



# **6<sup>th</sup> Annual Prevention & Recovery Conference**

**Presented by the Oklahoma Department  
of Mental Health  
and Substance Abuse Services**

Embassy Suites Norman Hotel and Convention Center  
Norman, Oklahoma

Wednesday, Thursday & Friday  
November 28-30, 2012

  [#2012Prev&Rec](https://twitter.com/2012Prev&Rec)

## Overview

The 6<sup>th</sup> Annual Prevention and Recovery Conference, "Journey of Discovery," will bring together local, state and national leaders to discuss best practices and promising practices in the areas of prevention, and mental health and substance abuse treatment and recovery. This three-day event will inspire, motivate, and provide participants with practical tools they can utilize in their agencies and communities to assist with facilitating prevention, recovery and overall wellness. The conference is scheduled for Wednesday, Thursday and Friday, Nov. 28-30 at the Embassy Suites Norman Hotel and Conference Center, located at 2501 Conference Drive, Norman, Oklahoma 73069.

The conference will include learning opportunities in the areas of ethics, clinical supervision, self-care and wellness, therapy best practices, peer services and supports, ADSAC, prevention, education, and gambling, as well as in other areas of interest.

**Who should attend?** The 6<sup>th</sup> Annual Prevention and Recovery Conference will appeal to anyone working in the areas of prevention, recovery and overall wellness, including, but not limited to, behavioral health service providers such as: Case Managers, Behavioral Health Rehabilitation Specialists, Therapists, Recovery Support Specialists, Substance Abuse Treatment Professionals, Psychologists, Psychiatrists, Administrators, Preventionists, Educators, Law Enforcement and Criminal Justice representatives, Family Members, and Consumers.

## Conference Sponsors

This conference is sponsored by the Oklahoma Department of Mental Health and Substance Abuse Services, and the Medicare Assistance Program (MAP), formerly known as the Senior Health Insurance Counseling Program (SHIP). The Medicare Assistance Program has funded and provided MAP marketing materials for conference participants. No state dollars were used to purchase these materials.

## Registration and Fees

Please complete your registration before Nov. 16. The early-bird rate for the full three-day conference is \$225 (or \$75 per day) if registration is received on or before Nov. 16. The regular rate of \$375 for the full conference (or \$125 per day) will apply for all registrations received after Nov. 16. Please indicate on the registration form the days you will attend.

**By Mail:** Complete the form provided and mail to: ODMHSAS, Human Resources Development, 2401 NW 23<sup>rd</sup> Street, Suite 1F, Oklahoma City, OK 73107.

**By Fax:** Faxed registrations are accepted at 405-522-8320.

**Cancellation Policy:** The registration fee will be returned *only* if notice of cancellation is provided in writing and postmarked no later than Nov. 16. After that date, refunds cannot be granted.

**For More Information:** Call the ODMHSAS Human Resources Development office at 405-522-8300 if you have questions about the conference.

## Special Accommodations

Sign language interpreters or assistive listening devices are available by request. These or other requests for special accommodations should be indicated on the registration form. Conference organizers will contact you for specifics. Please register as early as possible if special accommodations are needed.

## Lodging

The conference will be Nov. 28-30 at the Embassy Suites, Norman Hotel and Conference Center located at 2501 Conference Drive, Norman, Oklahoma 73069. Participants are responsible for making their own reservations. Reservations may be made online by clicking [here](#). Use the group code MHP where prompted. Guests may also make reservations by calling 405-364-8040, and asking for the group name "Prevention and Recovery."

Directions to the hotel are available by clicking [here](#).

## Call for Exhibitors

Is your organization one you want others to know about? An exhibit at the 6<sup>th</sup> Annual Prevention and Recovery Conference will introduce your organization to prevention and behavioral health treatment professionals from Oklahoma and surrounding states. To discuss becoming an exhibitor, call Stephanie McKinney, ODMHSAS Human Resources Development Division, at 405-522-8513 or e-mail her at [ssavage@odmhsas.org](mailto:ssavage@odmhsas.org).

## ODMHSAS "Green" Conference

Through ODMHSAS's continued efforts to be environmentally conscious, attendees will receive any available conference speaker presentations and handouts on the ODMHSAS website [www.ok.gov/odmhsas](http://www.ok.gov/odmhsas) after the conference concludes. This not only will help save paper and printing ink, but also will give you access to some of the information presented in other workshops.

## Continuing Education

The Institute for Mental Health and Substance Abuse is accredited by the Oklahoma State Medical Association to provide continuing medical education for physicians.

The Institute for Mental Health and Substance Abuse designates this live activity for a maximum of 4.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Sixteen and one-half (16.50) continuing education credit hours have been approved through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Oklahoma Board of Licensed Alcohol and Drug Counselors, the Licensed Professional Counselors Committee, the Licensed Marital and Family Therapist Committee, and the Council on Law Enforcement Education and Training. Continuing education is also approved for Case Managers, Peer Recovery Support Specialists and Certified Prevention Specialists.

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, all participants will receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training. For more information, call Human Resources Development at (405) 522-8300. There will be a \$5.00 charge to mail or reprint certificates.

### CEU Key

- |                       |                                       |
|-----------------------|---------------------------------------|
| ❶ Ethics              | ❷ LPC Supervisory                     |
| ❸ ODMHSAS Supervisory | ❹ Strengths Based for Case Management |
| ❺ CME                 |                                       |

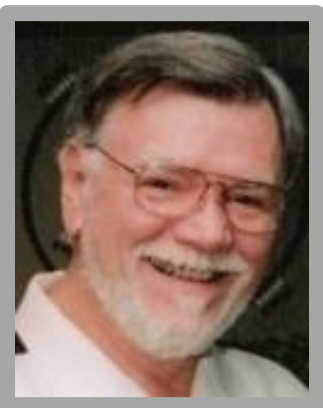
## Featured Speakers



**Lee Martin** is a Licensed Professional Counselor, author, and life coach from the Tulsa area. He has over 15 years experience in the mental health industry. Lee has helped thousands of individuals, couples, and work groups, learn how to effectively deal with stress, remain productive, and become passionate about their work and life. Lee's book; *Freeing Oneself; Breaking Through Your Barriers to Find Balance and Happiness* has proven to be a well-received guide to finding help in today's hectic world. Lee currently has a private practice where he provides counseling and coaching with an emphasis on effectively dealing with anxiety and stress.



**Laurie Dhue**, a veteran news anchor, lived a double life for more than 15 years, struggling with acute alcoholism while holding down several high profile broadcasting jobs for Fox News Channel, CNN and MSNBC. Her addiction nearly killed her-- until one day she decided to save her life. She has been clean and sober for more than five years and shares her experience, strength and hope to help shed light on a disease that affects tens of millions of Americans. By overcoming her greatest fear, living without alcohol, Laurie is a testament to the power of determination, willingness, honesty and love. Happy, joyous and free, Laurie is living a life beyond her wildest dreams, thanks to her journey of recovery. Her courageous story will inspire you!



**Rick Minter** is a certified Master Hypnotist through the National Guild of Hypnotists with over 15 years experience in individual hypnotherapy and stage show performances, and has been featured on the *BBC* and *Discovery Channel*. As a practicing Hypnotherapist, Rick guides people, in individual or group sessions, to create positive changes in their lives by gaining self-control over habits or other issues that currently control them such as tobacco use, poor eating habits, phobias, stuttering, nail biting, pain, depression, stress, test anxiety, study habits, etc. His initial interest and desire to pursue a rewarding career in the field of hypnosis is attributed to the world renowned Hypnotist Dr. R.E. Bellows. Through their acquaintance and subsequent mentorship he quickly learned that hypnosis is a wonderful art of relaxation that brings many wonderful benefits to one's overall well-being and is meant to be shared with others.

7:30 – 9:00

**REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 – 10:30

**WELCOME**

④

**Terri White, Commissioner, ODMHSAS**

**PLENARY**

**A Journey of Self-Discovery to More Peace and Less Stress. Lee Martin, MA, LPC.**

The average person has 12,000 thoughts per day. Learn how to develop a peace with your busy mind and the effect stress has on your work and life. Learn greater self-awareness, self-confidence, and increased calm in any situation.

10:30 – 10:45

**BREAK**

10:45 – 12:15

**CONCURRENT WORKSHOPS: SESSION 1**

1-A

**Fire Safety. JoAnne Sellars.**

This presentation will provide an overview of the role of the Office of the State Fire Marshal (OSFM), and briefly touch on fatal fires statistics, primary codes adopted by the state and the OSFM, the benefits of fire protection systems, and preparations and planning for a major event.

1-B

④

**Facilitating Growth and Healing Through the Group Process. Lisa Dillon, M.Ed.; N. Ann Lowrance, MS.**

Presentation will offer participants information on basic group dynamics relating to substance abuse and trauma recovery groups. Workshop will describe correlation between substance abuse and trauma and discuss ways to evaluate the whole person when dealing with clients with both experiences in their lives.

1-C

④ ③

**Conflict Management. Dr. Philip Hyde, Ph.D.**

Managing conflict in relationships: between partners, spouses, employee-supervisor, parent-child moving toward resolutions. A didactic plus experiential approach will be utilized.

1-D

③

**Creating a Climate for Creativity. Durand Crosby, JD.**

This workshop will encourage supervisors to create a climate for creativity which allows staff to be more autonomus resulting in better performance and happier employees. Allowing people to be creative gives a greater sense of ownership which results in better services provided to consumers.

1-E

④ ③

**Spectrum Awareness. Part 1. Laree Reidenbaugh, M.Ed., PHR.**

The Spectrum Temperament Development Model is a fun and exciting method for helping people better understand themselves and others. In the interactive workshops, participants are introduced to the different personality styles using the language of color. They gain an understanding of their own needs, strengths, and motivators, while also learning to value the differences among the people around them.

**\*\*Space for this workshop is limited to 50 participants. Sign-up for this workshop will occur on the morning of Wednesday, November 28<sup>th</sup> at the registration desk.**

1-F

④

**The Art and Science of Healing. Cardwell C. Nuckols, Ph.D.**

Experience the awareness and awakening of your healing SELF in this powerful program for those who are seeking spiritual growth and enhanced healing potential. Become aware during this interactive process of your own true healing self and how your spiritual evolution enhances the spiritual, psychological and neurobiological healing of those you work with.

- 1-G**  
**④ ⑤**  
**Tuberculosis, Hepatitis C, & HIV/AIDS: Considerations for Mental Health & Substance Abuse Professionals.** *Sarah Renfro, MA, LPC.*  
 The objective of this workshop is to identify symptoms of HIV/AIDS, Hepatitis C, and Tuberculosis. We will review methods of infection and transmission; modalities of treatment and care; cultural impacts on the spread of infectious diseases; and community resources for testing and treatment.
- 1-H**  
**Coming Improvements to the Statewide Reporting System.** *Mark Reynolds, Ed.D.; Tracy Leeper, MA; David Melton, MA.*  
 The presentation will review the coming changes to the PICIS/MMIS system and new report features that are continuing to be added. Information will include the inclusion of payment caps and quality improvement reports that can be utilized at the facility and clinician level.
- 1-I**  
**④**  
**Innovative Strategies for Increasing Alcohol Service and Sales Compliance.** *John A. Maisch, JD.*  
 This workshop examines the strategies being implemented by Oklahoma's liquor law enforcement agency to reduce service to underage and intoxicated persons.
- 1-J**  
**④**  
**How to Prevent Alcohol Misuse.** *Dane Libart, MSW.*
- 1-K**  
**④**  
**Gambling Themes in Writings.** *Wiley D. Harwell, D.Min., LPC, NCGC-II; Rockey Robbins, Ph.D.*  
 This presentation will review gambling themes in the writings of Charles Dickens, and the implication for treating family members of problems gamblers.
- 12:15 – 1:45**  
**LUNCH ON YOUR OWN**
- 1:45 – 3:15**  
**CONCURRENT WORKSHOPS: SESSION 2**
- 2-A**  
**④**  
**Facilitating Adult Learning Without Losing Control.** *Frank Nelson, Ed.D.*  
 For people to solve problems they must first take ownership of the problem. Dr. Nelson's interactive workshop will share techniques to increase the likelihood that participants will take responsibility for their change in attitude and behavior.
- 2-B**  
**④**  
**Overview of the TAAD instrument for ADSAC Assessors.** *Scott Covert.*  
 Why do we assess individuals convicted of DUI? What information do we gain from a Triage Assessment for Addictive Disorders? What do we do with this information to benefit the DUI offender? This workshop will answer these questions and more!
- 2-C**  
**④**  
**The Role of Recovery Support Specialists in Trauma Programs.** *Cathy Cave.*  
 Recovery Support Specialists are an essential component of trauma informed systems change. By their example and the insights they bring from their lived experience they offer unique opportunities to support other's healing. The workshop will explore their role in program sustainability and offer guidance to support these essential team members.
- 2-D**  
**① ③**  
**Discovering the Ethos of Ethics. Part 1.** *Chris Flanagan, MSW, LCSW, LADC.*  
 Come experience how the pursuit of the ethical leads to a discovery of what is both personally meaningful for us as practitioners as well as life enhancing and worthwhile for those people we support in our work.
- 2-E**  
**④ ③**  
**Spectrum Awareness. Part 2.** *Laree Reidenbaugh, M.Ed., PHR.*  
**\*\*Must complete Part 1 of this workshop (1-E) to attend Part 2.**

- 2-F**  
④ ⑤  
**Psychology, Spirituality and True Happiness. Cardwell C. Nuckols, Ph.D..**  
This personal and professional development skills training utilizes integrated multiple pathways leading one toward true happiness. This powerful approach incorporates current understandings of developmental psychology, neurobiology, and contemplative approaches to permanently dissolve aspects of the false-self (ego). This dissolution or emptying of self opens one up to spiritual healing.
- 2-G**  
④  
**Effectively Manage Your Daily Stress. Lee Martin, MA, LPC.**  
In this workshop learn powerful ways to deal with stressors including good stress. This workshop will give attendees practical ways to deal with daily stressors. Learn how to effectively manage the unique challenges that face mental health professionals.
- 2-H**  
④  
**Celebrating the Success and Challenges of the Sequential Intercept Model in Oklahoma. Donna Bond, LPC; Nisha Wilson, LPC; Bob Mann, RN, LSW.**  
This workshop will provide an overview of the Sequential Intercept Model and the success accomplished with jail/prison diversion and reentry programs. The challenges and potential solutions to expanding success with the model will be explored.
- 2-I**  
④  
**Anatomy of Prescription Overdoses: The Community Response of Project Lazarus. Part 1. Fred Wells Brason II, Chaplain.**  
There are more overdose deaths in the U.S. than motor vehicle fatalities. Project Lazarus and the CCNC Chronic Pain Initiative have helped to reduce the overdoses in one hard hit NC community by 69%. The Program is now being initiated statewide and serves as models of how community empowerment and clinical education can work together to solve complex health problems.
- 2-J**  
④  
**Substance Exposed Newborns. Jimmy Widdifield, Jr., LPC.**  
This workshop will present current knowledge on the impact of parental substance abuse on fetal and postnatal development in children. Recommendations for assessment of prenatal substance exposure will be shared.
- 2-K**  
④  
**Native Americans and Gambling. Wiley D. Harwell, D.Min., LPC, NCGC-II; Rockey Robbins, Ph.D.**  
This presentation will take a look at the unique considerations with regards to Native Americans and gambling.
- 3:15 – 3:30**  
**BREAK**
- 3:30 – 5:00**  
**CONCURRENT WORKSHOPS: SESSION 3**
- 3-A**  
④  
**Opening a Door in the Wall of Denial. Joel Rutledge, LPC, LADC.**  
The phenomenon of denial cannot be ignored, in addictions counseling. However, the evidence shows that it responds better to finesse than to confrontation. The approach of Motivational Interviewing provides structure to the teaching and practice of finesse, in addressing denial.
- 3-B**  
④  
**Use of ADSAC Journals. Scott Covert .**  
Participants in this workshop will gain a basic overview of the ADSAC curriculum and facilitation protocols as well as creative alternatives for facilitating exercises that help motivate and engage ADSAC clients.
- 3-C**  
④  
**The Role of Recovery Support Specialists in Trauma Programs. Repeat. Cathy Cave.**  
Recovery Support Specialists are an essential component of trauma informed systems change. By their example and the insights they bring from their lived experience they offer unique opportunities to support other's healing. The workshop will explore their role in program sustainability and offer guidance to support these essential team members.
- 3-D**  
① ③  
**Discovering the Ethos of Ethics. Part 2. Chris Flanagan, MSW, LCSW, LADC.**

- 3-E**  
**④ ③**  
**Spectrum Awareness. Part 3. *Laree Reidenbaugh, M.Ed., PHR.***  
**\*\*Must complete Part 1 and 2 of this workshop (1-E, 2-E) to attend Part 3.**
- 3-F**  
**④ ⑤**  
**Post-Traumatic Stress Disorder in the Returning Veteran Population. *Cardwell C. Nuckols, Ph.D.***  
 Participants can expect to receive tools allowing for better understanding and treatment of Post-traumatic Stress Disorder in our returning veterans. Neuroplasticity, psycho-education and behavioral exposure will be highlighted within a treatment framework.
- 3-G**  
**④**  
**Preparing for Certification Site Visits. *Rebecca Wisener, LPC, LPN; Genevieve Cox, LPC, LADC.***  
 ODMHSAS staff will review the basic steps required to apply for or renew Certification and will guide participants through the processes and communication they can expect with Certification Staff. Examples will be given on methods and tools various providers use to best prepare for Certification and to assure continued compliance with ODMHSAS Standards and Criteria. This will be a refresher for currently Certified programs and a helpful overview to staff or facilities that are new to ODMHSAS Certification.
- 3-H**  
**④**  
**Celebrating the Success and Challenges of the Sequential Intercept Model in Oklahoma. Repeat. *Donna Bond, LPC; Nisha Wilson, LPC; Bob Mann, RN, LSW.***  
 This workshop will provide an overview of the Sequential Intercept Model and the success accomplished with jail/prison diversion and reentry programs. The challenges and potential solutions to expanding success with the model will be explored.
- 3-I**  
**④**  
**Anatomy of Prescription Overdoses: The Community Response of Project Lazarus. Part 2. *Fred Wells Brason II, Chaplain.***
- 3-J**  
**④**  
**Drug Free Communities Support Program: An Oklahoma Spotlight. *Cynthia Bentley Rubio, USPHS Commander.***  
 The Drug Free Communities Support Program (DFC) is a Federal grant program that provides funding to community-based coalitions that organize to prevent youth substance use. The philosophy behind the DFC program is that local drug problems require local solutions. This workshop will explain the DFC program as well as highlight the efforts of the DFC grantees in Oklahoma and discuss some of their successes and challenges.
- 3-K**  
**④**  
**The Elephant in the Treatment Room. *James Allen, MPH; Yvon Fils-Aime, MBA.***  
 This session will discuss the importance of addressing tobacco cessation as part of an overall treatment plan. Because tobacco use represents the single greatest risk to consumers' health and because tobacco use actually impedes recovery - it is important to take some basic steps along the way to assure that all barriers to recovery are removed.
- 5:30 – 6:30**  
**OPEN 12-STEP MEETING**



7:30 – 9:00

**REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 – 10:30

**WELCOME**

**Carrie Slatton-Hodges, Deputy Commissioner for Treatment and Recovery, ODMHSAS**

④

**PLENARY**

**It's A Wonderful Life. Laurie Dhue.**

From the heights of broadcaster stardom to the depths of despair in her darkest periods of alcoholism, Laurie Dhue shares her experience, strength and hope in an inspirational message: "You don't have to suffer alone, help is available. All you have to do is ask." Laurie shares her courageous story of getting-- and staying-- clean and passes on her suggestions for living a happy, fulfilled life, including: Make a Daily Gratitude List, Don't Take Anything Personally and Be the Person Your Mother Thinks You Are! Through her brave and passionate story, Laurie shows audiences that through failure comes humility and eventually triumph- a wonderful life beyond your wildest dreams.

10:30 – 10:45

**BREAK**

10:45 – 12:15

**CONCURRENT WORKSHOPS: SESSION 4**

4-A

**Basics of Motivational Interviewing and Resistance. Alton Smith, ADSAC Facilitator.**

④

This workshop will offer a refresher on the basics of Motivational Interviewing and how to flow with resistance.

4-B

**The Addicted Brain. S. Ivan Lopes, LPC, LADC.**

④

This presentation will help participants to become familiar with the newest ASAM definition of addiction and more specifically participating in discussion defining what brain addiction is and what characterizes is. It will engage participants in discussion about chemical reactions in the brain which causes the brain to become dependent on chemical substance. Participants will also improve insight into the area of the brain where addiction establishes itself. Participants will be a part of discussion regarding addiction as "disease" and issues of personal responsibility with treatment.

4-C

**A Place for Everyone and Everyone in Our Place: How to Create and Support an Inclusive Workplace. David Heath Holt, MHR.**

④

Learning to accept, celebrate and support our individual differences is an essential part of all recovery concepts, but how can we identify and connect with those who promote workplace inclusion? This workshop will help participants develop strength by understanding cultural roots, valuing personal beliefs, and exploring the importance of helping people build their own unique identities. Participants will learn tips on alliance building to maintain a positive work environment, as well as applying practical information through living examples from the Allie ACCESS program supporting lesbian, gay, bisexual, transgender youth in a behavioral health setting.

4-D

**Emotional Intelligence. Pam Champeau.**

③ ④

This workshop is designed to enhance your skill in recognizing your own "emotional details" and how they relate to the behavior of others. The workshop will offer strategies to practice, promote self-awareness and increase understanding of the impact emotions have on both professional and personal issues.

4-E

**Safety Training for Home-Based Professionals. Lance Schroyer.**

④

The training will assist practitioners in recognizing threatening situations by learning to read body language and take a proactive approach to personal safety. There will be a lot of discussion about recognizing the dangers in the surroundings as well as how to use verbal communication skills to de-escalate situations if needed.

- 4-F**  
④ **Empowering Peers Through Recovery Support Services.** *Max Parker, LMSW; Darla Dobrowolski, PRSS.*  
In this workshop the benefits of peer-run mental health services and the importance of including individuals experiencing mental illness in facilitating their own recovery will be discussed. The discussion will focus on three important programs that are under the Recovery Services Department of the Mental Health Association in Tulsa. These programs are Peer Outreach Services, Creating Connections, and the Denver House peer-run drop-in center.
- 4-G**  
④ **Cognitive Behavior Therapy.** *Leslie Sokol, Ph.D.*  
More than 300 clinical trials have shown cognitive behavior therapy to be a highly effective treatment for a wide array of problems. This workshop will provide an overview of the cognitive model with a specific emphasis on the cognitive model and its application in addressing specific disorders.
- 4-H**  
**Coming Improvements to the Statewide Reporting System. Repeat.** *Mark Reynolds, Ed.D.; Tracy Leeper, MA; David Melton, MA.*  
The presentation will review the coming changes to the PICIS/MMIS system and new report features that are continuing to be added. Information will include the inclusion of payment caps and quality improvement reports that can be utilized at the facility and clinician level.
- 4-I**  
④ **The Oklahoma Prescription Monitoring Program.** *Don Vogt.*  
The primary purpose of the Oklahoma Prescription Monitoring Program (PMP) is to provide doctors with prescription information for the safety and health of patients and the general public. Beginning January 1, 2012, a significant change occurred within the Oklahoma PMP, which required all dispensers to report the dispensing of scheduled narcotics within five minutes of being delivered to the customer. This workshop will provide an overview of the Oklahoma PMP system and changes that have taken place within the system over the past year.
- 4-J**  
④ **Youth Leadership Part 1: Towards Meaningful Partnerships.** *Katrina Socco.*  
Come to this workshop to learn how to apply Youth Development theory into practice. Learn how to apply these strategies with community coalitions, policymakers and unlikely allies.
- 4-K**  
④ **From "Action" and "Escape" Gamblers to the Pathways Model: The Subtyping of Problem Gamblers.** *Mark F. Yapelli, M.Ed., Ph.D. Candidate.*  
This workshop will present an overview of models of gambler subtypes that have been used throughout the relatively short history of problem gambling research. It will present historical and contemporary research findings, and discuss ways to integrate this information into practice. The presentation will also feature findings from the presenter's dissertation research on the Pathways Model.
- 12:15 – 1:45**  
**LUNCH ON YOUR OWN**
- 1:45 – 3:15**  
**CONCURRENT WORKSHOPS: SESSION 5**
- 5-A**  
**DRI-II Assessment (ADSAC).** *Michael Sanchez, BS.*  
This presentation will take a look at Oklahoma DRI-II online software operation and recent updates. A brief review of the Annual Summary Report will also be covered.
- 5-B**  
④ ③ **The Art of Balancing Workplace Stress.** *David Harris, MPH; Lori Jordan, MBA .*  
Plan to attend this fun and interactive workshop for balancing workplace stress for both you and your team. Learning how to contend with stress is critical to the performance of our staff as well as our own so that we can maintain our physical and mental health and stay safe on the job. In this session we will identify job stress, the signs, symptoms, and causes and learn fresh strategies for managing workplace stress.

5-C

④

**The Mental Health and Substance Use Workforce for Older Americans: In Whose Hands? *Mich Magness, MAG.***

Baby boomers in need of mental health and substance abuse services may have a hard time finding health professionals to provide that care unless the treatment system is revamped, according to a new study from the Institute of Medicine. "There is a conspicuous lack of national attention to ensuring that there is a large enough health care work force trained to care for older adults with mental health and substance use conditions," said Dan G. Blazer, one of the report authors and the J.P. Gibbons Professor of Psychiatry and Behavioral Sciences at Duke University Medical Center in Durham, North Carolina. "These conditions are relatively common, they can be costly, and they can have profound negative impacts on people's health and well-being. This report is a wake-up call that we need to prepare now or our older population and their extended families will suffer the consequences."

5-D

② ③

**Boundaries and Dangers in the Supervisory Process. Part 1. *Philip Budd, Psy.D.***

This workshop is intended to help supervisors and supervisees be aware of boundary struggles in the supervision process. Particular attention will be paid to the ethical challenges and the potential for dual relationships in supervision. Supervisors will be encouraged to evaluate the relationship with the supervisee to assist in supervisee growth as a counselor.

5-E

④

**Medicare- What You Need to Know for Annual Enrollment. *Ray Walker.***

This presentation will cover the basics of Medicare, including information about the Annual Enrollment Period when beneficiaries can potentially make decisions that could save them hundreds of dollars each year.

5-F

④

**Clubhouse Supports Employment. *James Wineinger, MSW.***

An exploration of strategies for supporting employment programming in a Clubhouse setting. Evidenced based practice protocols range from Transitional, Supported, to full Independent Employment.

5-G

④

**Advanced Cognitive Behavior Therapy. Part 1. *Leslie Sokol, Ph.D.***

The treatment of clients with personality disorders involves not only an emphasis on evaluating and modifying patients' thinking and behavior in current situations but also an emphasis on dysfunctional beliefs and their historical underpinnings. These individuals require specialized strategies to enable them to make progress in therapy and will be the focus of this workshop.

5-H

④

**Understanding Military Culture. *Katie Morris Henson, LPC, LADC; CPT Misty Anne Jobe, MSC, MA.***

Cultural competency when entering the world of the service member often takes well-meaning helping professionals by surprise when the differences begin to surface. The values of the individual, the structure of the vast and varied organization, and the vernacular of the different branches all may seem overwhelming at times in their unique diversity. This session will focus on improving that understanding to better equip professionals as they work to help service members and their families.

5-I

④

**Outlet Density: A Means to Control Youth Access to Alcohol. *Nancy M. McGee, JD.***

This workshop will provide the participant with an overview of the concept of alcohol outlet density. The session will review the research which indicates a relationship to increased crime, underage drinking and the overall deterioration of neighborhoods based upon the number of alcohol outlets within a community. Additionally, we will discuss options that communities may adopt to address the number of alcohol outlets within their community.

5-J

④

**Youth Leadership Part 2: Public Policy Advocacy. *Katrina Socco.***

Come to this workshop if you are ready to build upon the introduction to youth and adult partnerships in Youth Leadership Part 1 and learn basic steps for local policy advocacy. We will discuss how to move beyond youth engagement and alternative activities to genuine youth advocacy and activism.

5-K ④	<p><b>Strategies for Breaking Down Barriers to Treatment Among Problem Gamblers.</b> <i>David Ledgerwood, Ph.D.</i></p> <p>An incredibly small proportion of problem gamblers ever seek treatment for their gambling problems. Although there is growing evidence about what types of treatments are effective for helping problem gamblers, there is much less evidence on how to engage them into treatment. In this presentation, Dr. Ledgerwood will discuss the results of recent research that examines the barriers to treatment reported by problem gamblers, and outreach strategies for engaging non-treatment seeking problem gamblers into treatment.</p>
3:15 – 3:30	<p><b>BREAK</b></p>
3:30 – 5:00	<p><b>CONCURRENT WORKSHOPS: SESSION 6</b></p>
6-A ④	<p><b>DQ Assessment (ADSAC).</b> <i>Michael Sanchez, BS.</i></p> <p>This workshop will provide a review of the Oklahoma Defendant Questionnaire online software including recent updates.</p>
6-B ④	<p><b>Transition Youth and Substance Abuse.</b> <i>Todd Crawford, LPC, LADC.</i></p> <p>Will share with conference attendees best practice approaches for addressing substance abuse in the lives of youth ages 14-21 and their families. The presentation will focus on American Indian youth and families and will look at the delivery of care at multiple levels through a family approach that is underpinned by traditional practices.</p>
6-C ④	<p><b>The Elephant in the Treatment Room. Repeat.</b> <i>James Allen, MPH; Yvon Fils-Aime, MBA.</i></p> <p>This session will discuss the importance of addressing tobacco cessation as part of an overall treatment plan. Because tobacco use represents the single greatest risk to consumers' health and because tobacco use actually impedes recovery - it is important to take some basic steps along the way to assure that all barriers to recovery are removed.</p>
6-D ② ③	<p><b>Boundaries and Dangers in the Supervisory Process. Part 2.</b> <i>Philip Budd, Psy.D.</i></p>
6-E ④	<p><b>Design and Develop Educational Curriculum With Confidence: Learn the tools you need to achieve your educational objectives.</b> <i>Sherry Kollmann, MA, M.Ed.</i></p> <p>Learn how to apply strategies for the eight types of knowledge in the design and development of educational curriculum in order to maximize the desired educational outcomes for the people you serve.</p>
6-F ④	<p><b>Consumer Rights.</b> <i>Robin Gruesser; Deneka Cain, JD.</i></p> <p>This presentation will begin with an overview of consumer rights as these are protected by Federal and State laws as well as the ODMHSAS Standards and Criteria. The Consumer Advocate's Office will review essential principles related to consumer rights and Provider Certification staff will address related items that are reviewed during Certification site visits. Time will be provided to discuss examples, common challenges, and answer questions.</p>
6-G ④	<p><b>Advanced Cognitive Behavior Therapy. Part 2.</b> <i>Leslie Sokol, Ph.D.</i></p> <p>Part 2 will focus on specialized strategies to help challenging clients make progress in therapy, this workshop will be both didactic and experiential.</p>
6-H ④	<p><b>Hope and Resilience.</b> <i>Gwendolyn Downing, LPC.</i></p> <p>This workshop focuses on how we share HOPE and build RESILIENCE, in ourselves first, and then in those that we serve. Addressing the issue from both a personal and systems perspective, the HOPE is that each participant will walk out with a plan for what they can do TODAY to make an impact. "Resilience cannot exist without HOPE"- Bruce D Perry MD, PhD.</p>

6-I

④

**Overview of Enforcement Strategies to Address Underage Drinking. *Nancy McGee, JD.***

In this workshop participants will be introduced to enforcement strategies which have been shown to reduce the availability of alcohol to youth. A brief overview of the strategies will be provided along with references to research which supports these strategies as effective in dealing with underage drinking issues. Topics to be covered will include compliance checks, shoulder taps, youth impaired driving and controlled party dispersal to name a few.

6-J

④

**Fetal Alcohol Spectrum Disorders: What is it and what can be done? *P. Kevin Rudeen, Ph.D.***

This presentation will provide information on the causes of FAS and FASD, the societal burden, how to identify FAS, who is at risk and research interventions on the horizon.

6-K

④

**Strategies for Breaking Down Barriers to Treatment Among Problem Gamblers. Repeat. *David Ledgerwood, Ph.D.***

An incredibly small proportion of problem gamblers ever seek treatment for their gambling problems. Although there is growing evidence about what types of treatments are effective for helping problem gamblers, there is much less evidence on how to engage them into treatment. In this presentation, Dr. Ledgerwood will discuss the results of recent research that examines the barriers to treatment reported by problem gamblers, and outreach strategies for engaging non-treatment seeking problem gamblers into treatment.

5:30 – 6:30

**OPEN 12-STEP MEETING**

8:00 – 9:00

**REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 – 10:30

**CONCURRENT WORKSHOPS: SESSION 7**

7-A

**Overview of the ASI-MV for Assessors. *Edwina Ashe, MSW.***

This workshop will provide information on the Addiction Severity Index Multimedia Version (ASI-MV).

7-B

④

**Hope and Resilience. Repeat. *Gwendolyn Downing, LPC.***

This workshop focuses on how we share HOPE and build RESILIENCE, in ourselves first, and then in those that we serve. Addressing the issue from both a personal and systems perspective, the HOPE is that each participant will walk out with a plan for what they can do TODAY to make an impact. “Resilience cannot exist without HOPE”- Bruce D Perry MD, PhD.

7-C

④

**Vocational Challenges, Skills, and Resources. *Randi R. Rice, MAMFT, CM, LADC-Under Supervision; Rebecca Johnson, CM, PRSS.***

This workshop will address challenges that consumers face when seeking employment in the community. In addition, to help consumers build skills and resources that will aid in gaining successful employment.

7-D

① ③

**Ethics - A Look Behind the Rules. Part 1. *Dewayne Moore, JD.***

This workshop will explore the rules of ethics and the intent behind those rules. The presenter will use both movie clips and factual examples as tools to understand the true purpose behind the rules of ethics.

7-E

④

**Design and Develop Educational Curriculum With Confidence: Learn the tools you need to achieve your educational objectives. Repeat. *Sherry Kollmann, MA, M.Ed.***

Learn how to apply strategies for the eight types of knowledge in the design and development of educational curriculum in order to maximize the desired educational outcomes for the people you serve.

7-F

④

**No Place Like Home! *Emon D. Chavers; Jonathon Roberts.***

This workshop will take a look at outreach and care coordination for individuals who are homeless and have a chronic illness.

7-G

④

**Medical Aspects of Addictions. *Elizabeth Foote, MD.***

The disease model of addiction includes an understanding of the biological underpinnings of addictive disorders. This presentation covers those biological foundations and a survey of pharmacotherapy for addictions.

7-H

**Coming Improvements to the Statewide Reporting System. Repeat. *Mark Reynolds, Ed.D.; Tracy Leeper, MA; David Melton, MA.***

The presentation will review the coming changes to the PICIS/MMIS system and new report features that are continuing to be added. Information will include the inclusion of payment caps and quality improvement reports that can be utilized at the facility and clinician level.

7-I

④

**Emerging Drugs of Abuse. *Scott Schaeffer, RPh, DABAT.***

Drug abuse is widespread in modern society, and new drugs are constantly emerging. Newer drugs of abuse include “bath salts” and “K2” or “Spice.” Make no mistake – these are NOT your grandmother’s bath salts! Learn about the new types of illicit drugs on the market and their effects, how they are obtained, treatment strategies for overdose, and laws intended to deal with these new threats.

- 7-J**  
④  
**Role of Law Enforcement in Intervention and Postvention.** *Greg Giltner, Chaplain; Captain Robert Nash.*  
Presentation on how Law Enforcement Officers (LEO) are trained to deal with consumers. Where our consumers go for treatment or help. Classes offered to assist LEO on dealing with consumers and suicidal ideation.
- 7-K**  
④  
**Clinical Process and Documentation Through the Framework of Person-Centered Planning. Part 1.** *Jacki Millspaugh, LPC.*  
This workshop will offer an overview of the components of Person-Centered Planning, and how they can be integrated as a part of clinical process to better inform documentation and increase client success. \*\*Space for this workshop is limited to 50 participants. Sign-up for this workshop will occur on the morning of Friday, November 30<sup>th</sup> at the registration desk.
- 10:30 – 11:00**  
**BREAK**
- 11:00 – 12:30**  
**CONCURRENT WORKSHOPS: SESSION 8**
- 8-A**  
**NEEDS Assessment.** *James Haggerty, BS, CAC.*  
An overview of the administration and interpretation of the NEEDS Assessment, as well as a review of the data gathered from NEEDS Assessment in the State of Oklahoma.
- 8-B**  
④  
**Housing Considerations.** *Ray Caesar, LPC, LADC; Kelly Wietelman, BA.*  
This workshop will provide a brief over view of the Oxford House model. The workshop will focus on the future development of a housing model that follows the Oxford House design but is open to people with mental illness. The presenters will also address issues with housing access and maintenance.
- 8-C**  
④  
**Yoga Warriors - PTSD and the Mind-Body Military.** *Jon Greuel, MHR, RYT-200, Major, USAF (Ret).*  
From a diverse set of experiences that span from Yoga studio owner to Iraqi Combat Air Advisor Instructor Pilot, Major Greuel brings a comprehensive perspective in mapping the path forward toward integrating Yoga into military culture and for those with PTSD.
- 8-D**  
① ③  
**Ethics - A Look Behind the Rules. Part 2.** *Dewayne Moore, JD.*
- 8-E**  
④  
**Exploring the Social and Educational Implications of Sexual Identity Development.** *Sherry Kollman, MA, M.Ed.; Pat Hadre, Ph.D.*  
Research on identifying as a lesbian, gay or bisexual (LGB) person has historically been separated from learning, yet we know that students' identities influence how they process information. As educators, practitioners and peers, we lack understanding of how this unobservable diversity impacts learning. This workshop will provide information on how to integrate and more holistically consider the implications identity has on learning.
- 8-F**  
④ ③  
**Suggested Practices in Clinical Documentation and Clinical Supervision.** *Jim Kimble, LCSW, LADC; Stephanie Gay, JD, LPC.*  
ODMHSAS Provider Certification staff will review guiding principles from State Administrative Rules related to screening, assessment, service planning, discharges and clinical supervision. Specific examples will be highlighted of effective practices utilized by various facilities. This session will also help providers avoid some frequently missed Standards and provide pointers on how to better describe the quality clinical work and supervision of staff that occurs at facilities.
- 8-G**  
④  
**Medical Aspects of Addictions. Repeat.** *Elizabeth Foote, MD.*  
The disease model of addiction includes an understanding of the biological underpinnings of addictive disorders. This presentation covers those biological foundations and a survey of pharmacotherapy for addictions.

8-H

**Legal Aspects of Use and Disclosure of Behavioral Health Information. Cori Loomis, JD.**

The state and federal laws and regulations pertaining to the use and disclosure of behavioral health information will be reviewed and discussed. The differences between the laws pertaining to mental health and substance abuse treatment will be highlighted.

8-I

④

**Innovative Approaches to Reduce Alcohol-related Consequences in Oklahoma Communities. Erik W. Smoot; Lt. Garrett Vowell; Jeff Sifers, JD.**

This workshop is going to look at innovative ways to use alcohol enforcement to create even better results. This will focus on overall crime prevention, reductions in fatalities, and stronger penalties for those that are convicted for these offenses. An overview on Driving Under the Influence (DUI) Checkpoints and Saturation Patrols as effective enforcement strategies will be provided, as well as an overview about serious traffic safety offences related to alcohol, and the role of the Oklahoma District Attorneys Council. The key behind these programs is to spend less money and get better results.

8-J

④

**Mental Wellness and Suicide Prevention for Military Service Members, Veterans, and their Families. Bryan Stice, Ph.D.; Sharon Rice, CPT, MSC, OKARNG.**

In this workshop participants will receive information on suicide prevention and mental wellness initiatives for military service members and veterans. In addition, the role of the family as an instrumental part of recovery will be highlighted. Participants will also obtain training in clinical tools utilized at VA, including Safety Planning and the recently released Self-Directed Violence Classification System.

8-K

④

**Clinical Process and Documentation Through the Framework of Person-Centered Planning. Part 2. Jacki Millspaugh, LPC.**

\*\*Must complete Part 1 of this workshop (7-K) to attend Part 2.

12:30 – 2:30

④

**LUNCHEON**

**WELCOME**

**Steve Buck, Deputy Commissioner of Communication and Prevention, ODMHSAS**  
**Durand Crosby, Chief Operating Officer, ODMHSAS**

**PLENARY**

**Mind, Body and Spirit - The Ultimate Power. Rick Minter, Certified Master Hypnotist.**

The most important message that any person can receive can be found in only eight words - What Your Mind Can Conceive, You Can Achieve. The acceptance and utilization of these eight words has provided solutions in most all of life's experiences, sometimes even performing seemingly miracles. Understanding how the mind works, the conscious and subconscious, is the key to understanding the ultimate power for change.



6TH ANNUAL PREVENTION AND RECOVERY CONFERENCE

**Journey of Discovery**

Nov. 28-30, 2012

**REGISTRATION**

**Submit by Fax:** (405) 522-8320

**By Mail:** Human Resources Development Division, 2401 NW 23<sup>rd</sup> Street, Suite 1F, Oklahoma City, OK 73107

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

Occupation or Job Title: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Require special accommodations as follows: \_\_\_\_\_

**CHECK "Full Conference" OR  
Check ALL individual days that apply**

**EARLY BIRD RATE**  
(by Nov. 16)

**REGULAR RATE**  
(after Nov. 16)

- |   |       |       |
|---|-------|-------|
| <input type="checkbox"/> Full Conference (3 days) | \$225 | \$375 |
| <input type="checkbox"/> Nov. 28                  | \$ 75 | \$125 |
| <input type="checkbox"/> Nov. 29                  | \$ 75 | \$125 |
| <input type="checkbox"/> Nov. 30                  | \$ 75 | \$125 |

**Total Due:**                      \$ \_\_\_\_\_                      \$ \_\_\_\_\_

**FORM OF PAYMENT**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Check or Money Order                     | <input type="checkbox"/> Purchase Order | <input type="checkbox"/> ADSAC: ADSAC Assessor or Facilitator in Good Standing |
| <input type="checkbox"/> Credit Card (circle one):                | Credit card # _____                     | Expiration Date: ____/____/____  |
| <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard | Cardholder Signature _____              |  |

**CONCURRENT WORKSHOP PREFERENCES**

Please enter the applicable letter ("A" through "K") of the workshop you would like to attend during each of the sessions listed below. Only one letter should be entered per session. **NOTE:** Registration for the two-part workshops "Spectrum Awareness" (1-E, and 2-E) and "Clinical Process and Documentation Through the Framework of Person-Centered Planning" (7-K and 8-K) will be done **on site only**. A sign-up sheet will be available on the morning of Wednesday, November 28th at the registration desk to sign up to attend "Spectrum Awareness", and a sign-up sheet will be available the morning of Friday, November 30th at the registration desk to sign up to attend "Clinical Process and Documentation Through the Framework of Person-Centered Planning".

Day/Date	Concurrent Session #	Time	Session Letter
<b>Wednesday Nov. 28</b>	Session 1	10:45am – 12:15pm	1-
	Session 2	1:45pm – 3:15pm	2-
	Session 3	3:30pm – 5:00pm	3-
<b>Thursday Nov. 29</b>	Session 4	10:45am – 12:15pm	4-
	Session 5	1:45pm – 3:15pm	5-
	Session 6	3:30pm – 5:00pm	6-
<b>Friday Nov. 30</b>	Session 7	9:00am – 10:30am	7-
	Session 8	11:00am – 12:30pm	8-

**CONTINUING EDUCATION REQUESTED**

- |                                       |                               |  |  |
|---------------------------------------|-------------------------------|--|--|
| <input type="checkbox"/> CME          | <input type="checkbox"/> LBP  | <input type="checkbox"/> CADC            | <input type="checkbox"/> CPS                 |
| <input type="checkbox"/> Psychologist | <input type="checkbox"/> LCSW | <input type="checkbox"/> Case Management | <input type="checkbox"/> ODMHSAS Supervisory |
| <input type="checkbox"/> LPC          | <input type="checkbox"/> LSW  | <input type="checkbox"/> P-RSS           | <input type="checkbox"/> Under Supervision   |
| <input type="checkbox"/> LMFT         | <input type="checkbox"/> LADC | <input type="checkbox"/> CLEET           | <input type="checkbox"/> Other _____         |