



ccsad
Cape Cod Symposium on Addictive Disorders

Wednesday, September 8, 2021

Group A

(Exhibit Hall Opens at 12:30 PM)

2:00 – 3:30 PM Opening Keynote

151A. Can You See Us? Providing Culturally Competent Treatment for Persons of Color

Jessica Isom, MD, MPH & Zina Rodriguez, MSW

Level of Instruction: Intermediate/Advanced

The term, "I don't see color" is often used by individuals to describe their views on diversity but this phrase can be detrimental in therapeutic settings when treating persons of color. The ability for providers to "see" color allows for the development of culturally competent programming and the critical factor of developing a therapeutic alliance. Data shows that racial and ethnic minority groups are more likely to experience limited access and poor engagement in substance use disorder treatment. "Seeing color" allows providers to acknowledge and address the complexity of barriers and issues facing individuals and families in need of mental health and substance use disorder treatment. This workshop provides an overview of the prevalent issues impacting substance use disorders among minoritized communities, present information to help providers to understand cultural issues relevant to treating persons of color and examine how programs can develop processes to monitor and assess efforts to incorporate cultural competency.

4:15 – 5:45 PM Wednesday Late Afternoon Workshops

175A. Transitional Family Sculpting: Empower Clients and Families Through Creativity and Action

Judith Landau, MD, DPM, LMFT, CFLE, CIP, CAI, CRS Supported by Linking Human Systems

Level of Instruction: All

Due to the COVID-19 pandemic, the need for services for behavioral health has increased exponentially. There is a desperate need for action and creativity to counter the many months of feeling trapped and stagnant. Now is the time to help our clients and families gain a sense of control of their lives and environment.

This experiential workshop offers a technique called Transitional Family Sculpting that incorporates the here-and-now, the larger environment/ecosystem, and intergenerational and past influences of the individual and nuclear family. This method provides the springboard from the intergenerational survival strengths of the past into new times with added vigor, understanding, and resolution.

The technique can be used with couples, nuclear families, and extended families (blood or choice) along with their major support systems. It illustrates periods of successful and challenging transitions along with lessons that can be learned from them. It allows for the resolution of Transitional Conflict.

176A. Brainspotting for Trauma Treatment and Resolution

Dianna Sandoval, LPC, LAC, MA Supported by AspenRidge Recovery

Level of Instruction: Introductory/Intermediate

This workshop will introduce clinicians to a brain-based therapy that focuses on trauma treatment and resolution through the field of vision. The premise behind Brainspotting is that "where you look effects your mood". In this workshop therapist will explore the discovery and techniques used in Brainspotting. They will learn the theory and development along with the first four basic techniques for practicing. And will learn the difference between Brainspotting and EMDR as brain-based therapy along with how to integrate talk therapy and other techniques used by clinicians. Finally, clinicians will learn how to be trained as a practitioner and what it takes to become fully certified in this technique.

177A. Improving Treatment Outcome for Formerly Incarcerated Clients in SUD Treatment

Roland Williams, MAC, LAADC, NCACII, SAP, ACRPS

Level of Instruction: Intermediate

The United States incarcerates more people than any country in the world. For decades men and women with Substance Use Disorders have ended up in jails, prisons and other institutions. The impact of spending significant time incarcerated often results in maladaptive personality traits that although necessary to survive in a restricted and often abusive environment become ineffective for those seeking treatment and recovery. Many treatment providers clearly recognize the challenges that this population may present and also are aware that several of the clinical interventions that work with most clients may actually have an adverse response with these formerly incarcerated clients. This population will be presented as a specific culture with unique and recognizable characteristics, and the presentation will stress effective methods for engaging and motivating them. This presentation will allow participants to examine the implications of clinical and cultural considerations in the recovery and treatment process. We will discuss various clinical interventions including but not limited to Cognitive Behavioral Therapy, Motivational Interviewing, Relapse Prevention Counseling and appropriate confrontation that can help achieve positive treatment outcomes and improve client retention. We will examine many of the most common mistakes providers use when working with this population in addition to effective treatment strategies. We will explain the symptoms experienced by formerly incarcerated clients, particularly Post Traumatic Stress Syndrome, Post Incarceration Syndrome, and Institutional Personality Syndrome and how these syndromes can have a significant impact on the treatment process. Participants will have an opportunity to identify their own prejudices and bias as it relates to this population and determine how those bias might affect treatment outcomes. Participants will learn specific cross-cultural counseling techniques that will increase their effectiveness, competence, and confidence. By exploring methods of assisting clients and treatment providers to realign themselves and their practices we will in turn, discuss how to move past the victimization of oppression and into the healing of recovery.

178A. Aligning Clinical Best Practices and Documentation with Managed Care Requirements for Improved Client Care

David Nefussy & Lisa Blanchard, LMHC Supported by Spectrum Health Systems, Inc.

Level of Instruction: Introductory/Intermediate

This is a presentation for both NEW and existing behavioral health providers to provide excellent clinical care and ensure appropriate documentation that supports ethical billing and meets medical necessity criteria. Specific

assessment, progress note, and treatment plan documentation skills and formats will be reviewed. Clear documentation that supports the charges submitted and the services provided ensure coverage in a managed care environment. The topics included are: medical necessity requirements and diagnostic codes; provider education on documentation and billing appropriate codes; documentation skills for assessment, treatment plans and progress notes to support billing; level of care criteria documentation using ASAM criteria in SUD treatment; and avoiding errors in clinical practice that may put you at risk.

179A. Addiction and Trauma Recovery: Through an IPNB Perspective

Anthony Nave, MA, MSW, EMDRIA EMDR Certified Consultant Supported by Mountainside Treatment Center

Level of Instruction: Intermediate

Johann Hari continues to advocate that the opposite of addiction is not sobriety but is connection, like Dr. Philip Flores who views addiction as an attachment disorder. For those who resonate with this viewpoint and work with clients with co-morbid disorders, such as substance use disorder and PTSD, how do you use it as part of your clinical practice? Interpersonal Neurobiology (IPNB) is the field of study that can give practitioners the framework to utilize a variety of interventions at the right time in a client's continuum of care, and the language to help clients find the certainty they can make progress. This workshop will provide an overview of IPNB, how to use the language and ideas to teach clients and families the impact addiction and PTSD have had on the brain, provide treatment teams an understanding of the overlap in treatment, and the appropriate timing of interventions.

Thursday, September 9, 2021

Group A

8:30 – 10:00 AM Thursday Morning Keynote

200A. Comprehensive Pain Recovery

Joseph G. Hobelmann, MD, MPH Supported by Ashley Addiction Treatment

Level of Instruction: Intermediate

Chronic pain is the leading reason for visits to primary care physicians and is associated with a large individual and societal burden. It not only affects one physically, but also emotionally, cognitively, and spirituality. For those with chronic, debilitating pain, comprehensive pain recovery programs have been shown to be effective in improving function and quality of life, in addition to reducing the perceived severity of the pain.

10:45 AM – 12:15 PM Thursday Late Morning Workshops

225A. Buprenorphine Maintenance: Is There an End-Point or is it Life-Long?

James Berry, MD

Level of Instruction: Intermediate/Advanced

Most patients, and many providers, launch buprenorphine treatment with the idea that buprenorphine can be easily and safely discontinued after a period of stability lasting months to years. In spite of most providers cautioning against a too hastily-thought out discontinuation, every month it seems we are faced with another patient insisting on launching a taper for all kinds of reasons: loss of insurance, other financial pressures, employment issues, pressure from family, side effects, stigma, or simply wanting to make a statement about the

progress of their recovery. In this workshop we will review the recommendations and scant literature relating to buprenorphine discontinuation.. We will review steps from induction through ongoing maintenance we can take to ensure realistic expectations for prospects of discontinuation, encourage a risk-vs-benefit discussion, and most importantly, remove barriers to remaining on buprenorphine. Finally, we will discuss specific steps for conducting a successful taper.

226A. Cognitive Behavioral Therapy: Skills Training: PART ONE

David Kahn, PhD, LPC

Level of Instruction: Intermediate/Advanced

Cognitive behavioral therapy has its roots in behavioral and cognitive psychology. It has been the most studied of therapy models and is considered an evidence-based approach for treating both mental illness and substance use disorders. It has been effective as both a stand-alone treatment and in combination with other models such as motivational interviewing, family systems, and trauma-focused models of treatment. This training will provide an overview and direct hands-on training in a variety of specific techniques (e.g. ABC Triangle, Functional Analysis of Substance Use Behaviors, common cognitive distortions/automatic thoughts of those with SUDs, Socratic Reasoning, Downward Arrow technique, Benefit/Benefit Analysis of substance use behaviors, etc.) which the training participant will be able to easily replicate in their daily substance use treatment program.

227A. Healing Families Impacted by Substance Use: The Importance of Education, Support and Connection

James DiReda, LICSW PhD & Maureen Cavanagh, MEd MPA

Level of Instruction: Introductory/Intermediate

This workshop serves as an opportunity to gain skills, techniques and interventions to effectively intervene with families and individuals who are impacted by substance use disorders. This training will provide an in-depth view of substance use disorders, using evidence based practices, systemic family interventions theory, including the CRAFT model as well as interactive experiences, and real life examples from participants. We will engage in professional dialogue to explore the challenges of working with families impacted by substance use. This training is designed for experienced practitioners who currently work with families and want to enhance their skills and expertise in assisting families who are struggling with the challenges that these issues present.

228A. Breaking the Cycle: First responders and Trauma

Anna Lisa De Lima, PhD, LHMC, NCC Supported by Origins Behavioral Healthcare

Level of Instruction: Intermediate/Advanced

The hazards of the first responder's job include exposure to trauma resulting in mental health issues such as PTSD, as well as substance use disorders. First responder wellness can have implications for patients, crews, families, and the community at large. Therefore, it is a social problem. This presenter will explore the realities of trauma exposure among first responders, the challenges of accepting treatment, and the concurrent treatment of cooccurring trauma, mental health, and SUDs. This presented will also consider how COVID-19 impacted first responder wellness. This presenter will share research inspired by her work with the Palm Beach County Firefighters Union. In this role, she witnessed the impact of on the job trauma exposure on firefighters and gained a unique perspective of their culture. She will describe protocols to mitigate the negative outcomes of trauma, promote growth, and increase resilience in first responders.

229A. Advancing Treatment of the Suicidal Patient: Integrative Approaches

Michael Groat, MS, PhD Supported by Silver Hill Hospital

Level of Instruction: Intermediate/Advanced

This workshop will outline the evolution of thinking about suicidality and the research that has been conducted on understanding the suicidal patient (Nock, Joiner, Jobes, Van Orden, Bryan, Linehan, etc.) We will review integrative approach using CAMS (Collaborative Assessment and Management of Suicidality) as a platform to talk about working with suicidality in an integrative, non-theory (i.e., psychodynamic, CBT, etc.) specific way. There will be an introduction to phased work on how we can work with the suicidal patient in ways that both acknowledge and respond to internal conflict (wishes to die vs wishes to live) and deficit (lack of adequate coping responses, or, ego deficits). Discussing how the building of long-term resilience requires the integration of multi-modal approaches, often including family work, community support, individual therapy, and group work.

12:15 - 1:45 PM Thursday Lunch Keynote

250A. If You Want Your Patients to Get Better...: Nutritional Psychology in Behavioral Healthcare

John Dyben, DHSc, MCAP, CMHP Supported by Origins Behavioral Healthcare

Level of Instruction: All

Mental health professionals are keenly aware that there are many factors and domains that influence psychological wellness. We often specialize in one or a few domains and leave the other areas to "specialists". One area where this is often true is the area of nutrition. Some may feel that nutrition is outside of the mental health therapist's scope and should only be addressed by a nutritionist. This workshop will not be a replacement for a trained nutritionist. It will provide a basic program of education and intervention that any mental health professional can provide to their patients to improve brain health through "macronutrient remediation". Participants will be presented with a set of tools that they can provide to patients that will empower them to improve their patient's brain health through nutritional intentionality.

2:00 - 3:30 PM Thursday Early Afternoon Workshops

251A. Behavioral Health Conditions Among Local Jail Populations *Norman*

Hoffmann, PhD Supported by Evince Diagnostics, LLC

Level of Instruction: All

Recent arrestees housed in local jails constitute a population with one of the highest rates of substance use and mental health disorders. Some of the more prevalent conditions are associated with criminal recidivism and violence. This presentation will address how prevalence information can be gathered, strategies for addressing the conditions, and how officials can use the data to inform local policies and initiatives. We will discuss the cooperation between law enforcement and treatment providers to meet the objectives of public safety and public health.

252A. Cognitive Behavioral Therapy: Skills Training: PART TWO *David*

Kahn, PhD, LPC

Level of Instruction: Intermediate/Advanced

Cognitive behavioral therapy has its roots in behavioral and cognitive psychology. It has been the most studied of therapy models and is considered an evidence-based approach for treating both mental illness and substance use disorders. It has been effective as both a stand-alone treatment and in combination with other models such as motivational interviewing, family systems and trauma-focused models of treatment. This training will provide an overview and direct hands-on training in a variety of specific techniques (e.g. ABC Triangle, Functional Analysis of Substance Use Behaviors, common cognitive distortions/automatic thoughts of those with SUD's, Socratic Reasoning, Downward Arrow technique, Benefit/Benefit Analysis of substance use behaviors, etc.) which the training participant will be able to easily replicate in their daily substance use treatment program.

253A. Invisible Loyalties: Uncovering The Transgenerational Impact of Addiction.

Aaron Olson, CMHC, SUDC Supported by Cirque Lodge

Level of Instruction: Introductory/Intermediate

This session will provide clinicians the opportunity to deepen their understanding of the transgenerational transmission of substance use disorders and associated traumas. The various forms of epigenetic, psychological, and spiritual transmission of trauma will be explained to broaden clinicians understanding how these traumas cross generations, impacting individuals and family regulatory behaviors. An interactive demonstration of the use of genograms as a tool for clinicians as they support clients in understanding their families unique experience of substance use and unhealthy coping strategies. The contextual therapy concept of "invisible loyalties" completes the workshop as clinicians demonstrate how unresolved traumas from past generations unconsciously exert influence into the clients world. This understanding will support clients to engage in their treatment in a more compassionate and comprehensive manner, therefore, increasing the likelihood of a more complete treatment experience.

254A. 2020 Workplace Adaptations having a Long-Term Impact

Linda Fensler, MS, CEAP

Level of Instruction: Advanced

We are in the middle of a National Health Crisis that has demanded we minimize face-to-face contact. Necessity breeds innovation, so clinicians and providers are turning to online connections and digital aids to treat individuals with drug and alcohol use disorders.

The presenter will share outcome data, testimonials and recent findings regarding the effectiveness of treatment innovations and recently developed educational tools.

Fensler will analyze digital and online connections and testimonials, to measure effectiveness and ease of use. By reviewing the experiences of patients, treatment centers and interventionists we will measure outcomes, to see how they compare with face-to-face interaction. This presentation will provide a forum to discuss the effectiveness of digital innovations and online methods in the treatment and aftercare of people with substance use disorders.

255A. Families, Trauma, & Addiction: Insights from Medical Family Therapy and Treatment of Chronic Disease

Michael Barnes, PhD, MAC, LPC Supported by Foundry Treatment Center - Steamboat

Level of Instruction: All

What would happen to our treatment outcomes if we were to really treat addiction like the chronic disease that we say it is? This presentation will apply lessons learned from how chronic disease is treated in integrated medical environments, through the lens of medical family therapy, and through the lens of transgenerational and family system trauma theory. The goal will be for attendees to consider the need for a paradigm shift in how families are incorporated into the addiction treatment process. Attendees will learn about the phases of the chronic disease process and the developmental tasks for families in each phase. Dr. Barnes will discuss clinical implications and briefly introduce a family system, family-centered clinical program for treating families who are struggling to deal with addiction. The ultimate goal of this model will be to include the client in family services in order to create family healing.

4:15 - 5:45 PM Thursday Late Afternoon Workshops

275A. Reconceptualizing Internet Gaming Disorder and Gaming Disorder Through Motivation and Cognitive-Behavioral Factors

Ezra Lockhart, PhD ABD, MHLthSc(DD), CAS, CDCS, CAC II

Level of Instruction: Intermediate/Advanced

Strong academic debate calls into question the clinical validity of problematic online gaming behaviors given the APA's proposed Internet gaming disorder and the WHO official gaming disorder. It is postulated that clinical validity is confounded by (a) varied terminology for problematic online gaming behaviors; (b) theoretical underpinnings; (c) misclassification of symptomology; (d) misidentification of predictors; (e) low cross-cultural generalizability, validity, and reliability; (f) multiple non-standard assessment tools; (g) lack of diagnostic relevance; and (h) potential erroneous pathologizing of normal behaviors. Multiple authors have commented on the broader medical, public-health, societal, and rights-based ramifications for not addressing this issue of confounded clinical validity.

This presentation is predicated on the integration of the Online Gameplay Motivations Theory and the CognitiveBehavioral Model of Pathological Internet Use to describe and explicate the complexity by capturing the motivation, maladaptive cognitions, behavioral symptoms, life stressors, exposure to technology, and situations cues that contribute to this phenomenon.

276A. The Evidence for Evidence-Based Trauma Treatment: Whether and When to Modify Treatment Approaches

Jonathan Green, PhD

Level of Instruction: Introductory/Intermediate

Many providers and facilities in our industry conduct a variety of treatments to address trauma and post-traumatic stress disorder (PTSD), from psychodrama to Eye Movement Desensitization and Reprocessing (EMDR) Therapy. While it is important for providers to offer clients treatments that may best fit their particular struggles, problems arise when providers find the need to modify treatment protocols, as there is limited guidance and evidence on how best to make these modifications. This presentation will familiarize providers with those treatment protocols that are evidence-based for the treatment of trauma and PTSD and will discuss the common evidence-based principles seen in all effective trauma treatments. Additionally, this session will help providers to better understand how these evidence-based principles can be integrated into their existing practices. Finally, common myths about popular trauma treatment approaches will be discussed.

277A. Integrating Substance Use Disorder and Eating Disorder Treatment

Mary Anne Roy, PsyD, CCS Supported by Crossroads

Level of Instruction: Intermediate

This workshop will provide participants with knowledge to integrate addiction and eating disorder treatment through a trauma responsive lens. When these disorders co-occur, it is not uncommon when receiving treatment for one disorder for symptoms of the other disorder to increase. The Substance Abuse and Mental Health Services Administration has noted that as eating disorder symptoms increase in severity, so do the number of substances used. Research indicates that 35-40% of clients with a substance use disorder also have a co-occurring eating disorder and 50% of clients with an eating disorder misuse alcohol and illicit drugs. Due to the high rate of commonalities between symptomatology, family systems, trauma and treatment approaches, it is important for healthcare providers to work collaboratively to ensure treatment is integrated. Participants will learn to assess substance use disorders when a co-occurring eating disorder is present, determine appropriate level of care and apply evidenced based interventions.

278A. Improving Successful Outcomes through Implementing Measurement-Based Care

Antoinette Giedzinska, PhD Supported by Sierra Tucson

Level of Instruction: Intermediate/Advanced

Measurement-based care (MBC) continues to gain traction in the behavioral health care industry necessitating therapeutic practices to use objective patient data to track the impact of care and treatment progress. Progress and outcomes data derived through standardized instruments informs treatment goals and objectives, monitors individual progress, and informs decision-making related to individual treatment plans. Such data are also used innovatively to add personalized meaning to patient insight, improvement, and strengthen therapeutic alliance. MBC is key to reducing treatment failure by identifying patients who are not progressing. At the organizational level, aggregated data can provide a repository of progress and outcomes data to further support quality assurance, fidelity management, and practice outreach. This presentation will explore measurement-based care from the theoretical, individual, and systemic perspective, and provide basic how-to steps for successful implementation.

279A. Resolving Resistance through Understanding and Dealing with Ambivalence

Linda Buchanan, PhD, Med, CEDSS Supported by Walden Behavioral Care

Level of Instruction: Intermediate/Advanced

Resistant, Oppositional, Borderline, Unmotivated. We often use such terms to describe patients who, despite expressing a desire to change, repeatedly reject our help. This workshop offers an alternative interpretation of resistance as Pathological Ambivalence (PA) that is rooted in early experience, biological functioning, and psychological narrative. These factors result in the development of strong but conflicting needs (such as wanting connection and fearing rejection) that can slow down, confuse or even halt the therapeutic process. This workshop will offer specific strategies that enable the patient to resolve the ambivalence from within thus minimizing the likelihood that the therapy will become the target of the ambivalence. These include DBT, CBT, ACT, Motivational Interviewing and Narrative Therapy to name a few. Case examples and experiential learning will also be utilized to educate the participants to sidestep power struggles, projections and splitting and to empower clients to resolve ambivalence from within.

Friday, September 10, 2021

Group A

(Exhibit Hall Closes 12:15 PM)

8:30 - 10:00 AM Friday Morning Keynote

300A. Suicide, Depression and Addiction - It's a complicated relationship

Jaime Vinck, MC, NCC, LPC, CEIP Supported by Recovery Ways & Tena Moyer, MD Supported by Sabino Recovery

Level of Instruction: Intermediate

We are in the midst of a global suicide phenomenon. The rise of suicide turns a dark mirror on modern culture and our mental health system. The desperation of so many individuals of all demographics can be hidden behind smiling social media photos and cute emoticons. How do so many who seemingly "have it all" die by suicide? Suicide, depression, and addiction have a very close and interconnected relationship impacting professionals, veterans, musicians, and a myriad of other individuals. Utilizing film and video, we will explore causes, theories, and treatment approaches for those who struggle with suicidal ideations and their family members.

10:45 AM - 12:15 PM Friday Late Morning Workshops

325A. Program-level Barriers to Addiction Treatment Initiation & Engagement: Cutting the Red Tape & Rolling out the Red Carpet

Steven Proctor, PhD

Level of Instruction: Intermediate

Despite increased rates of substance use and overdose deaths, only 10% of Americans with a substance use disorder (SUD) receive appropriate treatment. According to the latest National Survey on Drug Use & Health (SAMHSA, 2020), 40% of people with SUD who do not receive treatment report that they are "not ready to stop using" and another 42% do not receive treatment due to stigma, which underscores the need for greater adoption of harm reduction approaches. Among patients who access care, few remain in treatment for the recommended duration. Strategies to enhance treatment initiation and engagement have traditionally focused on patient-level factors (e.g., interventions designed to "motivate" the patient), and often neglect the critical role that treatment programs and their philosophies play. The extant research literature will be reviewed with a particular focus on programmatic, structural, cultural, and other program-level barriers. Implications for program policies and routine practice will be discussed.

326A. Demographics, Trends, and Assessment of the LGBTQ+ Population

Todd Connaughty, MA, LPCC, LADC, Supported by Pride Institute

Level of Instruction: Intermediate

The session will begin with an overview of the APA Standards of Care to include current acceptable practice of LGBTQ+ terminology and language to build the foundation in learning to provide culturally competent care. This will move the attendees into education and explanation of the minority stress model and the intersectionality's of LGBTQ+ identities. Minority stress and other marginalized identities often lead to higher rates of substance use,

mental health disorders, and trauma within the LGBTQ+ community. Statistics to support the higher rates of cooccurring disorders will be supported by presentation of SAMHSA's 2015 National Study, "Sexual Orientation and Estimates of Adult Substance Use and Mental Health." The current demographics and trends of LGBTQ+ individuals seeking treatment will be reviewed and studied as well as attendees will receive education on the use of a culturally competent assessment specifically created and formed to assess the needs of the LGBTQ+ identified individual.

327A. Disappointment and the Fear of Hope: From Theory to Research

Ross Ellenhorn, PhD, LICSW Supported by Ellenhorn

Level of Instruction: Intermediate

We live in a dangerous age for therapies, in which what was once a form of care that depended on the insight and contemplation of the clinician, has become a set of practices, learned from books. This talk returns us to where the best training happens: shifting the way clinicians think about their clients away from a cluster of symptoms to be fixed by techniques, but as meaning-making animals (which they are). Fear of hope, which has now been scientifically validated, gives clinicians insight into symptoms often categorized as "depression," "anxiety," "fear of failure" and even "attachment disorder." It offers science in service of contemplation, helping clinicians see differently regarding their clients, in a more human-based, rather than pathology-oriented way. This approach to learning and training is invaluable in a world in which clinicians are increasingly treated as mechanics, with set skills aimed to fix particular illnesses. Most specifically, it helps clinicians identify a particular meaning-making process in individuals that appear as lacking motivation or refusing help, and it does so without linking these processes to pathology.

328A. Multiple Pathways To Recovery

Jonathan De Carlo, CAS & Ian Gershman, MBA, MA, CHC, CADC Supported by C4 Consulting

Level of Instruction: Introductory/Intermediate

Recovery is an evolving and individualized journey. For each person, there is a different definition to recovery. Multiple pathways exist, whether we recognize them or not. The term harm reduction denotes the vestige of approaches to recovery other than traditional abstinence-based models. This presentation will focus on discussing progressive and modern approaches to developing recovery from multiple pathways (not just harm reduction). We will present historical definitions to recovery, wherein participants will collaborate to produce a sufficient contemporary definition to recovery. Participants will explore the history of addiction and treatment perspectives on the evolution of multiple pathway practices. Participants will discuss standards of treatment for multiple pathways of recovery and explore how to integrate a multiple pathways perspective into all continuums of care. Considerations from agency level to individualized practice will be addressed to integrate multiple pathways for sustainable recovery.

329A. Medications for Opioid Use Disorder: Benefits, Challenges, and Public Health

Jake Nichols, Pharm.D., MBA

Level of Instruction: All

This workshop will identify the clinically relevant pharmacological characteristics of specific medications utilized in the treatment of patients with substance abuse. In addition, the clinical use of buprenorphine and methadone in outpatient treatment of opioid dependence will be discussed. Recent developments of research and Harm

Reduction approaches in the use of Naloxone will be examined. The related topic of pain management in patients receiving buprenorphine, buprenorphine/naloxone, methadone and vivitrol will also be presented.



ccsad
Cape Cod Symposium on Addictive Disorders

Friday, September 10, 2021

Group B

(Exhibit Hall Opens at 12:30 PM)

2:00 – 3:30 PM Opening Keynote

351B. Technology Enablement in Behavioral Health and Recovery (1.5 CE/CME)

Janelle Wesloh, MBA, LADC Supported by Hazelden Betty Ford Foundation

Level of Instruction: Intermediate/Advanced

The infusion of technology and innovation in behavioral health is everywhere we look. Apps, telehealth, remote monitoring, virtual reality, artificial intelligence, etc., give behavioral health providers new ways to access, treat, and connect with patients in ways we may have never imagined before. This workshop will focus on ways to determine which innovations are best suited to behavioral health, while looking at best practices and available research in technology enablement in our field. The workshop will look at pros and cons of several innovative technologies currently being used in the field and those on the horizon while using real life examples of successful and not so successful implementations.

4:15 - 5:45 PM Friday Late Afternoon Workshops

375B. Trauma, Attachment and Recovery

David Cato, LCSW, TCT, SEP Supported by Sierra Tucson

Level of Instruction: All

This workshop is designed to educate about different attachment styles and how they impact the nervous system. Relational systems are so important in our everyday lives that we may not realize there are disruptions that can be caused by trauma. In this discussion, we will examine how to begin to heal these attachment wounds and have more functional relationships.

376B. Stages of Change for Co-Occurring Mental Health and Substance Use Conditions

Deborah Kuzmin, MSW, LCSW Supported by Origins Behavioral HealthCare

Level of Instruction: Intermediate

Can Individuals be treated successfully for co-occurring disorders and substance use disorders when they present to treatment but do so unwillingly or without commitment? Here we explore the possibilities, myths and stages of change, and successful techniques of meaningful engagement, communication and collaboration with the patient.

Participants will discover through small groups and their own interactions in proposed case studies, Motivational Interviewing techniques and the clinician's own style and practice of empath and listening. Learn how the vital communications link between clinician and patient is forged in initial meetings. Participants will learn the efficacy of collaborative planning in individual treatment and recovery planning. We examine quadrants of co-occurring disorders, reoccurrence of substance use, cyclical learning and hope, and the role of holistic therapies and spirituality in treatment. the successful navigation of the stages of change are presented in individualized treatment and the realization of an individual's authentic goals.

377B. Universal Mechanisms of Change in Psychotherapy: What Works and How to Measure It

Andrew Gerber, MD, PhD Supported by Silver Hill Hospital

Level of Instruction: Intermediate/Advanced

Dr. Gerber will describe a framework for understanding the full range of mechanisms by which psychotherapy works in a range of situations, including psychiatric illness and addictions. He will present data from psychotherapy research and from Magnetic Resonance Imaging (MRI) studies to support this framework. A program of research will be suggested for moving away from the "horse race" mentality of studies that attempt to show one type of psychotherapy is better than another, towards a future where practitioners can prescribe individual techniques that target the unique set of difficulties with which a patient presents.

378B. Experiential Techniques in Therapy for Patients impacted by the COVID-19 Pandemic

Jack Sodak, LPC, MS, CAADC, CCS Supported by Retreat Behavioral Health & Liza Piekarsky, LMHC, CAP, NCC Supported by Retreat Behavioral Health

Level of Instruction: Intermediate/Advanced

Covid 19 took and shook the lives of many. With social isolation, shelter in place orders, and other unexpected measures taken to combat this vicious disease, we are seeing a significant increase in mental health symptoms among patients. Did you know that people seeking treatment for mental health symptoms is up to approximately 80% since March 2020? Therapists are working tirelessly to develop treatment plans consistent with the pandemic. This workshop will explore the benefits of experiential techniques and participants will have the opportunity to engage in experiential role plays. as they relate to working with their clients during the pandemic. Clinicians will gain tools, techniques, and strategies to utilize when working with clients during a global pandemic.

379B. Maternal Functioning Among Mothers in Recovery Support Treatment for OUD

Julianne Mazzawi, PhD, RN

Level of Instruction: All

This workshop will present the latest research on the issue of primigravida and multigravida post partum women who are dealing with the stigma and social support to support their recovery from SUDs. This will be presented as the root of the dynamic between mother and infant.

This presentation will also discuss the social determinants of a recovery oriented framework with a review of the literature. Discussion will be focused on mothers with SUDs who are working with HCP providers to engage

support for the mother. Thereby ensuring a healthy Mother/baby relationship. Illumination of the existing gaps in practice, policy, education and research will be given in an overview.

Saturday, September 11, 2021

Group B

8:30 - 10:00 AM Saturday Morning Keynote

400B. Stories of our Ancestors: Understanding the Impact of Culture, Race and Trauma on Addictions

Carolyn Ross, MD, MPH, CEDS

Level of Instruction: Introductory/Intermediate

Research dating back generations has explored the impact of the trauma of war, genocide, class struggles and race on families and offspring. People in the helping professions -psychologists, therapists and other health care providers have rarely been educated in treating trauma that is not solely individual and are particularly uneducated in treating trauma based on cultural identity or race. Statistics show that racism and intersectionality can be a form of adversity that can have an impact on brain development and that these effects can define and limit a person from childhood through adulthood - affecting their performance in school, work and having an impact on their mental and physical health. Cultural competence and cultural humility and an understanding of the social and local contexts of trauma can enrich a clinician's ability to improve outcomes for clients with addictions. This presentation will offer specific ways in which clinicians can ask hard questions from the standpoint of cultural humility to gain necessary competence in working with individual with historical and intergenerational trauma. This includes providing a basic understanding of why detecting this type of trauma is important and how this type of systemic cultural trauma presents in clinical practice in individuals with substance use disorders. The presentation will include case examples that demonstrate historical trauma / intergenerational and racial trauma and how that impacts the mental health especially of BIPOC communities. This presentation will explore how subjugation, humiliation and shame of survivors of trauma has an impact on mental health and risk for SUD and will distinguish historical/intergenerational and racial trauma differs from the effects of trauma that is not racialized or visited only on specific populations - i.e. in that it involves ongoing abuses, triggering due to the systemic nature of this type of trauma. In the presentation, clinicians will be given a template of strategies that come from the perspective of cultural humility, an understanding of cultural identity and the necessity to recognize bias and stereotyping that can unconsciously occur. The presentation will offer strategies for clinicians to help clients with historical / intergenerational / racial trauma build resilience while understanding the impact of their trauma in the genesis of their SUD.

10:45 AM - 12:15 PM Saturday Late Morning Workshops

425B. Unspoken Loyalty: Exploring the Impact of Trauma and Substance Use in Young Adult Families

Trish Caldwell, MFT, LPC, CAADC, CCDP-D, CCTP Supported by Recovery Center of America

Level of Instruction: Intermediate/Advanced

Research continues to identify that one of the most critical elements of successful treatment is family involvement (SAMSHA). Research also reveals that as recovery capital increases and problem severity decreases recovery rates increase (White & Cloud, 2008). Notably, the research highlights the need for providers to fully integrate all external resources, including the family. As we see younger populations impacted by the disease, we must explore new avenues to meet their needs. Effective treatment practices, such as MAT should be explored and expanded so that evidence-based substance use treatment specifically targets our youth and young adults. Involving the family to educate on the role of MAT and to explore how their traumatic experiences in relation to their child's SUD has impacted their parenting is an essential component to recovery. The unspoken loyalties to family could undermine recovery. When placed in a triangle, young adults often choose family over recovery.

426B. Trauma Based Challenges in LGBTQ Treatment

John Sovec, LMFT

Level of Instruction: Intermediate/Advanced

The hetero-normative model of treatment has been the standard of care with little respect or validation of the unique needs of LGBTQ patients. Studies reveal that LGBTQ people take more risks to use substance and that this need is often driven by developmental trauma closely related to their LGBTQ identity. As treatment professionals, an understanding of hetero-normative privilege, LGBTQ developmental phases and how these constructs influence LGBTQ treatment is vital. This workshop will identify issues that impact mental and physical health of sexual minorities. We will explore the alienation of LGBTQ clients from their family of origin, understand substance use as a coping mechanism in LGBTQ identity development, and how by reaffirming the coming out process in a supportive environment, clients can regain their sense of identity. Issues of sobriety, sexuality, gender, and family dynamics will be explored in this interactive workshop with tools shared to address these challenging issues.

427B. Group cognitive-behavioral therapy (CBT) for diverse addictive behaviors

Bruce Liese, PhD, ABPP

Level of Instruction: Intermediate

Group therapy continues to be the predominant modality for addressing addictions and many treatment programs offer group therapy as their primary approach. This workshop will present an approach to Group Cognitive Behavioral Therapy (CBT) for addictions that has been developed over several decades. Important features of this approach are the inclusion of persons with diverse chemical and behavioral addictions; rolling enrollment (members are permitted to come and go as they wish); and the adaptability of each session, depending on problems and concerns presented by members. Group sessions are structured, supportive, and collaborative. Goals of the group include modification of addictive behaviors, development of general coping strategies, and fostering of group support and cohesiveness. This workshop will begin with a brief presentation of Group CBT and then several participants will be invited to volunteer for a group role-play, intended to demonstrate the content and process of a typical CBT group.

428B. Complex Cases Challenging Drug Courts

Brian Meyer, PhD, LCP & Tina Nadeau, JD

Level of Instruction: Introductory/Intermediate

During this session, the panel will discuss several actual cases from New England Drug Court Programs involving participants who have struggled with drug court program requirements and whose behavior has been especially

challenging for the drug court team to manage and address successfully. During this session we will ask the experts for recommendations on whether sanctions were appropriate, whether the team was considering all treatment options, and whether termination was appropriate.

429B. No More Rock Bottom: Compassion Focused Therapy in the Treatment of Eating Disorders and Related Conditions

Nicole Siegfried, PhD, CEDS-s

Level of Instruction: Intermediate/Advanced

Eating disorders (EDs) are complex disorders associated with emotion dysregulation, internalized shame, and self-criticism. Research has shown that individuals with shame and self-criticism may not respond as well to traditional evidence-based treatments. Compassion-Focused Therapy (CFT) was developed as an enhancement to traditional psychotherapies to specifically target symptoms of shame and self-criticism. CFT is an integrated, multimodal approach that draws on evolutionary, social, developmental psychology, and neuroscience to promote inner warmth, safeness and soothing through compassion and self-compassion. There is increasing evidence for the effectiveness of CFT with various mental health disorders, including EDs and addictive disorders. Participants in this workshop will be equipped with an understanding of the philosophy of CFT, practical tools to address the underlying neurobiology of emotion dysregulation, and effective interventions to foster self-compassion. Attendees will leave this presentation with improved competence and renewed hope in treating EDs and other disorders rooted in shame and self-criticism.

12:15 - 1:45 PM Saturday Lunch Keynote

450B. Current Drugs of Abuse: Recovery Strategies and Innovative Treatment *Donna*

White, RN, PhD, CNS, LADC I, CADAC II, CCFE, CCFT, CARN, CCDN

Level of Instruction: All

The purpose of this workshop is to provide a synthesis between the healthcare provider and the individual who continues to use a substance that is causing extreme health related issues. Terminology and medical terms have been shown to often be a barrier in the treatment of SUDs. Clients refer to a drug of choice with a recognizable basis of knowledge gleaned from personal and collegial use. Without knowledge of the related terminology, healthcare providers are often unable to recognize detrimental effects the client describes. And without recognition, the opportunity to create a therapeutic relationship can be lost or misguided. Utilizing a unique approach of drug recognition and street terminology, an opportunity for health education can be created at the specific junction early in the relationship. Offering hope to the client and simultaneously expanding the knowledge of the Provider.

2:00 - 3:30 PM Saturday Early Afternoon Workshops

451B. The Opposite of Addiction is Connection: The Intersection of Attachment Theory, Nervous System Regulation and Emotional Sobriety

Andrew Susskind, MSW, LCSW, SEP, CGP

Level of Instruction: Intermediate/Advanced

Based on the theory that addiction stems from attachment ruptures, this workshop will explore the reparative factors of the multi-faceted psychotherapeutic relationship. Relational attunement and neurobiological attunement work together to regulate the nervous system and in turn decrease the vulnerability to relapse. Such themes as somatic awareness, entrenched shame and emotional sobriety will be explored. Addictive, compulsive behaviors cross all sexual and gender orientations as well as SES and cultural/ethnic backgrounds.

452B. A New First Response: Examining The Paradigm Shift in How Communities Manage 9-1-1 Mental Health Emergencies

Amanda Fialk, PhD, LCSW, LICSW Supported by The Dorm & Sarah Harte, LICSW Supported by The Dorm

Level of Instruction: Intermediate

In this presentation on A New First Response; how Communities respond to 9-1-1 Mental Health Emergencies, we will be examining three core areas. First, the current state of intersection between law enforcement and individuals with mental illness, with historic and contemporary data that indicates how a lack of training and qualified response to a behavioral mental health crisis can and has ended in tragedy and why a paradigm shift in first response is necessary. Second, we will share industry best practices for responding to a psychiatric emergency; highlighting the necessity for trained mental health professionals to be part of any new first response solution. Third and finally, we will highlight several initiatives being launched nationally in response to widespread calls for change including New York's "health-centered pilot program" launching in February 2021 that will make new mental health teams the default responders to mental health emergencies in two communities.

453B. Family- Focused Addiction Support Training: Working with Families Impacted by Substance Use Disorder

Maureen Cavanagh, M Ed, MPA

Level of Instruction: Introductory/Intermediate

A healthy and supportive family, or lack thereof, is one of the strongest determinants of mental and physical wellbeing throughout life. The need for that connection doesn't end at childhood and the lack of family support can impact in many ways. Addiction, often called a family disease, requires treatment that includes the person affected as well as their support system, primarily the family.

What is the current attitude toward providing family support and education? How can treatment outcomes be improved by educating and supporting both the patient and their family? In this workshop we will explore how addiction impacts the family and what families need to know and how they need to hear that information using MI, CRAFT and intervention techniques, how we can help families develop their own family working agreement that takes the individual, unique family system into consideration, and how to encourage self-care techniques that benefit all.

454B. Clinical Reflections and Strategic Interventions in the Treatment of Traumatic and Complex Grief

Kathleen Parrish, MAMFC, MARE, LPC

Level of Instruction: Intermediate/Advanced

We live in an age where complex grief is woven into the tapestry of our lives. Many people are struggling to cope in the aftermath of the shocking and brutal loss. In our world today, people are grieving the death of a child or other

loved one through violence, accident or unpredicted illness. We continue to see a dramatic rise in mass shootings, terror attacks, violent crimes, and drug overdoses that leave behind broken-hearted loved ones. These losses can result in indescribable suffering for those who grieve. As clinicians, may not always know how to help them recover, and in fact, we may find that we are desensitized to the level of suffering that is on the rise in our world today. This presentation will examine the diagnostic criteria for complex grief, explore clinical considerations, risk assessments, and strategies to help those who are suffering from traumatic and complex grief.

455B. Understanding Fentanyl

Abid Nazeer, MD Supported by Symetria Health

Level of Instruction: Intermediate/Advanced

Fentanyl is challenging outpatient treatment of opioid use disorder and greatly impacting the current opioid crisis by "changing the game". This course will dissect the current data trends related to Fentanyl's role in the current epidemic. Fentanyl's impact on the brain and receptors will be described, and how this results in more individuals gravitating towards it. Participants will understand the history and origin of the medication, why it is being prescribed, and how it being used illicitly. The course will explore treatment approaches specific for Fentanyl and help participants gain an understanding from a medical provider position.

4:15 - 5:45 PM Saturday Late Afternoon Workshops

475B. Buddhist Psychology: Enhancing DBT, ACT, and MBRP for Relapse Prevention *Chris*

McDuffie, MSW, MA, CADC-II Supported by AToN Center

Level of Instruction: All

Attendees will learn the essential teaching of Buddhism, to help inform their understanding and expertise of DBT, ACT, and MBRP. Treating clients with co-occurring disorders during the COVID-19 pandemic has increased the risk of relapse for our clients. Evidenced-based, western modalities of DBT, ACT, and MBRP are best approached with a comprehensive understanding of the essential teachings of Mindfulness and Meditation.

476B. Engaging the Complex Family System; Identifying Family Values-Protective or Harmful to Attachment Individuation

Heather Hayes, MED,LPC & Andrew Sidoli, MSW LCSW CADAC

Level of Instruction: Intermediate/Advanced

Engaging in complex family systems is incredibly taxing and requires the ability to both assess individuals and the family as a unit: the triangular nature of creating attachment to both the family and the Identified patient requires juggling competing values that clash when the Identified patient in an attempt to individuate writes a different script for themselves. Family systems often promote compliance and dependency in an attempt for homeostasis within a rigid, restrictive system and present a binary paradigm of either dependence/dependency or rejection of independence efforts,

As clinicians how do we help family systems in terms of moving from avoidance to curiosity, condemned isolation to self compassion and promoting authentic connection by accepting differences and accept a state of interdependence and self care.

477B. Practicing Alcohol Moderation: A Harm Reduction Alternative to the Abstinence-Only Model

Cyndi Turner, LCSW, LSATP, MAC & Craig James, LCSW, LSATP, MAC

Level of Instruction: Intermediate/Advanced

Over 90 million people in the United States struggle with their alcohol use but are not physically dependent. Traditional treatment is designed for the severe alcohol user, encompassing about 19 million individuals, leaving the majority experiencing problems without appropriate services. With the DSM-5 now viewing alcohol use disorders on a spectrum, behavioral healthcare providers need to have treatments that are appropriate for all levels of alcohol use. There is over 50 years of research that supports the harm reduction strategy of alcohol moderation as an effective treatment option. Upon completion of the presentation, attendees will be able to: describe why harm reduction is an effective treatment option for the majority of alcohol users, predict who is a candidate for alcohol moderation using the Alcohol Moderation Assessment, develop and monitor an Alcohol Moderation Plan, and utilize alcohol moderation tools.

478B. The Sexual Development of Gamers

Hilarie Cash, PhD, LMHC, CSAT, WSGC

Level of Instruction: Intermediate/Advanced

Young adults with Gaming Disorder (ICD-11) have usually grown up with a heavy dose of porn accompanying their even heavier use of video games. The result is often what we refer to as an "intimacy disorder". This workshop seeks to educate clinicians in the meaning of this terminology and show how intimacy disorder develops in the majority of hard-core gamers. Because gaming starts at an early age and porn use, on average, begins in males around the age of 9, child development is sharply impacted - specifically, the brain's wiring for sexual arousal and for building and maintaining relationships. Social anxiety and avoidance follow, leading to a vicious cycle of social avoidance, depression, anxiety and escape into gaming and other online distractions. Understanding all of this will help clinicians ask the right questions and address the right problems.

479B. When Philosophy Falls Short: Utilizing Attachment Theory and Experiential Therapies to Create Lasting Change

Brad Kennedy, MRC, CRC Supported by Driftwood Recovery

Level of Instruction: Intermediate/Advanced

Clinicians and programs often choose an approach based on thinking that conventional intellectual concepts and philosophical frameworks are the primary tools needed to inspire and create lasting change in the lives of our patients and their communities. This practice assumes intellectual transference of these concepts is all that is required - ultimate adoption and implementation remain subject to myriad variables within the patient, often beyond the control, direction, and support of the clinician. This session utilizes research and case studies to illustrate the efficacy of experiential attachment therapies such as role-play, shared decision making, and psychodrama to challenge the conventional philosophical approach and encourage modern practitioners to focus more heavily upon the work and not the words. Tools for analysis include the co-creation of a shared narrative and treatment plan, a formulation letter, and autobiography with a co-created action plan will provide specific recommendations about program design and community integration.

Sunday, September 12, 2021

Group B

8:30 - 10:00 AM Sunday Morning Keynote

500B. Loneliness: Clinical Observations and Therapeutic Approaches

Cardwell Nuckols, PhD

Level of Instruction: Intermediate/Advanced

Loneliness is not the same as depression. Loneliness is not the same as being a "private" person. Some people both desire, need and enjoy a lot of alone time. For others, loneliness is an emotionally painful experience. This practical clinical presentation will review the research and look at various clinical scenarios where isolation and loneliness are examined.

Over 40% of adults experience profound loneliness (the percentage is much greater due to pandemic) and it is an emerging issue that is under addressed. Loneliness causes physiological changes that both generate and complicate medical and psychiatric disease and disorders.

This "skills training" event will take a close look at exactly what we mean by "lonely," as well as the various causes, health consequences, symptoms and potential evidence-based treatments for loneliness. The goal is the improvement in quality of life and reduction of loneliness-related symptoms while managing other (psychosocial, psychological and medical) complications.

10:45 AM - 12:15 PM Sunday Late Morning Workshops

525B. A Multi-faceted Approach to Cravings Management

Douglass Paul, LMHC, QS, LPC

Level of Instruction: Intermediate/Advanced

The DSM 5 added "cravings" to the criteria for substance use disorders in October, 2015, while noting that cravings may persist well past the period of post-acute withdrawal. Just as addiction can impact every area of life, so too must the approach for cravings management. The goals for this workshop will be to review the literature on cravings management techniques, describe in detail four craving types and elicit a discussion of multi-faceted approaches to use in a variety of treatment settings to assist clients in cravings management. This dynamic presentation is both experiential and educational with the use of mixed-media and pop-culture references.

526B. What is Your Idea of Success?

Michael Walsh, MS, MCAP, CIP Supported by Landmark Recovery, Crisis Case Management

Level of Instruction: All

No matter what level of care or clinical specialty you practice in, the overall health and wellness of the individual clients directly impacts your ability to help in the healing process. Understanding the challenges which affect our clients along their path to our offices is part of that process. Our understanding of this process and our ability to address any concerns can positively impact their outcomes/success. We will be discussing how to manage clients to are unable or unwilling to engage in current level of care safely and successfully and when, why, and how to

refer out to higher levels of care. When referring out to a higher level of care what steps can be taken to build a referral network of reputable individuals and facilities to minimize risk and provide quality clinical care. Referring to appropriately trained and experienced therapists should be a priority for programs. How do I continue to remain current and available in this evolving industry? We will address these challenges and give suggestions on how we can proactively impact the communities in which we practice offering more individuals and families a better chance of successful outcomes.

527B. Spiritual Disconnect: The Original Identity vs. the Addictive Personality *Mukta Khalsa, PhD, LADAC, LPMHC Supported by SuperHealth, Inc.*

Level of Instruction: All

We are born highly intelligent and intuitively sensitive. Our original identity vibrates connection to spirituality. In childhood a belief system gets formulated about our self and our environment. If the sensitive child grows in harsh environment, we tend to de-value ourselves with low self-esteem and confidence. The once spiritual connection to our True Self begins to diminish - eventually disappearing. People with addictions find themselves in similar situations with deep emotional pain. Through yoga, meditation, sound healing, breathe work we restore our self-worth and spiritual connection with hope and inner strength.

528B. Emergency Preparedness for Behavioral Healthcare Professionals: Lessons Learned from the COVID Pandemic

Lee Neagle, LPC Supported by Certa Scientia Consulting

Level of Instruction: Introductory/Intermediate

While all healthcare providers should be versed in emergency preparedness, daily demands can distract from planning for emergencies that may feel unlikely or far-off. As the COVID-19 pandemic has shown us, extraordinary events can arise with little warning. These events significantly impact the delivery of care, especially if we are not prepared. Throughout this presentation we will review the responsibility of behavioral health outpatient, day treatment, and residential care providers for emergency preparedness, including planning for infection control and prevention. We will also review how to create and maintain an emergency preparedness plan and how to monitor the ever-changing regulatory environment.

529B. Multiple Pathways To Recovery

Jonathan De Carlo, CAS Supported by C4 Consulting, Inc.

Ian Gershman, MBA, MA, CHC, CADC Supported by C4 Consulting

Level of Instruction: Introductory/Intermediate

Recovery is an evolving and individualized journey. For each person, there is a different definition to recovery. Multiple pathways exist, whether we recognize them or not. The term harm reduction denotes the vestige of approaches to recovery other than traditional abstinence-based models. This presentation will focus on discussing progressive and modern approaches to developing recovery from multiple pathways (not just harm reduction). We will present historical definitions to recovery, wherein participants will collaborate to produce a sufficient contemporary definition to recovery. Participants will explore the history of addiction and treatment perspectives on the evolution of multiple pathway practices. Participants will discuss standards of treatment for multiple pathways of recovery and explore how to integrate a multiple pathways perspective into all continuums of care.

Considerations from agency level to individualized practice will be addressed to integrate multiple pathways for sustainable recovery.