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## 2018 Best Practices School

### Course Lists and Descriptions

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#### General Information

General program details are posted on our website at <http://www.neias.org> under the “Best Practices” links. Please visit that website for pricing, partial scholarship applications, lodging options and reservation instructions, and online registration. After the course lists below, please refer to detailed course descriptions to help you make your course selections.

Just a few comments from previous participants include:

- *“The usefulness and quality of the courses, including the material and long-term applicability, make this event an overall very good investment.”*
- *“I thought the number of training opportunities was very helpful. I appreciated the number of different presentations I was able to attend and the variety of the trainings. It was really a lot of material presented in 4 days. Great value for the cost.”*
- *“I received great tools to improve my clinical work and met great people.”*
- *“I felt like I walked away with a lot of information.”*
- *“It’s a great experience...All of it!”*

#### Courses

The courses are the center of the Best Practices School experience. A variety of courses have been developed for clinicians, managers, clinical supervisors, those working toward becoming a manager or supervisor, criminal justice professionals, and people from related disciplines. Courses are designed to help professionals work on licensure or certification, specialty certifications, keep abreast of evidence-based practices, current clinical topics, emerging issues, and bring specific behavioral healthcare integration skills to their organization in the current environment.

Courses have been organized in special focus areas that may be of interest to people who wish to focus on a certain content area during their time at the program. **However, participants may select courses from different tracks. Courses are offered in a 1-day, 2-day, or 3-day format. Multi-day courses are noted in their description. Courses meet during the entire day or days indicated after the course number, so only one course may be taken per day. If you select a multiple day course, you must attend all days of that course.**

- M = Monday
- T = Tuesday
- W = Wednesday
- Th = Thursday

The following pages include lists of courses by track and by day, and course descriptions.

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## 2018 New England School of Best Practices School Courses – Listed by Track

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### Track 1: Client-Centered Integrated Care

- 1.M Crisis Response: Neurobiology, Medical Consequences & Treatment of Alcohol Overdose and Severe Alcohol Withdrawal (Monday)
- 1.T Promoting Wellness in Recovery: Tackling Tobacco Use (Tuesday)
- 1.W Hepatitis C (HCV) Current Resources for Medical & Behavioral Health Professionals (Wednesday)
- 1.Th Counseling Patients with Chronic Pain (Thursday)

### Track 2: Current and Emerging Issues

- 2.T Cultural Competence to Reduce Health Disparities (Tuesday)
- 2.W The Impact of Social Media on Socialization, Self-Image, and Self Harm (Wednesday)
- 2.Th The Era of Legalized Cannabis (Thursday)

### Track 3: Clinical Best Practices

- 3.M.T Advanced Motivational Interviewing (Monday – Tuesday)
- 3.W Advanced Group Work (Wednesday)
- 3.Th Relapse Prevention: An Advanced Practical Training (Thursday)

### Track 4: Integrated Care for Co-occurring Disorders

- 4.M When The Titanic Meets Iceberg: Addressing the Trauma Beneath Addiction (Monday)
- 4.W Pain and Stress in Co-occurring Disorders (Wednesday)
- 4.Th Integrated Treatment for Co-occurring Disorders (Thursday)

### Track 5: Enhancing Clinical Strategies

- 5.T 22 Strategies for Engaging the Most Difficult To Reach Clients With Substance Use Disorders (Tuesday)
- 5.W Effective Treatment for Women with Substance Use Disorders (Wednesday)
- 5.Th Recovery, Relationships, and Emotional Intimacy (Thursday)

### Track 6: Clinical Supervision Track - *In Honor of David J. Powell, Ph.D.*

- 6.M.T Clinical Supervision Foundations (Monday and Tuesday, with Pre-Event Online Course and Post-Event Follow Up)
- 6.W Clinical Supervision Recertification: Competency Based Supervision (Wednesday)

*Continued on following page*

### **Track 7: Operational Management Certification**

- 7.M.T.W Effective Management and Fiscal Oversight of Human Services Organizations (Monday, Tuesday, and Wednesday)
- 7.Th Human Resource and Labor Laws (Thursday)

### **Track 8: Working with Involuntary Clients and Criminal Justice Involved Populations**

- 8.M Working with Involuntary Clients (Monday)
- 8.T Criminal Thinking and AntiSocial Logic (Tuesday)

### **Track 9: Current Issues: Addressing Opioid Use Disorders**

- 9.M Opioid Addiction and Treatment: Understanding the Disorder, Treatment, and Protocol (Monday)
- 9.W Best Practices Up-Date on Bio-Psycho-Social Treatment of Opioid Dependence (Wednesday)
- 9.Th Coordinating Care for Co-Occurring and Opioid Use Disorders (Thursday)

### **Track 10: Ethical Considerations**

- 10.T Clinical Supervision Recertification Course: Clinical Supervisor Ethics for Alcohol and Drug Counselor-Supervisors (Tuesday)
- 10.Th Advanced Ethics (Thursday)

### **Track 11: Applying Evidence-Based Practices**

- 11.T Supporting Evidence-Based Strategies (Tuesday)
- 11.W Applying Evidence-Informed Compassion Fatigue Techniques (Wednesday)
- 11.Th Treatment Planning: Translating Required Paperwork into Clinically Useful Information (Thurs)

### **Track 12: Expanding Clinical Focus Areas**

- 12.M.T Department of Transportation/Substance Abuse Professional Qualification or Requalification Training (Monday – Tuesday)
- 12.W Dialectical Behavior Training (DBT) for Substance Use Disorders with Employment Focus (Wednesday)
- 12.Th Understanding and Responding to Problem Gambling Across the Continuum of Care (Thursday)

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**2018 Best Practices School Courses – Listed by Day**

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**Monday:**

- 1.M Neurobiology, Medical Consequences & Treatment of Alcohol Overdose & Severe Withdrawal (Mon)
- 3.M.T Advanced Motivational Interviewing (Monday – Tuesday)
- 4.M When The Titanic Meets Iceberg: Addressing the Trauma Beneath Addiction (Monday)
- 6.M.T Clinical Supervision Foundations (Monday and Tuesday, with Pre/Post Event Online Work)
- 7.M.T.W Effective Management & Fiscal Oversight of Human Services Organizations (Mon, Tues, & Weds)
- 8.M Working with Involuntary Clients (Monday)
- 9.M Opioid Addiction and Treatment: Understanding the Disorder, Treatment, and Protocol (Monday)
- 12.M.T Dept of Transportation/Substance Abuse Professional Qualification/Requalification (Mon –Tues)

**Tuesday:**

- 1.T Promoting Wellness in Recovery: Tackling Tobacco Use (Tuesday)
- 2.T Cultural Competence to Reduce Health Disparities (Tuesday)
- 3.M.T Advanced Motivational Interviewing (Monday – Tuesday)
- 5.T Twenty-Two Strategies for Engaging the Most Difficult To Reach Clients With SUDs (Tues)
- 6.M.T Clinical Supervision Foundations (Monday and Tuesday, with Pre/Post Event Online Work)
- 7.M.T.W Effective Management & Fiscal Oversight of Human Services Organizations (Mon, Tues, & Weds)
- 8.T Criminal Thinking and AntiSocial Logic (Tuesday)
- 10.T Clinical Supervisor Ethics for Alcohol and Drug Counselor-Supervisors (Tuesday)
- 11.T Supporting Evidence-Based Strategies (Tuesday)
- 12.M.T Dept of Transportation/Substance Abuse Professional Qualification/Requalification (Mon –Tues)

**Wednesday:**

- 1.W Hepatitis C (HCV) Current Resources for Medical & Behavioral Health Professionals (Weds)
- 2.W The Impact of Social Media on Socialization, Self-Image, and Self Harm (Wednesday)
- 3.W Advanced Group Work (Wednesday)
- 4.W Pain and Stress in Co-occurring Disorders (Wednesday)
- 5.W Effective Treatment for Women with Substance Use Disorders (Wednesday)
- 6.W Clinical Supervision Recertification: Competency Based Supervision (Wednesday)
- 7.M.T.W Effective Management & Fiscal Oversight of Human Services Organizations (Mon, Tues, & Weds)
- 9.W Best Practices Up-Date on Bio-Psycho-Social Treatment of Opioid Dependence (Wednesday)
- 11.W Applying Evidence-Informed Compassion Fatigue Techniques (Wednesday)
- 12.W Dialectical Behavior Training (DBT) for Substance Use Disorders with Employment Focus (Weds)

**Thursday:**

- 1.Th Counseling Patients with Chronic Pain (Thursday)
- 2.Th The Era of Legalized Cannabis (Thursday)
- 3.Th Relapse Prevention: An Advanced Practical Training (Thursday)
- 4.Th Integrated Treatment for Co-occurring Disorders (Thursday)
- 5.Th Recovery, Relationships, and Emotional Intimacy (Thursday)
- 7.Th Human Resource and Labor Laws (Thursday)
- 9.Th Coordinating Care for Co-Occurring and Opioid Use Disorders (Thursday)
- 10.Th Advanced Ethics (Thursday)
- 11.Th Treatment Planning: Translating Required Paperwork into Clinically Useful Information (Thurs)
- 12.Th Understanding and Responding to Problem Gambling Across the Continuum (Thurs)

## 2018 New England School of Best Practices School Course Descriptions

### Track 1: Client-Centered Integrated Care

#### 1.M Crisis Response: Neurobiology, Medical Consequences & Treatment of Alcohol Overdose and Severe Alcohol Withdrawal (Monday)

This training will focus on the impact of alcohol on the entire system including neurobiological changes as well as medical complications from continued alcohol use. The participants will be able to identify symptoms of alcohol intoxication and impairment and alcohol overdose and identify steps to assist in rescue. The alcohol withdrawal syndrome will be reviewed and appropriate treatment options during and after withdrawal. Medications to treat withdrawal will be reviewed as well as medication to assist in early recovery.

**OBJECTIVES:** Participants will be able to:

- Identify neuro receptors and impact on patients with Alcohol Use Disorder;
- List the medical consequences of chronic alcohol use;
- Demonstrate use of the Clinical Alcohol withdrawal Scale (CIWA) in assessment of alcohol withdrawal syndrome;
- Identify crisis response steps in the event of an overdose or alcohol poisoning; and
- Recognize assessment criteria that would determine level of care placement for withdrawal management.

**TARGET AUDIENCE:** Behavioral healthcare clinicians and other healthcare staff

**THE PRESENTER:** Sharon Morello, has worked in nursing since 1976 and in behavioral health since 1985. She has experience in all levels of care of behavioral health from acute care to community mental health to medication assisted treatment. She has previous experience as Director of Nursing, Quality Improvement and Training and Development. She has been a CARF surveyor for opioid treatment Programs across the country, national consultant for evidence based practices in opioid treatment programs and a NIDA (National Institute Drug Administration) Suboxone Trainer. In the past year she has trained over 700 nurses in RI on "Re-Thinking Addiction: Opioid Epidemic and Medication Assisted Treatment."

#### 1.T Promoting Wellness in Recovery: Tackling Tobacco Use (Tuesday)

Tobacco use disorders negatively and disproportionately affect people in recovery.

This course will address new concepts and strategies for addressing promoting wellness by addressing tobacco use in behavioral health treatment and recovery settings.

**THE PRESENTER:** Janet Smeltz, M.Ed., LADC-I, CADC is Director of the Tobacco Education and Treatment Projects at the Institute for Health and Recovery, encompassing the Tobacco, Addictions, Policy and Education (TAPE) Project and the MTCP Behavioral Health Technical Assistance and Training Initiative. The TAPE Project has been funded for over 20 years by the Massachusetts Department of Public Health, Bureau of Substance Abuse Services to provide statewide staff training and systems change on integrating and implementing nicotine dependence treatment and policy. The Behavioral Health Initiative and previously Smokefree Families has been funded by the MA Tobacco Cessation and Prevention Program since 2008 to assist behavioral health and home visiting services such as Early

Intervention programs to integrate assessment, education, interventions and policy to reduce exposure to secondhand smoke. Ms. Smeltz has worked in the substance use disorders treatment field for over 30 years as a clinician, consultant, and trainer. She has presented statewide and nationally on issues related to tobacco dependence and substance use treatment and recovery.

### **1.W Hepatitis C (HCV) Current Resources for Medical & Behavioral Health Professionals (Wednesday)**

Approximately 2.5 to 4 million people are infected with hepatitis C virus (HCV) in the United States (SAMHSA, 2014). Baby boomers (those born between 1945 and 1965) and persons with mental health and substance use disorders face an increased risk for infection. Among people who have used or currently use intravenous drugs, one in three young adults and three in four older adults are HCV infected (CDC, 2014). Dramatic medical advances in the past few years have revolutionized the course of HCV treatment, increasing the role of primary care and behavioral health settings in addressing this public health concern. The training addresses opportunities for promoting HCV screening and testing, strategies for linking patients to treatment, available treatment options, and patient considerations for treatment.

**LEARNING OBJECTIVES:** As a result of this training participants will be able to:

- Explain the difference between acute and chronic hepatitis C infection;
- Discuss at least two reasons why it is important to promote hepatitis C screening and testing;
- Describe at least three prevention messages that can be used when promoting hepatitis C screening and testing; and
- Provide examples of at least three strategies to link persons infected with HCV to health care.

**TARGET AUDIENCE:** Clinicians and all interested

**THE PRESENTER:** **Haner Hernández, Ph.D., CADCI, LADC** is originally from Puerto Rico and has lived in the United States since 1968. He is bilingual and has worked for over 20 years in the human service field developing, implementing, and evaluating culturally and linguistically competent youth and adult health prevention, intervention, treatment, and aftercare programs. Dr. Hernández has many years of experience in delivering addiction counseling and clinical supervision to professional in the field. Furthermore, he is a professional trainer and facilitator and provides individualized technical assistance and support to organizations that provide addiction and recovery services to the Latino population. Haner is a person in long-term recovery from addiction, and for the past 20 years has been committed to eliminating health disparities by working at the national, state, and local levels. Dr. Hernández has served a consultant to several federally-funded initiatives in the areas of behavioral workforce development, HIV/AIDS, addiction prevention and treatment, PTSD and veterans, and pediatric asthma. Dr. Hernández serves as faculty at the New England School of Addiction Studies since 1998, has taught a number of undergraduate and graduate courses, and has presented at several national and state conferences. Dr. Hernández serves on the Board of Directors of the Massachusetts Board for Voluntary Certification of Drug and Alcohol Counselors and was appointed to the Springfield Public Health Council in 2006. He earned a Bachelor of Science in Human Services from Springfield College and a Master of Education with concentrations in Counseling Psychology and Addiction Studies from Cambridge College in Massachusetts. His doctoral degree was earned at the School of Public Health and Health Sciences at the University of Massachusetts, Amherst. His major was Community Health Education and his minor was Social

Justice Education. In addition, Mr. Hernandez holds an advance Certification in Drug and Alcohol Counseling at the reciprocal level and is licensed in Massachusetts.

### 1.Th Counseling Patients with Chronic Pain (Thursday)

Chronic pain is a serious concern for many people and presents additional considerations for people with substance use disorders. This course will address strategies to support clients who experience chronic pain.

**THE PRESENTER:** Joseph Hyde, LMHC, CAS has more than 35 years of experience in substance use prevention, intervention, and treatment. In collaboration with SAMHSA and American Society of Addiction Medicine, he planned and conducted SAMHSA's Physician Training for Use of Buprenorphine in multiple states. He has developed curriculum and training videos for SAMHSA SBIRT medical residency and health professional training grantees. He served as a trainer for the SAMHSA/NIDA Blended Initiative Certified Buprenorphine Training.

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## Track 2: Current and Emerging Issues

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### 2.T Cultural Competence to Reduce Health Disparities (Tuesday)

This course is designed to highlight and explore the needs of addiction service professionals working with culturally diverse individuals, organizations, and communities. The participants will be able to understand the role behavioral health disparities, cultural competency, and health equity in clinical settings and will learn proven techniques and strategies for engagement. The training will include didactic as well as interactive exercises designed to engage participants and elicit their input.

**LEARNING OBJECTIVES:** Participants will be able to:

- Define health disparities, health equity, and cultural competence, and their connection to SUDs treatment and recovery supports;
- Understand the importance of addressing health disparities;
- Identify barriers to addressing health disparities;
- Identify starting points/action steps to address health disparities at the individual and/or organizational level; and
- Name at least 3 resources available for addressing Cultural and Linguistic competence.

**TARGET AUDIENCE:** Clinicians, prevent specialists, recovery support workers, and all interested

**THE PRESENTER:** Haner Hernández, Ph.D., CADCI, LADCI is originally from Puerto Rico and has lived in the United States since 1968. He is bilingual and has worked for over 20 years in the human service field developing, implementing, and evaluating culturally and linguistically competent youth and adult health prevention, intervention, treatment, and aftercare programs. Dr. Hernández has many years of experience in delivering addiction counseling and clinical supervision to professional in the field. Furthermore, he is a professional trainer and facilitator and provides individualized technical assistance and support to organizations that provide addiction and recovery services to the Latino population. Haner is a person in long-term recovery from addiction, and for the past 20 years has been committed to eliminating health disparities by working at the national, state, and local levels. Dr. Hernández has served a consultant to several federally-funded initiatives in the areas of behavioral workforce development, HIV/AIDS, addiction prevention and treatment, PTSD and veterans, and pediatric asthma. Dr. Hernández serves as faculty at the New England School of Addiction Studies since 1998, has taught a number of undergraduate and graduate courses, and has

presented at several national and state conferences. Dr. Hernández serves on the Board of Directors of the Massachusetts Board for Voluntary Certification of Drug and Alcohol Counselors and was appointed to the Springfield Public Health Council in 2006. He earned a Bachelor of Science in Human Services from Springfield College and a Master of Education with concentrations in Counseling Psychology and Addiction Studies from Cambridge College in Massachusetts. His doctoral degree was earned at the School of Public Health and Health Sciences at the University of Massachusetts, Amherst. His major was Community Health Education and his minor was Social Justice Education. In addition, Mr. Hernandez holds an advance Certification in Drug and Alcohol Counseling at the reciprocal level and is licensed in Massachusetts.

## **2.W The Impact of Social Media on Socialization, Self-Image, and Self Harm (Wednesday)**

This course will review the development of social media and its impact on the socialization process. The issues of “present” relationships versus “virtual” relationships and their impact on psychological development will be addressed. There will be a specific focus upon the “social media generation” and bullying, the virtual definition of “friend”, and impacts upon depression and social isolation related to being alone with multiple virtual “friends”.

**LEARNING OBJECTIVES:** Participants will be able to:

- Discuss the benefits and deficits related to social media relationships;
- Explore the impacts of virtual psychological connections;
- Examine the impact of social media on the bullying and other “virtual” abuse; and
- Describe the data regarding the issues of depression and self-harm related to social media.

**TARGET AUDIENCE:** Treatment and Prevention Professionals

**THE PRESENTER:** **Mary-K O'Sullivan, LMFT, LADC, LPC** has been working as a Clinical Manager and Clinical Trainer for over 27 years. She has worked in both the private and public sector in the fields of substance use disorders, co-occurring disorders and clinical supervision in both inpatient and outpatient programs. She has worked as a trainer for the Department of Corrections, the Judicial Department, and the Department of Mental Health and Addiction Services in the State of Connecticut as well as working as the Clinical Preceptor for the SARP program at the Groton Naval Submarine Base. She has trained both Nationally and Internationally including spending 10 years training with David Powell, PhD. and spending time in Singapore assisting their treatment network in developing skills in co-occurring disorders treatment. She has provided training to DOC staff, adult and juvenile probation officers, parole officers, juvenile residential services staff, bail staff, women's and family matters staff, clinicians, case managers, and medical staff. She has continued her clinical education at the Fielding Graduate Institute in their PhD program in Clinical Psychology.

## **2.Th The Era of Legalized Cannabis (Thursday)**

*Sponsored by AdCare Educational Institute*

This 6-hour course provides an opportunity for behavioral health providers across the continuum to learn the latest on marijuana with a focus on the latest data, scientific research, and evolving policies. This workshop will also include information related to marijuana and pregnancy, an overview of the many different forms and routes of consumption of marijuana, the impact of marijuana use on health and child development, and some emerging outcome data from the first states to legalize such as Colorado and Washington. Providers will receive an overview of the many reliable national resources available for the science of today's marijuana.

**OBJECTIVES:** Participants will:

- Gain an understanding of the varied forms of cannabis available for consumption;
- Understand rates of use and current research findings on the effects of cannabis on mental and physical health;
- Understand the impact of marijuana use on youth health and development;
- Learn about cannabinoids and their interest to medical science; and
- Practice evidence-based clinical skills to talk with clients about cannabis.

**THE PRESENTER:** **Scott Gagnon, MPP, PS-C** is a Certified Prevention Specialist and is the Director of Operations of AdCare Educational Institute of Maine, Inc., which offers high quality trainings, events, and technical assistance services to Maine's behavioral health workforce. Since 2013, Scott has Chaired the marijuana prevention advocacy & education group, Smart Approaches to Marijuana, Maine which seeks to inform policy with the science of today's marijuana and also served as Co Chair of the Prevention/Harm Reduction Task Force for the Maine Opiate Collaborative. Scott currently serves on the U.S. Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention National Advisory Council. In 2015, Scott was awarded the Maine Public Health Association's Ruth S. Shaper Memorial Award and Healthy Androscoggin's Will Bartlett Award and is also the 2013 recipient of the Maine Alliance to Prevent Substance Abuse Prevention Award. He most recently received the 2017 Patrick J. Kennedy Outstanding Advocate Award from Smart Approaches to Marijuana. Scott has been a blog contributor for the Bangor Daily News, writing a blog on drug policy. Scott presents around the state and nationally on a number of topics including marijuana and marijuana policy, workforce development, and opiate addiction.

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**Track 3: Clinical Best Practices**

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**3.M.T Advanced Motivational Interviewing (Monday – Tuesday)**

Motivational Interviewing is an evidence-based approach based on a person-centered counseling style for addressing the common problem of ambivalence about change. This workshop is designed for professionals who have had some experience with Motivational Interviewing and are interested in improving their skills. The workshop is appropriate for counselors, mental health professionals, doctors, nurses, recovery service counselors or anyone who is in the business of helping people change behavior and who has had some exposure to MI in the past. Day one will include a fast and brief review which pre-supposes a basic level of knowledge of the spirit and approach of MI and exercises to practice the techniques. The second day builds upon the first and introduces advanced strategies and more intense practice exercises with feedback. Upon completion of this two day workshop, participants will have not only learned and practiced a variety of effective techniques to working with clients dealing with behavior change but will also be introduced to coding client-counselor interactions to rate practitioner skill level and monitor improvement.

**LEARNING OBJECTIVES:** Specifically, upon completion of the 2 day training participants will be able to:

- Assess their own level of skill at the beginning and end of the workshop;
- Review the "Spirit of MI," and the specific techniques of MI;

- Discuss motivation as it pertains to their own clients;
- Review and practice specific techniques to increase client motivation;
- Employ several techniques to develop discrepancy between goals and current behavior;
- Use strategies to explore, amplify, and resolve ambivalence to change;
- Demonstrate the ability to elicit, recognize and reinforce “change talk.”;
- Differentiate and practice simple and complex reflections;
- Employ several techniques to reduce client resistance to changing behavior;
- Be able to recognize and identify MI skills through practice and role plays;
- Describe how MI can be integrated into current practice;
- Observe demonstrations of MI techniques; and
- Practice creating change plans and consolidating commitment from clients.

**TARGET AUDIENCE:** This workshop is designed for professionals who have had some experience with Motivational Interviewing and are interested in improving their skills. The workshop is appropriate for counselors, mental health professionals, doctors, nurses, recovery service counselors or anyone who is in the business of helping people change behavior and who has had some exposure to MI in the past.

**THE PRESENTER:** Thomas E. Broffman, PhD, LICSW, CAADAC, CCS, CEAP was an assistant professor in the MSW program at St. Joseph’s University and was the coordinator of the Veterans Sequence. He previously was an assistant professor and field coordinator for the BSW Program at Eastern CT State University. He has a BSW and a MSW from the University of Pittsburgh, School of Social Work and a Ph.D. from Boston College, Graduate School of Social Work. His doctoral dissertation was Gender Differences in MH & SA Disorders as Predictors of Gambling Disorders. He was the Chemical Dependency Consultant at the RI Dept. of Behavioral Health, Developmental Disabilities and Hospitals, Eleanor Slater Hospital in Cranston, RI for 20 years. He has operated Broffman Training & Consultation Services for the past 25 years and is a regionally known trainer and consultant. He has been a Motivational Interviewing trainer, consultant and practitioner for over 25 yrs. He has been involved in MI implementation projects in medication assisted treatment programs, both adult and adolescent residential care, homeless and housing programs, domestic violence, co-occurring disorders, gambling treatment programs, and day treatment/IOP. In 2006, he was awarded the Social Worker of the Year in Addictions Award by the RI Chapter of National Association of Social Workers. He is the Vice President and a member of the Board of CT- NASW. In 2015, he was awarded the Social Work Educator of the Year Award by CT-NASW and has served as the vice president of the CT-NASW. Dr. Broffman is embarking on his 3rd career, as he is in the process of completing training as a Viniyoga Teacher.

### 3.W Advanced Group Work (Wednesday)

Group work is an important modality in substance use disorder treatment, and many evidence-based protocols involve group work. This course will help seasoned professionals address challenges in group work, review strategies for diagnosing problematic group dynamics and interventions to address them, and explore advanced theoretical considerations. Opportunities to practice skills will be provided so that participants can develop efficacy with the concepts presented in this session.

**TARGET AUDIENCE:** Clinicians who have previously taken basic group work training.

**THE PRESENTER:** William L. Mock, Ph.D., LISW, LICDC, SAP is the Executive Director of the Center for Interpersonal Development, and Chief Trainer for the Ohio Institute for Addiction Studies in Lakewood, Ohio. He is the Principle Training Officer for Professional Training Center, a professional development service specializing in DOT drug and alcohol and Drug Free Workplace issues. His academic degrees include a Doctorate in Psychology and Masters in Social Work. He is a clinical

member of the American Association of Marriage and Family Therapy, a licensed Clinical Psychologist, Licensed Independent Social Worker, Licensed Independent Chemical Dependency Counselor and DOT qualified SAP. He has expertise in chemical dependency treatment, family systems treatment and organizational systems development. He has provided training and consultation in several countries to such diverse groups as treatment/prevention providers, family therapists, industry leaders, educators, administrators, SAP's and criminal justice personnel.

### **3.Th Relapse Prevention: An Advanced Practical Training (Thursday)**

The evidence-based relapse prevention approach is an important tool in supporting recovery to prevent or lessen the effects of relapse. This course, meant for clinicians who have previously had a basic relapse prevention training, will more deeply explore relapse prevention strategies and offer opportunities for practical application.

**TARGET AUDIENCE:** Clinicians who have previously taken training in relapse prevention.

**THE PRESENTER:** Mary-K O'Sullivan, LMFT, LADC, LPC has been working as a Clinical Manager and Clinical Trainer for over 27 years. She has worked in both the private and public sector in the fields of substance use disorders, co-occurring disorders and clinical supervision in both inpatient and outpatient programs. She has worked as a trainer for the Department of Corrections, the Judicial Department, and the Department of Mental Health and Addiction Services in the State of Connecticut as well as working as the Clinical Preceptor for the SARP program at the Groton Naval Submarine Base. She has trained both Nationally and Internationally including spending 10 years training with David Powell, PhD. and spending time in Singapore assisting their treatment network in developing skills in co-occurring disorders treatment. She has provided training to DOC staff, adult and juvenile probation officers, parole officers, juvenile residential services staff, bail staff, women's and family matters staff, clinicians, case managers, and medical staff. She has continued her clinical education at the Fielding Graduate Institute in their PhD program in Clinical Psychology.

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## ***Track 4: Integrated Care for Co-occurring Disorders***

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### **4.M When The Titanic Meets Iceberg: Addressing the Trauma Beneath Addiction (Monday)**

The majority of clients with Substance Use Disorders have histories of Trauma. In this workshop you will learn: The diagnostic criteria for 5 types of traumatic stress disorders common among clients with clients with substance use disorders and intervention strategies including: Acute Stress Disorder; Post Traumatic Stress Disorder; Complex Trauma; Historical Trauma and 24-7-365 Terror. Other topics covered include: The 3 generations of trauma treatment; Evidence based approaches to trauma treatment with clients with substance use disorders; 7 steps to developing a trauma informed system of care; The therapeutic benefits of humor and other strategies counselor can use to avoid secondary trauma.

**LEARNING OBJECTIVES:** Participants will be able to describe:

- The diagnostic Criteria for 5 types of traumatic stress disorders;
- 3 Evidence based approaches to trauma treatment for clients with substance use disorders; and
- 7 steps for developing a trauma informed system of Care.

**TARGET AUDIENCE:** Counselors

**THE PRESENTER:** **Mark Sanders, MSW, LCSW, CADC** is an international speaker in the Addictions Field whose presentations have reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands. He is the author of 5 books. Recent writings include: Recovery Management co-authored with William White, MA and Ernie Kurtz. PH.D; Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery and Slipping Through The Cracks: Intervention Strategies for clients with multiple addictions and disorders. He has had two stories published in the New York Times best selling book series, Chicken Soup For The Soul. He has lectured at The University of Chicago and Loyola University of Chicago Schools of Social Work.

#### **4.W Pain and Stress in Co-occurring Disorders (Wednesday)**

Physical and emotional pain are registered in the same areas of the brain and affect the brain in much the same ways. Just as there are medications for intervening in emotional/psychological pain, there are psychological interventions for physical pain. With the growing toll and concern about pain-relieving meds, other treatment options need to be explored. This workshop will focus on pain, its origins, progression, chronicity, and how it manifests itself in addictions and other mood disorders.

**OBJECTIVES:** Participants will be able to:

- Describe the brain circuitry involved in storing and expressing painful experiences;
- Discuss the effects of mind-altering drugs (both medications and drugs of misuse) on pain;
- List benefits and risks of pain medications;
- Compare how ineffective ways of dealing with pain can lead to substance use and to co-occurring disorders; and
- List three psychotherapeutic strategies for dealing with both physical and psychological pain.

**TARGET AUDIENCE:** Clinicians and all interested

**THE PRESENTER:** **John Nicolas Ruf, LADC, MA** Nicolas Ruf has been an instructor and coordinator for Maine's impaired driver countermeasures programs (DEEP). He has taught undergraduate and graduate courses in addiction biology and co-occurring disorders, and has presented workshops on these topics to substance use and mental health professionals; medical and school personnel; and other interested parties from Maine to Hawaii to the Caribbean for more than 20 years.

#### **4.Th Integrated Treatment for Co-occurring Disorders (Thursday)**

Individuals with trauma exposure, mental health conditions, and personality problems may find themselves on a trajectory into substance use for distress relief. This workshop will highlight the complexities this population presents with, the major challenges in treatment, and the models that may hold promise for effective intervention. This will be an interactive training and use case examples to plan treatment approaches.

**TARGET AUDIENCE:** Clinicians

**THE PRESENTER:** **Trudee Ettlinger, PhD, APRN, LADC, CCS**, has worked as the Chief Nursing Officer for the Vermont Department of Corrections. She has extensive experience working in the substance use disorder field, and developed a recognized program (Rocking Horse Circle of Support) that continues to serve Vermont's childbearing-age mothers at risk for substance use disorder. Dr. Ettlinger has presented many trainings addressing the prevention and treatment needs of this population and other populations. She holds a doctoral degree in Community Health Science, is an Advanced Practice Psychiatric-Mental Health Nurse, a Licensed Alcohol and Drug Counselor, and a Board Certified Clinical Supervisor.

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### Track 5: Enhancing Clinical Strategies

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#### 5.T Twenty-Two Strategies for Engaging the Most Difficult To Reach Clients With Substance Use Disorders (Tuesday)

Fifty percent of chemically dependent clients miss their second outpatient session. Only a small percentage seek addictions treatment voluntarily leading to automatic resistance. In this skill building workshop you will learn: how to increase first session attendance by 30%; 7 strategies for engaging clients in counseling within the first 10 minutes of contact; 22 strategies for engaging the most difficult to reach clients in addictions treatment; how to view countertransference as a gift; strength based approaches to engaging clients in addictions treatment; evidence based approaches to client engagement; engaging mandated clients in addictions treatment; how to engage reluctant families in addiction treatment.

**LEARNING OBJECTIVES:** Participants will learn:

- How to increase first session attendance by 30%;
- 7 strategies for engaging chemically dependent clients in treatment within the first 10 minutes of contact; and
- 22 engagement strategies.

**TARGET AUDIENCE:** Clinicians

**THE PRESENTER:** **Mark Sanders, MSW, LCSW, CADC** is an international speaker in the Addictions Field whose presentations have reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands. He is the author of 5 books. Recent writings include: Recovery Management co-authored with William White, MA and Ernie Kurtz. PH.D; Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery and Slipping Through The Cracks: Intervention Strategies for clients with multiple addictions and disorders. He has had two stories published in the New York Times best selling book series, Chicken Soup For The Soul. He has lectured at The University of Chicago and Loyola University of Chicago Schools of Social Work.

#### 5.W Effective Treatment for Women with Substance Use Disorders (Wednesday)

The workshop will provide a comprehensive overview off the impact of addictions for childbearing-age women. Treatment approaches must be women-centered and responsive to sets of circumstances and hardships surrounding these women. We will examine the cascade of harm from addiction for maternal health (pre-natal and post -partum) and women's health. Additional issues such as compounded distress from criminal justice involvement and considerations around opioid use disorders will be explored. The workshop will also highlight best practices in addressing these women's many complex treatment needs from both a counseling and a Medication Assisted perspective. Lecture , discussion, and small group analysis of cases for treatment planning will be used.

**TARGET AUDIENCE:** Clinicians, healthcare professionals, and others interested in the topic

**THE PRESENTER:** **Trudee Ettlinger, PhD, APRN, LADC, CCS**, has worked as the Chief Nursing Officer for the Vermont Department of Corrections. She has extensive experience working in the substance use disorder field, and developed a recognized program (Rocking Horse Circle of Support) that continues to serve Vermont's childbearing-age mothers at risk for substance use disorder. Dr. Ettlinger has presented many trainings addressing the prevention and treatment needs of this population and other populations. She holds a doctoral degree in Community Health Science, is an

Advanced Practice Psychiatric-Mental Health Nurse, a Licensed Alcohol and Drug Counselor, and a Board Certified Clinical Supervisor.

### 5.Th Recovery, Relationships, and Emotional Intimacy (Thursday)

Our clients come to us with a wide ranging list of feelings dysfunctions. Among the most difficult of these is the inability to love and be loved. In terms of loving relationships, they report false starts, confusing endings, painful process, confusion about what this thing called love is, and how to "do it" to name a few. Many have not had good (or any) role models for how to love and be loved. Often times they come from a background and experience where relationships are exploitive or confused by other processes like addiction or other chronic illness. Most fall into the common trap of confusing the 3 L's; Love ,Lust, and Limerance. Operational definitions of the 3 L's will be given as well as techniques for loving and being loved effectively.

**LEARNING OBJECTIVES:** Participants will be able to:

- Operationally define Love, Lust and Limerence;
- Demonstrate three or more techniques for enhancing clients' ability to love and be loved;
- List the five feelings types; and
- Name a single strategy for improving their own experience with Love and Loving.

**TARGET AUDIENCE:** Clinicians and those working in recovery support

**THE PRESENTER:** **William L. Mock, Ph.D., LISW, LICDC, SAP** is the Executive Director of the Center for Interpersonal Development, and Chief Trainer for the Ohio Institute for Addiction Studies in Lakewood, Ohio. He is the Principle Training Officer for Professional Training Center, a professional development service specializing in DOT drug and alcohol and Drug Free Workplace issues. His academic degrees include a Doctorate in Psychology and Masters in Social Work. He is a clinical member of the American Association of Marriage and Family Therapy, a licensed Clinical Psychologist, Licensed Independent Social Worker, Licensed Independent Chemical Dependency Counselor and DOT qualified SAP. He has expertise in chemical dependency treatment, family systems treatment and organizational systems development. He has provided training and consultation in several countries to such diverse groups as treatment/prevention providers, family therapists, industry leaders, educators, administrators, SAP's and criminal justice personnel.

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### *Track 6: Clinical Supervision Track - In Honor of David J. Powell, Ph.D.*

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### 6.M.T Clinical Supervision Foundations (Monday and Tuesday, with Pre-Event Online Course and Post-Event Follow Up)

**IMPORTANT NOTE:** This course meets for a total of 30 hours, including:

- **Pre-event online self-paced course for 14 hours;**
- **Monday and Tuesday on site for 14 hours; and**
- **with) and**
- **Two-hour online assignment;**

This course consists of two interconnected components: an online course and a face-to-face training, and is intended for supervisors in substance use disorder (SUD) treatment and recovery settings. The course totals 30 contact hours and introduces clinical supervisors, along with persons preparing to become supervisors, to the knowledge and skills essential to the practice of supervision.

**Prior to the Best Practices School, participants of the Clinical Supervision Foundations course will first complete an online ATTC course for 14 contact hours.** The online course will introduce individuals to theories, definitions, roles, issues and practices germane to developing supervisory skills. Upon completion of the online course, participants will acquire fundamental clinical supervision knowledge and basic skills at their own pace.

**The second part of the Clinical Supervision Foundations course is a 14- hour face-to-face training on site at the Best Practices School and a two hour online activity (16 contact hours in total).**

#### IMPORTANT NOTES ABOUT ONLINE PORTIONS OF COURSE:

The 14-hour pre-event online course MUST be completed by August 22, 2018. Participants acquire fundamental clinical supervision knowledge and basic skills at their own pace. The second part of the Clinical Supervision Foundations course is a 14 hour face-to-face training on site at the Best Practices School and a two hour worksite assignment (16 contact hours in total).

A two-hour online follow up course will also be required after the program. Course participants will be expected to join a Webex based learning collaborative for a period of six months following this event. The learning collaborative will consist of a 1 hour monthly Webex on-line meeting. In addition, participants will be provided with on-line consultation with the Trainers and Technology Transfer Specialists for the six month period to address implementation issues.

**TARGET AUDIENCE:** The Clinical Supervision Foundations course is especially suited for: Beginning clinical supervisors; Clinical Supervisors who would like to enhance or review the fundamental skills needed to be a successful clinical supervisor; Counselors who are being groomed to become clinical supervisors; and Behavioral healthcare professionals who want to learn more about clinical supervision.

#### THE PRESENTERS:

**Margaret Hooker, MA LADC, LCMHC** has worked as a provider for mental health and addiction counseling services for over a decade. She currently provides Evidence Based treatment services for a 5 week dual-diagnosis residential program and outpatient clinics, at the Veteran Affairs Medical Center in White River Junction, Vermont. Past work has included: child and adolescent mental health and substance abuse services through community mental health and residential wilderness therapy programs (Utah and Vermont). Ms. Hooker provided clinical supervision for the Phoenix Houses of New England in Vermont. Maggie also worked as a Risk Reduction Coordinator, through the State of Vermont Department of Corrections, where she assisted in the development, implementation and oversight of the Risk Reduction program. She has worked as a Clinical Supervision Foundations trainer for the Addiction Technology Transfer Center (now AD CARE) since 2013 at the New England School of Addiction Studies, Vermont Department Corrections and Vermont Alcohol and Drug Program.

**John C Gramuglia MBA, LICSW, MLADC, LCS** is currently an Adjunct Assistant Professor in the Virtual academic Center for the University of Southern California. Previously Mr. Gramuglia was the Chief of Mental Health Services for the Vermont Department of Corrections as well as an Executive

Director for the Becket Family of Services. Mr. Gramuglia is also a consultant/trainer for the Addiction Technology Transfer Center at Brown University. Mr. Gramuglia has spent the last 25+ years working with juveniles, adults and families both in the private and public sectors, in particular those with substance use, mental health and behavioral issues. Mr. Gramuglia has earned an MBA in financial management from Iona College and an MSW in clinical practice from Fordham University. Mr. Gramuglia is an LICSW, LADC and LCS, a clinical member of ATSA and has earned advanced certification in Rational Emotive Behavioral Therapy (REBT) from the Albert Ellis Institute in New York City. Mr. Gramuglia is the past president of the Vermont NASW.

### **6.W Clinical Supervision Recertification: Competency Based Supervision (Wednesday)**

The competency based supervision workshop helps participants develop a structured approach to helping clinicians improve specific knowledge and skills. Trainees will review the theoretical basis of a competency based model, along with its applications. The TAP 21 will be used as a template by which participants will develop a competency that will be used in class. Additionally, participants will develop an instrument to measure clinician performance to the competency developed. Clinicians will role play and receive feedback as to their performance using the instrument the group develops.

**OBJECTIVES:** Participants will:

- Gain knowledge of Competency Based Supervision;
- Develop a competency to be reviewed in the training;
- Develop an instrument they can use to measure clinician performance; and
- Practice using an instrument to provide structured supervision.

**TARGET AUDIENCE:** Clinicians and clinical supervisors who are interested in learning about the TAP 21 and how competencies can be used as a consistent tool to measure staff performance.

**THE PRESENTER:** **John C Gramuglia MBA, LICSW, MLADC, LCS** is currently an Adjunct Assistant Professor in the Virtual academic Center for the University of Southern California. Previously Mr. Gramuglia was the Chief of Mental Health Services for the Vermont Department of Corrections as well as an Executive Director for the Becket Family of Services. Mr. Gramuglia is also a consultant/trainer for the Addiction Technology Transfer Center at Brown University. Mr. Gramuglia has spent the last 25+ years working with juveniles, adults and families both in the private and public sectors, in particular those with substance use, mental health and behavioral issues. Mr. Gramuglia has earned an MBA in financial management from Iona College and an MSW in clinical practice from Fordham University. Mr. Gramuglia is an LICSW, LADC and LCS, a clinical member of ATSA and has earned advanced certification in Rational Emotive Behavioral Therapy (REBT) from the Albert Ellis Institute in New York City. Mr. Gramuglia is the past president of the Vermont NASW.

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### **Track 7: Operational Management Certificate**

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Developed by the New England Addiction Technology Transfer Center and AdCare Educational Institute of New England, we plan to offer the eight days of training necessary to earn a Certificate in Operational Management: Addiction Field Concentration at the New England School of Addiction

Studies and at the at the Best Practice School. Those wishing to earn the certification must attend all eight days of training.

However, each course is open to interested attendees who may attend only the days that are relevant to their interests and earn appropriate continuing education credits.

The curriculum for the certification has been designed specifically to address the non-treatment aspects of running an agency or large program within a governmental agency, a private nonprofit or a business. Too often, strong clinicians don't get the training and assistance they need to grow into effective chief operating officers. This certificate has been designed to meet that clear need within the field.

The certificate program consists of two parts that each includes four days of training.

For those who have begun completing part of the program and are planning when they will complete other parts of the program, the schedule for the next year is expected to be as follows:

Expected: June 3 – 6, 2019 at New England Summer School of Addiction and Prevention Studies, Worcester State University, Worcester, MA

- Effective Human Services Management
- Fiscal Management and Financial Oversight
- Human Resource and Labor Laws

Expected: Tentatively scheduled for August 2019 at New England School of Best Practices in Addiction Treatment

- Marketing Addiction Treatment, Prevention and Recovery Programs
- Developing Leaders within Your Organization
- Strategic Planning and Project Oversight
- Grant Management

**TARGET AUDIENCE:** *This program is intended for those in the substance use disorder treatment, prevention, recovery and related professions who are tasked with the responsibility of effectively managing the functions of a department, program, or agency (or who aspire to such a role).*

Courses offered during this year's Best Practices School program will be:

### **7.M.T.W Effective Management and Fiscal Oversight of Human Services Organizations (Monday, Tuesday, and Wednesday)**

#### ***Effective General Management: First 1.5 days***

This course will examine what research has taught society about effective management approaches, including using appropriated management styles for working with individuals and groups; situational leadership and conflict management; communication and listening skills; and the role and importance of organizational behavior. The course will emphasize management skills development through professional exploration and focused skill development. An assessment of

the numerous skills that are necessary to be an effective manager will help participants to evaluate strengths and challenging areas. During this session, beginning participants intending to earn the Certification in Operational Management within the Addiction Field will develop two management learning goals that will guide their contribution in the program.

**THE PRESENTER:** Peter Smith, MBA is an organizational consultant with over 24 years of experience working with senior managers, management teams, work groups, and individuals in organizational and team effectiveness, conflict management, work redesign, strategic planning and management, and coaching. His clients include over 80 organizations from a range of sectors including: health care, human services, engineering, energy services, and high technology. He was a faculty member with the Department of Organization & Management at Antioch University New England, where he taught courses in organization development and change leadership, work redesign, systems, group development, organizational strategy, and leadership for 20 years. Peter also developed and delivered the New England Leadership Institute for Substance Abuse Professionals for several years.

### *Fiscal Management and Financial Oversight: Second 1.5 days*

Managers in human service agencies are often trained as addiction counselors, social workers, and professional counselors, or have public administration degrees. While such backgrounds are necessary to understand the target audience and mission of the agency, these backgrounds do not necessarily address the skills necessary to oversee the critical fiscal aspects of a small business. This session is designed to build a concrete understanding of the following:

**LEARNING OBJECTIVES:** The following information will be discussed:

- Accounting systems;
- Function of auditing/need for internal controls;
- Sharing fiscal information with board and staff;
- Role of budgeting as a planning and control tool;
- Introduction to use of financial tools to include managing collections and other relevant reporting information; and
- Identification of appropriate financial indicators of performance.

**THE PRESENTER:** Tim Floyd is currently the Director of Finance for Crisis and Counseling Centers, Inc., in Augusta, ME, a medium size nonprofit organization which provides mobile crisis, outpatient mental health and substance abuse treatment, and medication management services to the central Maine and midcoast area. He formerly worked as a senior accountant with MacPageLLC, one of Maine's largest public accounting firms, specializing in non-profit auditing, consulting and Quickbooks support. He is a certified QuickBooks advisor and has presented QuickBooks trainings for the Maine Association for Nonprofits for the past several years.

### **7.Th Human Resource and Labor Laws (Thursday)**

This course will include Human Resource best practices for staff recruiting, retention, and development. Topics include general Human Resource law and practices (some which will vary depending on the state and other factors), employee performance evaluation essentials, role and provision of employee training, and elements of an effective pay for performance system.

**LEARNING OBJECTIVES:** Participants will be able to:

- Identify two strategies for staff recruitment and retention; and
- Describe three important Human Resource practices.

**TARGET AUDIENCE:** This program is intended for those in the substance use disorder treatment,

prevention, recovery services and related professions who are tasked with the responsibility of effectively managing the functions of a department, program, or agency (or who aspire to such a role).

**THE PRESENTER:** **Michelle Gray**, President of HR Synergy, LLC holds over 20 years of experience in the field of human resource management in various industries, including biotechnology, construction, real estate investment, property management, engineering, information technology, manufacturing, and healthcare. As a Human Resource Generalist, Michelle has experience in all areas of HR to include coaching and consulting for senior management, policy development and implementation, benefits management and administration, compensation structure development, recruiting and retention, performance management, employee relations, training and development as well as management of worker's compensation. Michelle has worked with businesses varying in size from 1-1500 employees, and businesses with one location or multiple locations in different states. Recently, she developed and implemented HR policies for a rapidly growing multi-company organization and assisted management with resolving employee relations issues, determining staffing needs, implementation of a 360 degree performance evaluation program, management of benefit plan offerings for all entities, as well as overseeing employee development. Michelle is an active member of Society for Human Resource Management (SHRM), Manchester Human Resource Association (MAHRA), Manchester Chamber of Commerce, Massachusetts Non-Profit Network and the NH Center for Non-Profits.

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***Track 8: Working with Involuntary Clients and  
Criminal Justice Involved Populations***

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**8.M Working with Involuntary Clients (Monday)**

Involuntary clients or nonvoluntary clients are those who arrive at our doorsteps under the coercion of a legal entity such as the court system, corrections, mental health agencies and adult services. They are often viewed as resistant, challenging and unmotivated because of undo pressures from family members, significant others and employers. Trying to negotiate contracts and service delivery in the first meeting often intensifies conflict and leads to frustration with poor outcomes. During this course, we will explore effective intervention strategies and focus on models that are evidence based and used in the criminal justice and treatment settings. These approaches are regarded as effective in improving the probability of success while giving clients choice and control over their treatment. Motivational Interviewing and relational approaches and strategies of engagement with involuntary and nonvoluntary clients will also be examined. **Participation in group exercise and role play exercises are expected of all participants.**

**OBJECTIVES:** Participants will:

- Identify and discuss special problems and issues in engaging the involuntary /nonvoluntary client;
- Review evidenced based approaches and relational intervention strategies that are used in helping the involuntary and nonvoluntary client populations;
- Examine frameworks in decision making for practitioners' working with involuntary clients in group and one on one settings;
- Discuss strategies that practitioners can use to influence and impact the client relationship; and

- Explore motivational interviewing change talk and strategic stages of change.

**TARGET AUDIENCE:** Clinicians, corrections professionals, and all who work with this population.

**THE PRESENTER:** **Brenda Westberry** is President and founder of Westberry Consulting where she facilitates workshops, conferences and trainings on a national level for businesses, government and community agencies. Brenda is a retired Chief Probation Officer from the State of Connecticut Judicial Branch. She has over 30 years of experience in working with criminal justice offenders, treatment agencies, the addicted client population and recovery organizations. Brenda has extensive training in working with multiple validated risk assessments using evidence-based practices and was trained by members of J-SAT and the National Institute of Corrections in the instruction of Motivational Interviewing, coding, coaching and feedback. Brenda has been involved in multiple projects throughout the country working with correctional and community agencies with both adult and juvenile offenders who have faced life sentences. Brenda is a professor in the Criminology, Sociology, Social Work and Applied Sciences Department at Eastern Connecticut State University and an Instructor for the ATTC-NE, at Brown University, as well as a 10-year faculty member of the New England School of Addiction Studies and the New England School of Best Practices. Brenda holds a Master's degree in Sociology, and a Bachelor's degree in Justice and Law Administration.

### 8.T Criminal Thinking and AntiSocial Logic (Tuesday)

How can people who do terrible things consider themselves good? These individuals show a lack of remorse or little regard for others, respond angrily to anything interpreted as opposing what he or she wants, lack personal responsibility and exercise power in doing the forbidden and getting away with it. Criminals consider themselves decent people with the right to do whatever suits their purpose but what if it interferes with those who are law abiding and responsible? During this course, participants will be introduced to specific thinking patterns that underlie criminal behavior patterns for justice involved clients. The use of evidenced based practices in assessment and treatment planning will be covered as well as how to deal specifically with these behaviors in criminal justice settings. Methods of instruction will include discussion, video, case studies and experiential role plays.

**OBJECTIVES:** As a result of attending this training the participant will be able to:

- Identify maladaptive thinking patterns that are prevalent with the justice involved offender that perpetuates criminal and anti-social actions;
- Understand specific criminal thinking patterns and identify how to respond to criminal thinking statements in a manner that avoids confrontation and resistance;
- Define antisocial personality disorder and analyze theories associated with criminal offending;
- Evaluate and identify evidenced based research in assessments and treatment planning for those with criminal thinking patterns and cognitive distortions; and
- Develop learned techniques using experiential role plays that will help in dealing with justice involved individuals with criminal thinking patterns.

**TARGET AUDIENCE:** Clinicians, corrections professionals, and all who work with this population.

**THE PRESENTER:** **Brenda Westberry** is President and founder of Westberry Consulting where she facilitates workshops, conferences and trainings on a national level for businesses, government and community agencies. Brenda is a retired Chief Probation Officer from the State of Connecticut Judicial Branch. She has over 30 years of experience in working with criminal justice offenders, treatment agencies, the addicted client population and recovery organizations. Brenda has

extensive training in working with multiple validated risk assessments using evidence-based practices and was trained by members of J-SAT and the National Institute of Corrections in the instruction of Motivational Interviewing, coding, coaching and feedback. Brenda has been involved in multiple projects throughout the country working with correctional and community agencies with both adult and juvenile offenders who have faced life sentences. Brenda is a professor in the Criminology, Sociology, Social Work and Applied Sciences Department at Eastern Connecticut State University and an Instructor for the ATTC-NE, at Brown University, as well as a 10-year faculty member of the New England School of Addiction Studies and the New England School of Best Practices. Brenda holds a Master's degree in Sociology, and a Bachelor's degree in Justice and Law Administration.

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### *Track 9: Current Issues: Addressing Opioid Use Disorders*

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#### **9.M Opioid Addiction and Treatment: Understanding the Disorder, Treatment, and Protocol (Monday)**

This course will provide an updated version of the NIDA and SAMHSA's Blending Initiative product, originally entitled "Buprenorphine Treatment: A Training for Multidisciplinary Professionals". The primary goal of this training package is to create awareness among addiction professionals about medications currently approved by the FDA and used in the treatment of opioid dependence. The course includes information about what to expect when someone is treated with medication, information about the legislation that permits office based buprenorphine treatment, the science of addiction, the mechanism of each medication, patient selection criteria and associated patient counseling and therapeutic issues.

**OBJECTIVES:** As a result of this training participants will:

- Review the history of opioid treatment in the United States;
- Discuss changes in the laws regarding treatment of opioid addiction and the implications for the treatment system;
- Learn how medication will benefit the delivery of opioid treatment and the types of medications used to treat opioid use disorder; and
- Possess knowledge about the demographics of people affected by opioid use disorder.

**TARGET AUDIENCE:** Clinicians and others interested in learning more about the topic

**THE PRESENTER:** **Michael Gaudet, LICSW** earned his undergraduate degree in 1981 at Bridgewater State College and his MSW from Rhode Island College in 1984. He is currently the Director of Quality Assurance for eleven outpatient mental health and substance abuse programs in Massachusetts, with a primary office at Arbour Counseling Services, Fall River, MA. In addition, he serves as the organization's Compliance and Privacy Officer and is a surveyor for CARF International. Mike has extensive clinical and supervision experience in mental health and substance abuse treatment. He trains and consults across the country on clinical and professional growth topics, and, since 1986, is a faculty member of the New England Institute of Addiction Studies. He has been involved in several projects designed to advance the use of medication in substance use disorder recovery, including the use of Methadone, Buprenorphine and Naltrexone, through the Addiction Technology Transfer Center of New England.

### 9.W Best Practices Up-Date on Bio-Psycho-Social Treatment of Opioid Dependence (Wednesday)

This workshop will emphasize what clinicians can do to help clients suffering from opioid dependence. Although it will provide a brief review of MAT-related treatment efforts, the main focus will be on psychosocial and spiritual aspects of etiology and intervention. Topics include responses to recent CDC limitations on uses of opioid treatment medications - pluses and minuses of same, issues about brain disease - yes and mixed views; obstacles to long-term recovery process, practical and out-of-the-box solutions, trauma as the core etiological pathway to addictions, treatment program designs, recovery being beyond purely medical interventions, spiritual dimensions, and other etiological conditions that make people vulnerable to addictions and must be included in counseling/therapy and self-help. This workshop will fully support the need to continue using counseling and therapy as part of the medicalized treatment of opioid dependence.

**OBJECTIVES:** Participants will:

- Review general forms of opioid dependence treatment;
- Discuss current information and controversies about brain disease, and why psychosocial and spiritual aspects of etiology and treatment must be continued;
- Explore a more “radical” view of what needs to be treated, and how compassionate social reform in America may be a primary solution to etiological conditions; and
- Explore how treatment and self-help can support recovery of the whole person.

**THE PRESENTER:** **Anthony R. Quintiliani, Ph.D., LADC** is a Doctoral level Licensed Psychologist and a Licensed Alcohol and Drug Counselor. He holds a Ph.D. in Psychology from The University of Vermont as well as other post-graduate degrees. Anthony has over 30 years of successful work experience in community clinics, schools, and higher education. He served for 25 years as the Clinical Director of Howard Center, Vermont’s largest CMHC. He has also been teaching graduate clinical courses at The University off Vermont, Graduate Counseling Program, and the Southern New Hampshire University, Program in Community Mental Health. Anthony’s work experience includes providing many clinical workshops and consultations for various state agencies in Vermont and New England, other CMHCs, the Vermont Addictions Professional Association, the Vermont Psychological Association, The New England Addictions Institute of Addiction Studies and AdCare. Clinical specialties include mindfulness and meditation interventions, self-care, evidence-based therapies, and the treatment of co-occurring disorders - especially trauma and addictions. He is the author of Mindful Happiness...and writes for his blog [mindfulhappiness.org](http://mindfulhappiness.org). Dr. Quintiliani was part of the planning team that developed Vermont’s first methadone clinic, and he later provided extensive clinical supervision to clinicians working in that greatly expanded clinic.

### 9.Th Coordinating Care for Co-Occurring and Opioid Use Disorders (Thursday)

Strategies for training clinicians to screen for mental health disorders during intake, address co-occurring issues, and refer patients into mental health treatment will be reviewed. Having mental health counselors and a psychiatrist on staff allows Opioid Treatment Programs (OTPs) to better coordinate care for co-occurring patients. The strategy behind the presenter’s organization deciding to integrate mental health services into patient care and how they developed a comprehensive, sustainable program will be discussed.. The presentation will include case studies and discuss the philosophy of prescribing. Data supporting this approach will demonstrate increased compliance and show rates and, most importantly, positive patient outcomes.

**OBJECTIVES:** Participants will be able to:

- Review the process for screening for mental health disorders during intake;
- Describe a model for integrated mental health and opioid treatment services; and
- Apply this information to case studies.

*TARGET AUDIENCE:* Clinicians

*THE PRESENTER:* Linda E. Hurley, MA, CAGS, LCDCS, CCJP has been working in substance use disorder treatment and behavioral healthcare for more than 20 years and has been with CODAC, Inc. since 1993. Ms. Hurley is a Licensed Chemical Dependency Supervisor and a Licensed Chemical Dependency Professional in the State of RI. Her certifications include Advanced Chemical Dependency Professional I and II, Chemical Dependency Supervisor and Certified Criminal Justice Professional. Ms. Hurley, current CODAC's Chief Executive Officer, has previously served as CODAC's Director of Outpatient Services, Chief Operating Officer and Director of Clinical Services. In addition to her responsibilities at CODAC, Ms. Hurley teaches graduate and post-graduate level courses in clinical counseling at Salve Regina University; has presented at the national AATOD conference on topics ranging from successful approaches to collaboration to issues in methadone treatment for menopausal women; has taught classes at the RI Drug and Alcohol Treatment Association; and provides technical assistance to a number of agencies in the New England area, including the New England Addiction Technology Transfer Center (ATTC). Ms. Hurley has served on the boards of numerous social service organizations in RI; has been a mentor for the emerging leaders through an ATTC/NIDA New England Workforce Development initiative; and has been an active member of local and regional task forces and community councils. She has been a leader in supporting the coalition model of service delivery. Ms. Hurley has worked to bring systems wide change to CODAC, introducing new Evidence Based Practices and clinical modalities—most recently, Motivational Interviewing and Contingency Management—that show positive results for substance abuse and behavioral healthcare treatment. Ms. Hurley also has a history of working to effect policy change in RI in order to improve systems development. She is currently the co-chair of the RI Pharmacotherapy Exchange Council, which was established as part of a RI Department of Corrections project to promote change in individual attitudes and departmental culture to optimize the use of medication assistance treatment in both corrections and community settings.

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### *Track 10: Ethical Considerations*

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#### **10.T Clinical Supervision Recertification Course: Clinical Supervisor Ethics for Alcohol and Drug Counselor-Supervisors (Tuesday)**

This workshop will focus on the joining of responsible ethics and supervisory skills and practices in alcohol and drug counseling. **It is an ethics workshop for supervisory staff, and not a workshop for people new to the field of addiction counseling.** The workshop covers core ethical principles from the revised alcohol and drug ethics code, how supervisor can use them in practice, and how doing both reduces liability levels. Part of the workshop will deal with ethical practices in using evidence-based treatments for addictions and trauma, a highly common co-occurring disorder combination. Brief discussion on resolving ethical conflicts will be included.

*OBJECTIVES:* Participants will be able to:

- Practice skills related to ethical supervision in drug and alcohol counseling;
- Describe the joining of good ethics and liability reduction in clinical practice, especially if supervising new counselors to the field;

- Discuss and practice selected ethical therapy/counseling skills from evidence-based therapies for addictions and trauma and
- Share possible ethical conflicts they encounter in their work.

*TARGET AUDIENCE:* Clinical supervisors

*THE PRESENTER:* **Anthony R. Quintiliani, Ph.D.**, LADC is a Doctoral level Licensed Psychologist and a Licensed Alcohol and Drug Counselor. He holds a Ph.D. in Psychology from The University of Vermont as well as other post-graduate degrees. Anthony has over 30 years of successful work experience in community clinics, schools, and higher education. He served for 25 years as the Clinical Director of Howard Center, Vermont's largest CMHC. He has also been teaching graduate clinical courses at The University of Vermont, Graduate Counseling Program, and the Southern New Hampshire University, Program in Community Mental Health. Anthony's work experience includes providing many clinical workshops and consultations for various state agencies in Vermont and New England, other CMHCs, the Vermont Addictions Professional Association, the Vermont Psychological Association, The New England Addictions Institute of Addiction Studies and AdCare. Clinical specialties include mindfulness and meditation interventions, self-care, evidence-based therapies, and the treatment of co-occurring disorders - especially trauma and addictions. He is the author of Mindful Happiness...and writes for his blog [mindfulhappiness.org](http://mindfulhappiness.org).

### **10.Th Advanced Ethics (Thursday)**

This training will explore advanced ethics, including HIPAA and 42-CFR-Part-2 with an emphasis on the recent changes to 42-CFR-Part-2.

*TARGET AUDIENCE:* Seasoned clinicians

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## **Track 11: Applying Evidence-Based Practices**

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### **11.T Supporting Evidence-Based Strategies (Tuesday):**

#### **Let's Play: Computer-Assisted Therapy to Deliver Evidence-Based and Measurement-Based Care for Complex, Multi-Problem Patients**

Roll up your sleeves and play with WILLOW, a behavioral health learning platform designed as in-the-moment workforce training tool for clinicians and self-help for clients.

Training a workforce to deliver evidence-based care for complex, multi-problem patients is challenging and costly, and such efforts are often ephemeral due to high rates of staff-turnover. Furthermore, ensuring that evidence-based care shows up in the therapy room - even after successful workforce training and implementation efforts - poses further challenges, as clinician motivation, degrading of learning, or fidelity "drift" often interfere with delivering best-practice. Finally, most treatment and training protocols address one or two problem behaviors or disorders, and seldom offer guidance for how to use a specific protocol in real-world conditions (e.g., individuals with multiple and complex problems). This highly experiential course will give you a direct experience into using computer-assisted therapies to train up your clinical workforce and to deliver evidence-based care for multi-problem individuals.

**LEARNING OBJECTIVES:** Participants will be able to:

- List two problems commonly associated with the "Training as Usual" approach.
- Describe the benefits of progress monitoring and measurement-based care to improve patient outcomes.
- Name two evidence-based features associated with computer-assisted therapy.

**TARGET AUDIENCE:** This course is designed for clinical administrators, program supervisors and managers responsible for service delivery, workforce training, and/or quality assurance involving delivery of evidence-based care.

**THE PRESENTER:** Linda Dimeff PhD is President and Chief Scientific Officer at Evidence-Based Practice Institute, Inc., Institute Director at Portland DBT Institute, and Clinical Faculty in the Department of Psychology at the University of Washington. Directly mentored and supervised by Marsha M. Linehan, PhD and G. Alan Marlatt, PhD throughout her graduate training, Dr. Dimeff developed deep clinical bench strength both in the treatment of substance use disorders and in the treatment of multi-problem, complex, difficult-to-treat suicidal patients with borderline personality disorder. This combination ultimately led to her close work with Dr. Linehan adapting DBT for multi-problem individuals with substance use disorders and co-authoring its treatment manual. For over two decades, Dr. Dimeff worked side-by-side Dr. Linehan and Kelly Koerner, PhD to disseminate evidence-based practices efficiently and effectively using innovative technologies. She is the recipient of over 20 NIH-funded grants and has published over 50 peer-reviewed articles and two books, including DBT in Clinical Practice. Dr. Dimeff has trained and supervised clinicians throughout the world in DBT and other EBPs where she has led large-scale system implementations of DBT. Dr. Dimeff has dedicated her career to ensuring that those who suffer from mental health problems receive treatments that works – regardless of station in life and geography.

### **11.W Applying Evidence-Informed Compassion Fatigue Techniques (Wednesday)**

The nation is in crisis. Despite a behavioral health workforce shortage, there is an increased demand for clinical services. Substance use and other mental health problems, violence, overdose and suicide are rampant. While at the same time, clinicians and counseling programs are expected to “do more with less” but in a faster time frame (ie less time, less staff and less financial resources). It is time for change. Clinician self-care is an ethical responsibility. However, the pressure to meet treatment demands overwhelms and implies clinician self sacrifice. This attitude leads to compassion fatigue and burnout. This training seeks to provide concrete interventions to further a culture change that supports effective clinical supervision for clinician self-care as well as clinical practice that assures patient safety.

96% of respondents to a recent NH provider needs survey meet at risk criteria for compassion fatigue and 70.59% of those respondents are concerned patient safety is sometimes compromised due to workforce shortage. Through real-life case examples participants will learn evidence-informed practice effective at reducing compassion fatigue risks. **This is a skill-based training for clinical supervisors seeking to bring evidence-informed techniques into their clinical supervision sessions that address compassion fatigue and burnout.**

**OBJECTIVES:** In addition to completing a professional resilience plan, by the end of this training participants will be able to

- List the 6 levels of compassion fatigue intervention;
- Specify why Practitioner Self Care as an ethical responsibility;
- Apply Homebase, an evidence-informed practice to reduce risks for burnout and compassion fatigue, for personal self care as well as with the clinicians they supervise; and

- Describe the neurobiological factors of positive self-change.

This is an Intermediate to Advanced Level course. Participants of this training are expected to have basic understanding of trauma-informed practice and exposure to compassion fatigue concepts.

**TARGET AUDIENCE:** Clinical supervisors or program managers, as well as mental health and substance use clinicians preparing to be clinical supervisors or program managers.

**Participants of this training are expected to have basic understanding of trauma-informed practice and exposure to compassion fatigue concepts.**

**THE PRESENTER:** Angela Jones, LCMHC, MLADC, LCS, CCFP, RYT is a International Association of Trauma Professionals certified Compassion Fatigue Professional. With over 30 years clinical experience, she is a Licensed Clinical Mental Health Counselor, Master Licensed Alcohol & Drug Counselor and Licensed Clinical Supervisor. A registered Yoga Alliance Teacher for 15 years, Angela specializes in trauma-sensitive practice and has studied with David Emerson the developer of the SAMHSA endorsed Trauma-Sensitive Yoga Teacher Training. She has completed post-graduate certification in Traumatic Studies at Dr. Bessel van der Kolk's Trauma Center of the Justice Resource Institute. Her background in Experiential Education, Wilderness Therapy, and the expressive arts bring a holistic and hopeful perspective to her work. She has published a literature review of Trauma-Sensitive Yoga Practices and the use of Expressive Arts in Leadership Development. Angela Jones, a national trainer on "Bringing Trauma-Informed Yoga into Mental Health Clinical Practice" for PESI, is Adjunct Faculty at Plymouth State University.

### **11.Th Treatment Planning: Translating Required Paperwork into Clinically Useful Information (Thursday)**

Treatment planning is most effective when the treatment objectives are defined in measurable, attainable, time limited, realistic and specific terms. This training, based on the NIDA/SAMHSA Blending Product: Treatment Planning MATRS, will present tools and training resources that can help addiction treatment providers transform required "paperwork" into clinically valuable information. Participants will learn how to use the data collected via an assessment instrument to assess patients' substance abuse, to develop effective treatment plans, and to monitor outcomes. Research shows that after providers administer assessment instruments, they often file the findings instead of using them to customize effective treatments for their clients. This training is designed to change that practice and help clinicians, supervisors, and managers make good use of the data that is collected. Using this information appropriately can help treatment providers address the specific needs of individual clients and improve treatment outcomes.

**OBJECTIVES:** At the conclusion of this training, participants will:

- Learn how to use assessment data for useful clinical applications and program evaluation;
- Identify differences between program-driven and individualized treatment planning processes;
- Address the process of treatment planning and how the data that is collected can be used in recovery planning;
- and
- Define basic guidelines and legal considerations in documenting client status.

**TARGET AUDIENCE:** Clinicians

**THE PRESENTER:** Margaret O'Hagan-Lynch, M.S., LPC is the Division Director for Addiction Services at CT Valley Hospital in Middletown, CT and maintains a private practice in Wallingford, CT. She has worked in the behavioral health field for 30 years and is known for her expertise in working with people who have co-occurring substance use and psychiatric disorders. Her degree in Rehabilitation

Counseling, with a concentration in psychiatric rehabilitation, brings a unique perspective to treatment issues. She has vast experience in program design/implementation, staff development, training and consultation, community networking, and remains active in addressing treatment needs on both a local and statewide level. She has experience working in various levels of care in both the private and public sectors. She has implemented and maintained several Evidence Based Practices throughout these treatment settings. She has been working with the Addiction Technology Transfer Center of New England since 2003 and is a faculty member of the New England School of Addiction Studies.

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### *Track 12: Expanding Clinical Focus Areas*

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#### **12.M.T Department of Transportation/Substance Abuse Professional Qualification or Requalification Training (Monday – Tuesday)**

*Co-Sponsored by the Professional Training Center, Inc.*

- **A \$50 additional course fee will be charged for this course to cover materials (manual, and CD with regulations and SAP guidelines) and consultation with the instructor (2 consultations every year for the next three years).**
- **Those wishing to take the IC & RC SAP exam on site: An exam fee of approximately \$125 will be payable to The Professional Development Center directly to take the exam.**

Effective January 1, 2004, professionals are prohibited from providing DOT substance abuse evaluations unless they have met the revised criteria outlined in the DOT regulations (49 CFR, Part 40, Subpart O, 40.281). The revised criteria requires the substance abuse professional to receive training in nine areas of study and to successfully complete an examination related to the training. This course includes two days of training (12 CEU's) related to the nine (9) domains of education required by the DOT regulations. It will be followed by the administration of the IC&RC written examination on the morning of the third day, or participants may schedule the examination at a different time during the Best Practices School. Participants who successfully complete the training and receive a passing score on the written IC&RC DOT /SAP examination will meet the revised DOT/SAP qualification criteria. (See Important Notes below.)

The two days of training will provide participants with a comprehensive understanding of the revised DOT alcohol and drug testing procedures and clearly define the role and responsibilities of the substance abuse professional. Participants will also receive two consultations with the instructor every year for the next three years. (See Important Notes below.)

**LEARNING OBJECTIVES:** Participants will be able to explain:

- Background, rationale, and coverage of the DOT drug testing program;
- 49CFR part 40 and the 6 DOT agencies' drug and alcohol testing rules;
- Key DOT drug testing requirements including collection, laboratory testing, MRO review, and problems in drug testing;
- Key DOT alcohol testing requirements including the testing process, the role of BATs and STTs, and problems in alcohol testing;
- SAP qualifications and prohibitions;

- The role of the SAP and the returning to duty process including the initial employee evaluation, referrals for education and/or treatment, follow-up evaluation, continuing treatment recommendations, and the follow-up drug and alcohol testing plan;
- SAP consultation/communication with employers, MROs, and treatment providers;
- Reporting and record keeping requirements;
- Legal and ethical issues that SAPs confront in carrying out their duties; and
- Referral resources for the SAP that meets all qualification criteria.

**TARGET AUDIENCE:** Participants who wish to qualify or re-qualify for the DOT Substance Abuse Professional

**IMPORTANT NOTES:**

- The two day training can be used as a refresher course for the individual who is already a qualified SAP as it meets the DOT/SAP re-qualification criteria for the 12 contact hours. This course may meet longer than the other Monday – Tuesday courses in order to meet for the required 12 contact hours.
- Those wishing to take the IC & RC SAP exam on site: An exam fee of approximately \$125 will be payable to The Professional Development Center directly to take the exam. The exam will be offered on the morning of the third program day, or participants may schedule to take the exam at a different time during the program if they will be taking other courses.
- A \$50 additional course fee will be charged for this course to cover materials (manual, and CD with regulations and SAP guidelines) and consultation with the instructor (2 consultations every year for the next three years).

**THE PRESENTER:** **William L. Mock, Ph.D., LISW, LICDC, SAP** is the Executive Director of the Center for Interpersonal Development, and Chief Trainer for the Ohio Institute for Addiction Studies in Lakewood, Ohio. He is the Principle Training Officer for Professional Training Center, a professional development service specializing in DOT drug and alcohol and Drug Free Workplace issues. His academic degrees include a Doctorate in Psychology and Masters in Social Work. He is a clinical member of the American Association of Marriage and Family Therapy, a licensed Clinical Psychologist, Licensed Independent Social Worker, Licensed Independent Chemical Dependency Counselor and DOT qualified SAP. He has expertise in chemical dependency treatment, family systems treatment and organizational systems development. He has provided training and consultation in several countries to such diverse groups as treatment/prevention providers, family therapists, industry leaders, educators, administrators, SAP's and criminal justice personnel.

**12.W Dialectical Behavior Training (DBT) for Substance Use Disorders with Employment Focus: DBT for Multi-Problem, Complex and Severe Individuals with Borderline Personality Disorder and Substance Use Disorders (Wednesday)**

DBT for SUD is a comprehensive evidence-based treatment for individuals with borderline personality disorder (BPD) and substance use disorders (SUD). This one-day practical and experiential workshop will provide participants with a comprehensive overview of DBT-SUD, including adaptations made for this specific patient population. Adaptations include helping clients build structure, including strategies for getting and keeping a job, and finding patients when they are "lost". Finally, we will review a new opioid overdose risk reduction brief intervention that can be used as an add-on to DBT and other behavioral interventions when working with opioid using patients to prevent opioid overdose.

**LEARNING OBJECTIVES:** Participants will be able to:

- Describe three major research findings from DBT-SUD clinical trials;
- List three major adaptations made to standard DBT for persons with BPD and SUD;
- Describe dialectical abstinence;
- Describe why employment matters for people with BPD and SUD;
- Describe three specific clinical strategies used to facilitate employment;
- Define attachment strategies;
- Describe three risk factors associated with opioid overdose;
- Describe the "Getting Lost Well" protocol.

**TARGET AUDIENCE:** Clinical supervisors, program managers, and clinicians who serve individuals with BPD and SUD and/or are considering building a DBT-SUD program. Individuals who serve individuals who are routine opioid users.

**THE PRESENTER:** **Linda Dimeff PhD** is President and Chief Scientific Officer at Evidence-Based Practice Institute, Inc., Institute Director at Portland DBT Institute, and Clinical Faculty in the Department of Psychology at the University of Washington. Directly mentored and supervised by Marsha M. Linehan, PhD and G. Alan Marlatt, PhD throughout her graduate training, Dr. Dimeff developed deep clinical bench strength both in the treatment of substance use disorders and in the treatment of multi-problem, complex, difficult-to-treat suicidal patients with borderline personality disorder. This combination ultimately led to her close work with Dr. Linehan adapting DBT for multi-problem individuals with substance use disorders and co-authoring its treatment manual. For over two decades, Dr. Dimeff worked side-by-side Dr. Linehan and Kelly Koerner, PhD to disseminate evidence-based practices efficiently and effectively using innovative technologies. She is the recipient of over 20 NIH-funded grants and has published over 50 peer-reviewed articles and two books, including DBT in Clinical Practice. Dr. Dimeff has trained and supervised clinicians throughout the world in DBT and other EBPs where she has led large-scale system implementations of DBT. Dr. Dimeff has dedicated her career to ensuring that those who suffer from mental health problems receive treatments that works – regardless of station in life and geography.

## **12.Th Understanding and Responding to Problem Gambling Across the Continuum of Care (Thursday)**

This one-day course will provide a basic understanding of gambling and problem gambling and responses to it across the continuum of care – prevention, intervention, treatment and recovery supports. Attention will be given to understanding the differences between gambling, problem gambling and disordered gambling. Guidelines developed by the Prevention Committee of the National Council on Problem gambling will be discussed as well as a sampling of prevention efforts from around the country. Highlights of treatment modalities and resources will be addressed. Finally, ways to include support for gamblers in recovery through new and/or existing recovery support services will be discussed.

**OBJECTIVES:** Participants will be able to:

- Define gambling, problem gambling and disordered gambling;
- List at least three resources for gambling treatment;
- Discuss effective prevention programming and a NREPP's prevention of problem gambling evidence-based program; and
- List several examples of recovery support services.

**PRESENTER:** **Jim Wuelfing, CARC**, is the owner of the New England Center, a company dedicated to quality training and technical assistance services. Aside from being a national leader in

recovery coaching, facilitation of the development of recovery community organizations and in the field of prevention of problem gambling, Jim has many specialties including strategic planning, cultural competency, peer education, community organizing, spiritual growth, and curriculum development. In a consultant capacity, Jim serves as the Director of the Recovery Coach Academy for CCAR (Connecticut Community for Addiction Recovery) and as the Prevention and Recovery Consultant for the Massachusetts Council on Compulsive Gambling where he directs the prevention and recovery of problem gambling throughout the Commonwealth. Jim has worked for nearly two decades in helping states and communities develop recovery community organizations and recovery oriented systems of care. He has served as a lead facilitator at several National Policy Academies including the Policy Academies on Chronic Homelessness, Family Homelessness and Co-Occurring Disorders. He has received numerous awards including the Inaugural Excellence in Prevention Award from the National Council on Problem Gambling, Lifetime Achievement Award from the Massachusetts Association of School Committees for his work in support of children and public education and was further honored by the National Council when in 2011 the award was named after him – the Wuelfing Prevention Award.