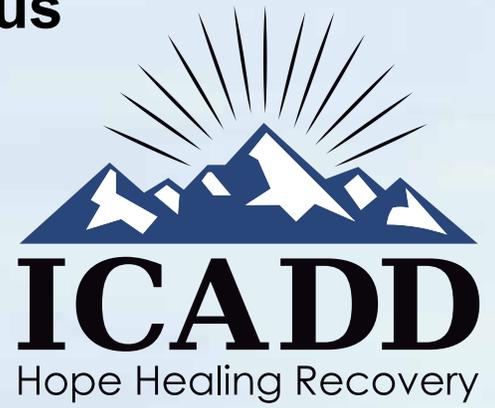


Attendee Prospectus



Embracing a New Dawn in Behavioral Health

35th Annual ICADD Conference
A Summit on Behavioral Health & Addictive Disorders

Pre-Conference Workshops May 13, 2019

General Conference May 14-16, 2019

Boise State University



2019 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.

CONTINUING EDUCATION CREDITS

You can earn 24 CE hours at ICADD 2019, 6 hours for the full day of Pre-Conference and 18 hours for the full three days of the Conference.

CONFERENCE LOCATION

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

BOISE STATE IS A VAPE-FREE, SMOKE-FREE CAMPUS

CONTACT ICADD

PO Box 1311, Meridian, ID 83680
Ph: 208-466-2519 Fax: 208-895-7872
Email: info@attenticadd.com

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NEW This Year, Just for You!

This year, join us in the Trueblood Room where the Center for Behavioral Health will be hosting a "wellness room" from 10am-4pm, Tues. and Wed. in appreciation for all that you do to help our communities. So take a break, relax, and come and get pampered with a chair massage from the Center for Behavioral Health!

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

Please note the Boise RiverCafe is NOT open

NEW! Some great PRIZES will be given away this year during the opening activities each morning! Those who arrive **on time into the Jordan Ballroom** will be given a raffle ticket to be drawn during opening activities each day of the conference.

2019 ICADD PRE-CONFERENCE SCHEDULE

Monday, May 13th

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

2019 ICADD CONFERENCE SCHEDULE

Tuesday, May 14th

7:00am - 8:00am Narcotics Anonymous Meeting
7:00am - 5:00pm Registration
7:30am - 8:30am Continental Breakfast in Jordan Ballroom
7:30am - 3:30pm Exhibits Open - Jordan Ballroom
8:00am - 8:30am Welcome and Introductions
8:30am - 10:00am Keynote: Dr. David Mee Lee
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 15th

7:00am - 8:00am Al-Anon Meeting
7:00am - 5:00pm Registration
7:30am - 8:30am Continental Breakfast in Jordan Ballroom
7:30am - 3:30pm Exhibits Open - Jordan Ballroom
8:00am - 8:30am Welcome, Introductions, Lifetime Achievement Award, Prevention Award
8:30am - 10:00am Keynote: Clifton Mitchell, Ph.D.
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 16th

7:00am - 8:00am Alcoholics Anonymous Meeting
7:30am - 8:30am Continental Breakfast - Jordan Ballroom
8:00am - 8:30am Welcome and Introductions,
8:30am - 10:00am Keynote: Lonna Albright, B.S., CPEC
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 Al-Anon meeting on Wednesday morning, and an Alcohol Anonymous meeting on Thursday morning. All conference attendees are welcome to attend these meetings.

2019 ICADD GENERAL INFORMATION

On behalf of the Foundation Board and Planning Committee, I welcome you to the 35th annual Idaho Conference on Alcohol and Drug Dependency. As in previous years, we have created focuses to assist in enhancing your ICADD experience.

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 say "thank you" to each and every one of you for taking time out of your busy schedules to attend this year's ICADD Conference. More importantly, "thank you" for the work each of you do every day to improve lives and make your communities a better place. We are mindful of the work, time and family sacrifices you have made to be here these few days. We truly hope to provide you an experience that will not only enhance your knowledge and skills but also be one that is valuable and enjoyable.

I also want to extend my extreme gratitude and admiration to the ICADD Foundation Board and the Planning Committee members. They have worked especially hard this last year at developing and planning a conference that is innovative, interesting and relevant.

We are also very excited to announce a north Idaho ICADD training in Coeur d'Alene this coming October. Visit the website (www.attandicadd.com) for more details.

We always want to improve the conference offerings and look forward to any feedback that you have to help us do so. If you have ideas, topics or suggestions for future conferences, we look forward to your feedback. Again, welcome to the 2019 ICADD Conference and please let us know if there are things we can do to assist you in making this a memorable and positive experience.

Sincerely,
Darin Burrell, 2019 ICADD Chair

ICADD is Growing! Announcing our First Mid-Year ICADD!

ICADD - Reaching out for Recovery

Northern Idaho ~ Oct 11-12, 2019 ~ Coeur d'Alene Inn

ICADD 2019 BOARD MEMBERS

Darin Burrell, Chair
Amy Jeppesen, Past Chair
Rosie Andueza, Secretary
Ryan Porter, CFO

Dan Arnold	Nancy Irvin
Gail Baker	Norma Jaeger
Joe Blume	Amy Jeppesen
Sharon Burke	Leah Kalk
Jason Coombs	Melinda Smyser

ICADD 2019 COMMITTEE MEMBERS

Keri Anderson	Nancy Irvin
Dan Arnold	Norma Jaeger
Gail Baker	Amy Jeppesen
Michelle Barker	Sharlene Johnson
Joe Blume	Leah Kalk
Sharon Burke	Claryce Manweiler
Darin Burrell	Jim Meldrum
Mary Christy	Jeff Morrell
Jason Coombs	Kim Nealey
Liza Crook	Pat Neeser
Chris Daniel	Jennifer Oberle
Susan Esp	Ryan Porter
Nicole Fitzgerald Shawna	Sylvia Ryan
Forsmann	Melinda Smyser
Tom Hogan	

2019 ICADD KEYNOTE SPEAKERS



Tuesday, May 14, 2019 -- 8:30am-10:00am

Location ~ Jordan Ballroom

David Mee-Lee, M.D.

Moving Beyond Compliance to Lasting Change: How the ASAM Criteria and Evidence-Based Practices Can Help

To achieve the goals of increased public safety, decreased legal recidivism and crime, treatment court participants need to be engaged in a self-change, accountable treatment process. This keynote will discuss how treatment providers and problem solving courts can work together to move people beyond compliance with mandated treatment to engage participants in responsible, accountable change.

David Mee-Lee, M.D. is a board-certified psychiatrist, and is certified by the American Board of Addiction Medicine (ABAM). Based in Davis, California, he trains and consults both nationally and internationally. Dr. Mee-Lee is Chief Editor of the American Society of Addiction Medicine's (ASAM) Criteria for the Treatment of Addictive, Substance-Related, and Co-Occurring Conditions and is President of DML Training and Consulting. He is co-founder of the Institute for Wellness Education. Dr. Mee-Lee has forty years' experience in person centered treatment and program development for people with co-occurring mental health and substance use conditions.



Wednesday, May 15, 2019 -- 8:30am-10:00am

Location ~ Jordan Ballroom

Clifton Mitchell, Ph.D.

Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement

Dr. Mitchell will introduce to the audience the world of priming through a discussion of the priming that occurs in our everyday lives. Scientific research demonstrates the phenomena, and explains how priming can be utilized to radically intensify therapeutic communications and improve outcomes. In addition, these principles provide you with the mental tools necessary for molding yourself into the person you want to be and for reaching your personally desired goals.

Clifton Mitchell Ph.D. is an international clinical trainer and keynote speaker with over 23 years of training experience. He delivers practical information in a uniquely entertaining, fast-paced style that is filled with humor and examples from his experience in mental health. Dr. Mitchell has trained at hundreds of mental health conferences on techniques for improving therapeutic communications and for creating change through an understanding of how the mind works and the scientific study of language known as linguistics. He is a contributing author in therapy books and has published in numerous professional journals including the Psychotherapy Networker, Psychotherapy in Australia, Journal of Personality Assessment, Perceptual and Motor Skills, Psychology and Education, Journal of Psychological Type, The Professional School Counselor, Vistas, and The Advocate. Dr. Mitchell is Professor Emeritus at East Tennessee State University where he received the Teacher of the Year award in 2002. For more information please visit: www.cliftonmitchell.com.



Thursday, May 16, 2019 -- 8:30am-10:00am

Location ~ Jordan Ballroom

Lonnetta Albright, B.S., CPEC

Recovery-Oriented Systems and Services: Where are We Now, Where are We Going?

Recovery management models hold great promise in treating severe and complex substance use disorders. Chronic disorders are disorders that resist cure via brief intervention but can often be successfully managed (the achievement of full or partial recovery). Such management entails care and sustained support aimed at enhancing the strength, quality, and durability of remission periods and shortening the frequency, duration, and intensity of relapse episodes.

Lonnetta Albright -- Author, Radio Personality and Change Agent is one of the most dynamic and transformative speakers, facilitators and coaches working nationally and internationally (Canada, the Caribbean and Africa) adding value to and changing the lives of thousands. As President and Owner of Forward Movement Inc. a small minority and female-owned company she offers Coaching for individuals and organizations; Personal and professional growth; Organizational and leadership development; Speaking and Consulting. As a certified personal and executive coach, she is an Independent Executive Director with the John Maxwell Team. She also has a weekly Coaching segment on the Lonnie Hunter Radio Show, ugospelradio airing each week. For 17 years Lonnetta served as Executive Director of the Great Lakes Addiction Technology Transfer Center /University of Illinois /Jane Addams College of Social Work. Her regional ATTC led the ATTC Network in Recovery Management and Recovery-Oriented System Transformation efforts for the field. She led her ATTC's ROSC efforts in Africa to train and build capacity within the substance abuse systems and recovery community in Tanzania and Zanzibar, Africa. Her popular "Heart-Mind-Time (HMT) program has impacted countless lives! Her recent books include Women Thriving Fearlessly, Volume 1: Inspirational stories of women who journeyed from fear to fearlessness a collective project with 11 amazing women; She Dreams in Real Life: Stories of Women Living Their Wildest Dreams and Women Thriving Fearlessly Business: Rock Star Women Show You How to Build a Rock Star Business. Find her at www.lonnettaalbright.com or <http://www.johnmaxwellgroup.com/lonnettaalbright> and <https://www.facebook.com/LonnettaAlbrightCoach/>

STUDENT UNION CLASSROOM MAP



2019 Rooms Utilized

- 13** Hatch Ballroom (A/B/C/D)
- 15** Jordan Ballroom
- 18** Simplot Ballroom (B only)
- 21** Trueblood Room

CONGRATULATIONS

Ray Carleton

2019 recipient of the ICADD Foundation

Lifetime Achievement Award

See Bio page 15

CONGRATULATIONS

Sharlene Johnson

2019 recipient of the ICADD Foundation

Substance Abuse Prevention Award

Pre-Conference Schedule

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

Two Fifteen Minute Breaks: 10:30 am to 10:45 am and 3:00 pm to 3:15 pm

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

Workshop 1

Solving the Telehealth Riddle (includes 3 hours Ethics CEUs; 1.5 in session 2 and 1.5 in session 4)
(9:00 am - 4:45 pm)

Deborah Thomas, LPC, CADAC

Location ~ Hatch C

This four session track will address "Solving the Telehealth Riddle." During the first session, attendees will learn about the rapidly growing and evolving world of technology utilized in the delivery of services in the electronic age. During the second session, the areas of privacy, HIPAA, and confidentiality will be covered. The third and fourth sessions will be geared toward learning about and developing the necessary skills a clinician must possess when conducting counseling sessions that are not "in person," and how to navigate this process keeping professional ethics at the forefront.

Workshop 2

Ethical Clinical Documentation - The Good, The Bad, and The Ugly (includes 3 hours Ethics CEUs)
(9:00 am - 12:15 pm)

Amy Jeppesen, LCSW, ACADC

Location ~ Hatch B

Most of us despise "paper work!" However, it needs to be done or we will not be paid for our services. This presentation will discuss ethical issues around paperwork. What types of things you would want in your notes and what types of things you would not. How to organize your paperwork so that it is your friend and how paperwork can protect you in the long run.

Workshop 3

Advanced Supervision for Registered Supervisors (includes 3 hours Ethics CEUs)
(9:00 am - 4:45 pm)

Alana Brunner, LCPC, NCC, CCMHC

Location ~ Hatch D

This 4 part workshop will cover Ethical Issues in Supervision, Models of Supervision, Documentation of Supervision, and Evaluation of Supervision.

Workshop 4

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

Enrollment Limit 30 people, must be previously trained in CBI-AP (must attend 1:30 pm to 4:45 pm)

Jim Meldrum, Matt Albaugh

Location ~ Hatch B

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.

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 one focus for all sessions or mix and match across focuses. Be sure to note those sessions where it states you must attend all sessions.**

SCHEDULE OF BREAKOUT SESSIONS

Tuesday Breakout Sessions

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

Focus 1: Idaho Opioid Misuse and Overdose Strategic Plan

Shaina Cales, Kristen Raese, Rachel Gillett

Location ~ Simplot B

This session will discuss the progress being made on Idaho's opioid misuse and overdose strategic plan, and the opioid epidemic. The Governor's Office of Drug Policy convened a planning group to create a statewide, multi-stakeholder opioid misuse and overdose prevention strategic plan. In April 2017, the stakeholders group developed the "Idaho Opioid Misuse and Overdose Strategic Plan, 2017-2022," which supports the vision of a "safe and healthy Idaho, free of opioid misuse and untreated opioid use disorders." The presenters today will be giving an update on what has been achieved over the last year.

Focus 2: Sober Active Communities and the Benefits of Exercise in Recovery

Scott Jones

Location ~ Hatch D

This session will include guest testimony, and will use the Phoenix in Boise as a model to explain sober active communities and their role in recovery support, as well as show the benefits of exercise.

Focus 3: Using Motivational Interviewing with Service Planning for Youth in SUD Treatment Part 1 (must attend all 3 sessions)

Janice Crawford, PhD, LPC

Location ~ Hatch B

This workshop is designed to increase providers' capacity to deliver evidence-based practices and operate from a recovery-oriented system of care perspective. This one-day training is for individuals who have attended an introductory course in Motivational Interviewing (MI). The training will build upon foundational MI skills and apply them to evidenced-based substance use disorder assessment and service planning for youth in SUD treatment. Participants will have many opportunities to practice skill development through interactive group exercises.

Focus 4: Secondary Trauma - Are You at Risk?

Norma Jaeger, PhD (ABD)

Location ~ Hatch A

Those who work with individuals who have experienced trauma, or who have complex needs often experience symptoms which mirror those of the clients they serve. Working with trauma survivors imposes risks of experiencing secondary or vicarious trauma. This session will explore common symptoms, enable participants to assess their risk, including access to validated assessment tools, and will identify risk reduction strategies. Dealing with your secondary trauma is a personal wellness responsibility, but also a professional ethical duty.

Focus 5: How to Develop Treatment Plans that Make Sense to Clients: Improving Documentation and Clinical Use of the Treatment Plan and Progress Notes

David Mee-Lee, MD

Location ~ Jordan Ballroom

In all treatment, it is important that the treatment plan truly becomes the written expression of the therapeutic alliance with the client. The treatment plan and ensuing progress notes should reflect an agreement on goals and strategies and methods with the client.

Clinicians struggle with how to focus and target treatment; how to change old ways of documentation to reflect individualized treatment, and how to effectively engage the client into a cooperative and accountable treatment plan.

This session will improve participants' knowledge in providing focused, targeted, individualized treatment. It will provide the opportunity to practice multidimensional assessment (ASAM Criteria 6 dimensions) and priority identification, and translate that into a workable, accountable treatment plan that makes sense to the client.

OBJECTIVES - Participants will:

1. Review principles of individualized treatment planning and how to engage clients in a treatment contract;
2. Apply ways to individualize problems, goals, strategies and progress notes that have client "buy-in" and collaboration; and

3. Demonstrate how to document the treatment plan, progress notes and discharge summary so it communicates to care managers and others, and most importantly, the client.

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

Focus 1: Staying Away from Drift: Ethics for the Prevention Professional Part 1 (must attend both Parts 1 and 2)

Kavi Branham, MS, LPC

Location ~ Hatch A

This two-part workshop, designed for the Certified Prevention Specialist Ethics requirement (and re-certification requirement) will have three objectives:

1. Define/Review ethics and related terms;
2. Describe/Review/Practice the six principles in the Prevention Code of Ethics; and
3. Introduce/Review the 4-step Ethical Decision-Making Process to apply the Prevention Code of Ethics.

Focus 2: We Can't Arrest Our Way Out of the Opioid Epidemic. Boise Police Department Law Enforcement Assisted Diversion (LEAD Program)

Amy Jeppesen, LCSW, ACADC
Rosie Andueza, Dept. of Health & Welfare
Detective Cody Evans, Boise PD
Jason Austin, Raise the Bottom

Location ~ Simplot B

We will be discussing a Pilot project, where local officials have come together to create a diversion program for first time offenders. When someone is arrested on a drug charge, they are given the option to participate in the pilot project which consists of MAT treatment, SUDS treatment and community supports for 1 year. If the participant completes treatment successfully the charges are never filled. We will be talking about lessons learned from the Pilot and it's impacts on the criminal justice system as well as failures and successes.

Focus 3: Using Motivational Interviewing with Service Planning for Youth in SUD Treatment Part 2 (must attend all 3 sessions)

Janice Crawford, PhD, LPC

Location ~ Hatch B

See description for Part 1, Session 1, Focus 3

SCHEDULE OF BREAKOUT SESSIONS

Focus 4: Social Media, Technology, and Boundaries

Kim Keys, LCPC, NCC, CCS

Location ~ Hatch D

Our current age of technology and social media brings people closer in proximity than ever before. It creates new platforms for clients to access services in ways they are most comfortable and provides for opportunities to increasingly raise awareness around mental health education. It also, however, brings with it a highly complicated network fraught with liability pitfalls. From boundary crossing, to privacy and confidentiality, this course will cover the ways in which we can use technology to better serve our clients and an open discussion about the ethical dilemmas that occur with it.

Focus 5: What to Do When Participants Aren't Really Participating?

David Mee-Lee, MD

Location ~ Jordan Ballroom

Clients sometimes believe they can do the minimum to comply or passively involve themselves in treatment and wait to complete treatment and "graduate." When trying to engage clients in lasting change, certain words, misused terms, stigmatizing and discriminatory words can signal negative and disempowering attitudes and approaches.

This session will highlight a variety of words that work against engaging a participant into treatment and lasting change. It will provide "scripts" of what judges, court personnel, law enforcement and treatment providers can say in different situations such as positive drug screen results, or when a participant doesn't like AA/NA. It will suggest what to say to orient participants to treatment courts, mandated treatment, and how to discuss progress reports and recommendations for sanctions and incentives.

OBJECTIVES - Participants will:

1. Identify commonly used terms that can be misused and inhibit engagement and accountable change;
2. Discuss what alternative words can be used to improve motivation for change and enhance attitude, thinking and behavior change to achieve public and family safety; and
3. Apply talking points and scripts to guide judges, law enforcement, court personnel and clinicians in dealing with relapses, poor attendance, non-adherence and progress reports.

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

Focus 1: Staying Away from Drift: Ethics for the Prevention Professional Part 2 (must attend both sessions)

Kavi Branham, MS, LPC

Location ~ Hatch A

See description for Part 1, Session 2, Focus 1.

Focus 2: Peer Support: Value Added to Treatment

Jess Wojcik

Location ~ Hatch D

Services provided by a Peer Support position can provide several enhancements to clinical treatment both during and following treatment. Peer Support can increase engagement in treatment, reduce no show rates, offer encouragement and ease transitions from phases of treatment or to ongoing recovery at the end of a treatment episode. Peer Support connects individuals to community resources and to a recovery community. Most importantly Peer Support models recovery and wellness skills and provides hope for a life in recovery by one who has a shared experience.

This presentation will discuss principles of Peer Support, how it complements treatment, and the training and certification process for certified Peer Support specialists. Tips for effective integration of Peer Support services will also be reviewed and participants will leave with a template for assessing agency preparedness for integrating and sustaining their Peer Support program.

Focus 3: Using Motivational Interviewing with Service Planning for Youth in SUD Treatment Part 3 (must attend all 3 sessions)

Janice Crawford, PhD, LPC

Location ~ Hatch B

See description for Part 1, Session 1, Focus 3.

Focus 4: Competency in Co-Occurring Treatment

Kim Keys, LCPC, NCC, CCS

Location ~ Simplot B

Research has shown that mental health issues do not occur in isolation of each

other, but are co-morbid, occurring simultaneously and often exacerbating each other. Practitioners are ethically bound to be well-versed in the treatment of these issues, to understand their relationship and be skilled at navigating scope of practice issues in an ethical and therapeutic way. Join us in a discussion about co-occurring philosophies and protocols.

Focus 5: Discharge, Suspend, or Sanction?

David Mee-Lee, MD

Location ~ Jordan Ballroom

Relapse, continued use and continued problems is not only common, but can be expected in addiction and mental health treatment. Assessment of relapse potential for preventive actions and assessment of substance use in treatment and other addiction and mental health flare-ups is critical. This session will discuss what to do that continues treatment and recovery, not just discharge or sanction the participant. It will highlight how to work together – judges, court teams, treatment providers and all stakeholders - to deal with positive drug screens and other poor outcomes. We will discuss what to do in early phases of problem-solving courts versus in later phases and other proximal and distal approaches.

OBJECTIVES - Participants will:

1. Identify key concepts about relapse, continued use and problems;
2. Apply principles of individualized treatment planning to deal with substance use and other poor outcomes in treatment; and
3. Discuss how to improve policies and procedures, sanctions and incentives, phases and programs to promote recovery in court participants.

Wednesday Breakout Sessions

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

Focus 1: Office of Drug Policy: Intersection of Policy & Prevention

Facilitated by Melinda Smyser, Administrator, Idaho Office of Drug Policy

Location ~ Hatch B

This panel will focus on the process that stakeholders and the legislators use for creating public policy that is representative of the will of Idahoans. Constituents,

SCHEDULE OF BREAKOUT SESSIONS

grassroots movements, interest groups and lobbyists play a large role in drafting legislation.

The Idaho Office of Drug Policy works closely with the Governor and legislators in the development of legislation relating to drug and substance abuse policies and prevention efforts. Policy recommendations and decisions from ODP are based on credible scientific research. ODP serves as the resource to counties, cities, and local law enforcement on statewide drug and substance abuse policies and programs.

Focus 2: Naloxone: Saving Lives Cathy Oliphant, PharmD

Location ~ Hatch C

Naloxone is an opioid antagonist and can reverse an opioid overdose. Most individuals who take an opioid should have naloxone on-hand. Naloxone availability in the community has reversed opioid overdoses. Laypersons in the community can be educated on naloxone and when and how to administer naloxone.

Focus 3: Adolescent Substance Use: Current Advances, Policy Updates, and Effective Interventions Sherry Larkins, PhD

Location ~ Hatch A

This presentation will review the current science on adolescent brain development and the effects of drugs and alcohol on youth. Historically, addiction research has focused on adults, and models of addiction and treatment have not been applicable to adolescents. However, recent research has made great strides in the development and efficacy of drug abuse interventions for youth. Yet, many young people who have or are at risk for developing substance use disorders (SUDs) are not currently receiving the care they need. Science-based models of intervention have ranged from brief interventions to more intensive treatments. We will review recent brain imaging research and studies on the cognitive, memory, and mood effects of drugs and alcohol on the developing brain. We will discuss effective screening and assessment tools for youth, and how to determine appropriate interventions, ranging from brief, short-term approaches to more intensive, long-term approaches.

OBJECTIVES - Participants will:

1. Understand the current science on adolescent brain development and describe how drug and alcohol use affects mood, memory and cognitive functioning of

adolescents;

2. Utilize screening procedures for identifying youth engaged in risky substance use behaviors;
3. Identify best practices to intervene with adolescents, and motivate them to reduce risk;
4. Consider state policies toward drug use, harm reduction / risk reduction, and drug legalizations, and their implications;
5. Accurately identify evidence-based treatment practices for addressing youth who meet SUD medical necessity criteria;
6. Demonstrate skills in the application of evidence-based practices to treat youth with SUDs.

Focus 4: Crafting Impactful Therapeutic Dialogue Through a Deliberate Utilization of Priming Clifton Mitchell, PhD

Location ~ Jordan Ballroom

This how-to focused breakout session will delve further into the research on priming and the vital implications for the therapeutic dialogue. It will then explain specific applications where priming can be implemented. Some of these include:

1. Enhanced empathic statements that prime through a recognition of deficits
2. How to talk positive to a negative person without them knowing it
3. The use of embedded suggestions and commands
4. Is your goal properly priming the client?
5. Priming suggestions of temporary stuckness and implied change
6. Pacing and leading with an embedded prime
7. Underlying meaning and implications of commonly spoken words
8. The direct application of priming as a self-change technique
9. Why priming works: What we know about the brain and learning

Upon completion of this training, participants will have a set of linguistic tools that incorporate priming and be aware of numerous instances where priming can be applied in the therapeutic conversation.

Focus 5: Risk/Need Assessment & the LSI-R Brenda LaMott

Location ~ Hatch D

Participants will explore how clients can be better situated to avoid re-arrest when they work together with providers and officers who share an accurate, current picture of their criminogenic risk and needs.

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

Focus 1: The Impact of Current Drug Trends on the Treasure Valley's Teens and Young Adults

Detective Kip Paporello, Boise PD

Location ~ Hatch B

With easily available illicit drugs via the internet as well as on the streets, how are the teens and young adults of the Treasure Valley being impacted and what do area law enforcement officers see?

Focus 2: Panel of Faith-Based Program Representatives TBA

Location ~ Hatch D

Among the many pathways to recovery there are several well established faith-based recovery programs that can provide a variety of experiences to support individuals in their recovery journey. This panel will describe several of these programs and provide an understanding of their unique strengths.

Focus 3: Current Trends in Substance Use and Appropriate Medical and Behavioral Interventions: Addressing the Opioid Crises and the Reemergence of Methamphetamine Use Sherry Larkins, PhD

Location ~ Hatch A

This presentation will review the current science on recent substance use trends with a focus on the opioid crisis and the reemergence of methamphetamine use. These substances have distinct effects on brain development, cognition, memory, and mood. Our interventions must be tailored to address the range of medical and psychiatric effects of opioids and amphetamines. Science-based models of intervention have ranged from brief interventions to more intensive treatments. We will discuss effective screening and assessment tools to determine appropriate level of care and intervention, including both behavioral and pharmacologic treatments.

OBJECTIVES - Participants will:

1. Understand the current science on effect of opioids and amphetamines on brain development, cognition, memory, and mood;
2. Utilize screening procedures for

SCHEDULE OF BREAKOUT SESSIONS

identifying those engaged in risky substance use behaviors;

3. Identify best practices to treat those with opioid and amphetamine use disorders, with a focus on expansion of medications for addiction treatment; and

4. Demonstrate skills in the application of evidence-based practices to treat those with SUDs.

Focus 4: Legal & Ethical Game Show Training Part 1 (must attend both sessions)

Clifton Mitchell, PhD

Location ~ Jordan Ballroom

Get your annual legal and ethical CE training in a dynamic, entertaining game show format! This program is designed to test your legal and ethical knowledge while having lots of fun! Management of some of the most perplexing legal and ethical quandaries will be explored. Topics include child abuse, confidentiality, dual relations, suicide, duty to warn, elder abuse, HIPAA, and more.

Focus 5: PTSD and First Responder Suicide: To Protect and Serve Those Who Protect and Serve Part 1 (attending both sessions is recommended)

Sheriff Timothy S. Whitcomb, MSED

Location ~ Hatch C

A dynamic, powerful and emotional presentation regarding the reality of the incident rate of Post Traumatic Stress Disorder within the ranks of our Law Enforcement community. Emphasis is placed on the history of PTSD, with a specific focus on police suicide, as well as recommendations for administrative training to prepare, insulate, protect and treat the expected exposure to trauma.

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

Focus 1: Growing Communities in Which Adolescent Substance Abuse Is Unlikely: The Icelandic Prevention Approach

Michael J. Mann, MD and Megan L. Smith

Location ~ Hatch A

In the mid-90s Iceland had the highest rates of adolescent substance abuse in Europe. By 2013, it had some of the lowest rates of adolescent substance abuse in the world. In the presentation, we will give an overview of the Icelandic Prevention Approach and discuss how Iceland transformed

its local communities in a manner that dramatically reduced adolescent substance abuse. Implications for Idaho and Idaho's communities will also be discussed.

Focus 2: Post-Prison Mentoring: Breaking Chains, Saving Lives

Stephanie Taylor-Silva
Mark Rennick

Location ~ Hatch B

This session will discuss the importance of post-prison mentoring, successful recovery and re-entry after prison.

Focus 3: Comorbidity, Addiction and Suicide in Youth: Epidemiology, Assessment and Treatment Strategies

Roberto Negron, MD

Location ~ Hatch D

By the end of this lecture the participant will be able to discuss the relationship between SUDs, psychiatric illness and suicide; as well as understand the role of psychiatric illness in the development of SUDs.

OBJECTIVES - Participants will:

1. Define what is addiction;
2. Be able to identify clinically relevant risk factors in teen suicide;
3. Gain comfort with interview and assessment strategies in suicidal patients; and
4. Discuss treatment strategies in patients with comorbidity.

Focus 4: Legal & Ethical Game Show Training Part 2 (must attend both sessions)

Clifton Mitchell, PhD

Location ~ Jordan Ballroom

See description for Part 1, Session 5, Focus 4.

Focus 5: PTSD and First Responder Suicide: To Protect and Serve Those Who Protect and Serve Part 2 (attending both sessions is recommended)

Sheriff Timothy S. Whitcomb, MSED

Location ~ Hatch C

See description for Part 1, Session 5, Focus 5.

Thursday Breakout Sessions

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

Focus 1: Colorado, Cannabis, and the Opioid Epidemic, Part 1

Kenneth Finn, MD

Location ~ Hatch A

This session will explain how marijuana expansion has impacted Colorado's opioid epidemic, explain the basic science, and describe societal effects.

Focus 2: Recovery-Oriented Systems and Services Where Are We Now, Where Are We Going? Keynote Extended Workshop

Lionetta Albright, BS, CPEC

Location ~ Jordan Ballroom

The recovery management model of addiction treatment shifts the focus of care from professional-centered episodes of acute symptom stabilization toward the client-directed management of long-term recovery. Attempts to shift addiction treatment from a revolving emergency room door (via unending cycles of brief intervention) to a model of sustained recovery management face many implementation obstacles and potential pitfalls. These obstacles and pitfalls are offset by the potential of the RM model to align the design of addiction treatment with the growing body of scientific evidence documenting the chronicity of severe AOD problems and the complexity of long-term recovery. That potential and what it means for millions of people suffering from addiction will inspire many addiction professionals and addiction treatment organizations to experiment with this fundamental redesign of addiction treatment. Source: Recovery Management Monograph, Great Lakes ATTC with William White.

OBJECTIVES - Participants will:

1. Create a foundational framework around purpose, collaboration, and a system of care that builds on strengths, opportunities, aspirations and results;
2. Understand ROSC; its goals, principles and values;
3. Understand the distinction between disease management and recovery management;
4. Explore implications of how treatment looks within a recovery-oriented system;
5. Learn 5 predictions about the future of addiction recovery support in the United States;

SCHEDULE OF BREAKOUT SESSIONS

6. Identify and discuss 11 “prescriptive actions that addiction professionals and those providing recovery support services can use to elicit hope in the face of addiction-fueled despair”. ~White & Collins;
7. Introduce strength-based approaches and language and experience a variety of Recovery Management activities, tasks and tools that can be adopted and transferred to others in their organizations and communities;
8. Learn about local and national outcomes & process evaluation tools and data;
9. Learn the 3 Approaches to ROSC Transformation; and
10. Begin thinking through potential application and strategies for next steps.

Focus 3: In (and Out) Of the Closet: LGBTQ+ Youth and Substance Abuse
Breonna Krafft, LPC, NCC

Location ~ Hatch C

This session will first and foremost work to build empathy and an understanding of the experiences of LGBTQ+ youth. It will cover basic vocabulary, experiences of LGBTQ+ individuals, statistics, and most importantly work to foster conversation between participants. It will be an opportunity for individuals to ask questions and talk about issues in an open and affirming environment.

Focus 4: Compassion Fatigue: Recognizing, Addressing, and Preventing
Kate Pape

Location ~ Hatch B

This presentation will focus on the ways that human services professionals are exposed to the risk factors for compassion fatigue (previously referred to as burnout), how they can address the symptoms and causes of compassion fatigue and factors that would help them reduce their risk factors from textbooks.

Focus 5: Columbia Suicide Prevention Tool and Basic Suicide Screen
Ernest Esparza, Jr., MSN, DON

Location ~ Hatch D

This session will discuss core competencies for assessing and managing suicide risk in conjunction with the Columbia Suicide Severity Rating Scale and Basic Suicide Screen.

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

Focus 1: Colorado, Cannabis, and the Opioid Epidemic, Part 2 - Chronic State - Expert Panel

Facilitated by Darin Burrell
Kenneth Finn, MD
Sheriff Kieran Donahue, Canyon County Sheriff's Office
Rob Stevenson, DrugFree Idaho

Location ~ Hatch A

This panel will discuss how marijuana expansion has impacted Colorado's opioid epidemic, explain the basic science, and describe societal effects.

Focus 2: Resilience
Kailamai Nguyen

Location ~ Hatch D

In this session, the presenter will share her own testimony of how she overcame personal trials in the foster and judicial system. Additionally, she will share how she became one of Idaho's leading youth advocates, equipped to inspire current and former foster youth to use their natural resilience to their advantage. Join Kailamai as she explains the main resilience factors that helped her beat the odds.

Focus 3: New Developments in Adolescent Sexual Behavior and Pornography Addiction
Kristopher L. Walton, LCSW

Location ~ Hatch B

The primary objective for healthy adolescents is to individuate from their parents and find accepting and healthy social groups. This was easier prior to the internet and social media platforms. Now, teens are faced while trying to navigate not only individuating from parents and finding a few close friends, but by social acceptance from hundreds to sometimes thousands of teenage peers. Teens have emotional pain with loneliness, feelings of inadequacy and worthlessness that drives and creates heightened anger, anxiety and depression. The internet creates addictive ways to avoid these emotions. Dopamine enhancement and pleasure seeking addictions work as distractions of emotional misery. This breakout session will target the questions as to why kids are addicted to sex, social media and pornography.

OBJECTIVES - Participants will learn:

1. How to recognize teens with internet sexual addiction;
2. How to talk and connect to teens without them feeling shame about their addiction;
3. Understanding teens motivation to self-soothe suffering with social media, pornography and sex addiction; and
4. Ways to intervene and help teens find value and respect for themselves and others without sexual addictions.

Focus 4: How Much Change Do You Have in Your Pocket?

Lonnetta Albright, BS, CPEC

Location ~ Jordan Ballroom

“The rate at which our world is changing is increasing, but our ability to keep up with it is not.” ~ Dr. John Kotter

In John Maxwell's recent book, *Developing The Leader Within You 2.0* he states that people do not naturally resist change, they resist being changed. Researchers and change experts point to what psychologists have long understood and suggest that the overarching problem in our ability to implement and transform services and systems lies in the fact that we fail because technical experts and managers ignore the underlying psychological dynamics of organizational change.

Being a positive change agent is the true test of a great leader. Nearly anyone can get out in front people who are already going in the right direction and encourage them to keep going. Very few can make the changes necessary to turn around a group of people or transform a system. This interactive workshop will introduce participants to practical strategies, processes and tools

OBJECTIVES - Participants will:

1. Understand three types of change;
2. Understand the definition of a leader and leadership;
3. Explore and discuss the overarching problem and opportunity to successfully implement and transform systems;
4. Answer the question: How much “Change” do you have as a Leader?;
5. Understand why people want the benefits of positive change but not the pain of making any change;
6. Understand the interplay of feelings, thoughts, and “mind traps” (i.e., cognitive distortions) that can threaten change and recovery;
7. Learn the E = Q X A formula; and
8. Learn and experience 9 steps in the PLAN AHEAD process for rolling out a change effort.

SCHEDULE OF BREAKOUT SESSIONS

**Focus 5: Opioid Use Disorder:
Implementation and Troubleshooting
Collaborative Medication Assisted
Treatment (MAT)**

Christopher Partridge, MD
Katie Weigand, ACADC

Location ~ Hatch C

Medication assisted treatments (MAT) enhance opioid use disorder treatment efficacy, yet remain underutilized for multiple reasons. Most family physicians agree that

MAT is an essential component of caring for patients with addiction. The American Medical Association and American Association of Family Physicians have advocated for the removal of all barriers to treatment for substance use disorders.

In this breakout, we will review opiate use disorder in general as well as office based pharmacotherapy. The specific focus will be the utilization of Buprenorphine-Naloxone. In addition, we will discuss coordination

and integration of OUD treatment with other medical and psychological needs, psychosocial services and interventions in an adaptive stepped care model. We will share lessons learned in troubleshooting MAT integration into primary care.

CONGRATULATIONS 2019 SCHOLARSHIP RECIPIENTS

**Mark Emerson
Memorial Student Scholarship**

Connie Shores

Regional Scholarship Winners:

Region 1: Kelsey McCall

Region 4: Jorge Reyes

Region 2: Danielle Hardy

Region 5: Nancy Winmill

Region 3: Heather Carrizales

Region 6: Kimberly Cano

Region 7: Kristen Barney

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BPA Health	Office of Drug Policy
Brick House Recovery	Optum
Center for Behavioral Health	Project Filter
Idaho Department of Health and Welfare Behavioral Health	Raise The Bottom
Echo Idaho	Recovery Idaho
Gr8ter	Rising Sun Sober Living
Helping Idaho Dogs, Inc.	River Sober Living
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Idaho Department of Correction	The Phoenix - Boise
Idaho Department of Juvenile Corrections	Terry Reilly Health Services
	Springs Rehabilitation, PC

2019 ICADD Lifetime Achievement Award

Ray Carleton, NLP Director

Ray Carleton worked in construction for many years, and then in the fall of 2001 experienced a work related accident resulting in the loss of his lower right leg in 2003. This set in motion a new direction in life for Ray as he decided to go back to school and work on getting his CADC to help others overcome substance use disorders. With the support of his wife Melissa, his children, and sponsor, Ray enrolled at BSU in the Addiction Studies course work and began working in the field of addictions.

In the fall of 2005, Ray started working at Port of Hope as a Detox/Residential Technician monitoring clients' during detox, screening, performing Intakes, and building rapport as he helped and encouraged clients in their beginning to establish sobriety. In 2006 Ray began working for Melanie Curtis at Supportive Housing and Innovative Partnerships (SHIP) where he became CSC Certified and co-facilitated groups, co-managed Therapeutic Community House, and was the Deconstruction/Construction Manager working on several SHIP projects to support the needs of many individuals transitioning from homelessness, incarceration, and addiction.

In 2007 Ray was hired at Crossroads Mental Health Services where he began working as a Co-facilitator in substance use disorders, performing intake and screenings, assessment, and co-facilitating IOP and OP services with adults and adolescents and facilitated Meth Matrix at the Idaho Maximum Security Institute. In the summer of 2008, Ray began working at the Walker Center and passed the Idaho State exam for his CADC. Ray became GAIN Certified and performed Case Management, IOP and OP duties. In July 2010, Ray worked for the Idaho Correctional Alternative Placement Program as a Facilitator in MRT, TAP19, Self-Management and Regulation.

In 2012 Ray went on to work for Pioneer Mental Health as a SUD Counselor/Case Manager. While working for Pioneer he began working part-time at the Boise Rescue Mission River of Life performing SUD Assessments, individual counseling, facilitating Co-Occurring Disorders and Life Skills Groups and this is where Ray realized that was where he was supposed to be. He was hired full-time at Boise Rescue Mission Ministries in December of 2013. Ray pursued his desire to help people overcome the limits and obstacles of life as a Case Manager in the New Life Program and became a Certified Genesis Addiction Process Counselor.

Then in November of 2014, Ray was diagnosed with Stage 1A and 2B Pancreatic Cancer. Ray underwent an extensive surgery where part of his pancreas and his spleen were removed along with the cancerous tumors. In the winter and spring of 2015, Ray went through 12 grueling rounds of chemotherapy. During this time, Ray continued his career at the Boise Rescue Mission to become the Manager of both the New Life Program and Veterans Ministry Program and in June 2015 he was declared cancer free.

In May of 2019 – some hard news: a diagnosis of Stage 4 Metastatic Pancreatic Cancer. It had relapsed and tumors had grown in both lungs. He was given the diagnosis that it was now terminal and incurable. Ray chose to remain at work at the Boise Rescue Mission River of Life and is now the Director of the New Life Program. He supervises other MH professionals to provide services, support, education, mental health and substance use disorder counseling as well as case management to men seeking a new way of life. Ray has inspired and counseled many individuals helping them work through and overcome many barriers.

Ray struggled with addiction from a very young age, before finding recovery in October 1995. Ray met the love of his life, Melissa, in the summer of 1998 during an NA group activity. Ray and Melissa were married in June of 2001 and together raised their blended family of a son and two daughters. They enjoy camping and drives in the country, as well as spending as much time as possible with their family. They now have seven amazing grandchildren and many friends and awesome co-workers. In October 2019, Ray celebrated 23 years of recovery and continues to support, mentor, and help others seeking the same.

If asked how and why Ray continues to be such a supportive, positive, happy and loving man, father, grandpa, counselor and husband in spite of the very difficult challenges throughout his life, Rays just says, "Because I can. It's what I am supposed to do."

**IN APPRECIATION OF OUR 2018 EXHIBITORS, SPONSORS
& SUPPORTERS**

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