

Substance Use and Addictive Disorders: Energizing the community to fight back

A two day intensive and highly interactive experience integrating elements of best practice treatment models, case studies and virtual team practice sessions. Participants will be introduced to state of the art, best practice information and then involved in interactive learning experiences to practice utilizing this information.

Day One-Friday June 16

Registration 8:30-9:00 AM

Welcome and Keynote 9:00-9:45 AM

Employer Panel 9:45-11:00 AM

A Keynote presentation and Employer Panel will set the stage for the challenges of this symposium. Participants will be energized and informed by our personal involvement in the work and the details of what we need to change. A panel of local service system employers will discuss the current job market, the specific skills they are looking for and future opportunities.

BREAK 11:00-11:15 AM

Session I 11:15AM-12:30 PM

Track One-Basic Clinical: What Is Addiction?

Addiction is a complex disease; much more than amounts and frequency of drugs consumed. This workshop will provide an introduction to the physiological, psychological, spiritual and emotional aspects of addiction including how it develops and how to identify this disorder.

Track Two-Supervision/Management: State of the Treatment System

Rehab, Sober House, Recovery Coach, Self Help Group: what do each of these treatment resources actually do? Representatives from local service systems will describe the various levels of care available to people working on recovery.

LUNCH 12:30-1:30 PM

Session II 1:30-3:00 PM

Track One-Basic Clinical: Assessment and Diagnosis

Participants will be introduced to a standardized assessment protocol and how to link this information with criteria in the DSM V to achieve an accurate diagnosis. The strengths of the multi-disciplinary approach, including consideration of Medication Assisted Therapy will be reviewed with the goal of providing a comprehensive assessment. The assessment process, which includes aspects of building a therapeutic relationship, will also be reviewed.

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Track Two-Supervision/Management: Self-Help 101

Most people do not understand how self-help groups such as AA and NA work and how important they are to the long-term recovery of someone with a substance use disorder. This workshop will provide a basic introduction to the 12 Step process and suggest how to integrate self-help programming into an overall approach to treatment.

BREAK 3:00-3:15 AM

Session III 3:15-4:45 PM

Track One-Basic Clinical: Stages of Change/MET

The Stages of Change model and Motivational Enhancement Therapy are often used together to provide an evidence based best practice approach to treating substance use and addictive disorders. Participants will be introduced to the Stages and the therapy model. Use of this approach in assessment and ongoing treatment will be reviewed. Participants will have the opportunity to practice use of this approach in the case study workshop, scheduled for Day 2 of the Symposium.

Track Two-Supervision/Management: Alternative Programming

There are many new models emerging to support treatment and recovery from substance use and addictive disorders. Recovery High Schools, Sober Gyms, Embedded Recovery Coaches are some of the new models in our area. Representatives from these and similar programs will provide an overview of what they are adding to the service system.

Day Two-Saturday June 17

Check in: 8:30-9:00 AM

Welcome and setting up the treatment teams: 9:00-9:15 AM

At check-in for day two, participants will be assigned to virtual treatment teams. These treatment teams will be assigned case studies later in the day for practice in assessment and treatment planning.

Division of attendees: Treatment Teams will be comprised of 8-12 clinicians and supervisor/managers. Clinicians and supervisors/managers will be equally distributed on each team. (e.g. 8 clinicians/2 supervisors/managers) Every effort will be made to distribute professions throughout each team to result in an inter-disciplinary make-up for each team.

Keynote: 9:15-10:00 AM

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Session I 10:00-11:15 AM -PAWS and Early Recovery

The first one to two years of early recovery usually see an intensification of symptoms of depression and anxiety. These plus the profound life style changes necessary to maintain successful recovery make early recovery a daunting challenge. This workshop will review the process of the Post Acute Withdrawal Syndrome and offer suggestions on managing this crucial experience.

BREAK 11:15-11:30 AM

Session II 11:30AM-12:45 PM-Relapse and Relapse Prevention

Relapses are common in substance use and addictive disorders but they don't "just happen". Participants will review the numerous steps of the relapse process and be introduced to best practice protocols for engaging clients in ongoing relapse prevention work.

LUNCH 12:45-1:45 PM

Session III 1:45-2:45- Virtual Treatment Teams/Case Study Practice

Participants will be provided with an hour after lunch to discuss case studies in their virtual treatment teams. The goal is to provide a comprehensive assessment and recommendations for further treatment, based on the information provided. Selected teams will have the chance to present their results to the larger group in the next hour.

BREAK 2:45-3:00 PM

Session IV 3:00-4:00 -Team Reports

Representatives will be randomly chosen from the treatment teams to report to the larger group on the recommendations for each of the three case studies. Each team will be given up to 10 minutes to report on their recommendations. (Three reports total)

Wrap-up and Final Remarks 4:00-4:30 PM

Symposium Chair will provide concluding remarks to end the Symposium