



2017 PREVENTION & RECOVERY CONFERENCE

CREATING SYNERGY THROUGH UNITY

November 2-3
Embassy Suites Conference Center
Norman, OK

OVERVIEW

The 11th Annual Prevention and Recovery Conference, Creating Synergy through Unity, will bring together local, state and national leaders to discuss best practices and promising practices in the areas of prevention, mental health and substance use disorder treatment, recovery and overall wellness. This two-day event will provide participants with practical tools they can utilize in their agencies and communities to assist with facilitating prevention, recovery and wellness. The conference is scheduled for Thursday and Friday, November 2-3, 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, health and wellness, effective therapy practices, veteran affairs, addiction, neuroscience, prevention, Native American, pharmacology, ADSAC, prevention, education, and gambling, as well as in other areas of interest. It will also offer opportunities for inspiration, connection, and motivation.

Who should attend? The 11th Annual Prevention and Recovery Conference will appeal to anyone working in the areas of prevention, recovery and wellness, including, but not limited to, Case Managers, Therapists, Peer Recovery Support Specialists, Substance Use Disorder Treatment Professionals, Psychologists, Psychiatrists, Preventionists, Administrators, Educators, Law Enforcement and Criminal Justice representatives, Family Members, and Consumers.

REGISTRATION AND FEES

Please complete your electronic registration before October 6, 2017. The early-bird rate for the full two-day conference is \$190 (or \$95 per day) if registration is received on or before October 6th. The regular rate of \$290 for the full conference (or \$145 per day) will apply for all registrations received after October 5.

Registration: Use the following link to register for this year's Prevention and Recovery Conference.

Day 1

<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=1492>

Day 2

<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=1493>

This link will take you to the electronic registration system being used for the 2017 Prevention and Recovery Conference.

Cancellation Policy: No refunds or transfer of funds to future ODMHSAS trainings/conferences shall be given. If an individual is unable to attend, they can transfer their 2017 Prevention and Recovery Conference enrollment to someone else to use for the 2017 Prevention and Recovery Conference.

For More Information: Call the ODMHSAS Human Resources Development office at 405-248-9191 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 November 2-3 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. You can either call the reservations line (1-866-577-1273) or book online through the website, using the group code **ODM**. You will have until **October 10, 2017** to book rooms under the special group rate. After this date, the group rate will no longer be offered.

DIRECTIONS

Directions to the Prevention and Recovery Conference and hotel are available at <http://embassysuites3.hilton.com/en/hotels/oklahoma/embassy-suites-norman-hotel-and-conference-center-OKCESES/maps-directions/index.html#localmap>

CALL FOR EXHIBITORS

Is your organization one you want others to know about? An exhibit at the 11th 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 Allison Woodard, ODMHSAS Human Resources Development Division, or e-mail her at Allison.Woodward@odmhsas.org.

ODMHSAS “Green” CONFERENCE

Through ODMHSAS’s continued efforts to be environmentally conscious, attendees will receive a link with available conference speaker presentations and handouts a couple of days prior to the conference. 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

Fourteen (14) 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.

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

The Institute for Mental Health and Substance Abuse Education and Training designates this educational activity for a maximum of three (3) *AMA PRA Category 1 Credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Fourteen (14) hours of Continuing Nurses Education have been approved by The University of Oklahoma College of Nursing as an approved provider of continuing nursing education by The Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. “UOC-0616 – Approval active May 31, 2017-June 30, 2018”

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the conference all participants will receive instructions on how to print their 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) 248-9191.

CEU Key

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

CONFERENCE SPONSORS

Oklahoma Department of Mental Health
and Substance Abuse Services

FRAN AND EARL ZIEGLER
COLLEGE OF NURSING
The UNIVERSITY of OKLAHOMA HEALTH SCIENCES CENTER

FEATURED SPEAKERS

Maia Szalavitz



Maia Szalavitz is one of the premier American journalists covering addiction and drugs. She is co-author of *Born for Love* and *The Boy Who Was Raised as a Dog*, both with Dr. Bruce D. Perry. Her book, *Help at Any Cost*, is the first book-length exposé of the “tough love” business that dominates addiction treatment. She writes for TIME.com, VICE, the New York Times, Scientific American Mind, Elle, Psychology Today and Marie Claire among others.

Joe Tye



Joe Tye is CEO and Head Coach of Values Coach, which provides consulting, training and coaching on values-based leadership and cultural transformation. Joe earned a master’s degree in hospital administration from the University of Iowa and an MBA from the Stanford Graduate School of Business. He is the author or coauthor of fifteen books, including his newest release *Building a Culture of Ownership in Healthcare* (with Bob Dent). His book *The Florence Prescription: from Accountability to Ownership* has more than 500,000 copies in print. Prior to founding Values Coach in 1994, he was chief operating officer for a large community teaching hospital. On the volunteer front, Joe was founding president of the Association of Air Medical

Services and a leading activist fighting against unethical marketing practices of the tobacco industry’s white collar drug pushers. Joe and his wife Sally have two adult children, and they live on a small farmstead in Iowa.

Dr. Dale Henry



Dr. Dale Henry grew up in the foothills of the Smoky Mountains, an area that is bountiful in two things—hospitality and story-telling. Dr. Dale has been a teacher, principal, Dean of the oldest college in Tennessee, a businessman, author, and a speaker and trainer. Dale has been in customer service over half his life. His story-telling ability propelled him as a teacher. This, combined with his customer service and unique ability to captivate audiences, has sky-rocketed Dale in his speaking career.

Creating Synergy through Unity

2017 Prevention and Recovery Conference

Agenda at a Glance

Thursday, November 2, 2017

8:00am – 9:00am	Registration
9:00am – 9:15am	Welcome/Presentation - Commissioner Terri White
9:15am – 10:15am	Keynote Presentation – Maia Szalavitz
10:15am – 10:30am	Break
10:30am – 12:00pm	Breakout Sessions (6 simultaneous breakouts)
12:00pm – 1:15pm	Lunch/ Keynote – Joe Tye
1:15pm – 1:30pm	Break
1:30pm - 3:00pm	Breakout Sessions (6 simultaneous breakouts)
3:00pm – 3:15pm	Break
3:15pm – 4:45pm	Breakout Sessions (6 simultaneous breakouts)

CEUs= 7

Friday, November 3, 2017

8:00am – 8:30am	Registration
8:30am – 8:45am	Welcome/Presentation - Carrie Slatton-Hodges, Deputy Commissioner of Recovery and Treatment
8:45am - 10:00am	Keynote Presentation – Dr. Dale Henry
10:00am – 10:15am	Break
10:15am – 11:45pm	Breakout Sessions (6 simultaneous breakouts)
11:45pm – 1:00pm	Lunch/ Keynote - Synergy for a Healthier State Panel
1:00pm – 1:15pm	Break
1:15pm - 2:45pm	Breakout Sessions (6 simultaneous breakouts)
2:45pm – 3:00pm	Break
3:00pm – 4:30pm	Breakout Sessions (6 simultaneous breakouts)

CEUs= 7

8:00 – 9:00 **REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 – 10:15
⑥ **WELCOME**
Terri White, Commissioner, ODMHSAS

PLENARY

Addiction and Neuroscience: Unbroken Brain. *Maia Szalavitz*

More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment.

Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," *Unbroken Brain* offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum — and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all.

Combining Maia's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction.

10:15 – 10:30 **BREAK**

10:30 – 12:00 **CONCURRENT WORKSHOPS: SESSION 1**

1-A
⑥ ④ **Celebrating Families!™ - Healing Children and Families Impacted by Trauma and Substance Use Disorders**

The Celebrating Families!™ curriculum is an evidence based cognitive behavioral, support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. Celebrating Families!™ fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills. This presentation will provide an overview of the Celebrating Families!™ evidence-based model.

1-B
⑥ **Alcohol Prevention**

1-C
⑥ ② **Practical Applications in Counseling Supervision: "Just the Facts PLEASE." Part 1 *Sharra Morris***
This two part workshop will discuss and explore practical applications in counseling supervision. Participants will be able to interview potential supervisees, utilize appropriate supervision paperwork, utilize individual supervision interventions, and group supervision interventions.

- 1-D**
⑥ ④
Secrets from the Hospitality Industry to Improve Engagement and Retention. Tasha Houck and Jennifer Dell, LCSW, LADC
 Client engagement is an essential and often challenging part of effective treatment. Engaged consumers are active participants in their treatment, remain in treatment longer, and report higher levels of satisfaction. Tasha Houck, Director of Sales at the Embassy Suites, will discuss her over a decade of wisdom from her work in the hospitality industry. The service industry requires expertise to support clients and guests from diverse backgrounds. Jennifer Dell, ODMHSAS Systems of Care Manager of Youth and Family Treatment Services and Supports, will highlight how the secrets of the service industry can be translated into effective treatment approaches to engage youth and families.
- 1-E**
⑥
The Power of Grandparents: Preventing Youth Prescription Drug Abuse. Vista Community Clinic
 The program has high school students present to senior citizens about how important it is for them to secure medications and dispose of unused or expired medications. They also bring a portable drop box so they can get rid of the medications right there and a doctor or nurse to speak about interactions between alcohol and medications and interactions between drugs. The project was developed around the Strategic Prevention Framework process.
- 1-F**
ADSAC Assessment, a Three-Legged Stool. John Bureman
 This breakout is designed for Alcohol/Drug Substance Abuse Course (ADSAC) assessors and will explore the three assessment instruments: the Driver Risk Inventory – 2, the Triage Assessment for Addictive Disorders – 5, and the biopsychosocial assessment. The presentation will take a further look at how, when the three assessment instruments are used in a complementary manner, the effectiveness of the ADSAC assessment is increased.
- 12:00 – 1:15**
③ ④
LUNCH KEYNOTE- All Hands on Deck for Building a Culture of Ownership. Joe Tye
 No one ever changes the oil in a rental car. Why? Because they don't own it. Why invest in something that you don't own? What about your staff or those you lead? Do they own their work, or are they just renting space on the organization chart? The truth is, you can't hold people "accountable" for the things that really matter. Caring, pride, loyalty, fellowship, and passion all come from a spirit of partnership that is created by a culture of ownership. Joe Tye will show you why having a culture of ownership, for both providers and supervisors, is the only sustainable source of competitive advantage. *All Hands on Deck* also provides a roadmap of action steps that you can take to build that culture of ownership on a foundation of values.
- 1:15 – 1:30**
BREAK
- 1:30 – 3:00**
CONCURRENT WORKSHOPS: SESSION 2
- 2-A**
⑥ ④
A New Look at Addiction. Maia Szalavitz
 More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment.
 Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," *Unbroken Brain* offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum — and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all.
 Combining Maia's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction.

- 2-B**
6 4
Cultural Competence and Holistic Care. *Johnna James*
 Presentation and Discussion of Mental Health and Substance Abuse in American Indian Communities. This presentation will educate and bring awareness to the statistics among American Indian populations and the unique and diverse cultural values that will benefit and encourage wellness when utilized in collaboration with culturally competent and holistic methods to provide treatment methods that are effective and healing. This discussion is simple and easy to follow and will provide attendees a guide to complete a sample action plan on an area of wellness in their own life.
- 2-C**
6 2
Practical Applications in Counseling Supervision: “Just the Facts PLEASE.” Part 2 *Sharra Morris*
 This two part workshop will discuss and explore practical applications in counseling supervision. Participants will be able to interview potential supervisees, utilize appropriate supervision paperwork, utilize individual supervision interventions, and group supervision interventions
- 2-D**
6
Using SBIRT and the Integrated Care Model for Suicide Prevention. *Angela Dickson and Lacey Vaughan*
 The Integrated Care Model is a project to create cohesive partnerships with Healthcare Professionals and Behavioral Health Professionals. Both professions use screening tools to assess the needs of the patient. The SBIRT (Screening, Brief Intervention, Referral to Treatment) project was created to provide universal screening to patients in healthcare settings and to identify patients needing intervention for substance use and mental health issues. Evidence has shown that those people who go on to complete suicide have visited their primary care provider within 30 days of the suicide. Screening for suicide is part of the screening process in SBIRT and is included in the PHQ-9.
- 2-E**
6 4
Improving Problem Gambling Treatment Outcomes by Focusing on Client Risk Factors: A Review of Recent Research Findings. *David M. Ledgerwood, PhD, LP*
 More research has been conducted in the past two decades on gambling disorder treatment than at any other time in history. As a result, we know that behavioral treatments can help people with gambling disorder to reduce the burden of this illness. However, little is known about specific individual factors that can affect how well treatments work. Dr. Ledgerwood will provide an overview of recent research on factors that influence the effectiveness of problem gambling treatment. The presentation will highlight strategies that therapists can use to stress positive aspects of the therapeutic alliance, as well as approaches that may help therapists to minimize the negative impact of influences that increase the possibility of treatment failure.
- 2-F**
A Glimpse Behind the Scenes-ADSAC Processes at Work. *Stephanie Gay, John Bureman, and Tammy Anderson*
 This panel discussion will explore the inner workings of the ADSAC process. All processes ranging from application requirements and document submission to certification reviews to providers ceasing services will be addressed. Tips will be given to assist ADSAC providers in knowing exactly what type of documents to submit and in what manner, to result in a smooth and seamless process. Also addressed will be information from DPS on some of their inner processes. Information will also be provided regarding recent rule changes to Chapters 21 and 22. Any information that is available regarding recent legislation will also be provided. The panel will engage in a question and answer period with the audience regarding questions related to the above topics.
- 3:00 – 3:15** **BREAK**
- 3:15 – 4:45** **CONCURRENT WORKSHOPS: SESSION 3**
- 3-A**
6 4
How to See the Lion in Your Mirror. *Joe Tye*
 The collective self-talk, self-image and self-confidence of the people who work in your organization constitutes an invisible, but very real, ceiling on your performance potential. Joe will share practical tools and strategies to help you break through the fears that are holding you back, stop making excuses and giving into self-imposed limitations, and work toward becoming your meant-to-be best self. He will talk about how to roar with one voice!

- 3-B**
⑥ ④ **Use of Cognitive Behavioral Therapy (CBT) with Co-occurring Disorders and Trauma. *Julio Rojas, Ph. D, LADC***
 This presentation will focus on the importance of a framework that illustrates how Cognitive Behavioral Therapy (CBT) can help change thoughts, feelings and behaviors. Attendees will become familiar with a Dysfunctional Thought Record (DTR) and practice using this tool to change unhealthy thought patterns that are commonly held by individuals affected by co-occurring disorders and trauma.
- 3-C**
⑥ ① **Ethical Dilemmas Facing Today's Counselor: "Not My Mama's Dilemmas." *Sharra Morris***
 This workshop will discuss and explore ethical dilemmas facing today's counselor. Participants will be able to define ethics, the purpose of the ACA code of ethics, how ethics impact the counseling relationship, and professional standards related to counseling.
- 3-D**
⑥ **Alcohol in Females Ages 14-24. *Dr. Julie Croff***
 This presentation will be on current research examining alcohol use among 14-24 year old girls and how their alcohol use interacts with their diet (behaviorally and physiologically). Specifically at inadequate folate status, which is tied to depression, bipolar, and schizophrenia, as well as a host of negative pregnancy and birth outcomes. The participants of the study wear transdermal alcohol sensors which provide a wealth of information and data that will be discussed.
- 3-E**
⑥ ⑤ **Medications in the Treatment of Addiction: Opiates, Alcohol, Nicotine and More. What Is the Basic Use and Efficacy? (Will be offered on Day 2 as well) *Dr. Clayton Morris, Dr. John Knox, Dr. Tarek Kanaa, Dr. Saoda Shuara, D. Meesha Simpson, and Ray Caesar***
 The talk will explore the most common medications used to treat substance use disorders. We will discuss the data on efficacy, the mechanisms of action, and clinical use of these medications. There will also be time for questions from the audience.
- 3-F** **The ADSAC Change Plan, a Linear Process. *John Bureman***
 This breakout is designed for Alcohol/Drug Substance Abuse Course (ADSAC) facilitators and will look at effectively using Interactive Journaling and the Personal Change Plan. The presentation will help facilitators learn how to incorporate the Change Plan in the course curriculum in a linear rather than a cyclic manner.
- 5:00 – 6:00** **OPEN 12-STEP MEETING**

Friday, November 3, 2017

- 8:00 – 8:30** **REGISTRATION AND CONTINENTAL BREAKFAST**
- 8:30 – 10:00**
⑥ ④ **WELCOME**
Carrie Slatton-Hodges, Deputy Commissioner for Treatment and Recovery, ODMHSAS
- PLENARY**
Ten Cans: Change Requires an Opener. *Dr. Dale Henry*
 You have heard all the stuff – right? Embrace Change! Roll with the flow! Stand in one place too long and you'll fall behind! If you are green, you are growing; and if you are ripe, you rot! Getting better really means getting better at accepting change. Organizations that create value create their own markets into the future. True change happens when success is achieved in front of the economic curve—not behind it. This program focuses on the Ten Cans of Change and why our job as leaders is to become the Opener.

10:00 – 10:15 **BREAK**

10:15 – 11:45 **CONCURRENT WORKSHOPS: SESSION 4**

4-A **Ethics: Nobody Needs It Until They Get Caught. *Dr. Dale Henry***

⑥ ① ④ ③

This is a *must* workshop for everyone preparing for management and leadership. It is the misunderstood and most slippery slope of organizational empowerment. No one really gets hurt by twisting the truth a little – right? Everyone wants to do the right thing – right? Nope! We want to do the easy thing. In this empowering and life changing presentation, everyone will leave with a new understanding of – and appreciation for – the power of self-ethical monitoring.

4-B **Youth Opioid Addiction and Treatment: What’s All the Fuss About? *Dr. Marc Fishman***

⑥

Young people are disproportionately affected by the current opioid epidemic, with catastrophic consequences for youth and their families. This presentation will provide an overview of central topics, including developmentally specific approaches to treatment of adolescents and young adults with opioid addiction; use of relapse prevention medication (MAT) in youth; the role of families; prevention of progression to opioid use through treatment of other substance use disorders (such as cannabis and alcohol); and prevention of opioid use through more sensible prescribing of opioid pain medication.

4-C **Substance Abuse Prevention in Oklahoma Tribes. *Sucharat “Gift” Tayarachakul, MPH***

⑥

Native American youth are experiencing a large disparity of substance use, with higher suicide rates than whites and were overrepresented in the juvenile justice system. In 2013, to fight against substance abuse problems in Indian Country, five entities were formed as The Oklahoma Inter-Tribal Consortium (OIC) to combat against substance abuse problems in Indian Country. We combined evidence-based practices and culturally relevant interventions among approximately 30,000 Native American youth in four tribal jurisdictions (15 counties) in Oklahoma. This session will review some of the surveillance data that show substance abuse problems among Native American youth in Oklahoma. It will also present tribal prevention programs from all four tribal partners, along with program evaluation results that show positive outcome in both short-term and long-term outcomes.

4-D **Infectious Diseases. *Andrew Moore***

⑥

This breakout will impart information about Human Immunodeficiency Virus (HIV), Hepatitis C, and Mycobacterium Tuberculosis (TB) to substance abuse treatment professionals. This information is designed to allow the substance abuse treatment professionals to feel confident and ‘up-to-date’ with regard to disseminating this information to consumers in educational groups and individual counseling sessions.

4-E **Critical Role of Families in Preventing Suicide & Promoting Well-Being for LGBT Youth. *Caitlin Ryan, PhD, ACSW***

⑥ ④

This training will help both prevention and treatment professionals to understand sexual orientation and gender identity in children and adolescents. The training will also discuss key research on how family rejection and acceptance contribute to high levels of suicidal behavior and other health risks and how family support helps reduce risk and increases connectedness for at-risk youth. Participants will learn about helping to support socially and religiously conservative families with LGBT children, about using the Family Acceptance Project’s family education materials that are “Best Practice” resources for suicide prevention for LGBT young people in the Best Practices Registry for Suicide Prevention, and about addressing provider attitudes and building skills to engage and empathize with families that are struggling with having an LGBT child.

4-F **Motivational Interviewing for Peers. *Kaci Toole***

⑥ ④

This workshop will provide an overview of the basic fundamentals of motivational interviewing. In addition to education, class participants will have the opportunity to practice skill-building and role-play interactions using motivational interviewing. This workshop is recommended for C-PRSS providers.

11:45 – 1:00

⑥ ④

LUNCH/KEYNOTE

Synergy for a Healthier State. Moderator: Heath Hayes; Panelists: Angela Jones, D. Todd Misener, Anissa Chadick

Hospital, university, and large Oklahoma business will uncover formula used to build authentic, lasting wellness in organizations and discuss how the same formula ripples out positive impact in personal lives, in communities, and, ultimately, in Oklahoma.

1:00 – 1:15

BREAK

1:15 – 2:45

CONCURRENT WORKSHOPS: SESSION 5

5-A

⑥ ④

Suicide, Depression and Resilience. Eric Hipple

There are those who display the classic symptoms of so-called suicidal behavior, who build up to their act over time or who choose methods that require careful planning. And then there are those whose act appears born of an immediate crisis, with little or no forethought involved. In both cases the decision to die is predicated on thoughts that joy of life no longer outweighs the unknown found in death. Feelings of worthlessness and the inability to connect with the sense of well-being can be influenced by stress, trauma, brain illness, and injury. Brain illnesses such as depression and PTS can influence one's perception and lead to a pattern of negative thoughts and destructive behavior. An understanding of brain illness symptoms, suicide ideation and ACT works for intervention. Discussion of Mental Fitness (self-esteem, values, communication and healthy boundaries) works for prevention. The more mentally healthy one is, the better the outcomes to negative influencing factors.

Eric Hipple begins this program with his NFL story, followed by the stress and depression involved with losing his son to suicide. He transitions into Mental Fitness with the focus on preventative steps.

5-B

⑥ ④

Building Capacity for Real Recovery. Moderator: Yvon Fils-Aime; Panelists: Cynthia Hickl, Frank Coolbroth, Joy R. Sloan, Lisa James

In this session, we will learn how wellness practitioners at several behavioral health centers collaborate so that wellness flourishes in their community. Using principles of health impact, population health, and collective impact, we will explore the strategies, challenges, and evidence-based benefits of this approach. We will also share a toolbox of resources to create attainable and sustainable wellness initiatives at behavioral health centers.

5-C

⑥ ⑤

Medicated Assisted Recovery. Dr. Charles Taylor

This session would address basic information on Medication Assisted Recovery specific to opioid use disorders (OUDs) using Methadone or Buprenorphine. Further, clinical issues related to the use of each medication would also be addressed briefly. Attendees should be able to address questions related to the use of these medications. Also, reduction of stigma toward Methadone and Buprenorphine will be addressed.

5-D

③ ⑥ ④

Is the Cup Half Empty or Is It Half Full? Cultivating a Culture of Positive Thinking in the Workplace. Kaci Toole

This workshop will engage providers and supervisors to evaluate the current attitude of their workplace and weigh in on the culture of positivity and wellness that exists within teams. The topics of intellectual wellness, positivity, environmental health, and happiness will be addressed to encourage creative thinking in how to engage peers and teams with optimistic attitudes.

5-E

⑥

Problem Gambling Treatment: Methods and Theory. Wiley Harwell

This workshop will be informative in developing strategies for awareness and prevention in problem gambling.

5-F

⑥

System Resurgence PRSS: Prevention and Recovery, A How To. Jill Amos and Brendan Ryan

Symptom Resurgence can be a challenging time for anybody in Recovery (MH &/or SA). As a CPRSS, it can be doubly stressful given the pressures and expectations of working and living as a PRSS. This workshop will explore this topic, including Definitions; Signs & Symptoms; Prevention "How-to" (self-care, coping skills, etc); Recovery "What-if" (exploring the dynamics of a PRSS in symptom resurgence, including personal testimony, coping skills, resources & ramifications of unaddressed resurgence).

2:45 – 3:00

BREAK

3:00 – 4:30

CONCURRENT WORKSHOPS: SESSION 6

- 6-A**
①
Relational Ethics: Creating Kindness and Compassion. *Marc Charney*
A workshop for counselors and therapists designed to explore the ethical implications and therapeutic benefits of developing compassion and kindness in our therapeutic relationships. We will explore self-compassion as a bridge to serving the persons who seek our help discover their own compassion for themselves and their relationships. The workshop will address how creating a sacred space, developing self-compassion and expressing kindness supports a therapeutic relationship, personal, interpersonal, neurological and professional growth and development. This is an experiential workshop. Participants will be invited to explore a variety of mindfulness and guided self-awareness activities.
- 6-B**
⑥
Alcohol Prevention.
- 6-C**
⑥
Tabacco Cessation and the Oklahoma Helpline. *Jae Jackson McConnell*
Quitting Tobacco: how it can be achieved with the help of the Oklahoma Tobacco Helpline and the positive impact it can have on wellness, lifespan, and quality of life. We'll discuss facts about deadly tobacco products, rates of tobacco use in different groups of individuals, e-cigarettes, nicotine replacement therapy, and the Oklahoma Helpline and the services they offer.
- 6-D**
⑥ ④
Community Reinforcement and Family Training (CRAFT).
CRAFT is a skills-based program that impacts families in multiple areas of their lives, including self-care, pleasurable activities, problem solving, and goal setting. At the same time, CRAFT addresses their loved one's resistance to change. CRAFT teaches families behavioral and motivational strategies for interacting with their loved one. This presentation will provide an overview of the CRAFT evidenced-based family therapy approach.
- 6-E**
⑤ ⑥
Medications in the Treatment of Addiction: Opiates, Alcohol, Nicotine and More. What Is the Basic Use and Efficacy? (REPEAT) *Dr. Clayton Morris, Dr. John Knox, Dr. Tarek Kanaa, Dr. Saoda Shuara, D. Meesha Simpson, and Ray Caesar*
The talk will explore the most common medications used to treat substance use disorders. We will discuss the data on efficacy, the mechanisms of action, and clinical use of these medications. There will also be time for questions from the audience.
- 6-F**
⑥
SHAREing Stories: From PTSD to PTG How in My Recovery I Discovered More Than Hope. *Gwendolyn Downing and Heath Hayes*
We all know what PTSD is, but what about PTG- Post-traumatic growth? Join us to learn about Post Traumatic Growth and the five potential domains and then hear individuals with lived experience share their stories of finding more than hope.