CPA New Frontiers Summit:

Building Recovery Systems: Psychologist Leadership in VA Addiction Care

Presented by: Lilia Sheynman, PhD

Description:

Veterans with substance use disorders frequently present with co-occurring psychiatric, medical, trauma-related, and psychosocial needs requiring care beyond a single treatment modality. This session examines how psychologists can help build recovery-oriented systems of care through evidence-based addiction treatment, measurement-based care, interdisciplinary collaboration, harm-reduction approaches, and coordination across levels of care. VA addiction services provide a case example for translating these principles into clinical practice and systems leadership.

After attending this event, participants will be able to:

1. Identify at least three components of an evidence-based, recovery-oriented system of care for patients with substance use disorders.
2. Describe how measurement-based care and interdisciplinary collaboration can be used to guide treatment planning and monitor recovery in substance use disorder treatment.
3. Apply at least two psychologist-led strategies for improving coordination, access, or continuity of addiction care within an interdisciplinary healthcare setting.

Lilia Sheynman, PhD, is a licensed clinical psychologist and psychology leader whose work includes addiction and recovery treatment, interdisciplinary behavioral healthcare, clinical training, and systems-level program development. At the VA Long Beach Healthcare System, Dr. Sheynman is associated with the Addiction and Recovery Treatment Program, which provides outpatient and intensive outpatient services for Veterans with substance use disorders and co-occurring behavioral health needs. Her clinical and training work includes evidence-based addiction treatment, measurement-based care, interdisciplinary collaboration, treatment planning, and supervision of psychology trainees. Dr. Sheynman's broader professional experience includes leadership in public behavioral health and forensic residential services, where she has been involved in program development, clinical oversight, staff training, supervision, crisis intervention, and coordination across systems of care. Her clinical background includes cognitive behavioral therapy, motivational interviewing, Seeking Safety, dialectical behavior therapy, trauma-related treatment, and work with individuals experiencing substance use disorders and serious mental illness. She previously presented at the California Psychological Association on psychologists as systems leaders in public behavior.