared Bingham, LCPC, MAC

Location ~ Jordan B

Dialectical Behavioral Therapy (DBT) is an evidenced based practice that shows great promise across a wide variety of behavioral problems. There are four modes to doing fully adherent DBT, the most common and the most researched is the skills groups. This all day session will focus on the four different skills training modules: Mindfulness Skills, Interpersonal Effectiveness Skills, Emotion Regulation Skills, and Distress Tolerance Skills.

### Workshop 3

#### Clinical Supervision (9:00 am - 4:45 pm)

Frances Patterson, PhD, LADAC II, MAC,  
BCPC, CCJAS, SAP, QCS

Location ~ Jordan C

Clinical supervision is a critical component to providing quality client care. In this training, supervisors, or those striving to be supervisors, will gain information regarding critical issues in providing clinical supervision. Discussion includes vicarious liability, managing interpersonal issues, cultural issues and self-care for the supervisor and supervisee.

### Workshop 4

#### Guidelines for Suicide Intervention & Postvention (9:00 am - 12:15 pm)

Dan Casey, EdD

Location ~ Jordan A

Why do people kill themselves? How do I ask a client if they are feeling suicidal? How do I handle the response and deal with the strong emotions suicide can generate? Human service professionals provide a safety net for a client. One of the most commonly reported issues raised in an assessment is thoughts of or attempts at suicide; giving a skilled professional the opportunity to not only identify a client with a higher than average suicide risk, but will enable them to make more appropriate referrals into the continuum of care. This training will answer questions many of us have about suicide. It will provide basic information about suicide as identifying practical skills for intervention, and postvention. It will also combine basic information, small group role-plays and experiential learning to provide participants with the knowledge and skill base needed to effectively identify the topic of suicide more effectively with clients.

#### CBI-AP Booster (1:30 pm - 4:45 pm)

Matt Albaugh, Jeremy Coleman, Jim Meldrum

Location ~ Hatch D

This training is for SUD treatment providers who are currently certified and delivering CBI-AP in community practice. Learn skills building and group management techniques for CBI-AP. Enrollment is limited to 30 people and attendees must be previously trained in CBI-AP.

### Workshop 5

#### Guidelines for Suicide Intervention & Postvention (9:00 a.m - 12:15 pm)

Dan Casey, EdD

Location ~ Jordan A

This workshop option consists of the same morning class as Workshop 4.

#### Ethics for Prevention & Others (1:30 pm - 4:45 pm)

Cindy Hansen, MA, ACADC, CS

Location ~ Jordan A

This workshop is designed for the Prevention Professional who is seeking information regarding ethical and legal issues as it relates to Prevention, although other professionals will benefit from taking this class as well. 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 multicultural perspective will also be addressed. Please note that these hours will be accepted by IBADCC towards the ethics CEUs requirement for all of their certifications with the exception of recovery and peer recovery coaches.

## Session Focuses\*

- Focus 1 Prevention & Coalition
- Focus 2 Recovery Support
- Focus 3 Youth & Family
- Focus 4 Clinical Education & Skills
- Focus 5 Criminal Justice

**\*You can select mainly one focus for all sessions or mix and match across all focuses. Some sessions are denoted as Ethics or General focus.**

# SCHEDULE OF BREAKOUT SESSIONS

## Tuesday Breakout Sessions

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

### **Focus 1: Addressing Health Disparities in Substance Misuse Prevention & Understanding Cultural Competency (Part A)**

Haner Hernandez, PhD., CPS, CADCI, LADC

**Location ~ Jordan C**

This training is for SPF-SIG and SAPT Block Grant prevention practitioners to build their capacity to provide culturally competent prevention services and ensure that they are including strategies to reduce health disparities. The training will focus on increasing knowledge of health disparities, skill-building to improve cultural competency, understanding the importance of cultural competency through all steps of the Strategic Prevention Framework (SPF) and identifying key partners for improving cultural competency and increasing a coalition's ability to reduce health disparities.

### **Focus 2: Providing Effective Supervision for RC/PSS**

Amy Jeppesen, LCSW, ACADC

**Location ~ Hatch D**

How can you provide effective supervision to Recovery Coaches and Peer Support Specialists? Do you understand the difference in supervising Recovery Coaches and Peer Support Specialists versus clinicians and case managers? Where do these folks fit into your team and how do you encourage the team to have an open mind in working with them? Learn the answer to these questions and how to avoid pitfalls when supervising Recovery Coaches and Peer Support Specialists. Helpful information about important policies to have in place for these services will be shared.

### **Focus 3 & Ethics: Ethically Addressing Today's Controversial Issues Facing Teens & Young Adults**

Frances Patterson, PhD, LADAC II, MAC, BCPC, CCJAS, SAP, QCS

**Location ~ Jordan D**

What happened to the young substance users of the past? The drug scene has changed among teens and young adults. During this workshop participants will have the opportunity to discuss how to address the legal marijuana issue and e-cigarettes/vaping in an ethical and effective manner.

This is not only an ethical issue but a clinical issue as well. Many people are now adding illegal drugs such as Flakka, DMT, liquid THC, K2 and other new or revisited drugs on the scene. What to do, what to do? Participants will be encouraged to share what they are encountering while counseling substance use clients.

### **Focus 4: Opioid Dependency: The Familiar Road In (Part A)**

Ron Weaver, BA, EMI, PMI

**Location ~ Jordan A**

This session will look at the chronic pain patient's journey into opioid dependency. How can any normal person find themselves in trouble with opioids?

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

Brenda LaMott, BS

**Location ~ Jordan B**

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

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

### **Focus 1: Addressing Health Disparities in Substance Misuse Prevention and Understanding Cultural Competency (Part B)**

Haner Hernandez PhD, CPS, CADCI, LADC

**Location ~ Jordan C**

See Part A for description.

### **Focus 2: We Recover Together**

Shawna Forsmann

**Location ~ Hatch D**

Addiction is a family disease affecting generation after generation. Every family member is impacted by the one or more who are struggling in active addiction. What happens when even one finds recovery and chooses to embrace it? This session will address the conflicts that arise as we work to break the chains that keep us sick and the solutions that can begin to mend broken families.

### **Focus 3: Identifying & Treating Co-occurring Disorders in Addiction Counseling of Teens & Young Adults (Part A)**

Frances Patterson, PhD, LADAC II, MAC, BCPC, CCJAS, SAP, QCS

**Location ~ Jordan D**

Dr. Patterson will provide participants with the latest information and evidenced-based approaches for treating co-occurring substance use and mental disorders, focusing on teens and young adults. The advantages and steps of integrated assessment, including a "no wrong door" approach, will be explored.

Participants will gain techniques to identify presenting issues that may indicate a co-occurring diagnosis, including medical and personality disorders. Treatment modalities and evidence-based strategies for use in daily practice will be presented, including assessment challenges that may lead to misdiagnosis. Insight into when referral is most appropriate will be discussed, along with the ethical implications of practice situations that challenge a counselor's scope of training. Participants will leave this workshop with tips and tools that will guide clients in preventing relapse and successfully managing recovery from co-occurring disorders.

### **Focus 4: Opioid Dependency: The Unfamiliar Road Out (Part B)**

Ron Weaver, BA, EMI, PMI

**Location ~ Jordan A**

Take a new look at opioid dependency and how to successfully treat the root cause for many opioid dependent people.

### **Ethics Focus: Wellness & Self-care: An Ethical Imperative (Part A)**

Susan Esp, PhD

**Location ~ Jordan B**

This workshop is experientially-based with a focus on counselor wellness and the impact on ethical decision making. Counseling can be a stressful profession and the field is changing rapidly. We will discuss changes in the counseling profession and how these changes relate to counselor stress, wellness and ethical decision making. A key component of this ethics training will be the identification and practice of wellness strategies that support and enhance the use of sound judgment when making ethical decisions. Part A will include a brief overview of ethical codes for Licensed Counselors, Social Workers and Certified Alcohol and Drug Counselors. We will also cover changes in the profession and ethical decision making

# SCHEDULE OF BREAKOUT SESSIONS

with a focus on the intersection of wellness and our ability to make good decisions. Part B will focus more on wellness strategies and interventions. Please note that these hours will be accepted by IBADCC towards the ethics CEUs requirement for all of their certifications with the exception of recovery and peer recovery coaches.

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

## **Focus 1: Behind the Scenes of Current Drug Trends in Idaho: What Law Enforcement & Other First Responders See**

Detective Kip Paporello (BPD)  
Location ~ Jordan A

What are some of the causes that have contributed to the explosion of opiate use in Idaho and beyond? Where do the drugs come from? Heroin vs Fentanyl vs Carfentanil, do you know the difference? Why are so many young people addicted to heroin? What is the toll of current drug trends on Idaho communities? Learn more about the answers to these questions from an Idaho detective.

## **Focus 2: Creating Social Supports (Panel)**

Facilitated by Shawna Forsmann  
Location ~ Hatch D

Be a part of the social recovery conversation in your community by attending this informative panel Q&A session featuring nationally recognized and grass roots organizations who will speak candidly about serving up social recovery in their communities and how you can too.

## **Focus 3: Identifying & Treating Co-occurring Disorders in Addiction Counseling of Teens & Young Adults (Part B)**

Frances Patterson, PhD, LADAC II, MAC, BCPC, CCJAS, SAP, QCS  
Location ~ Jordan D

See description for Part A.

## **Ethics Focus: Wellness and Self-care: An Ethical Imperative (Part B)**

Susan Esp, PhD  
Location ~ Jordan B

See description for Part A.

## **Focus 5: MAT 101: Treatment of Opioid Use Disorder, with Special Emphasis on Buprenorphine/Naloxone**

Magni Hamso, MD, MPH  
Location ~ Jordan C

This course will provide attendees with an overview of the evidence for medication-assisted treatment (MAT) of opioid use disorder (OUD). It will emphasize the urgency of expanding access to MAT in Idaho, in order to help curb the opioid overdose epidemic and prevent the transmission of HIV and hepatitis C. The session will be interactive with part lecture and part small group to discuss cases and create treatment plans.

## Wednesday Breakout Sessions

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

## **Focus 1: Drug Impairment Training**

Lt. Sam Ketchum (ISP)  
Location ~ Jordan B

Being high can impact the ability to learn among students and the productivity and reliability of employees. With illicit and prescription drugs commonplace in the academic and employment world, it is imperative to be able to determine if someone has been using drugs. Learn tools that will help you identify and document if someone is under the influence of drugs.

## **Focus 2: An Overview of ROSC: Building Hope Through Connection & Participation (Part A)**

Lonnetta Albright, BS, CPEC  
Precia Stuby, LISW-S  
Location ~ Hatch D

This two-part interactive workshop will first provide an overview of the Recovery-Oriented Systems of Care (ROSC) framework including its goals, principles and values. Available resources including products, activities and information on experts will also be provided. Coupled with the presentation will be an implementation example from Hancock County, a micropolitan area in Northwest Ohio that adopted a transformational approach to the implementation of recovery-oriented practices, services and a community-wide approach that brings together diverse systems, individuals in recovery and the community at-large.

## **Focus 3: Client & Family Engagement: Start Early, Engage Continuously**

Liza Crook  
Ryan Porter, CADC, LPC  
Location ~ Jordan A

Family impacts every part of a young person's life, and a youth's substance use treatment in the juvenile justice context is no exception. Successful family involvement in a youth's treatment program may play a central role in achieving a positive program outcome. This presentation will share the importance of client and family engagement, focusing on available services and guidelines through the Idaho Supreme Court and the Department of Juvenile Corrections.

## **Focus 4: The Evidenced Based Treatment (Psychosocial & Psychological) of Opiate Addiction**

Cardwell C. Nuckols, PhD  
Location ~ Jordan D

This skills-building training will discuss the use of psychological approaches (motivational interviewing, cognitive, behavioral and contingency management) helpful in the treatment of those suffering from opiate addiction. Evidence-based psychosocial interventions such as Alcoholics Anonymous and Narcotics Anonymous will be presented from the perspective of cognitive-behavioral, as well as spiritual world view change agents.

## **Focus 5: Partnering with Providers/ Stakeholders in MAT**

Ron Jackson, MSW, LICSW  
Location ~ Jordan C

Our communities are beset with problems associated with opioid use disorder (OUD). Research evidence is clear that medication-assisted treatment (MAT) is by far the most effective treatment for OUD. And yet, MAT is not accessible in many communities. This presentation will briefly discuss the evidence basis of the use of MAT for OUD and then outline steps which could be taken to make it more accessible to those in need in Idaho communities.

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

## **Focus 1: Addressing Bias: Toward a Reflective, Culturally Sensitive Practice to Enhance Working Alliances**

Bryan Austin, PhD., LPC, CRC  
Location ~ Jordan B

Practitioners are susceptible to bias and hold biases based on diversity characteristics. Biases, if unrecognized or ineffectively

# SCHEDULE OF BREAKOUT SESSIONS

addressed, can negatively affect interpersonal relationships and outcomes. Understanding reasons for our own biases and how to effectively address them is important. Bias research and benefits of using a reflective practice that values cultural sensitivity and addresses biases to enhance working alliances, will be discussed. Participants will also gain strategies to build trust and improve services across cultures.

## **Focus 2: An Overview of ROSC: Building Hope Through Connection & Participation (Part B)**

Lonneta Albright, BS, CPEC,  
Precia Stuby, LISW-S

**Location ~ Hatch D**

See description for Part A.

## **Focus 3: In (and Out) of the Closet: LGBTQ+ Youth and Substance Abuse**

Breonna Krafft, LPC, NCC

**Location ~ Jordan C**

This session will begin with a brief coverage of current terminology related to the queer community. We will then look at current statistics, and move through specific risk factors associated with LGBTQ+ youth and substance abuse. Following this, we will discuss protective factors, best practices and case studies.

## **Focus 4: ASAM in Recovery & Documentation (Part A)**

Theran Adamson, MD

**Location ~ Jordan A**

Utilizing the ASAM Criteria improves communication with other providers and insurance companies for reimbursements and progression of recovery. How can it be utilized to benefit the patient?

## **General Focus: The Treatment of Moral Injury**

Cardwell C. Nuckols, PhD

**Location ~ Jordan D**

This skills-training event will provide clinicians with a treatment model and rationale for approaching those suffering the guilt and shame of moral injury. For diagnostic purposes, PTSD and moral injury will be compared and contrasted.

## **Breakout Session 6**

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

## **Focus 1: Opioid Misuse & Abuse Statewide Strategic Plan**

Stephanie Pustejovsky, MHS

Christine Hahn, MD

Marcia Witte, MD

**Location ~ Jordan B**

As the opioid crisis grips the nation, the State of Idaho is implementing a multi sector response to reduce the burden of opioid misuse and overdose in our state. This breakout will provide the scope of the issue in Idaho, outline Idaho's four-pronged approach to the opioid crisis, discuss current implementation strategies, and gather input from participants on future prevention, treatment and recovery initiatives.

## **Focus 2: The Art & Science of Healing**

Cardwell C. Nuckols, PhD

**Location ~ Jordan D**

Experience the awareness and awakening of your healing SELF in this powerful program for those who are seeking to enhance their healing potential. This skills building training will increase your clinical effectiveness. It has been stated that as much as 75% of recovery from psychiatric (psychological) disorders such as depression is attributable to the various aspects of the relationship between therapist and patient. Evidence-based approaches are important but without the creation of a healing relationship compliance is uncertain and effectiveness marginal, at best. This skills training event will help participants learn to take advantage of their natural healing potential. The neurobiology behind this potential will be explained in detail.

## **Focus 3: Bridging the Gap**

Colleen Foster, BA, CADC

**Location ~ Hatch D**

This session will focus on bridging the gap between program/treatment language with youth and the communication and support for recovery by families and their supports. We will discuss barriers in reintegration and transition to home and community, effective methods in making the transition more successful, and the supports available with technology, community resources, education, and communication. Attendees will share what is working in their settings and the populations they are serving. A demonstration of a program currently being used by IDJC to address better family engagement and understanding of relapse prevention plans of juveniles leaving

the department will be presented. The purpose of, and the information for Relapse Prevention Plans (RPP) will be reviewed and we will discuss how supports and families can use RPPs more efficiently to help with a smoother transition and successful recovery back to home or placement in community. Identifying ways to help families know the importance and role they play in transitioning youth back home will also be discussed.

## **Focus 4: ASAM in Recovery & Documentation (Part B)**

Theran Adamson, MD

**Location ~ Jordan A**

See description for Part A.

## **Focus 5: Probation is from Mars and Treatment is from Venus**

Paul Meglio, BS, MBA

**Location ~ Jordan C**

In this session we will discuss the challenge and conflicts of two entities who have the same outcome but different means in dealing with mutual clientele. This course will explain the vernacular, philosophy and intentions of achieving successful results. A cross-disciplinary training of ASAM criteria, GAIN assessments, LSI/YLSI criminogenic risk/need assessment will be provided. Collaboration strategies will be reviewed to equip each individual and entity to build healthy working relationships.

## Thursday Breakout Sessions

## **Breakout Session 7**

**10:15 am-11:45 am**

## **Focus 1: Applying Three Lessons About Prevention to Explore the Culture of Driving Under the Influence of Cannabis**

Jay Otto, BS, MS

**Location ~ Jordan A**

With various forms of legalization of cannabis across the country, there is growing concern regarding driving under the influence of cannabis. Jay Otto, M.S., Research Scientist for the Center for Health and Safety Culture at Montana State University, will introduce three lessons from the research that inform effective prevention efforts. He will use these lessons to guide a session about a recent national survey (as well as recent research in Washington state) completed by the Center exploring the values, beliefs, and attitudes about driving under the influence of cannabis. Jay will compare responses between users and non-users of cannabis; those who drive within four hours of using

# SCHEDULE OF BREAKOUT SESSIONS

and those who don't (amongst users); and respondents living in Colorado and Washington and those living in states where recreational use is illegal.

## **Focus 2: Untangling the Recovery Housing Crisis Panel**

Moderated by Ryan Porter, CADAC, LPC  
**Location ~ Jordan B**

A panel of housing pioneers will explore current and potential resources for addressing the needs for recovery housing in both urban and rural areas of Idaho.

## **Focus 3: In Home Family Treatment**

Michelle Alden, LPC, MFT  
**Location ~ Hatch D**

This breakout session will discuss in home family treatment. The workshop is based on the Family First Program of Healthy Foundations. We will cover the reasons why in home treatment is effective, how the program is set up in the home, the parent training, the therapy goals and how we help parents to implement the new parenting skills. The session will also show how to help and why helping the family with healthier interactions creates more trust and safety in the home, which leads to the youth being more safe and productive in the community.

## **Focus 4: Borderline, Antisocial & Narcissistic Personality Disorders: Managing Impulsive and Lack of Empathy Personality Disorders**

Cardwell C. Nuckols, PhD  
**Location ~ Jordan D**

The dramatic and erratic personality disordered patients (Narcissistic, Borderline and Antisocial) are among the most difficult to treat clinical presentations. Dr. Nuckols has developed techniques based upon 40 years of clinical experience working with patients from addiction and mental health backgrounds and offenders from the criminal justice system, including three contract killers and one serial murderer. In this session, we will discuss clinical protocols that are helpful in managing these clients. This advanced skills development training presents "hands on" techniques and the neurobiological research that supports these approaches that cannot be learned from textbooks.

## **Ethics: Ethics Revisions in Technology (Part A)**

Kim Keys, LCPC, NCC  
**Location ~ Jordan C**

Technology has an ever-increasing impact on how those in the health care field take payment, advertise on social media or even simply send emails. In this two-part series we will discuss newly released ethical standards for technology in clinical practice, common dilemmas that occur, and ways to use technology and social media while protecting clients' rights to privacy and confidentiality, guarding against dual relationships, and boundary crossing. Please note that these hours will be accepted by IBADCC towards the ethics CEUs requirement for all of their certifications with the exception of recovery and peer recovery coaches.

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

## **Focus 1: Crucial Conversations**

Ashleigh Lopez  
**Location ~ Jordan B**

The Crucial Conversations preview will introduce you to two of the nine Crucial Conversations® principles that help you more effectively hold successful conversations even when emotions are high. Learn how to master your own stories and STATE your path without being offensive and ultimately leading to resolution.

## **General Focus: Overview of the Positive Culture Framework**

Jay Otto, BS, MS  
**Location ~ Jordan A**

The Positive Culture Framework (PCF) is the Center for Health & Safety Culture's approach to improving health and safety in communities and organizations based on our latest research. The approach seeks to cultivate health and safety by providing detailed steps and addressing leadership, communication, and integration skills to successfully navigate the process. PCF builds on the recognition that the solutions are in the community. Join CHSC Principal Scientist, Jay Otto, in this session to learn more about the Positive Culture Framework and how it works.

## **Focus 3: Understanding and Treating Cannabis (Cannabinoid) Use Disorder**

Cardwell C. Nuckols, PhD  
**Location ~ Jordan D**

Marijuana is the most commonly used illicit substance with 7% of the US population admitting to current use, compared to less than 1% of the American population using heroin, cocaine and methamphetamine.

This skills-training event will give the participant state-of-the-art understanding of the following:

- The neurobiology of cannabis use and addiction
- The short and long-term health effects of cannabis use
- An understanding of the cannabis acute abstinence syndrome and its treatment
- The evidence-based psychotherapeutic approaches to the treatment of Cannabis Use Disorder
- Current perspectives on the pharmacological treatment of Cannabis Use Disorder

## **Focus 4: Making Sense of Suboxone**

Michael Whiting, MD  
**Location ~ Hatch D**

Counselors increasingly encounter clients already taking buprenorphine. Counselors need to understand enough about the medication to identify when the medication is being used in a manner that might negatively impact recovery. This session will explain the similarities and differences between buprenorphine and other opioids and how the characteristics of buprenorphine affect the overall treatment plan.

## **Ethics: Ethics Revisions in Technology (Part B)**

Kim Keys, LCPC, NCC  
**Location ~ Jordan C**

See description for Part A.

**CONGRATULATIONS  
2018 SCHOLARSHIP RECIPIENTS**

**Mark Emerson  
Memorial Student Scholarship**

**Michele Preuss**

**John Southworth  
Memorial Scholarship**

**Samantha Kalanick**

**Regional Scholarship Winners:**

**Region 1: Amber Moir-Brow**

**Region 4: Jennifer Hitchings**

**Region 2: Lisa Davis**

**Region 5: Amanda Braga**

**Region 3: Darin Hoffer**

**Region 6: Phillip Christensen**

**Region 7: Kim Sheppard**



**Gold Level Sponsors**



**Bronze Level Sponsors**

**BPA Health**

**Brick House Recovery**

**Center for Behavioral Health**

**Idaho Department of Juvenile Corrections**

**Idaho Office of Drug Policy**

**Intermountain Hospital**

**NWATTC**

**Recovery 4 Life**

# SPECIAL THANKS TO OUR 2018 EXHIBITORS

|  |   |
|--|---|
| <b>Aegis Science Corp.</b>                         | <b>Intermountain Hospital</b>                             |
| <b>Al-Anon</b>                                     | <b>Lifeways, Inc.</b>                                     |
| <b>Alcoholics Anonymous</b>                        | <b>MTC Idaho CAPP</b>                                     |
| <b>Alkermes, PLC</b>                               | <b>Narcotics Anonymous</b>                                |
| <b>Beechtree Diagnostics</b>                       | <b>NWATTC</b>   |
| <b>Best Notes</b>                                  | <b>Optum</b>  |
| <b>BPA Health</b>                                  | <b>P.E.E.R. Wellness Center</b>                           |
| <b>Brick House Recovery</b>                        | <b>Precision Diagnostics</b>                              |
| <b>Center for Behavioral Health</b>                | <b>Project Filter</b>                                     |
| <b>Hotel California by the Sea -<br/>Bellevue</b>  | <b>Raise The Bottom</b>                                   |
| <b>Idaho Department of Health<br/>and Welfare</b>  | <b>Renaissance Ranch</b>                                  |
| <b>Behavioral Health</b>                           | <b>Rising Sun Sober Living</b>                            |
| <b>Idaho RADAR Center</b>                          | <b>River Sober Living</b>                                 |
| <b>Idaho Regional Behavioral<br/>Health Boards</b> | <b>Supportive Housing and<br/>Innovative Partnerships</b> |
|  | <b>Walker Center</b>                                      |

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## 2018 Supporters

**Boise State University**  
**Boise VA Medical Center - Behavioral Health**  
**Idaho Department of Correction**  
**Idaho RADAR Center**  
**Idaho Supreme Court/DUI Courts**

## 2018 ICADD Lifetime Achievement Award

### Melanie Curtis, LMSW

Melanie Curtis received her Bachelor of Arts in Social Work from Boise State University in 1986 and her Master of Social Work from the University of Denver in 1990. Throughout her career, Melanie has exemplified excellence in social work practice, making exceptional contributions to meeting the childcare, housing and prevention needs of low-income Idahoans.

From 1990 to 1995, Melanie focused her efforts on the childcare needs of very-low-income families, developing and implementing the United Way Child Care Scholarship Program and implementing the Idaho Child Care Program for Ada, Boise, Elmore and Valley counties.

Beginning in 1996, Melanie turned her attention to the housing needs of vulnerable populations, serving initially as Program Development Specialist and Homeless Programs Coordinator and as Special Needs Grants Coordinator for the Idaho Housing and Finance Association and later as Resource Development Specialist for the Boise City Ada County Housing Authority. In 2000, Melanie's work was recognized by the Department of Housing and Urban Development with their prestigious Best Practices Award for developing collaborative partnerships through the Continuum of Care process. In 2004 Melanie was given the NASW Social Worker of the year award and has been a strong voice in the housing and recovery fields throughout her entire practice.

In 2001 Melanie founded and became the Executive Director of Supportive Housing and Innovative Partnerships, Inc., (SHIP), an innovative program providing clean and sober housing for persons in recovery. She established the first Oxford House in Idaho opening in August, 2001. Under Melanie's leadership, SHIP transformed the basic Oxford House principles into a Modified Therapeutic Community Housing Model that SHIP operates under today. Due to Melanie's vision, SHIP now operates 11 Recovery residences within the Boise Valley comprising of both veteran and civilian programs, with one of the residences offering 24/7 monitored services for persons experiencing dual diagnosis and a transportation program providing free rides to persons 65 and older, veterans and the disabled. The transportation program averages 750 free rides a month. In addition, Melanie established two retail stores providing employment and training to persons in recovery, with all proceeds augmenting the housing and transportation programs.

Melanie experienced a personal tragedy in her life with the loss of her youngest son, Mikey Pat, to an accidental overdose. This fueled the desire to work in the prevention area of recovery. She was a cornerstone in the drive for education and prevention in the recovery field with her Connect the Pieces program and the Pharmacist Phil Campaign. After working diligently for so many years trying to save people experiencing addictions, Melanie decided to try and help in the prevention of addictions.

Though Melanie has retired due to health issues, her prior work exemplifies the very best in compassionate, intentional, and effective social work practice. Social workers who possess a desire to help individuals and communities need only look at the fervor with which Melanie Curtis approached her work and know that change is possible. Melanie's legacy will continue for years to come, not just through the SHIP agency, but through all who had the honor of associating with her.

# IN APPRECIATION OF OUR 2017 EXHIBITORS, SPONSORS & SUPPORTERS

## 2017 SPONSORS

**BPA Health**

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**NWATTC**

**Optum**

**Raise the Bottom  
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**Recovery 4 Life**

**Rising Sun Sober Living**

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**Idaho Supreme Court/DUI Courts**

## 2017 EXHIBITORS

**Al-Anon**

**Alcoholics Anonymous**

**Alkermes, PLC**

**AV Evaluations**

**Best Notes**

**BPA Health**

**Center for Behavioral Health**

**Hotel California by the Sea-Bellevue**

**Idaho Department of Health  
and Welfare**

**Behavioral Health**

**Idaho RADAR Center**

**Idaho Youth Treatment Program - IDHW**

**Intermountain Hospital**

**Lifeways, Inc.**

**MTC Idaho CAPP**

**Narcotics Anonymous**

**Optum**

**Orion Healthcare Technology**

**P.E.E.R. Wellness**

**Raise The Bottom**

**Recovery Idaho**

**Renaissance Ranch**

**Rising Sun Sober Living**

**River Sober Living**

**Road to Recovery**

**Sunspire Health**

**Supportive Housing and  
Innovative Partnerships**

**Walker Center**

