



# *A New Perspective: The Changing Face of Addiction Prevention, Treatment and Recovery Services*

## **45<sup>th</sup> Annual WAAODA Spring Conference** *May 16-18, 2011*

*Country Springs Hotel, Water Park and Conference Center*  
*2810 Golf Road, Waukesha, WI*



**Anne Helene Skinstad, PhD,**  
Clinical Associate Professor,  
Prairielands ATTC, Univer-  
sity of Iowa College of Public  
Health, Iowa City, Iowa

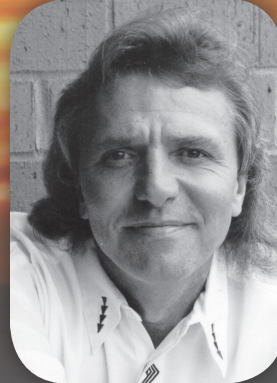


**Patrick Gauthier,**  
Director, AHP Healthcare  
Solutions, Coachella Valley,  
Palm Desert, CA

Expertise in behavioral health  
delivery system design,  
information systems and  
quality improvement.



**Dr. Ken C. Winters, PhD,**  
Professor, Department of  
Psychiatry, University of  
Minnesota Medical School,  
Minneapolis, MN



**Ron Glodoski, Author,**  
National Speaker, President,  
Turn Around Publishing, Inc.  
(Youth Keynote, Tuesday, May  
17th ) Dynamic youth speaker!



**Dr. Carlton Erickson, PhD,**  
Professor of Pharmacology,  
University of Texas at Austin

## CONFERENCE AT A GLANCE

### MONDAY, MAY 16

7:00 am – 5:00 pm	Exhibits Open
7:00 am – 5:00 pm	Registration Open
7:00 am – 8:00 am	Continental Breakfast
9:30 am – 10:00 am	Exhibitors/Networking
8:00 am – 11:30 am	Pre-conference workshops
11:30 am – 1:00 pm	Welcome/Lunch/Plenary
1:00 pm – 3:00 pm	Workshops
3:00 pm – 3:15 pm	Break
3:15 pm – 5:15 pm	Workshops
5:30 pm – 7:30 pm	SCAODA Public Forum

#### **Special Edition Workshop**

1:00 pm – 3:00 pm	Part I
3:15 pm – 5:15 pm	Part II
5:30 pm – 7:30 pm	SCAODA Public Forum

### TUESDAY, MAY 17

7:00 am – 5:00 pm	Registration
7:00 am – 5:00 pm	Exhibits Open
7:00 am – 8:00 am	Continental Breakfast
8:00 am – 9:30 am	Plenary Session
9:30 am – 9:45 am	Exhibits/Break
9:45 am – 11:45 am	Workshops
11:45 am – 1:00 pm	Lunch/Keynote
1:00 pm – 3:00 pm	Workshops
3:00 pm – 3:15 pm	Break
3:15 pm – 5:15 pm	Workshops
5:15 pm – 5:45 pm	Break
5:45 pm – 8:00 pm	Ninth Annual Diversity Evening and Dinner

### WEDNESDAY, MAY 18

7:00 am – 9:00 am	Registration
7:00 am – 11:00 am	Exhibits Open
8:00 am – 9:30 am	Breakfast/Plenary Sessions
9:30 am – 9:45 am	Break
9:45 am – 11:45 am	Workshops
11:45 am – 12:00 pm	Break
12:00 pm – 2:00 pm	Workshops

#### **Specialty Workshops**

10:00 am – 1:00 pm
10:00 am – 4:00 pm

## CONFERENCE GOALS

- Convene top state and national experts to present recent research for continuing professional education in the field of addictions
- Inform AODA professionals and consumers of changes in the AODA field at the state and federal level;
- Create an AODA educational forum for state and local policy makers;
- Create a strong, culturally competent platform to integrate substance abuse, mental health, public health, and other disciplines;
- Demonstrate effective evidence-based methods to apply research to practice;
- Build stronger support systems for recovery;
- Explore alternative treatment modalities;
- Advocate for AODA professionals and consumers;
- Build communities to sustain AODA prevention, treatment, recovery, and advocacy.

## WHO SHOULD ATTEND?

- AODA counselors
- School Counselors/Youth Workers
- Addiction medicine specialists
- Mental health professionals
- Faith-based and community workers
- Primary care physicians and nurses
- Social workers
- Recovery advocates
- Insurance professionals
- Education professionals
- Public health personnel
- Police and probation officers
- Correctional facilities staff
- State and local elected officials
- Emergency personnel

## ACCOMMODATIONS

- Conference lodging is arranged at the Country Springs Hotel, Water Park and Conference Center, 2810 Golf Road, Waukesha, WI. A block of rooms has been reserved at the special rate of \$80 per night, single occupancy and \$90 for double, without water park. *The hotel will provide day passes at \$10 per person for anyone identifying themselves with the WAAODA conference.*
- Rates include:
  - Continental breakfast each morning
  - Free wireless internet
  - Free local phone calls
- Check in time is 4:00 pm and check out is 11:00 am.
- Advance deposit of one night stay is required when making individual reservations.
- All policies related to your hotel reservation should be discussed directly with the Country Springs Hotel staff.

The **cut-off date** for making reservations at the special rate is **April 25**. For reservations please contact the Country Springs Hotel directly at (262) 547-0201. **Be sure to mention you're with the WAAODA conference when you call in order to receive the special rate.**



Wisconsin Association on Alcohol & Other Drug Abuse, Inc.  
*"We believe that prevention, treatment and recovery work"*

## Welcome to the 45<sup>th</sup> Annual WAAODA Spring Conference!

The conference theme, **"A New Perspective: The Changing Face of Addiction Prevention, Treatment and Recovery Services"** was specifically chosen because of the changes that we see happening in the Substance Abuse Disorder field; titles and terminology for our profession has changed over the years, the name of our client's problem has changed from substance abuse to substance use disorder. But no matter what it is called, mental and substance use disorders are complex problems that affect nearly everyone.

SAMHSA (Substance Abuse & Mental Health Services Administration) has put together 8 strategic initiatives for now until 2014: *Prevention of Substance Abuse and Mental Illness, Trauma and Justice, Military Families, Health Care Reform, Housing and Homelessness, Health Information Technology/Electronic Health Records, Data, Outcomes and Quality: Demonstrating Results, Public Awareness and Support*, to help address these problems. For this conference, we have tried to put together a series of workshops in keeping with SAMHSA's plan. It is our hope that you will leave this conference with some knowledge of what is going on in our field now and in the future.

I would like to thank our workshop presenters, exhibitors, sponsors, and our valued volunteers and staff, that do the behind the scene work. And last but not least our participants for their dedication to a sometime heartbreaking but rewarding profession. Without the dedication and support of ALL of you, this conference would not be possible.

Best regards,

*Angie*

Angela McAlister  
WAAODA, Inc.  
Executive Director



# CONFERENCE SCHEDULE

## MONDAY, MAY 16 WORKSHOPS

### PRE-CONFERENCE WORKSHOP FOR PROVIDERS/MANAGERS/ COUNSELORS: 8:00 – 11:30 AM

#### **Business and Revenue Management Mini Boot-Camp: Making Sense of and Making Money in the New Business Environment ~ Presenter: Patrick Gauthier, Director (AHP Healthcare Solutions, Coachella Valley, Palm Desert, CA)**

He is a senior consultant who, over the course of twenty years in the behavioral health and managed care fields, has held various roles that enable him to take a broad perspective and make recommendations that balance the needs of payers, employers, providers and consumers. Patrick and AHP Healthcare Solutions are working closely with provider organizations, policy makers and payers across the country to guide and support the implementation of the Mental Health Parity & Addiction Equity Act (MHPAEA) and the Patient Protection and Affordable Care Act (PPACA) better known as "Reform." His specific expertise includes behavioral health delivery system design, information systems and quality improvement. His career has explored all aspects of building successful public-private partnerships in frontier, rural and urban settings around the country. He brings to bear executive experience with strategic business planning, enterprise alignment and operations performance management.

Leaders are calling Health Care Reform a *paradigm shift* for substance use disorder treatment providers. *This half-day Boot-Camp will give you an overview of the seismic changes taking place since the advent of the Mental Health Parity and Addiction Equity Act ("Parity") of 2008 and the Affordable Care Act ("Reform") of 2010. Participants will walk briefly through each of these major pieces of legislation with a particular focus on the impact to business environment. The goal for the Boot-Camp is to equip every participant with a better understanding of how their business environment is changing and what they can do to prepare for more managed care, new business relationships and billing operations that can enable you to survive and thrive during and after this momentous shift. There will be an 90 minute afternoon session on Marketing for Substance Use Disorder Treatment Providers presented Mr. Gauthier.*

### WELCOME/LUNCH/PLENARY KEYNOTE 11:30 AM – 1:00 PM

**Keynote Speaker: Dr. Carlton Erickson, PhD, Professor of Pharmacology, (University of Texas at Austin)** Carlton (Carl) K. Erickson is a distinguished Professor of Pharmacology, Associate Dean for Research and Graduate Studies and Director of the Addiction Science Research and Education Center in the College of Pharmacy at the University of Texas at Austin. He has published over 265 peer reviewed and professional articles. He is the author of a 2007 book titled the Science of Addiction: From Neurobiology to Treatment and a 2011 book titled Addiction Essentials: The Go-to Guide for Clinicians and Patients. He is the recipient of the Betty Ford Center Visionary Award, the Nelson J. Bradley Award for Lifetime Achievement and the John P. McGovern Award for Excellence in Medical Education. A popular speaker and lecturer both nationally and internationally. Carl has spoken to approximately 85,000 health professionals and people in recovery since 1978.

**Keynote Topic: Addiction Science for Clinicians and Patients, *Not only is there scientific evidence that some drug users have a disease, most scientists affirm that addiction is a chronic brain disease that can be treated successfully, just as other chronic diseases like asthma, hypertension and diabetes. This keynote will review the new terminology to be used in identifying individuals with substance use disorder, explain the latest "neurobiology 101" of the brain's reward system and compare today's drug use disorder treatments with future anticipated treatments.***

### WORKSHOPS: 1:00 pm – 3:00 pm

**1. Invitational Intervention ~ Presenter: Doug LaBelle, LCSW, BRI I, CEAP, Psychotherapist, Interventionist (Resources for Change, Ltd., Kenosha, WI)** Denial, a primary factor in all addictions, is overcome with enough reality;

but, what's enough? This presentation will explain the Process of Intervention and three models that present the realities of addiction to help raise the bottom for the addicted individual and for family/friends impacted by addiction.

**2. Moving from Treatment Plans to Treatment Process ~ Presenter: Jim Jensen, LCPC, LAC (Owner, Jensen Consulting Services, Billings, Montana)**

This workshop will explore an innovative, three stage treatment process model, the *Preparing for Recovery* © model, which uses a rite-of-passage structure and focuses on the oft-overlooked transformational element in treatment. The workshop will also demonstrate how the PFR model attains a more inclusive level of client participation and real time treatment measurement.

**3. Family Centered Substance Abuse Treatment: Treating Pregnant Women and Keeping Mothers with their Infants through Collaboration with Child Welfare and Children's Court ~ Presenters: Francine Feinberg, Psy.D, LCSW, Executive Director, Meta House, Inc. Mary Sowinski, J.D., Assistant District Attorney, Milwaukee County Children's Court, Mary Pat Bohn, MSW, Deputy Director, Bureau of Milwaukee Child Welfare**

*Families Come First (FCF)* is a pilot collaborative among Meta House, Inc., a family centered treatment program for women with substance use disorders and their children, the Bureau of Milwaukee Child Welfare (BMCW) and Milwaukee Children's Court. *FCF* represents a new teaming process among a women's family centered substance abuse treatment provider, child welfare and the family court. This pilot identifies the impact of maternal substance abuse on child safety, provides a family centered response beginning in the residential level of care and keeps mothers with their infants while actively involving them in the safety decisions for their children. *FCF* serves mothers referred to BMCW whose infants have a positive toxicology at birth or women who are pregnant and using substances.

**4. Marketing for Substance Use Disorder Treatment ~ Presenter: Patrick Gauthier, Director of AHP Healthcare Solutions**

Providers interested in understanding the fundamentals of marketing are invited to attend this session which builds on the business imperatives established in the morning Revenue Management Boot-Camp. Participants will explore a Business Modeling tool developed by AHP Healthcare Solutions specifically for the field and will review the importance of Positioning, Niche Marketing, Branding, Costing and Pricing and Pitches and Platforms.

**5. Creating a Bridge to the Community for the Offender by Building a Partnership with Community Agencies?? ~ Presenters: Anna Kedrierski, CSW, CSAC, ICS, Treatment Specialist, Mary Jo Pleuss, CSW, CSAC, ICS, Corrections Program Supervisor, Paula Salisbury, LCSW, CSAC, Social Worker (Drug Abuse Correctional Center, Winnebago, WI)**

Panel presentation given by the treatment providers for the Earned Release Program at the Drug Abuse Correctional Center. Providers will provide the audience with an in-depth account of the continuing needs of offenders completing the Earned Release Program and being released into the community.

**6. The Locations and Times of Crime in Relation to Student High Risk Binge Drinking ~ Presenter: Aaron Brower, PhD, Professor of Social Work and Vice Provost for Teaching & Learning (UW-Madison)**

Using GIS data mapping techniques, we can chart how different crimes 'move' around the downtown district of Madison. We analyzed crime data in the years 2003-2008, overlaid with the density and locations of bars, restaurants and student residences. This workshop will provide an overview of an 'environmental approach' to action research in the area of college student high risk binge drinking, demonstrate how GIS data mapping works in this application and show how the power of strategic data analysis and campus community coalitions can address this serious community and health problem. This data has helped the City of Madison and the University plan and implement interventions for college student high risk binge drinking....How about your city

**7. Special Edition Workshop: "What Really, Really Works to Help People Change" ~ Presenter: Stephen Andrews, LCSW, LADC, CCS, CGP, Consultant/Trainer/Author (CEO, Health Education & Training Institute, Portland, ME)** *Stephen Andrews provides supervision/coaching and support to criminal justice personnel, addiction and health care providers. He has co-authored a book "Men's Healing Toolbox for LIFE" and is a member of the International Motivational Interviewing Network of Trainers (MINT) since 2003. He is a MIA-STEP trainer for the Northeast ATTC.*

**\*Note: This is a two part workshop: Part I: 1:00 pm – 3:00 pm & Part II. 3:15 pm – 5:15 pm**

This workshop is a rare opportunity to learn a taste of what WORKS!!!, It will provide a state-of-the-art introduction to an evidence based practice clinical method and its spirit, structure and skills. Training will include the many updated ideas and principles in Enhancing Motivation for engaging difficult to reach.

Explore ways of integrating motivation skills into care interventions; develop a mindful observing "eye" to notice and sense resistance; Explore the cultural change necessary to treat the difficult to reach client and learn the dynamics in working with change.

**BREAK: Networking/Exhibits 3:00 pm- 3:15 pm**

**WORKSHOPS: 3:15 pm – 5:15 pm**

**8. Moving from Treatment Plans to Treatment Process (Repeat of #2) ~ Presenter: Jim Jensen, LCPC, LAC (Owner, Jensen Consulting Services, Billings, Montana)**

This workshop will explore an innovative, three stage treatment process model, the *Preparing for Recovery* © model, which uses a rite-of-passage structure and focuses on the oft-overlooked transformational element in treatment. The workshop will also demonstrate how the PFR model attains a more inclusive level of client participation and real time treatment measurement.

**9. Spiritual Guidance for Early Recovery ~ Presenter: John MacDougall, D.Min (Doctor of Ministry), Director of Spiritual Guidance (Hazelden Foundation, Center City, MN)**

This workshop gives a differentiation between spirituality and religion. It outlines a plan for helping chemically dependent people improve their relationships with a Higher Power, with other people and with themselves. Topics include finding a Higher Power that is useful enough to achieve sobriety, how life events influence our spirituality and how to address common objections to the development of a spiritual life.

**10. Controversies in Addiction Science ~ Presenter: Carlton (Carl) Erickson, PhD**

Until recently, there was little solid scientific evidence to explain why some people lose control over their use of alcohol or other drugs. Without such evidence, the public and even some scientists and physicians, have been free to argue that alcoholism and other drug addictions are something other than diseases. On top of this, the field's terminology regarding addiction is changing; It continues to be inaccurate, and it is controversial among scientists. Finally, the treatment of over-users and addicts is felt by some to be stuck in old ideas and methods, with patients receiving treatments that are not optimally effective. This workshop will discuss ideas for overcoming these issues.

**11. Opiate Replacement and Anxiety: What Exactly Are We Treating? ~ Matthew Felgus, MD, (Addiction Psychiatrist and Medical Director, Connections Counseling/ARC Outpatient Services/Private Practice, Madison, WI)**

All too often, a client walks into a methadone or suboxone prescriber's office, says, "I'm having cravings," and walks out with an increase without any further discussion. Many clients have come to expect this as have providers. Let's look at the underlying assumptions more closely and some alternative responses. Participants will have an increase knowledge of anxi-

ety disorders and how they manifest, understand how anxiety drives use and use drives anxiety and consider an approach for cravings that is not limited to an increase in medication.

**12. Celebrating Families, Celebrating Success ~ Steve Hornberger, MSW, Program Director (National Association for Children of Alcoholics, Inc., Kensington, MD)**

This workshop will discuss the importance of involving family members in the recovery process from AODA issues, how to reduce risk factors and increase protective factors as well as strengthen healthy living skills and highlight an evidence based program for the whole family. The presentation will also identify available resources.

**13. Creativity in Addictions Counseling ~ Presenters: Sarah Donovan, LPC, ICS, SAC, Keith Frey, SAC-IT, Ed Kremer, SAC-IT, Rikka Kushava, LCSW, SAC-IT and Tammy McGinnis, CTRS, SAC-IT (Wisconsin Resource Center, Winnebago, WI)**

Do you ever find yourself wishing you could incorporate something a little more dynamic into your group counseling sessions? We have adapted four hands-on activities for use in addictions counseling. These activities encourage participants to be creative and thoughtful while exploring tough issues, including, self awareness, self esteem, relationships, triggers, etc. Join us for hands on, relaxed workshop where creativity is encouraged. **Participants will be limited to 40.**

### Optional Forum

**5:30 pm – 7:30 pm**

**State Council on Alcohol and Other Drug Public Forum (SCAODA) ~**

*Presenter: Joyce O'Donnell, Chair*

The public forum is an opportunity for the State Council to gather input from the conference participants and the public for directions on utilization of the Substance Abuse Block Grant funds and programmatic changes. Input will be accepted by State Council Representatives.

**TUESDAY, MAY 17**

**PLENARY KEYNOTE: 8:00 am – 9:30 am**

**Keynote Speaker: Dr. Ken C. Winters, PhD, Professor, Department of Psychiatry (University of Minnesota Medical School, Minneapolis, Minnesota)** is the director of the Center for Adolescent Substance Abuse Research, Senior Scientist with the Treatment Research Institute, Philadelphia, PA. His primary research interests are the assessment and treatment of addictions, including adolescent drug abuse and problem gambling. He is on the editorial board of the *Journal of Substance Abuse Treatment and the Journal of Child and Adolescent Substance Abuse*. He was the 2008 recipient of the Research to Evidence-Based Practice Award. Dr. Winters is a frequent speaker and trainer and consultant to many organizations, including the Center for Substance Abuse Treatment, Hazelden Foundation, National Institute on Drug Abuse, Partnership for Drug Free America and the Mentor Foundation.

**Keynote Topic: This is Your Brain on Adolescence:** Adolescence is a period of significant brain development. Research now suggests that the human brain is still maturing during the adolescent years, with changes continuing into the mid-twenties. This emerging science provides a useful framework for understanding adolescent behavior and why adolescents may be particularly prone to the effects of drugs.

## WORKSHOPS: 9:45 am – 11:45 am

### 14. A Case Study: Three Treatment Providers share their EMR experiences and results after implementing CAM from Celerity, LLC ~ Presenter: Roger Seifert, Regional Manager, (CELERITY, LLC, Buffalo, NY)

“CAM” (Clinical Addictions Manager), Celerity’s EMR written specifically for Chemical Dependency and Mental Health treatment providers. This presentation will detail how three different treatment providers selected and implemented a cost effective EMR customized for their specific needs and the significant results realized. This presentation introduced by Roger Seifert will include a take-away printed case study and a live web demo hosted by Celerity’s Clinical Director, Jonathan Strange, MS. CAM is designed to significantly reduce the amount of time the clinician spends on the arduous task for record keeping, allowing for more time working with clients and saving lives. *No matter what stage you are at in considering an EMR vendor this presentation is for you!*

### 15. Sanctuary Starts With You ~ Presenter: Maria Hanson, JD, CPS, Peer Specialist Coordinator, (Mendota Mental Health Institute, Madison, WI)

Sanctuary is a journey that starts with the individual. Often we try to impose or create sanctuary in environments where the individual cannot find personal sanctuary. Many methods of creating a safe environment for recovery fall short due to the focus on the environment rather than the person. This workshop will help you discover how to create Sanctuary within the individual, interpersonal and finally, community.

### 16. Gender Responsive and Trauma Informed Services for Men ~ Presenter: Rick Dauer, LADC Clinical Director and Dan Griffin, MA (River Ridge Treatment Center, Burnsville, MN)

This workshop presents a new and innovative curriculum, *Helping Men Recover: A Program for Treating Addiction*. The presenters have developed, with Dr. Stephanie S. Covington, the first gender responsive and trauma informed treatment curriculum for men! This program addresses what is often missing in prevailing treatment models: a clear understanding of the impact of male socialization on the recovery process, a consideration of the relational needs of men; and the focus on the issues of abuse and trauma. *Helping Men Recover* integrates a theory of addiction, a theory of trauma and a theory of male psychosocial development. This presentation provides an overview of the history of men’s treatment and the research that establishes the theoretical foundation for this new model. A summary of the curriculum is enhanced by taking participants through some of the interactive exercises that clients experience.

### 17. Integrating Motivational Interviewing and LOGO Therapy to Help Clients Recover ~ Presenter: Mark Sanders, LCSW, CADC (On The Mark Consulting, Chicago, IL)

A primary goal of motivational interviewing with chemically dependent clients is to increase the client’s internal motivation to change. There are some clients who have such a high degree of hopelessness and apathy and are so devoid of goals, that motivational interviewing may be ineffective in motivating them to change. Some of these clients don’t hit bottom—they seem to “live on the bottom.” In this interactive, skill building workshop, participants will be introduced to an approach that combines logo therapy with motivational interviewing to help clients recover. *LOGO therapy was created by the renowned psychiatrist Victor Frankl, who was a concentration camp survivor. Its purpose is to increase clients’ hope and to help them find a sense of purpose in their suffering.* Participants will leave with activities that integrate principles of motivational interviewing and LOGO therapy.

### 18. The Hijacked Brain and How to Reclaim It! ~ Presenter: Larry Smith, CADC, 747 Pilot, Retired Air Force Officer and Fighter Pilot, Author of “Captain Larry Smith’s Daily Life Plan Journal,” Host of Internet Radio Show, “The Boarding Pass.” (Owner of Get Real Recovery, Inc., San Clemente, CA)

Interactive workshop in laymen’s terms, of what happens in the brain in the addiction process and why it takes major changes in belief systems and daily living to “reclaim our brains.” Taking the shame out of addiction and at

the same time teaching total responsibility for our actions. Education on the brain’s neural circuits tied to addiction and the brain’s defense mechanisms tied to denial. Our brains don’t always tell us the truth!

### 19. Effective Evidenced Based Relapse Prevention for Adolescent Substance Abusers ~ Presenter: Dr. Fred Dyer, PhD, CADC (Trainer/Consultant/Adjunct Professor, Chicago, IL)

Drug abuse is now recognized as a chronic disorder for which the expectation of life-long abstinence after just one treatment episode is unrealistic for adults. This is especially true among adolescents for whom maturity, judgment, peer influences and dysfunctional family members contribute to the risk of relapse. There is also a growing recognition that drug addiction is a brain disease; that addicted adolescents can experience uncontrollable drug cravings long after abstinence has been achieved. A relapse among adolescents must be viewed a both common and a normal event in what may be an eventual stable recovery. This skill building workshop will enable adolescent substance abuse counselors, program managers and juvenile justice workers to examine and utilize effective evidence based relapse prevention strategies for adolescent substance abusers.

## Lunch/Keynote: 11:45 am – 1:00 pm

**Lunch Keynote Speaker:** Dr. Sela Kurter, MD, Medical Director/Owner, (West Grove Clinic, LLC/Spectrum Healthcare, Elm Grove, WI)

### Keynote Topic: Subutex and Pregnancy in Opioid Dependence:

Presentation will focus on data concerning use of Subutex in pregnancy. Review of available options with medications in the pregnant opioid dependent population.

## WORKSHOPS: 1:00 pm – 3:00 pm

### 20. Alcohol Biomarkers: Emerging Trends and Evidence Based Outcomes ~ Presenter: Pamela Bean, PhD, MBA, Principal and Executive Director of Research (Millennium Strategies and Rogers Memorial Hospital) Madison, WI

This workshop starts with a basic course on alcohol biomarkers to inform participants of the latest trends in medical versus forensic applications, direct versus indirect tests and invasive versus non-invasive sample matrices. The benefits of evidence based outcomes obtained by relapse detection and brief interventions after using alcohol biomarkers in four Wisconsin counties will also be discussed. This workshop will conclude with information on the latest trends in alcohol testing using nails and hair.

### 21. Adolescent Brain Development and Parenting ~ Presenter: Ken C. Winters, PhD, Professor, Department of Psychiatry (University of Minnesota Medical School, Minneapolis, MN)

Parents can benefit from the emerging science of adolescent brain development. This new research can help parents better understand the normal and healthy characteristics of adolescence; and provide a useful framework for understanding adolescent decision making. This workshop will include learning activities to reinforce ways for parents to shape their parenting practices. For those of you that work with adolescences and their parents, this workshop is for you!

### 22. Using Acceptance & Commitment Therapy (ACT) and Mindfulness as a Treatment for Addictions ~ Presenter: Henry Steinberger, PhD, Psychologist, (Advanced Psychotherapy & Recovery Options, LLC, Madison, WI)

This presentation will introduce the continuum of methods we typically use to cope with cravings, ranging from escape/avoidance through distraction, to radical acceptance—an approach to cravings that differs from the usual encouragement of struggle. We note how to improve distraction, but then go beyond distraction. Similar to the 12 Steps, we will observe a clear dif-



ference between what we control and what we can't. There will be interactive participation in using experiential techniques for helping people accept rather than continue to struggle with the discomforts of life and recovery. Finally, we will look at values based life directions and see how motivation it can be to commit one's self to the pursuit of one's own most valued directions.

**23. Father Hunger and Father Wounds: The Impact of Fatherlessness on Chemically Dependent Clients ~ Presenter: Mark Sanders, LCSW, CADC, (On The Mark Consulting, Chicago, IL)**

Father hunger and father wounds are a contributing factor to addiction and are rarely discussed in treatment. This workshop will discuss the impact of fatherlessness on chemically dependent clients and father wounds, including verbal, physical, emotional and sexual abuse on chemically dependent clients. Fifteen intervention strategies will also be discussed.

**24. A Biblical Cognitive Approach to Understanding & Addressing Addiction & Relapse Prevention ~ Presenter: Robert F. Vann, MA, CADC, Executive Director (A Strictly Biblical Perspective Ministries, Inc., Dacula, GA)**

This workshop provides a Christian alternative to understanding and addressing addiction and relapse prevention. It will provide workshop participants with an overview of the Biblical Cognitive Models of Addiction and Relapse Prevention and the origin of addiction. Spiritual transformation and restoration will be compared to therapeutic change and self-rehabilitation. The workshop will also provide an overview of Biblical strategies used to overcome the effects of addiction: triggers, cravings and set-up behavior.

**25. Gender Specific Treatment: Working with Females with Substance Abuse Disorders**

**Presenter: Olivia Howard, BA, CADC, Consultant, Beloit, WI**

This workshop will help you to gain insight on the key differences in treating women versus men. We will look at how and why their addictions begin, their course and their recovery may all vary based on gender. We know that women differ on their treatment of health care needs, *that includes treatment of substance use*. Participants will learn how to create a gender specific environment, understand the necessity of gender programming and learn to identify successful outcomes for women and the multiple issues needing to be addressed.

**BREAK: Networking/Exhibits 3:00 pm- 3:15 pm**

**WORKSHOPS: 3:15 pm – 5:15 pm**

**26. Substance Abuse and Domestic Violence: The Correlating and Dangerous Effects of Combining the Two ~ Presenter: Alta T. Tann, DV Trainer/Facilitator**

Domestic violence and substance abuse are often thought about in the same breath by law enforcement personnel and other professionals in the community. We have often heard the disclaimers regarding the role alcohol and drugs have played in abusive situations. Stopping substance use and abuse is critical to stopping domestic violence; **but using drugs and/or alcohol does not CAUSE domestic violence**. This may be one of the, if not the biggest fallacies about family violence. This workshop will show you how to be a **MYTH BREAKER** in the substance abuse and domestic violence fields, as well as in other professions. It will help professionals recognize signs of abuse that may not be visually apparent. Professionals will gain more understanding about the role alcohol and drugs have in domestic violence and ways to help both survivors and perpetrators. Bring your notebook and an open mind!

**27. Effective Evidenced Based Treatment for Adolescents with Co-occurring Disorders**

**Presenter: Dr. Fred Dyer, PhD, CADC (Trainer/Consultant/Adjunct Professor, Chicago, IL)**

More and more clinicians, substance abuse and mental health professionals are encountering adolescents with co-occurring disorders (i.e. sub-

stance abuse and psychiatric). Adolescents with substance disorders can impact the course and treatment of adolescents with psychiatric disorders, likewise, adolescents with psychiatric disorders can impact the course and treatment with substance disorders. Co-occurring disorders among adolescents is often missed and not immediately detected; consequently, may be at a loss as to how to proceed with treatment approaches. Co-occurring disorders in adolescents is no longer an exception but an expectation. This skill building workshop will enable therapists, program managers, substance abuse and mental health counselors to understand and work more effectively with adolescents with co-occurring disorders.

**28. Containment in Action: New Solutions for Treating Trauma ~ Presenter: Karen Carnabucci, MSS, LCSW, TEP, Psychotherapist/Coach/Trainer (Lake House Health & Learning Center, Racine, WI)**

The future points to the growing value of experiential work...New brain research is clearly showing that talk in general, talk therapy in particular, has limitations in the healing of trauma. These discoveries not only demonstrate the brain-body-spirit connection with trauma treatment but also why talk therapy has such difficulty in resolving trauma triggers. In this interactive workshop, we learn skills from Therapeutic Spiral Model, a strength based approach developed by Kate Hudgins, PhD, TER, that modifies the use of the psychodrama method and other calming methods of the mind, spirit and body. You will learn how to use sage role play, props and group and individual activities that will promote containment and a new view of strength.

**29. Motivating Unmotivated Students ~ Presenter: Ron Glodoski, Author/National Speaker (President, Turn Around Publishing, Inc., Milwaukee, WI)**

This program is designed for educators, administrators, juvenile justice, and mental health professionals. This powerful professional development program includes *10 Steps for How to Work with Kids Most At-Risk and 5 Positive Behavior Intervention Strategies*. Participants will gain practical classroom tools, learn methods for connecting at-risk kids and gain insight into the hearts and minds of kids.

**30. Romancing the Brain: Building the Brain to Healthy Relationships ~ Presenter: Cynthia Moreno Tuohy, BSW, NCACII, SAP, Executive Director, (NAADAC, the Association for Addiction Professionals, Alexandria, VA)**

This training will present and role play the ways in which the brain responds instinctual and deliberate responses, depending on how the person is using their brain. Methods to train the brain to be more healthy will be presented through lecture and role play. Learning to re-balance the brain in addiction form the limbic system to the frontal cortex, the creative and thoughtful part of the brain will be discussed through a variety of methods that are concrete for the participants and have ability to transfer to working with clients.

**31. Building Leadership: Board Recruitment and Development ~ Bob Carty, LCSW, CADC, Trainer/Consultant (PCTC, Skokie, IL)**

Many non-profit organizations struggle with ineffective Board of Directors failing to provide adequate leadership. In this workshop we will examine the key functions of effective Boards. We will discuss crucial steps in recruiting and developing Boards that strive for excellence. This workshop will describe at least four key functions of non-profit Boards; identify three methods to recruit competent Board members and five topics that need to be covered in ongoing Board development

**NINTH ANNUAL DIVERSITY EVENING: 5:30 pm - 8:00 pm**

WAAODA celebrates the diversity of this state by opening its doors for Wisconsin's diverse races and cultures in the form of their healing arts presented to the people who bear on their shoulders the trauma of the substance abuse addiction population. This celebration of Wisconsin's diversity comes in the form of music, dance, word and energy, that will hopefully re-energize you and let you know that your **WORK Is APPRECIATED!! This evening is dedicated to all of You!**

## WEDNESDAY, MAY 18

**BREAKFAST/KEYNOTE: 8:00 am – 9:30 am**

**Keynote Speaker:** Anne Helene Skinstad, PhD, Clinical Associate Professor, Prairielands Addiction Technology Transfer Center, Department of Community and Behavioral Health, The University of Iowa College of Public Health, Iowa City, Iowa

**Keynote Title: Substance Abuse and Mental Health Workforce is the Behavioral Health Workforce in the Future:** The substance abuse and mental health workforce is faced with at high average age of the workforce, and not too much recruitment into the field from the younger generation. Turn-over and retention are also serious challenges for the workforce. Counselors from a diverse background are also not streaming into the workforce for many different reasons. Still, the majority of clients are treated by White women. Recovery oriented care will add new changes to the workload and require an aging workforce to change their practice. These are challenging times that can open up new possibilities for the clients as well as for the counselors. This presentation is meant to highlight the status of the workforce today and what it might look like tomorrow.

**BREAK: 9:30 am – 9:45 am**

**WORKSHOPS: 9:45 am – 11:45 am**

**32. Elements of Personal Power: Creating Magic to Battle Destructive Forces ~ Presenter: Serena Wadhwa, Psy.D, LCPC, CADC, Therapist/Lecturer/Trainer/Author (TriQual Living Center/Alexian Brothers Behavioral Health Hospital/Governor State University, Chicago, IL**

This workshop explores the concept of empowerment: what it is, what depletes it and how symptoms of empowerment and lack of empowerment may manifest. An overview of 13 elements that increase one's personal power will be explored and practiced. This is an interactive, skill building workshop that will result in a personal plan of empowerment and the knowledge and skills to help others.

**33. Meeting the Three-Headed Dragon: Co-occurring Disorders and Homelessness ~ Presenters: Mer Otis, JD, MA LMHC, Senior Associate, Behavioral Health Specialist and Livia Davis, (Center for Social Innovation, Needham, MA)**

This workshop addresses the complex challenges of the individual impacted by three concurrent conditions: substance abuse, mental illness and homelessness. Through interactive exploration discussion and small group work, this session offers an opportunity to grasp the unique struggles of this population, examine inherent biases, explore effective evidence-based practices and apply real life strategies for effective service delivery.

**34. Integrative Medicine Approaches to Recovery ~ Presenter: Dr. Ashok Bedi, MD, Psychiatrist & Jungian Psychoanalyst (Aurora Psychiatric Hospital, Wauwatosa, WI)**

Traditional addiction treatment attends to two levels of recovery: Detoxification and Sobriety. This lays the crucial foundation for enduring recovery. However, until the patient attends to the spiritual dimension of treatment, the jigsaw puzzle of treatment is incomplete. Carl Jung indicated to Bill W. in their correspondence, that the goal of optimal treatment is *Spiritus Contra Spiritum*; helping the addict to move from addiction to the spirit in the bottle to the Spirit in their life and the universe-the Higher Power. This presentation will explore recent advances in Integrative Medicine to facilitate Spiritual Recovery.

**35. Don't Just Do Something, Sit There! ~ Presenter: Steven Dakai, AD NCAC I, SAC, ICS, RAS, (Consultant, Ala Mana Awen, Shawano, WI)**

Many human beings confuse inactivity with relaxation. Active relaxation involves becoming aware of your body and your physiological reactions. The use of mindfulness in relapse prevention allows each new experience to be felt fully, without the reactive, self-critical, controlling mind. All of which sends an alcohol and/or drug troubled human being back down a path with dangerous consequences

**THREE HOUR WORKSHOPS: 10:00 am – 1:00 pm**

**36. Brief Intervention in AODA: 10 Things Every Provider Should Know ~ Presenter: Scott Caldwell, MA, CSAC, SBIRT Program Coordinator (WI Dept. Health Services/Bureau of Prevention, Treatment and Recovery, Madison, WI)**

Healthcare reform will profoundly impact the way AODA services are designed and delivered in Wisconsin. Some trends demand for evidence-based treatments, cost containment efforts, systems integration. How does Brief Intervention fit into these trends? This session provides a "top 10" list of what every provider should know about Brief Intervention services in the context of the impending healthcare changes.

**37. Wellness Recovery Action Planning for People with Dual Diagnosis: Individual and Treatment Applications ~ Presenter, Alyce Knowlton-Jablonski, CPS, ITE, (Executive Director, WI Association of Peer Specialists, Inc., Wausau, WI)**

Wellness Recovery Action Plans are a structured system for self-management of uncomfortable and distressing signs and symptoms. The concept was developed by Mary Ellen Copeland, who authored the book, "Winning Over Relapse." Wellness Recovery Action Plans (W.R.A.P.) can be utilized in traditional clinical AODA treatment to help a person enter and maintain recovery. Individuals and treatment programs can use W.R.A.P. to identify signs of an impending crisis and/or relapse and then take immediate action to prevent a crisis/relapse. W.R.A.P. can also facilitate effective communication during crisis and during inpatient treatment, facilitating more effective outcomes upon discharge from those services using recovery oriented principles. Learn what W.R.A.P. is and what are the ethical and boundary considerations when working W.R.A.P. plans with individuals and how to utilize this effective recovery tool in AODA services.

**BREAK: 11:45 am – 12:00 pm**

**WORKSHOPS: 12:00 pm – 2:00 pm**

**38. Tackling Tough Issues: What We've Learned in the Tobacco Wars and How You Can Apply It ~ Presenter: Maureen Busalacchi, BA, BS, Executive Director (Health First Wisconsin formerly Smoke Free Wisconsin)**

In this workshop we will discuss the challenges we faced going up against well funded opposition in the "tobacco battle." We will detail what techniques we used to overcome these challenges and discuss how that might be applied to the issues you dealing with in your area of expertise. We will discuss successful strategies to organize communities and tactics used by well funded opposition groups to stymie your efforts.

**39. A "Stretch" rather than a "Shrink" ~ Presenter: Dr. Quin Gamble, is trained and certified by DASA (Dept. of Alcoholism and Substance Abuse), Prevention Coordinator for Lake County Health Department and NICASA (N. Illinois Council on Alcoholism and Substance Abuse) Dr. Gamble is a pipe carrier and Medicine Man in Lakota tradition.**

The nice thing to know about problems is we don't have to focus on them. Discover how to tap into and build upon your already existing strengths by stretching your imagination and creating your own healthy future. "The future ain't what it used to be and the best way to predict it is to create it." The word, doctor literally means, "I teach and this workshop/play-shop will be highly





# WORKSHOP PREFERENCES

Please choose your 2011 WAAODA Spring Conference workshop preferences by marking the appropriate boxes. Please note that most workshops are entry level/general interest; however, workshops shown with an asterisk (\*) require prior training or knowledge. You will be allowed to alter your choices or workshops during the Conference, but by indicating your preferences now, we can plan for appropriate room size. Workshops with a limited amount of participants will be first come first serve to those who sign up in advance. Doors will close when workshops are full.

Thank you!

## Monday, May 16, 2011

### WORKSHOPS 1:00 pm – 3:00 pm

- 1. Invitational Intervention
- 2. Moving from Treatment Plans to Treatment Process
- 3. Family Centered Substance Abuse Treatment
- 4. Marketing for Substance Use Disorder Treatment
- 5. Creating a Bridge to the Community for The Offender
- 6. Student High Risk Binge Drinking
- 7. **Special Edition Workshop: Monday May 16<sup>th</sup>**  
*"What Really, Really Works to Help People Change"(2 part workshop)*

### WORKSHOPS 3:15 pm – 5:15 pm

- 8. Repeat of #2
- 9. Spiritual Guidance for Early Recovery
- 10. Controversies in Addiction Science
- 11. Opiate Replacement and Anxiety: What Exactly Are We Treating?"
- 12. Celebrating Families, Celebrating Success
- 13. Creativity in Addictions Counseling (limited to 40)
- SCAODA Forum, 5:30-7:30 pm (Optional)

## Tuesday, May 17, 2011

### WORKSHOPS 9:45 am – 11:45 am

- 14. A Case Study: Treatment Providers EMR experiences
- 15. Sanctuary Starts With You
- 16. Gender Responsive and Trauma Informed Services for Men
- 17. Integrating Motivational Interviewing and LOGO Therapy to Help Clients Recover
- 18. The Hijacked Brain and How to Reclaim It!
- 19. Effective Evidence Based Relapse Prevention for Adolescent Substance Abusers

### WORKSHOPS 1:00 pm – 3:00 pm

- 20. Alcohol Biomarkers: Emerging Trends and Evidence Based Outcomes
- 21. Adolescent Brain Development and Parenting
- 22. Using Acceptance & Commitment Therapy & Mindfulness as Treatment for Addiction
- 23. Father Hunger and Father Wounds: The Impact of Fatherlessness on Chemically Dependent Clients
- 24. A Biblical Cognitive Approach to Understanding & Addressing Addiction & Relapse Prevention
- 25. Gender Specific Treatment: Working with Females with Substance Abuse Disorders

### WORKSHOPS 3:15 pm – 5:15 pm

- 26. Substance Abuse and Domestic Violence: The Correlating and Dangerous Effects of Combining the Two
- 27. Effective Evidence Based Treatment for Adolescents with Co-occurring Disorders
- 28. Containment in Action: New Solutions in Treating Trauma
- 29. Motivating Unmotivated Students
- 30. Romancing the Brain: Building the Brain to Healthy Relationships
- 31. Building Leadership: Board Recruitment and Development
- Ninth Annual Diversity Evening Celebration

## Wednesday, May 18, 2011

### WORKSHOPS 9:45 am – 11:45

- 32. Elements of Personal Power: Creating Magic to Battle Destructive Forces
- 33. Meeting the Three-Headed Dragon: Co-occurring Disorders and Homelessness
- 34. Integrative Medicine Approaches to Recovery
- 35. Don't Just Do Something, Sit There!

### Specialty Workshops 10:00 am – 1:00 pm

- 36. Brief Intervention in AODA: 10 Things Every Provider Should Know
- 37. Wellness Recovery Action Planning for People with Dual Diagnosis: Individual and Treatment Applications

### WORKSHOPS 12:00 pm – 2:00 pm

- 38. Tackling Tough Issues: What We've Learned in the Tobacco Wars and How You Can Apply It
- 39. A "Stretch" rather than a "Shrink"
- 40. The Role of Recovery Schools in the Continuum of Services

### Specialty Workshops 10:00 am – 4:00 pm

- 41. You Really Can Treat Nicotine Dependence in Addiction Treatment: Here's How
- 42. Clinical Supervision in Recovery Oriented Systems of Care

**Cancellation Policy: Upon written request, via e-mail or regular mail, cancellations will be issued a refund and assesses a \$75 processing fee prior to April 30<sup>th</sup>. A \$150 processing fee will be assessed for cancellation requests after April 30<sup>th</sup>. No refunds will be issued after May 9<sup>th</sup> and the full registration will be assessed.**

**Note: Room temperatures and personal comfort levels vary so we suggest you bring a sweater or jacket for your comfort.**



**45th ANNUAL WAAODA CONFERENCE**  
**“A New Perspective: The Changing World of Addiction**  
**Prevention, Treatment and Recovery Services”**  
**May 16-18, 2011**  
**Country Springs Hotel & Conference Center**  
**2810 Golf Road ~ Waukesha, WI 53187**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

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

Day Phone: \_\_\_\_\_ Other contact: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Fax \_\_\_\_\_

Special Dietary Needs (if any): \_\_\_\_\_ Other Accommodations \_\_\_\_\_

**Lunch Provided May 16 & 17, 2011**

*Please indicate if you will have lunch with the conference or on own:*

- Conference Lunch       Lunch On Own

**Membership Options:**

- WAAODA Member?  Individual    Small Business    Non-member  
 Want to become a member?  \$25 Individual    \$150 Small Business    \$300 Corporate  
 Want to become a AFRA (Alliance for Recovery Advocates) member?  \$25  
 Have both memberships  \$45 (Savings of \$5)

**CONFERENCE FEES:**

**3 DAY ATTENDANCE: MAY 16-18, 2011**

- \$425 – WAAODA member  
 \$450 – non-member

**15% GROUP DISCOUNT (5 or more):**

- Organization or Group Payee Name: \_\_\_\_\_  
 \$340 – per person member  
 \$360 – per person nonmember

**1 OR 2 DAY ATTENDANCE:**

- \$200 – One day – Day Attending:    Monday    Tuesday    Wednesday  
 \$300 – Two day – Days Attending:    Monday    Tuesday    Wednesday

**RETIREE/STUDENT – 1 DAY ONLY ATTENDANCE (Copy of student ID is required for student discount)**

- \$150 retired – Day Attending:    Monday    Tuesday    Wednesday  
 \$150 student – Day Attending:    Monday    Tuesday    Wednesday

- EXHIBITOR** -- \$475 (includes WAAODA membership)

**Transaction:**    Sale    Return

Cash Total Amount \$ \_\_\_\_\_     Check # \_\_\_\_\_ Total Amount \$ \_\_\_\_\_

Credit Card -- Name: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Visa    MasterCard   Credit Card # \_\_\_\_\_

**Hotel Accommodations:**

Country Springs Hotel, Water Park & Conference Center, 2810 Golf Road, Waukesha, WI  
 Room rates \$80 per night. Please contact hotel directly at (262) 547-0201.  
 Please mention WAAODA conference in order to receive special rate.





### WAAODA, INC.

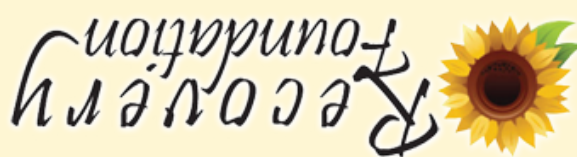
Wisconsin Association on Alcohol and Other Drug Abuse, Inc.  
6601 Grand Teton Plaza, Suite A  
Madison, Wisconsin 53719  
Phone: 1.800.787.9979 • 608.829.3473  
waaoda@tds.net • www.waaoda.org

Education ■ Training ■ Collaboration ■ Advocacy

NON PROFIT ORGANIZATION  
U.S. POSTAGE  
**PAID**  
MADISON, WI  
PERMIT #1496



Wisconsin  
Department  
of Health  
Services



WE WANT TO THANK OUR SPONSORS