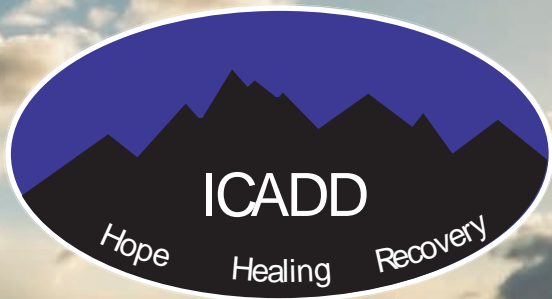


# Attendee Prospectus



IDAHO CONFERENCE ON ALCOHOL AND DRUG DEPENDENCY

**Promote Prevention  
Expect Recovery  
Inspire Wellness**



**31st Annual Conference  
Pre-Conference Workshops May 18, 2015  
General Conference May 19-21, 2015  
Boise State University**

Boise River  
Boise, ID

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



# 2015 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: 208.466.7693  
Email: info@attendicadd.com

## CONFERENCE LOCATION

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

## CONTINUING EDUCATION CREDITS

There is a maximum of 24 CE hours available at ICADD 2015.

## INFORMATION ABOUT BOISE

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

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## PARKING INFORMATION

Free conference parking will be provided in the Lincoln Parking Garage at the corner of Lincoln Avenue and University Drive.

## LUNCH OPTIONS

Boise River Cafè 11:00a - 2:00p  
Moxie Java 7:00a - 7:00p  
Chick-fil-A 10:30a - 7:00p  
Subway  
La Tapatia

## 2015 ICADD PRE-CONFERENCE SCHEDULE

### Monday, May 18

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

## 2015 ICADD CONFERENCE SCHEDULE

### Tuesday, May 19

7:00am - 8:00am NA Meeting  
7:00am - 2:00pm Registration  
7:30am - 3:30pm Exhibits Open  
8:00am - 8:30am Welcome and Introductions,  
8:30am - 10:00am Keynote: Carlos Rivera, CADC II  
10:00am - 10:15am Break with Exhibitors  
10:15am - 12:00pm Breakout Session 1  
12:00pm - 1:15pm Lunch (on your own)  
1:15pm - 3:00pm Breakout Session 2  
3:00pm - 3:15pm Break with Exhibitors  
3:15pm - 5:00pm Breakout Session 3

### Wednesday, May 20

7:00am - 8:00am AA Meeting  
7:00am - 2:00pm Registration  
7:30am - 3:30pm Exhibits Open  
8:00am - 8:30am Welcome, Introductions, Life Time  
Achievement Award  
8:30am - 10:00am Keynote: Wes Wingett, Ph.D., LMHP  
10:00am - 10:15am Break with Exhibitors  
10:15am - 12:00pm Breakout Session 4  
12:00pm - 1:15pm Lunch (on your own)  
1:15pm - 3:00pm Breakout Session 5  
3:00pm - 3:15pm Break with Exhibitors  
3:15pm - 5:00pm Breakout Session 6

### Thursday, May 21

8:00am - 8:30am Welcome and Introductions,  
8:30am - 10:00am Keynote: Eric Martin, MAC, CADC III,  
CRM, CPS  
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 AND NA MEETING INFORMATION

Location ~ Hatch D - 7:00am

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

# 2015 ICADD GENERAL INFORMATION

## FROM THE 2015 CONFERENCE PLANNING COMMITTEE:

On behalf of the Foundation Board and the Planning Committee we welcome you to the 2015 Idaho Conference on Alcohol and Drug Dependency. As we move forward the Foundation Board and the Planning Committee are continuing to explore ways to meet the education needs of our Addiction Treatment/Prevention community. In December we requested funding from the Millennium Fund to cover the cost of the conference, travel, and lodging for Rural Providers. At this time we still have not received word if our request was approved. When we have more information we will be sure to share with our stakeholders.

I want to thank the ICADD Foundation Board and the Planning Committee for their time and thoughtful effort to bring conference content that is timely and relevant to the important work you do. They have worked hard to help meet your training needs and it is our hope that you will leave the conference with new ideas for improved practice and a renewed spirit.

Thank you for your attendance and thank you for the work you do to improve the lives of the people in your communities.

Your feedback is very important to us so please stop by to say hello and let me know about your experience at ICADD

Thomas Hogan, LCSW, CADC  
2015 ICADD Chair

### ICADD 2015 BOARD MEMBERS

Tom Hogan, Chair  
Teri Carrigan, Past Chair  
Wendy Perez, Secretary  
Dennis Hardziej, CFO

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Rosie Andueza  
Gail Baker  
Joe Blume  
Darin Burrell  
Dionne Chatel  
Elisha Figueroa  
Nancy Irvin  
Amy Jeppesen  
Ryan Porter

### ICADD 2015 COMMITTEE MEMBERS

Rosie Andueza	Nancy Irvin
Gail Baker	Amy Jeppesen
Joe Blume	Claryce Manweiler
Darin Burrell	Matt McCarter
Teri Carrigan	Jeff Morrell
Dionne Chatel	Terry Pappin
Chris Daniel	Wendy Perez
Susan Esp	Ryan Porter
Elisha Figueroa	Tara Richardson
Dennis Hardziej	Kathy Skippen
Tom Hogan	

# 2015 ICADD KEYNOTE SPEAKERS

Tuesday, May 19, 2014  
8:30am-10:00am



**J. Carlos Rivera, CADC II**  
Executive Director,  
White Bison, Inc.

Location ~ Jordan D

## The Wellbriety Movement:

### Cultural Approaches to Healing

Mr. Rivera will introduce the concept of Wellbriety as a pathway to balance and a connection to the natural laws that create healing within Native communities. Culturally based tools and interventions will be explored as a method for facilitating change within individuals, families and communities. The Wellbriety Movement encourages tribal and urban Native communities to seek and reinstate cultural ways, language and sacred traditions. The unfortunate consequences of Intergenerational Trauma include; not believing you have a future, difficulties within families and a distrust of the outside world. First the individual must heal, then the family, then the community, and then finally the nation can heal.

*Mr. Rivera is the Executive Director at White Bison, Inc. Carlos is an enrolled tribal member with the Sherwood Valley Band of Pomo Indians and is also of Mexican descent. He received his degree in Chemical Dependency Studies at the American River College. He served as a substance abuse treatment provider for 10-years at the Sacramento Native American Health Center, Inc. Today Carlos is proud to celebrate 11 years of Wellbriety (sobriety) from drugs and alcohol.*

*White Bison, Inc., is an American Indian non-profit charitable organization operating under the provisions of 501(c)3 of the Internal Revenue Code and is based in Colorado Springs, CO. It's Founder and President Don Coyhis, Mohican Nation, has offered healing resources to Native America since 1988. White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American community nationwide. Many non-Native people also use White Bison's healing resource products, attend its learning circles, and volunteer their services.*

Wednesday, May 14, 2014  
8:30am-10:00am



**Wes Wingett, Ph.D., LMHP**  
Adjunct Faculty Member

Location ~ Jordan D

## Addictions: An Adlerian Approach

This keynote address will focus on understanding and treating addicts and their families from an Adlerian point of view. Topics to be discussed during this presentation include: nine principles of Adlerian psychology, five trustworthy approaches to understanding personality, ten characteristics of effective and efficient therapeutic relationships and communities, and strategies to encourage individuals involved in the recovery process.

*Wes Wingett, PhD, LMHP has been a counselor in private practice in Norfolk, NE since 1978. Dr. Wingett received his doctorate in counselor education from the University of Wyoming in 1975.*

*Dr. Wingett's private practice focuses on providing individual, couples, and family counseling; consultation to educational institutions and business enterprises; and presenting Adlerian training in a variety of venues. In addition Dr. Wingett is an adjunct faculty member at Wayne State College in Nebraska, Shippensburg University in Pennsylvania and the University of Wyoming. He has conducted workshops based on the Individual Psychology of Alfred Adler in 19 states in the United States and Puerto Rico, and countries in Europe, North America, Central America, South America, and Asia*

*Dr. Wingett's primary interests include applying Adlerian principles to the study of addictions, education, loss and healing, and psycho-educational and therapeutic groups. A student and teacher of Adlerian psychology for nearly forty years, Dr. Wingett has been named a Diplomat in Adlerian Psychology by the North American Society of Adlerian Psychology.*

Thursday, May 15, 2014  
8:30am-10:00am



**Eric Martin,**  
MAC, CADC III, CRM, CPS  
Executive Director ACCBO

Location ~ Jordan D

## Marijuana & other Drug Trends

Eric Martin will review the latest drug epidemiological data in the U.S., the political landscape of drug abuse, and data from international drug intelligence. Eric will discuss which states have the highest rates of illicit substance abuse, political and administrative changes due to legalized marijuana, and international drug activity from the Caballeros Templarios in Michoacan to drug Barons in China, India, Afghanistan and Pakistan.

*Eric Martin, MAC, CADC III, CRM, CPS is the Past President & Director Emeritus of the Addiction Counselor Certification Board of Oregon. Eric is an Adjunct Faculty member with the University of Oregon SAPP program and a contract instructor with Oregon's Child Welfare Division. Eric is a state & nationally certified addictions counselor with 31 years of clinical experience in Inpatient Psychiatric Hospitalization, Residential and Outpatient Addictions Treatment and ATOD Prevention. Eric has also produced a number of video's, including "Reunited". Eric has been honored with numerous awards in light of his 28 years of service in Addiction Treatment & Prevention. He is the recipient of the Governor's Council Award of Excellence, and the recipient of the National Association of Alcohol and Drug Abuse Counselors—National, William F. Callahan Award for Sustained and Meritorious Service at the national level to the profession of addiction counseling. Eric currently serves on numerous community boards including; New Columbia CREW, Miracles African American Recovery Club, special consultant to the African American Addiction Recovery & Counseling Association, Voices of Problem Gambling Recovery, and as the Legislative Liaison for the Addiction Counselor Certification Board of Oregon.*

# STUDENT UNION CLASSROOM MAP



## 2015 Rooms Utilized

- 1 Ah Fong Room
- 8 Farnsworth Room
- 13 Hatch Ballroom
- 15 Jordan Ballroom

CONGRATULATIONS to **Beronica Salazar**  
2014 recipient of the ICADD Foundation  
**Mark Emerson Memorial Student Scholarship**

**Applications for the  
2015 Mark Emerson Memorial Student Scholarship  
will become available when registration opens  
on March 2, 2015**

A link to the application can be found on  
[attenticadd.com](http://attenticadd.com)  
under Scholarship.

Deadline: all application materials must be received in  
the ICADD office by close of business on March 25, 2015.



## Schedule For Pre-Conference Workshops

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

### Workshop 1 - 9am to 12:15pm

#### DSM-5

Kim Dopson, M.Ed., LCPC, MAC

With the release of the DSM-5, mental health professionals need information about changes in the new manual. Each version of the DSM differs from its predecessor. Kim Dopson will provide an overview of the DSM-5, including its development process, changes to the organizational structure, major revisions to existing diagnoses and the addition of new disorders.

with these barriers, Dialectical Behavioral Therapy can be an effective tool to help with abstinence, treatment engagement and support for the adverse effects of relapse. This 6 hour training and workshop will help counselors learn how to integrate Dialectical Behavioral Therapy into their practice. This training will include theories, concepts, curriculum and practice implementation.

application of the placement principles through case studies and discussion. A review of DSM-5 Substance and Addictive Disorders will also be included for the assessment of the client involving integration of both the ASAM and the DSM-5.

### Workshop 2 - 9am to 4:45pm

#### Breaking the Cycle of Addiction and Trauma: Effective Interventions Using Dialectical Behavioral Therapy

Daren Ford, LCSW, CADC II

Many people dealing with addictive behaviors also struggle with multiple and severe psychosocial disorders. To help

### Workshop 3 - 9am to 4:45pm

#### The ASAM Criteria (New and Updated 3rd Edition)

Mark Disselkoben, MA, LCSW

Managed care companies, treatment providers, and program evaluators use ASAM criteria to ensure that clients are placed in the appropriate level of care and to guide utilization of care across the continuum of treatment. This workshop will review the updated ASAM criteria for clients with substance use and mental health disorders, the related admission, continued service and discharge criteria and practical

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

#### Court Friendly GAIN Editing

Glenda Thomson, LCSW  
Emily Smith, LMSW

Meet the faces of the Idaho Code 19-2524 teams. GAIN perspective regarding the purpose of pre-sentence assessments. Improve the quality of your reports with basic editing skills that address the needs of treatment planners, PSI's, judges, and Health and Welfare's mental health screening team. Learn how to use collateral information to resolve discrepancies and validate recommendations.

## Session Tracks

Prevention and coalition focused breakout sessions are noted with the following symbols:



= PREVENTION



= COALITION

# SCHEDULE of BREAKOUT SESSIONS - Tuesday

## Tuesday Breakout Sessions

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

### Class 1: 4 - Laws of Change and Healing Forest Concept

Carlos Rivera, CADC II

The foundations of the Wellbriety Movement are the Four Laws of Change and the Healing Forest Model. Alcoholism and other addictions are symptoms. The many social issues associated with alcohol and substance abuse are also symptoms. It is important to address the underlying spiritual and cultural issues such as anger, guilt, shame and fear that contribute to the onset of addictive behaviors. The Wellbriety Movement fosters a culturally relevant approach to sobriety and wellness that includes a life that is balanced emotionally, mentally, physically, and spiritually.

The Four Laws of Change are provided for people to recognize their path and the process for their journey into Wellbriety. It is also important, within the context of Wellbriety, that we address issues of inter-generational healing.

The Four Laws of Change were given by a Native American Elder and can take us all the way from individual wellness to the healing of our families, community, and nations. The Four Laws are the following: 1) Change must come from within, 2) In order for development to occur it must be preceded by a vision, 3) A great learning must occur, and 4) You must create a healing forest.

### Class 2: Trauma Informed Care and Recovery Coaching

Maria LaFriniere

Trauma-informed care engages people with histories of trauma who recognize the presence of trauma and acknowledge the role that trauma has played in their lives.

The trauma-Informed environment includes; trauma and addictions, trauma inducing experiences, co-occurring disorders, and myths about trauma – options for healing.

Peer support, recovery coaching, and reentry services will be discussed.

### Class 3: Restorative Practices - A Preventive Option

Bev Ashton, Judge Mark Ingram



The presentation will include an introductory description of the foundational principles of Restorative Practices as a preventative approach and tool for different referral sources to address a variety of issues with defended and challenged populations. Included will be an overview of how Restorative Practices' Family Group Decision Making, Family Group and Restorative Conferencing are being used in varied settings and for varied purposes, including substance use disorder, to engage and empower individuals and families to work with their resources, supports and those in authority positions. A workshop focus will be on Restorative Practices' Family Group Decision Making that provides opportunities for family members to make important decisions and to take ownership and responsibility while enriching their family relationships, communication and futures. The presenters hope to engage those in attendance in a discussion of possible implementation strategies ranging from case by case utilization of restorative practices to whole and extended family group facilitation.

### Class 4: New Directions: Understanding Adolescents and Trauma

Daren Ford, LCSW, CADC II

Traumatic experiences in childhood can have an adverse impact on neural, cognitive and emotional development in teens. New research and science is helping to explain how adverse experiences influence adolescent behavior. This lecture will focus on trauma prevention and treatment by increasing the understanding of risk and protective factors of social environments, the social biology of adolescent decision making under interpersonal distress, and how the impact of adverse child experiences influence behavior.

### Class 5: Social Media and Youth

Officer David Gomez



Officer Gomez is currently the resource officer at Mountain View High School in Meridian. He works with youth and parents to educate them on the hidden dangers involved with kids having access to smart devices in most aspects of their lives. Officer Gomez will be talking about the current trends in bullying, sexting, online

predators, current phone applications, and best known methods to keep everyone safe in an electronic environment.

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

### Class 1: 4 - Laws of Change and Healing Forest Concept (Repeat of Session 1, Class 1)

Carlos Rivera

Repeat - please see description from Session 1, Class 1.

### Class 2: Gender and Culturally Specific Care

Maria LaFriniere

How individuals respond differently to interventions resulting from heredity or social conditioning, the influence of environment and socioeconomic viewpoint and the significant effects cultural norms have on behaviors.

The class will look at different models, stereotyping, culture as prevention, and inter-generational trauma.

### Class 3: Neurobiology in Treatment Approaches for Addiction and Rehabilitation (Part A)

Myron Thurber, Ph.D.

Introduce neurobiology and the central and autonomic nervous system and neurocardiology. Review neurobiology research as it applies to treatment and where to find training and providers. Discuss future direction as well as provide a practical demonstration of treatment and time for questions and discussion.

### Class 4: Prevention, Care, and Collaboration: Marijuana and Adolescents (Part A)

Daren Ford, LCSW, CADC II



Marijuana continues to be the illicit drug most used in adolescence in the United States. With new studies showing the adverse affect marijuana has on neural functioning, academics and social development, it is important to engage adolescents in marijuana use prevention and treatment

# SCHEDULE of BREAKOUT SESSIONS - Wednesday

early. This training is designed to increase skills for working with adolescents on the subject of marijuana use by taking a non-judgmental approach of autonomy support and effective collaboration.

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

Paul Meigio, MBA

This seminar will discuss the challenges and conflicts of two entities who have the same outcome but different means in dealing with mutual clientele. Each co-facilitator 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 will be discussed as well as the benefit of understanding the philosophies of all involved.

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

## **Class 1: The Thought Process**

Carlos Rivera, CADC II

Self-image is the mental picture you hold on yourself. It's how you see yourself, based on your past conditioning and past experiences. Everyone has many self-images that range from high in one area to low in another area. The problem this presents is that self-image tends to stay fixed.

Once we understand how our self-image was created we can change it.

There are three parts to our thought processes; Conscious, Sub-conscious, and Creative Sub-conscious

## **Class 2: Restorative Justice**

Maria LaFriniere

Restorative justice emphasizes an equal concern for crime victims and offenders, while de-emphasizing the importance of coercion. This model is mostly recognized in the juvenile system, we will address the idea in adult systems.

In this segment we will demonstrate a restorative justice panel, we will address the needs of crime victims, the community, offenders and restitution, and the thought patterns and recidivism in adults.

## **Class 3: Neurobiology in Treatment Approaches for Addiction and Rehabilitation (Part B)**

Myron Thurber, Ph.D.

See description Session 2, Class 3

## **Class 4: Prevention, Care, and Collaboration: Marijuana and Adolescents (Part B)**

Daren Ford, LCSW, CADC II

See description Session 2, Class 4

## **Class 5: Community Advocacy: Working with Local, County, and State Governments**

Mayor Tammy DeWeerd, Representative Christy Perry, Commissioner Jim Tibbs

Community advocacy is a vital role for any coalition. But where do we begin? How do we know what issues should be handled at the city level versus by county government? When is an issue appropriate to bring to the State Legislature? And how do I navigate all of those confusing government systems? Join us for a panel discussion with Mayor Tammy de Weerd, Commissioner Jim Tibbs, and Representative Christy Perry as they share how to best work with each level of government on issues that matter to your community.

## Wednesday Breakout Sessions

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

## **Class 1: Development of Lifestyle**

Wes Wingett, Ph.D., LMHP

This lecture and demonstration breakout session will focus on using Alfred Adler's five trustworthy approaches to understand the typical way that individuals perceive themselves, others, and the world. These perceptions will then be evaluated and encouraged or evaluated and changed. Emphasis will be on an empowering environment focusing on empathy, equality, encouragement, and education.

## **Class 2: Cultural Shift to the Mental Health Recovery Model**

Susie Klepacki, LCSW  
Larry Buttel, MS-IPT

Mental Health Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. This presentation will discuss the cultural shift taking place within the Veterans Administration Medical Center to Recovery Based Care. Recovery Based Care focuses on wellness and builds on strengths focusing on 10 Elements of Recovery: Holistic, Responsibility, Person Centered, Strength-based, Non-linear, Respect, Peer Support, Empowerment, Self-Direction, and Hope.

## **Class 3: Alcoholics Anonymous: How it Works**

Katrina Painter

In this presentation we will cover an introduction to Alcoholics Anonymous, and the AA program of recovery. Some specific topics include: how to find AA in your community, a brief history, the program of action, the 3 legacies, the 12 traditions, what AA does and does not do, AA groups, attendance slips, how you can cooperate with AA, and why we do it. There will also be time for questions from the audience.

## **Class 4: Marijuana Legalization: The Impact**

Thomas Gorman, Director

With Colorado and Washington being the first states to legalize marijuana, many questions have arisen about how these laws will impact not only these states, but neighboring states. This session will provide the facts, not spin, concerning drug policy, a brief history of the marijuana legalization movement, and what changes have occurred since marijuana was legalized in Colorado.

## **Class 5: Coalition Magician**

John Beranek

To run an effective coalition/board you have to have "magical" skills to engage, maintain and lead. Develop your toolbox to pull a trick out of your hat and help you understand how to court the right members, train them and develop your own leadership skills to be a better leader/facilitator by bully proofing meetings; utilizing videos to make your point; asking better questions; and mentoring expectations.



# SCHEDULE of BREAKOUT SESSIONS - Wednesday

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

### **Class 1: Development of a Therapeutic Contract**

Wes Wingett, Ph.D., LMHP

This lecture and demonstration breakout session will focus on developing a therapeutic contract between counselor and client or therapeutic community and mental health professionals. Therapeutic contracts identify the specific elements necessary in the therapeutic relationship to facilitate positive change. Strategies for developing a personal therapeutic contract will be demonstrated. Emphasis will be on an empowering environment focusing on empathy, equality, encouragement, and education.

### **Class 2: From Impairment to Empowerment: Addressing Substance Use Disorder in the Workforce**

Karolyn Crowley

It's time to get the conversation started. How do we become more informed and proactive in addressing substance use disorder in the workplace? How do we treat our colleagues with SUDs as patients rather than failures? The purpose of this presentation is to dispel stigma and ignorance regarding employees who suffer from substance use disorder, promote healthier conversations and informed responses.

During this presentation you will learn to approach addicted employees as patients, learn to treat them with the same compassion we give to people with other diseases. This presentation will be followed by a short panel discussion consisting of several people in recovery and audience Q&A.

### **Class 3: Mindfulness in Recovery**

Ted Burgess, LCSW

An overview of mindfulness and its utility in addiction recovery: from neurochemistry to spiritual well-being through the practices of resilience, tolerance, and acceptance.

### **Class 4: Inoculate Your Kid from Addiction for the Price of a Big Mac & Fries**

Jaynie Brown, Executive Director



Ninety percent (90%) of adult addiction in America began in adolescence, with rare initiation after age 20. Addiction is thus an adolescent problem and can be prevented by parents trained in bonding, setting boundaries, and monitoring. This lesson reviews an inexpensive, entertaining tool (the Strengthening Families Program Home-Use DVD) that trains parents in these skills, while providing their kids with strong refusal skills and compelling reasons to stay alcohol and drug-free

### **Class 5: Fighting the Invisible Dragons: Effective Coalition Leadership**

John Beranek



"Slaying" dragons requires you to understand what you are facing. Too often we create invisible dragons that keep us from being an effective leader/planner/facilitator. Coalition management requires your ability to "slay" dragon behaviors. This workshop will help you to do four things: Identify true "dragons" (people, projects, self-doubt); predict behaviors; respond differently; and facilitate engagement. This entire session is interactive. Don't expect to sit still. Do expect to leave with new ideas.

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

### **Class 1: Strategies to Enhance Self Esteem and Community Feeling**

Wes Wingett, Ph.D., LMHP

This lecture and demonstration breakout will focus on several strategies to enhance self esteem and community feeling of individuals involved in the recovery process. Strategies for use with individuals and groups will be demonstrated. Emphasis will be on an empowering environment focusing on empathy, equality, encouragement, and education.

### **Class 2: Suicide Prevention: A Community Health Issue**

Judy Gabert, MA, M.Ed.

This presentation will provide attendees with an understanding of suicide prevention and intervention. Attendees will obtain

information on suicide statistics (with special attention to Idaho), and the suicidal mind and why people die by suicide. Information will include facts and myths about suicide, including details about substance abuse and suicide. Suicide prevention, intervention and suicide postvention will be covered. Finally, supportive factors will be explored as well as resources for individuals and practitioners.

### **Class 3: Idaho Recovery Innovations**

Rosie Andueza, Michael Armand, Price Worrell

This presentation will focus on the history and progress of three separate but interconnected initiatives in Idaho now focused on helping Idahoans achieve and maintain long-term recovery. Recovery Coaching provides mentors and guides for people seeking long-term substance use recovery. Recovery Community Centers will provide a meeting place for individuals to work toward maintaining long-term recovery with the support of peers. Recovery Idaho is a statewide Recovery Community Organization working on behalf of those impacted by addiction and mental health issues toward a mission of providing education, advocacy and recovery support services.

### **Class 4: Success of the Strengthening Families Program Home-Use DVD to Reduce Youth Alcohol Use**

Jaynie Brown



This class will review data on effective ways to use the Strengthening Families Program (SFP) Home-Use DVD to dramatically reduce underage drinking. The four ways it can be used are the following: 1) Family use, 2) Middle School Health class parent-child homework assignment, 3) DVD Discussion group or SFP class with parents and youth, and 4) In-home with a trained therapist. It thus provides an inexpensive tool to keep future generations out of the alcohol addiction pool.

### **Class 5: Can We Talk?**

John Beranek



When you lead a coalition or board, members expect you to engage the community in a conversation(s). Groups lose focus quickly and suddenly you are begging people to show up for your meetings. Mastering the art of a well-planned community conversation

# SCHEDULE of BREAKOUT SESSIONS - Thursday

can benefit you with any group interaction. Participants will explore organizing the conversation, asking the right question, and moving everything toward a decision/action. This interactive session utilizes research, strategies and proven techniques.

## Thursday Breakout Sessions

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

### Class 1: EDM Synthetic Drugs

Eric Martin, MAC, CADC III, CRM, CPS



Newer synthetic drugs like “plant food,” “sunshine,” and “2c’s” are becoming increasingly popular. This course covers the classification/categorization of many of the newer synthetic drugs of abuse abused in the electronic dance music (EDM) scene and “Molly.” The course will present a historical overview of the evolution of synthetic drugs of abuse, beginning with Dimethoxymethylamphetamine in the 1960’s. This course will also cover the epidemiology, video testimonials from addiction treatment clients who have abused synthetic drugs, and limited data from DAWN/CEWG regarding the prevalence rates and epidemiology of these newer drugs. Data from the National Drug Intelligence Center and the European Monitoring Centre for Drugs and Addiction regarding manufacturing and distribution will be reviewed. Poison Control data and media overdose reports will be examined and discussed. The course will describe the basic pharmacology of different drug categories as a whole, including the categories of EDM drugs: Piperazines, Cathinones, Phenethylamines, and Tryptamines.

### Class 2: Medications in the Treatment of Addiction

Kristina Harrington, M.D.

Certain medications have been FDA approved to treat alcohol and opiate use disorders. In the treatment of alcohol use disorder either alcohol-sensitizing agents (disulfiram), or medications that reduce alcohol consumption have been shown to be effective. The latter group consists of naltrexone and acamprosate. Other medications, such as anticonvulsants, do not have formal FDA approval, but have shown promise as well. In the treatment of opiate use disorders, methadone, naltrexone, and buprenorphine have been FDA approved and shown to be effective.

### Class 3: People First – The Ethical Treatment of Behavioral Health Disorders (Part A)

Dr. Susan Esp, LCPC, Ph.D.

Stigma remains the biggest barrier to addiction treatment faced by clients. The terminology often used to describe addiction has contributed to the stigma. This ethics training session will include an overview of clinician ethical guidelines and decision making. It will also focus on human service providers negative beliefs about recipients of care and how this creates negative impacts on clients and professional burnout. Participants will examine their beliefs and use of language in the behavioral health field and how this contributes/or does not to the ethical treatment of clients.

### Class 4: Harm Reduction

Jon Walker

This presentation will discuss Harm Reduction in the field of addiction. It will include strategies to help reduce the devastation one suffers while active in their addiction. This presentation may challenge participants to explore their feelings regarding a harm reduction approach vs. an abstinence only approach. The role medications play in Harm Reduction philosophy will also be discussed. Specifically, the roles of Suboxone and Naloxone rescue kits.

### Class 5: Social Media Boot Camp

Lynn Hightower, Communications Director



When it comes to promoting coalition activities, public education is an important tool. This training will focus on the ways that community coalitions can use social media to reach members, partners, funders and others in their communities.

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



### Class 1: Opiates

Eric Martin, MAC, CADC III, CRM, CPS

This lecture will cover opiate SUDs and pharmacology of opiates of abuse and medication assisted recovery (MAR). Also, understanding long-term consequences of opiate use. There will be research presented regarding cognitive interventions with opiate SUDs and implementation of cognitive interventions. There will also be

outcome research regarding exercise, cognitive interventions, sleep restoration and chronic pain. Medication monitoring (eg. pill counting, pain scales) as part of chronic pain SUD outpatient treatment will be discussed, including various curricula and evidence-based practices.

### Class 2: Tobacco Cessation

Eileen Twomey, Pharm.D., BCPS  
Dr. Sharlene Green

The prevalence of tobacco use in the US and health concerns related to tobacco will be described. Medications used for tobacco cessation assistance will be discussed and compared to e-cigarettes. Special considerations for certain populations will be addressed. Presenters will model the use of motivational interviewing to help patients develop strategies for dealing with the habit of smoking (understanding harm reduction) and the importance of having a concrete plan to deal with triggers motivated by emotional factors.

### Class 3: People First – The Ethical Treatment of Behavioral Health Disorders (Part B)

Dr. Susan Esp, LCPC, Ph.D.

See description Session 7, Class 3

### Class 4: The Hungry Heart - A Documentary Film by Bess O'Brien

Sponsored by Idaho Chapter of the American Academy of Pediatrics

This film is a gripping look at pediatrician Fred Holmes’ fight to save young prescription drug addicts in his Vermont town. It examines his prescribing of Suboxone to these patients, and the successes and relapses that occur along the road to recovery. One won’t soon forget the intimate portrayal of the struggles of Dr. Holmes and his young patients as they fight to overcome addiction.

### Class 5: Sustainability Panel



Securing funding is a critical component of keeping coalitions and programs going. Being successful in this arena means knowing your funding opportunities and the officers who manage them. Join us for a panel discussion featuring representatives from local businesses and foundations who generously support our communities through philanthropic efforts. This is a good opportunity to make contact with area funders, learn how you can improve your grant application, and stand out in a crowd.





# 2015 ICADD REGISTRATION FORM

## Idaho Conference on Alcohol and Drug Dependency

Register online at [www.attendicadd.com](http://www.attendicadd.com) and receive a \$10 discount on general conference registration fees!  
Questions? Call: 208.466.2519 or email: [info@attendicadd.com](mailto:info@attendicadd.com)

Complete form and mail or fax to ICADD, PO Box 1311, Meridian, ID 83680, Fax: 208.466.7693

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
(Please print clearly)

Agency \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Work Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

### CONTINUING EDUCATION CREDITS:

- A maximum of 24 CE hours will be available
- Contact hours verification of attendance forms will be stamped at the end of each session

### PRE-CONFERENCE REGISTRATION FEES: (not available for students)

Full Day Pre-Conference \_\_\_\_\_ \$90/person

### GENERAL CONFERENCE REGISTRATION FEES: (please select one option)

	<u>By April 2, 2015</u>	<u>April 3 - May 1, 2015</u>	<u>Onsite walk-up registration</u>
Three-Day Rate	_____ \$260/person	_____ \$345/person	_____ \$370/person
Daily Rate	_____ \$140/person	_____ \$190/person	_____ \$215/person
*Student Three-day Rate	_____ \$155/person	_____ \$190/person	_____ \$215/person

(No daily rate available for students. \*Students MUST provide verification of current student status by faxing a copy of student status to 208.466.7693 by April 30th.)

### FOUR-DAY REGISTRATION FEE: (includes Pre-Conference Day)

	<u>By April 2, 2015</u>	<u>April 3 - May 1, 2015</u>	<u>Onsite walk-up registration</u>
Four-Day Rate	_____ \$310/person	_____ \$395/person	_____ \$420/person

### **DAYS ATTENDING ICADD:**

- Monday  
 Tuesday  
 Wednesday  
 Thursday

### PRE-REGISTRATION DEADLINE:

*Pre-registrations will not be accepted after May 1st, 2015. Payments via US Mail: Registration fees will be based on postmark date.*

### ATTENDEE POLICY AND DEADLINES:

*All substitutions must be submitted in writing. Substitutions received will be charged a \$50 processing fee.*

### CANCELLATION POLICY AND DEADLINES:

*Cancellations must be submitted in writing. A \$50 processing fee will be withheld from all refunds. There will be no refunds on or after May 1st, 2015.*

### PAYMENT INFORMATION:

Payment MUST accompany registration. Registration fees sent by mail must be postmarked by May 1st, 2015 and must include full payment. Please indicate amount and payment method.

PRE-CONFERENCE WORKSHOP TOTAL: \$ \_\_\_\_\_

GENERAL CONFERENCE TOTAL: \$ \_\_\_\_\_

OR

FOUR-DAY CONFERENCE TOTAL: \$ \_\_\_\_\_

TOTAL AMOUNT DUE: \$ \_\_\_\_\_

Register online!  
**SAVE \$10**  
General Conference Fees

**Check or Money Order** (made payable to: ICADD Foundation)

**Credit Card**

Type of Card \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

V-Code (3 digit number on back of card) \_\_\_\_\_ Total Amount Due \$ \_\_\_\_\_

Card Billing Address \_\_\_\_\_

(Must be accurate or registration will be declined.)

See Registration Form (next page) to select Pre-Conference Workshops and Breakout Sessions.

# 2015 ICADD REGISTRATION FORM

## Pre-Conference Workshops

Monday, May 18

### Workshops

9:00am - 12:15pm Workshop 1  
9:00am - 4:45am Workshops 2 & 3  
1:30pm - 4:45pm Workshop 4

### Breaks

10:30am - 10:45am Break  
12:15pm - 1:30pm Lunch (on your own)  
3:00pm - 3:15pm Break

**Please note:** a separate fee is charged for these workshops **Check the box next to the class you plan to attend**

#### Workshop 1 - 9:00am-12:15pm

- DSM-5

#### Workshop 3 - 9:00am-4:45pm

- The ASAM Criteria (New and Updated 3rd Edition)

#### Workshop 2 - 9:00am-4:45pm

- Breaking the Cycle of Addiction and Trauma: Effective Interventions Using Dialectical Behavioral Therapy

#### Workshop 4 - 1:30pm-4:45pm

- Court Friendly GAIN Editing

**Please note:** 15 minute breaks will occur at 10:30am and 3:00pm. Lunch is on your own from 12:15pm - 1:30pm

## General Conference Breakout Sessions

**Please check the box next to each class you plan to attend**

*(It is strongly suggested that if you register for a class within a series, you select all classes within that series, i.e. Part A & B)*

### Tuesday, May 19

#### Session 1, 10:15am-12:00pm

- Class 1: 4 - Laws of Change and Healing Forest Concept  
 Class 2: Trauma-Informed Care and Recovery Coaching  
 Class 3: Restorative Practices - A Preventive Option  
 Class 4: New Directions: Understanding Adolescents and Trauma  
 Class 5: Social Media and Youth

#### Session 2, 1:15pm-3:00pm

- Class 1: 4 - Laws of Change and Healing Forest Concept (Repeat of Session 1, Class 1)  
 Class 2: Gender and Culturally Specific Care  
 Class 3: Neurobiology in Treatment Approaches for Addiction and Rehabilitation (Part A)  
 Class 4: Prevention, Care, and Collaboration: Marijuana and Adolescents (Part A)  
 Class 5: Probation is from Mars and Treatment is from Venus

#### Session 3, 3:15pm-5:00pm

- Class 1: The Thought Process  
 Class 2: Restorative Justice  
 Class 3: Neurobiology in Treatment Approaches for Addiction and Rehabilitation (Part B)  
 Class 4: Prevention, Care, and Collaboration: Marijuana and Adolescents (Part B)  
 Class 5: Community Advocacy: Working with Local, County, and State Governments

### Wednesday, May 20

#### Session 4, 10:15am-12:00pm

- Class 1: Development of Lifestyle  
 Class 2: Cultural Shift to the Mental Health Recovery Model  
 Class 3: Alcoholics Anonymous: How it Works  
 Class 4: Marijuana Legalization: The Impact  
 Class 5: Coalition Magician

#### Session 5, 1:15pm-3:00pm

- Class 1: Development of a Therapeutic Contract  
 Class 2: From Impairment to Empowerment: Addressing Substance Use Disorder in the Workforce  
 Class 3: Mindfulness in Recovery  
 Class 4: Inoculate Your Kid from Addiction for the Price of a Big Mac & Fries  
 Class 5: Fighting the Invisible Dragons: Effective Coalition Leadership

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

- Class 1: Strategies to Enhance Self Esteem and Community Feeling  
 Class 2: Suicide Prevention: A Community Health Issue  
 Class 3: Idaho Recovery Innovations  
 Class 4: Success of the Strengthening Families Program Home-Use DVD to Reduce Youth Alcohol Use  
 Class 5: Can We Talk?

### Thursday, May 21

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

- Class 1: EDM Synthetic Drugs  
 Class 2: Medications in the Treatment of Addiction  
 Class 3: People First – The Ethical Treatment of Behavioral Health Disorders (Part A)  
 Class 4: Naloxone  
 Class 5: Social Media Boot Camp

#### Session 8, 12:00pm-1:30pm

- Class 1: Opiates  
 Class 2: Tobacco Cessation  
 Class 3: People First – The Ethical Treatment of Behavioral Health Disorders (Part B)  
 Class 4: The Hungry Heart - A Documentary Film by Bess O'Brien  
 Class 5: Sustainability

*Conference schedule is subject to change.*

# In Appreciation for Our 2014 Exhibitors, Sponsors & Supporters

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Northwest ATTC  
Idaho Department of Health  
and Welfare  
MTC Corrections  
Intermountain Hospital  
Business Psychology Associates  
Practical Recovery  
Precision Toxicology  
Walker Center



## 2014 Supporters

Boise State University - College of  
Health Sciences  
Boise VA Medical Center - Behavioral Health  
Idaho Department of Correction  
Idaho Department of Juvenile Corrections  
Idaho Office of Drug Policy  
Idaho RADAR Center  
Idaho Supreme Court/DUI Courts

## 2014 EXHIBITORS

AACT - Idaho  
AI-Anon - District 3  
Alcoholics Anonymous  
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Bostec Intoximeters  
Business Psychology Associates  
Center for Behavioral Health Community  
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Southworth Associates  
Supportive Housing and  
Innovative Partnerships  
Walker Center

