



WAAODA, INC.

Wisconsin Association on Alcohol and Other Drug Abuse, Inc.
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Education ■ Training ■ Collaboration ■ Advocacy



WISCONSIN ASSOCIATION ON ALCOHOL AND OTHER DRUG ABUSE

May 18, 19, and 20, 2009

Olympia Resort – Oconomowoc, Wisconsin

43rd annual
WAAODA Spring Conference

43rd annual WAAODA Spring Conference
May 18, 19, and 20, 2009 • Olympia Resort – Oconomowoc, Wisconsin

**STRENGTH
THROUGH
CONNECTIONS**

Changing Lives

Vision

Recovery

Spirit

**STRENGTH
THROUGH
CONNECTIONS**

Vision

Recovery

Spirit

Changing Lives

CONFERENCE AT A GLANCE

Monday–May 18

| | |
|-----------------------|-----------------------------|
| 7:30–8:30 a.m. | Registration and Breakfast |
| 8:00 a.m.–5:00 p.m. | Exhibits Open |
| 8:00–9:30 a.m. | Welcome and Plenary Session |
| 10:00 a.m.–12:00 p.m. | Workshops |
| 12:00–1:00 p.m. | Lunch Provided |
| 1:00–2:45 p.m. | Workshops |
| 2:45–3:00 p.m. | Break |
| 3:00–5:00 p.m. | Workshops |
| 5:30–7:30 p.m. | SCAODA Public Forum |
| 5:30–7:30 p.m. | WAADAC Open House |

Tuesday–May 19

| | |
|-----------------------|---|
| 7:00–8:00 a.m. | Registration and Breakfast |
| 8:00 a.m.–5:00 p.m. | Exhibits Open |
| 8:00–9:45 a.m. | Workshops |
| 9:45–10:00 a.m. | Break |
| 10:00 a.m.–12:00 p.m. | Workshops |
| 12:00–1:00 p.m. | Lunch Provided |
| 1:00–2:45 p.m. | Workshops |
| 2:45–3:00 p.m. | Break |
| 3:00–5:00 p.m. | Workshops |
| 5:30–8:00 p.m. | Seventh Annual Diversity Evening and Dinner |

Wednesday–May 20

| | |
|-----------------------|----------------------------|
| 7:30–8:00 a.m. | Registration and Breakfast |
| 8:00 a.m.–12:00 p.m. | Exhibits Open |
| 8:00–9:45 a.m. | Workshops |
| 9:45–10:00 a.m. | Break |
| 10:00 a.m.–12:00 p.m. | Workshops |

CONFERENCE GOALS

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

WHO SHOULD ATTEND?

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • AODA counselors • Addiction medicine specialists • Mental health professionals • Faith-based and community workers • Primary care physicians and nurses | <ul style="list-style-type: none"> • Social workers • Recovery advocates • Insurance professionals • Education professionals • Public health personnel | <ul style="list-style-type: none"> • Police and probation officers • Correctional facilities staff • State and local elected officials • Emergency personnel |
|---|---|--|

ACCOMMODATIONS

Take advantage of Conference lodging at the Olympia Resort at 1350 Royale Mile Rd. Oconomowoc, Wisconsin. The cut-off date for the block rate of \$72 for a single room and \$82 for a double room is April 17, 2009. Please contact the Olympia Resort at 262.369.4999 or 800.558.9573 and mention the WAAODA Conference block of rooms.

WE WANT TO THANK OUR SPONSORS



**Minority Counselor
Training Institute**

WAADAC
Wisconsin Association of Alcoholism
and Drug Abuse Counselors
State Affiliate of NAADAC, The
Association for Addiction Professionals



WORKSHOP PREFERENCES

(22 Continuing Education Credits Available)

Please choose your 2009 WAAODA Spring Conference workshop preferences by marking the appropriate boxes. Please note that most workshops are entry level/general interest; however, workshops shown with an asterisk (*) require prior training or knowledge. You will be allowed to alter your choices or workshops during the Conference, but by indicating your preferences now, we can plan for appropriate room size. Workshops with a limited amount of participants will be first-come, first served, to those who sign up in advance. Doors will close when workshops are full. Thank you for your assistance.

Monday, May 18

WORKSHOPS 10:00 a.m.–12:00 p.m.

- 1. Groups: Therapy, Recovery, Support, and Fun (Part I)
- 2. Engaging Men in Treatment and Recovery
- 3. Combat Related PTSD: Mind Body Connection
- 4. Effective Therapeutic Approaches for the OWI Offender
- 5. Advocacy for AODA
- 6. Co-Occurring Disorders—Mental Health Conditions Not Mutually Exclusive of Substance Abuse Disorders: Separating the Diagnosis and Treatment of Co-Morbid Pathophysiological Disease States (Part I)

WORKSHOPS 1:00–2:45 p.m.

- 7. Groups: Therapy, Recovery, Support, and Fun (Part II)
- 8. Building Dual Recovery Resources for Wisconsin
- 9. Moving Forward with Project Fresh Light
- 10. Dual Diagnosis in a Custodial Setting: Reframing Treatment Interfering Behaviors
- 11. Roles, Rules, and Boundaries
- 12. Co-Occurring DisordersMental Health—Conditions Not Mutually Exclusive of Substance Abuse Disorders: Separating the Diagnosis and Treatment of Co-Morbid Pathophysiological Disease States (Part II)

WORKSHOPS 3:00–5:00 p.m.

- 13. Treatment Beyond Medicine: Engage the Healing Wisdom of the Soul to Treat Addiction and Psychiatric Illness
- 14. Counseling Chemically Dependent Clients with Antisocial Behavior
- 15. Creating an Organizational Climate for Change: Lessons Learned From STAR-SI and NIATx
- 16. Addiction and Eating Disorders: Incidence, Treatment, and Outcome
- 17. Ethical Dilemmas *
- 18. Co-Occurring Disorders—Mental Health Conditions Not Mutually Exclusive of Substance Abuse Disorders: Separating the Diagnosis and Treatment of Co-Morbid Pathophysiological Disease States (Part III)

- SCAODA Forum 5:30–7:30 p.m.
- WAADAC Open House 5:30–7:30 p.m.

Tuesday, May 19

WORKSHOPS 8:00 a.m.–5:00 p.m.

- 19. Motivational Interviewing for the Addictions Treatment Professional: An Introductory Exploration
- 20. Clinical Supervision of Alcohol and Drug Abuse Counselors
- 21. Brain Mechanisms of Drugs and Addiction
- 22. Working With Challenging Adolescents
- 23. Tobacco Addiction and Treatment
- 24. Trauma Informed Practices for Treating Co-Occurring Disorders

- Diversity Evening 5:30–8:00 p.m.

Wednesday, May 20

WORKSHOPS 8:00–9:45 a.m.

- 25. Facilitating a Dual Recovery Support Group
- 26. Best Practices in Adolescent AODA Treatment: A Strategic Framework
- 27. Treating the Hip Hop Generation
- 28. Cultural Diversity from the Native American Perspective
- 29. Human Trafficking
- 30. Complexity of Working with Women in the Substance Abuse Arena

WORKSHOPS 10:00 a.m.–12:00 p.m.

- 31. Science of Spirituality
- 32. Advanced—Treating the Hip Hop Generation *
- 33. Pregnancy and Marijuana Use
- 34. Building Safe, Healthy, Drug Free Communities: Local Coalitions Harnessing Local Power for Real Results
- 35. Acceptance: Preventing Burnout
- 36. Does Brief Intervention Have a Place in Adolescent AODA Treatment: A Review of Evidence

* requires prior training or knowledge

Note – Room temperatures and personal comfort levels vary; we suggest you bring a sweater or jacket.



“We believe that prevention, treatment, and recovery work.”

Welcome to the 43rd annual WAAODA Spring Conference!

Dear WAAODA Conference Participants,

Welcome to the 43rd Annual WAAODA Spring Conference!

The Conference theme this year is “Strength Through Connections: Vision, Recovery, Spirit, and Changing Lives.” It is our intention to bring new concepts and research to the trainings, which will allow each participant to better help those who suffer from addiction and substance abuse. As we all know, recovery is an attainable goal. Recovery is possible and lives can be changed for the better!

We received a number of excellent ideas from the 2008 conference evaluations. Our goal is to meet your needs, while providing all participants with professional education. With this in mind, we have made a few changes to the conference schedule to reflect the needs of conference participants. The workshops will again be two hours in length on Monday and Wednesday of the conference, allowing for more workshops covering a variety of different topics. On Tuesday there will be six workshops to choose from. They will each be day-long workshops that will provide an in-depth opportunity to delve into the subject matter presented. Participants may choose one of the six and attend the workshop for the day. Tuesday will also host the Second Annual Substance Abuse Awareness for Teens, which provides workshops dealing with substance abuse issues specifically geared toward teens. We hope you are pleased with the changes that have been made this year. I look forward to reviewing your conference evaluation forms as we are always looking for your ideas, thoughts, and comments. We wish to meet your needs and respond to your concerns.

It is my pleasure to welcome you to the WAAODA Conference and look forward to your participation.

Sincerely,

Kate Nesheim
Executive Director
WAAODA, Inc.

CONFERENCE SCHEDULE

Monday, May 18

PLENARY SESSION: 8:00–9:30 a.m.

*Introductions by Charlie Doram (WAAODA Conference Chair, Madison, WI)
Welcome by Secretary Celia Jackson (State of Wisconsin Department of Regulation & Licensing, Madison, WI)*

Strength Through Connections: Vision, Recovery, Spirit, and Changing Lives
by Cynthia Moreno (NAADAC)

Recovery Through Connections: Recovery via Engaging the Soul and the Spirit
by Ashok Bedi, MD (Aurora Psychiatric Hospital, Wauwatosa, WI)

WORKSHOPS: 10:00 a.m.–12:00 p.m.

1. Groups: Therapy, Recovery, Support, and Fun (Part I) *by Jim Harrison, BS, MS, CSAC and Mary Beth Steffens, CSAC (Cedar Creek Family Counseling, Hales Corner, WI)*

This workshop is designed to discuss and share the dynamics, composition, activities and facilitation of groups as a therapy tool. Topics discussed: the purpose and composition of groups, how to select group topics, rules and ethics, and mechanics of group presentation and facilitation. Participants will take on roles of group facilitators and group members in group settings.

2. Engaging Men in Treatment and Recovery *by Bob Carty, LCSW, CADC, CCJP (Skokie, IL)*

According to NIDA, male clients have higher rates of dropping out of treatment than female clients. To improve clinical engagement with men, counselors need to be aware of core issues that need to be addressed in treatment. In this workshop, we examine such core issues as fears of inadequacy, toxic forms of masculinity, past trauma, and undiagnosed depression. Clinical interventions to address these issues in both individual and group counseling are discussed.

3. Combat Related PTSD: Mind Body Connection *by Don Elverd, PsyD, LP (Hazelden, Center City, MN)*

This workshop presents how combat trauma affects mind, body, and spirit and its implication on alcohol and other drug treatment approaches.

4. Effective Therapeutic Approaches for the OWI Offender *by Carrie Burton, CSW, CSAC, MPA; Anna Kedzierski, CSW, CSAC, ICS, MS Psych; Mary Jo Pleuss, CSW, SAC, ICS; Sara Rhode, CSW, CSAC (Drug Abuse Correctional Center, Winnebago, WI)*

Panel presentation given by the treatment providers of the OWI Earned Release Program at the Drug Abuse Correctional Center. Presenters provide the audience with an in-depth look at therapeutic approaches found to be most effective with the OWI offender, representative statistical data, as well as an overview of the facility.

5. Advocacy for AODA *by Gary Goyke, Legislative Representative (Wisconsin Association on Alcohol and Other Drug Abuse, Madison, WI)*

This workshop gives an update on the political process in Wisconsin. It also gives knowledge of the “political players” and discusses tackling important political issues. A list of all current pending legislative proposals relating to AODA will be given and discussed.

6. Co-Occurring Disorders—Mental Health Conditions Not Mutually Exclusive of Substance Abuse Disorders: Separating the Diagnosis and Treatment of Co-Morbid Pathophysiological Disease States (Part I) *by Thomas A. Smith, MS Psych, BS Pharm, FASCP, LMHC, NCP (Smith Rehabilitation Consultants, Martinsville, IN)*

Patients with substance abuse conditions are not immune from common mental health problems, such as depression, anxiety, PTSD, bipolar disorder, ADHD, even dissociation. This workshop explores shared etiologies, symptomology, and prognoses and help the clinician—regardless of experience level—develop therapeutic treatment modalities to help treat “the whole person.”

LUNCH PROVIDED 12:00–1:00 p.m.

WORKSHOPS: 1:00–2:45 p.m.

7. Groups: Therapy, Recovery, Support, and Fun (Part II) *by Jim Harrison, BS, MS, CSAC and Mary Beth Steffens, CSAC (Cedar Creek Family Counseling, Hales Corner, WI)*

This workshop is designed to discuss and share the dynamics, composition, activities, and facilitation of groups as a therapy tool. Topics discussed: the purpose and composition of groups, how to select group topics, rules and ethics, and mechanics of group presentation and facilitation. Participants will take on roles of group facilitators and group members in group settings.

8. Building Dual Recovery Resources for Wisconsin *by Alyce M. Knowlton-Jablonski, CPS (North Central Health Care, Wausau, WI); Timothy Bautch, MA, LPC, CSAC (Connections Counseling, Madison, WI); Mary Neubauer, MSW, PSS (Community Advocates, Milwaukee, WI)*

In this workshop work related to building a Dual Recovery (mental health and substance use) community in Wisconsin is presented. This workshop is interactive and feedback is solicited on the project from the experts (consumers and providers) in the room. The presenters are involved in the Dual Recovery Committee of the Recovery Implementation Task Force of WI.

9. Moving Forward with Project Fresh Light *by Susan Endres (Bureau of Prevention Treatment and Recovery, Madison, WI)*

This workshop discusses the infrastructure growth achieved through Project Fresh Light. Project Fresh Light is a partnership of parents, treatment providers, families, county and state agencies dedicated to developing and maintaining a system that provides the best possible mental health and substance abuse treatment in Wisconsin for our adolescents. The future directions in Wisconsin’s Adolescent Substance Abuse Treatment is also presented.

10. Dual Diagnosis in a Custodial Setting: Reframing Treatment Interfering Behaviors *by Sarah Donovan, LPC, ICS, SAC (Wisconsin Resource Center, Winnebago, WI)*

Finding a way to reframe treatment-interfering behaviors presented by the incarcerated dual diagnosis client enhances the success of treatment. This workshop discusses unique challenges facing treatment providers of this population as well as unique opportunities for successful recovery. Case examples are utilized to demonstrate successful application.

11. Roles, Rules, and Boundaries *by Joel Frank, MA; Sandra Hendricks, MSSW, CSAC, ICS (Milwaukee Area Technical College, Milwaukee, WI)*

This workshop offers an opportunity to re-think one’s own experience of working with clients, to define one’s role as a helper, and to clarify the rules of helping. Attendees learn to establish the appropriate boundaries to develop a healthy helping relationship with the clients. Come prepared to discuss your role and the rules that guide you in working with others.

12. Co-Occurring Disorders—Mental Health Conditions Not Mutually Exclusive of Substance Abuse Disorders: Separating the Diagnosis and Treatment of Co-Morbid Pathophysiological Disease States (Part II) *by Thomas A. Smith, MS Psych, BS Pharm, FASCP, LMHC, NCP (Smith Rehabilitation Consultants, Martinsville, IN)*

Patients with substance abuse conditions are not immune from common mental health problems, such as depression, anxiety, PTSD, bipolar disorder, ADHD, even dissociation. This workshop explores shared etiologies, symptomology, and prognoses and help the clinician—regardless of experience level—develop therapeutic treatment modalities to help treat “the whole person.”

BREAK 2:45–3:00 p.m.

WORKSHOPS: 3:00–5:00 p.m.

13. Treatment Beyond Medicine: Engage the Healing Wisdom of the Soul to Treat Addiction and Psychiatric Illness *by Ashok Bedi, MD (Aurora Psychiatric Hospital, Wauwatosa, WI)*

Modern Medicine and Psychiatry has made tremendous strides in treatment of medical, psychiatric, and addiction disorders and facilitating health and



WISCONSIN ASSOCIATION ON ALCOHOL AND OTHER DRUG ABUSE

May 18, 19, and 20, 2009

Olympia Resort – Oconomowoc, Wisconsin

43rd annual WAAODA Spring Conference *Strength Through Connections*

Name _____ Date _____

Organization _____

Address _____

City, State, Zip _____

Day Phone _____ Fax _____

E-Mail _____

Special Dietary Needs (if any) _____

WAAODA Member? Individual Small Business No _____ Exp. Date _____

PURCHASES/FEES

THREE-DAY ATTENDANCE

\$400 Individual WAAODA Membership

\$425 Non-Member

15% GROUP DISCOUNT (5 OR MORE)

Organization or Group Payee Name: _____

\$340 per Person Member

\$360 per Person Non-Member

ONE- OR TWO-DAY ATTENDANCE

\$200 One-Day, Day Attending: Mon Tues Wed

\$300 Two-Day, Days Attending: Mon Tues Wed

RETIREE/STUDENT: ONE-DAY ONLY ATTENDANCE

\$150 Retired, Day Attending: Mon Tues Wed

\$150 Student, Day Attending: Mon Tues Wed

Copy of Student ID Required, Attached? Yes No

EXHIBITOR

\$450 Includes Registration for One

MEMBERSHIP

\$25 WAAODA Individual Membership

TRANSACTION

Sale Return

Cash Total Amount \$ _____

Check # _____

Total Amount \$ _____

Credit Card _____

Name _____

Exp. Date _____

Credit Card # _____

Visa MasterCard

Confirmation Code _____

**Thank you for participating in the
2009 WAAODA Conference!**

6601 Grand Teton Plaza, Suite A, Madison, Wisconsin 53719
Phone: 608.829.1032 • Fax: 608.829.3473 • waaoda@tds.net



WISCONSIN ASSOCIATION ON ALCOHOL AND OTHER DRUG ABUSE

43rd annual WAAODA Spring Conference Strength Through Connections

2nd annual WAAODA Substance Abuse Awareness Youth Conference *Building Strength Through Connections*

May 19, 2009 • 8:00 a.m.–3:00 p.m. • Olympia Resort – Oconomowoc, Wisconsin

Name _____ Date _____

Organization _____

Address _____

City, State, Zip _____

Day Phone _____ Fax _____

E-Mail _____

Special Dietary Needs (if any) _____

PURCHASES/FEES

THREE-DAY ATTENDANCE

\$75 Individual

20% GROUP DISCOUNT (5 OR MORE)

Organization or Group Payee Name:

\$60

HOTEL ACCOMODATIONS ARE ON-SITE WITH COST AS FOLLOWS:

\$80 for one person

\$90 for two persons

\$110 for three persons

\$110 for up to five persons

Children up to age 16 stay free with a paying adult.

TRANSACTION

Sale Return

Cash Total Amount \$ _____

Check # _____

Total Amount \$ _____

Credit Card _____

Name _____

Exp. Date _____

Credit Card # _____

Visa MasterCard

Confirmation Code _____

**Thank you for participating in our
2nd Annual WAAODA Substance Abuse
Awareness Youth Conference!**

6601 Grand Teton Plaza, Suite A, Madison, Wisconsin 53719
Phone: 608.829.1032 • Fax: 608.829.3473 • waaoda@tds.net

personal growth. However, while the modern medical care treats the symptoms and puts the fire out, the gas leak is not identified and the person is neither happy nor healed. Participants are introduced to the analytical and eastern methods of attending to deeper healing.

14. Counseling Chemically Dependent Clients with Antisocial Behavior by Mark Sanders, LCSW, CADC (*On The Mark Consulting, Skokie, IL*)
In many counseling and treatment facilities across the country, staff can't wait for clients with antisocial behavior and antisocial personality disorder to be discharged or rearrested! These clients manipulate and prey on more vulnerable clients and stir up strong counter-transference reactions in staff. Topics discussed in this workshop include: The Differences between Antisocial Behavior and Antisocial Personality Disorder; Underlying Causes of Antisocial Personality Disorder; Strategies for Reducing Recidivism with Clients with Antisocial Behavior and Antisocial Personality Disorder; and Special Treatment Strategies for Clients with Antisocial Behavior; Antisocial Personality Disorder, and Substance Use Disorders.

15. Creating an Organizational Climate for Change: Lessons Learned From STAR-SI and NIATx by Jay Ford, PhD (*University of Wisconsin, Madison, WI*); Laura Parker, MSSW (*ARC Community Services, Madison, WI*)
Using a combination of didactic and group experiential learning, participants discover the importance of creating space to look at how to improve processes and generate solutions that benefit the clients, staff, and management, and how these changes have impacted organizational climate. Participants learn how to make the shift from managing from the perspective of business as usual to adapting innovative lessons from other fields to increase efficiency and the bottom line.

16. Addiction and Eating Disorders: Incidence, Treatment, and Outcome by Theodore E. Weltzin, MD (*Rogers Memorial Hospital, Oconomowoc, WI*)
Eating disorders are serious mental illnesses that occur in approximately 5% of the population and have many characteristics that are similar to alcohol and drug abuse. A number of factors important to consider when working with these individuals include: alcohol and drug abuse occur at higher than expected rates in both males and females with eating disorders, treatment providers may see eating disorder symptoms return and/or increase when these individuals with both diagnoses seek treatment for alcohol and drug abuse alone, and the need to address both illnesses simultaneously in patients with both ED and CD. This workshop focuses on the evaluation and treatment of subgroups of eating disorder patients at high risk for alcohol and drug abuse.

17. Ethical Dilemmas by Joel Frank, MA; Sandra Hendricks, MSSW, CSAC, ICS (*Milwaukee Area Technical College, Milwaukee, WI*)
This workshop provides an opportunity to explore the process of ethical decision-making through reflection and ongoing conversation. Participants learn to examine ways in which personal and professional values impact their work with clients and each other. An eight-step ethical decision-making model is illustrated and applied to selected case studies. Come prepared to discuss real life scenarios.

18. Co-Occurring Disorders—Mental Health Conditions Not Mutually Exclusive of Substance Abuse Disorders: Separating the Diagnosis and Treatment of Co-Morbid Pathophysiological Disease States (Part III) by Thomas A. Smith, MS Psych, BS Pharm, FASCP, LMHC, NCP (*Smith Rehabilitation Consultants, Martinsville, IN*)
Patients with substance abuse conditions are not immune from common mental health problems, such as depression, anxiety, PTSD, bipolar disorder, ADHD, even dissociation. This workshop explores shared etiologies, symptomology, and prognoses and help the clinician—regardless of experience level—develop therapeutic treatment modalities to help treat “the whole person.”

5:30–7:30 p.m. SCAODA Public Forum – The Public Forum is an opportunity for the State Council to gather input from the general public and/or conference participants for directions on utilization of the Substance Abuse Block Grant funds and programmatic changes. Input will be taken from the public by State Council representatives.

5:30–7:30 p.m. WAADAC Open House – Learn more about the Wisconsin Association of Alcohol & Drug Counselors (WAADAC). This is also a good networking opportunity.

Tuesday, May 19

Each workshop on Tuesday is part of a track. Please choose one. This is the workshop you will be attending for the day. In order to receive certificates, you will be required to attend the full workshop. Breaks will be from 9:45–10:00 a.m. and 2:45–3:00 p.m. Lunch will be served from 12:00 noon–1:00 p.m.

WORKSHOPS: 8:00 a.m.–5:00 p.m.

19. Motivational Interviewing for the Addictions Treatment Professional: An Introductory Exploration by Jane M. Nakken, EdD (*Jane M. Nakken & Associates, Minneapolis, MN*)

Wouldn't we all like to see our clients take more personal interest in and responsibility for their treatment and recovery from addiction? What if they were actually on our side as we work to help them get well? Motivational Interviewing, developed by William Miller, PhD, and Stephen Rollnick, MD, is an evidence-based practice that holds a key to unlocking our clients' own intrinsic motivations to change their lives through recovery. We will examine the basic concepts and uses of MI, practice using MI tools, and learn the steps in mastery of this valuable tool for our counseling toolboxes.

20. Clinical Supervision of Alcohol and Drug Abuse Counselors by Eileen O'Mara, EdD (*Eileen O'Mara, Stacy, MN*)

Clinical supervision provides support as well as an avenue of professional growth for alcohol and drug abuse counselors. This workshop presents an overview of clinical supervision as well as an understanding of the tasks and responsibilities of a clinical supervisor. Experiential exercises will enhance participant skills in the dimensions of clinical supervision. Counter-transference, dual relationships as well as ethical concerns are addressed. Supervisors have an opportunity to develop a clinical supervision professional growth plan. Current research is integrated into the workshop. At least two years' experience as an alcohol and drug abuse counselor is preferred for this workshop.

21. Brain Mechanisms of Drugs and Addiction by Therissa Libby, PhD (*The T.A. Libby Group, Annapolis, MD*)

It has become essential for prevention, treatment, and recovery support professionals to be familiar with the interactions of addictive drugs with the brain. This training reviews basic concepts needed to understand drug actions in the brain, then examines the interaction of reward, learning, and memory processes in maintaining addiction. It offers a clear understanding of addiction as a disease, which is essential not only to treatment and recovery but to advocacy efforts. Finally, it explores recent findings on addiction and the brain.

22. Working With Challenging Adolescents by Stephen R. Andrew, LCSW, LADC (*Health, Education Training Institute, Portland, ME*)

This workshop is intended to shift your thinking about how to work with challenging young people and their families and will provide you with practical tools. It is geared for professionals who are interested in “what works” with chemically dependent adolescents in out patient, residential, and private practice settings. It is appropriate for educators, probation officers, and case managers.

23. Tobacco Addiction and Treatment by Megan E. Piper, PhD; Jennifer Gobar, BS, RRT; Jennifer Youngblood, RN, BS, MEd; David “Mac” Macmaster, CSAC, PTTS (*UW Center for Tobacco Research and Intervention, Madison, WI*)

Experts from the University of Wisconsin Center for Tobacco Research and Intervention will discuss the science of addiction, tobacco dependence treatment 101, and an introduction to motivational interviewing techniques to assist your patients with healthy behavior changes.

24. Trauma Informed Practices for Treating Co-Occurring Disorders by Deborah Marino, MEd, CCS II, CSAC (*Green County Human Services, Monroe, WI*); Elizabeth Hudson, LCSW (*Department of Health Services, Madison, WI*)

Trauma and trauma events are common in the lives of everyday people, including clients and health care providers. Understanding why trauma

matters and the impact trauma has on peoples lives will enhance clinical skills and heighten compassion. In this workshop participants will understand the meaning of trauma, trauma events, what is meant by trauma informed services, will compare traditional and trauma informed paradigm, and be introduced to a trauma specific curriculum for substance abuse programs.

SEVENTH ANNUAL DIVERSITY EVENING: 5:30–8:00 p.m.

WAAODA's Diversity Evening opens doors for Wisconsin's many races and cultures to bring their healing arts to bear on the trauma of substance abuse and addiction, while helping all re-energize for restructuring AODA service delivery in Wisconsin. This celebration of Wisconsin diversity in music, dance, and advocacy awards reinforces the need to keep all social service doors open, supporting community-based AODA treatment and recovery. Dinner will be provided.

Wednesday, May 20

WORKSHOPS: 8:00–10:00 a.m.

25. Facilitating a Dual Recovery Support Group by *Alyce M. Knowlton-Jablonski, CPS (North Central Health Care, Wausau, WI)*
This workshop addresses what a support group is, what the facilitator's function is, how group dynamics work in a support group, what structures and processes are necessary for peer support to work in the group, and how to set the "group conscience" and why it is vital for the survival of the group. There is also a review of basic Recovery principles.

26. Best Practices in Adolescent AODA Treatment: A Strategic Framework by *Scott Caldwell, MA, CSAC (Connections Counseling, Madison, WI)*
This presentation is based on "Adolescent Treatment Framework and Practice Guidelines," a document commissioned by Project Fresh Light. The document comprehensively identifies elements of effective adolescent treatment programs and the emerging best practices in screening, assessment, treatment engagement, and treatment practices with teens. It is highly relevant for treatment providers and administrators and for parents and recovery advocates.

27. Treating the Hip Hop Generation by *Michael D. Vann, CSAC (Zimmerman Consulting, Racine, WI)*
This workshop explores the history and evolution of the Hip Hop culture and examines the cultural paradigm of shame and alienation surrounding mental illness and substance dependence within the Hip Hop culture.

28. Cultural Diversity from the Native American Perspective by *Kandace Pamonicutt, CADC III (Shawano County Department of Community Programs, Shawano, WI)*
This workshop gives participants the insight from a Native American perspective and experience when working with Native Americans in a treatment setting. Examples are shown on treatment planning by using clients' cultural strengths for the treatment plan short- and long-term goals.

29. Human Trafficking by *Astrid Ryan, BS, SAC-IT (UMOS, Milwaukee, WI)*
Can you recognize victims of human trafficking among the people you help or work with every day? This workshop helps participants look beneath the surface, giving signs of human trafficking every counselor should be aware of.

30. Complexity of Working with Women in the Substance Abuse Arena by *Olivia Howard, BA, CADC, NCRS (Bloomington, IL)*
This workshop defines the need for Gender Responsive Services when working with women who have a substance use disorder. Participants explore the complexity of issues women present in treatment, effective evidence based approaches, engaging them in the recovery process, and enhance knowledge of physical, mental, and emotional barriers women face while trying to remain abstinent.

WORKSHOPS: 10:00 a.m.–12:00 p.m.

31. Science of Spirituality by *Michael Dinan, CSAC (Porchlight, Inc, Madison, WI)*
This workshop explores naturopathic approaches to addiction treatment as well as presenting cutting edge research that is bridging the gap between science and spirituality. There is a special focus on meditation and dreamwork, including a guided meditation and an opportunity to experience Robert Moss' Lightning Dreamwork Process.

32. Advanced—Treating the Hip Hop Generation by *Michael D. Vann, CSAC (Zimmerman Consulting, Racine WI)*
This workshop examines the best methods of addressing and engaging the Hip Hop culture in mental health and substance dependence counseling and treatment.

33. Pregnancy and Marijuana Use by *Laura Parker, MSSW; Emily Shier, MSED (ARC Community Services, Madison, WI)*
Around the state we are seeing a rise in substance use among pregnant women, particularly, the use of marijuana. This workshop focuses on the prevalence of marijuana use amongst pregnant women and looks more closely at why pregnant women are using marijuana. The risks of using marijuana during pregnancy and how to engage women in a discussion about their use, particularly in a women-specific treatment setting is looked at.

34. Building Safe, Healthy, Drug Free Communities: Local Coalitions Harnessing Local Power for Real Results by *Chris Wardlow, MAT (Wisconsin Prevention Network, Appleton, WI)*
"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." While it might be slightly overused, this quote by Margaret Mead captures the very essence of coalitions. Learn how thoughtful, committed citizens in communities throughout Wisconsin are thinking globally and acting locally when it comes preventing substance abuse.

35. Acceptance: Preventing Burnout by *Leola Williams, MS, CSAC, CS-IT (Lad Lake, Inc, Milwaukee, WI)*
This workshop challenges the professional counselor to expand their definition of "acceptance" into an active state of awareness and interaction with clients in order to better serve clients in the process of change and to prevent burnout due to frustration. Participants are asked to look at their reasons for going into the field, stressors, patterns of experience with clients, and methods they have found successful for dealing with stress in a healthy way. The workshop guides participants to examine how they view and practice acceptance within themselves and with clients and practice methods of using active acceptance to stay mindful of their own needs.

36. Does Brief Intervention Have a Place in Adolescent AODA Treatment: A Review of Evidence by *Scott Caldwell, MA, CSAC (Connections Counseling, Madison, WI)*
Brief Intervention (BI) is a well-established and evidence-based method for treating adult AODA and is being used in "opportunistic" settings where AOD-involved teens can present (e.g., schools, primary care, emergency department, juvenile justice). BI shows promise in reaching and retaining adolescents in AODA services as well as for improving AOD outcomes. This presentation provides an overview to BI with teens: its rationale, empirical basis, structure, and key concepts and techniques.



2nd annual WAAODA Substance Abuse Awareness Youth Conference *Building Strength Through Connections*

Monday, May 18

6:00–8:00 p.m. **Meet and Greet Reception and Pre-Registration**

This is the opportunity to pre-register, pick up your conference packet, and meet other youth who will be participating in the conference; refreshments will be served.

Tuesday, May 19

8:00–8:15 a.m. **Welcome**

8:15–9:30 a.m. **General Session:**

Improv with Tom Farley, Chris Farley Foundation, New York Times Bestselling Author
Tom Farley is a native of Madison, Wisconsin, and graduate of Georgetown University. In 2001 he began developing The Chris Farley Foundation, using humor to reach youth populations with messages on the dangers of substance abuse. Tom Farley is a *New York Times* bestselling author of the book, *The Chris Farley Show, a Biography in Three Acts* (Viking Press), and the managing director of the Farley BDG, a brand development consulting firm. He is also an advocate for prevention and recovery efforts, having appeared on the *Today Show*, *Good Morning America*, *Larry King Live* and *Fox News*.

9:30–9:45 a.m. **Break**

9:45–10:45 a.m. **Workshop Choices**
(Please choose one)

A. Eating Disorders, Alcohol, Other Substance Abuse, and Addictions
Staci McNatt, President & Founder (Seeds of Hope, Madison, WI)

Participants will learn about the relationship between eating disorders, alcohol, other substance abuse, and addictions, how to help a friend in crisis, turning negatives into positives, and focusing on healthy thought processes.

B. Music

Cory Devine, Clinical Substance Abuse Counselor; Jen Linderud, Therapist (Connections Counseling, Madison, WI)
Music for people of all ages, especially teenagers, is a powerful and important part of life. We will explore messages behind the music and break down the positive and negative influence it can have. Teens are encouraged to bring copies of songs that are inspirational to them. We will play some of them and then process what impact the music may or may not have on their lives. Whether you're in recovery or not, music can be one of the most motivational components in this journey of life. (Cory Devine singer/guitarist of the successful Madison-based

band, Birth of Tragedy. They were featured in the 2003 issue of *Rolling Stone Magazine* and toured nationally with Sony Recording Artists Mudvayne, among many others. Jen Linderud has eight years of experience in working with teens. She has an undying passion for music utilizing pop culture to reflect ideas and abolish stigma surrounding image, values, and other conflicting messages produced by media today.)

C. Experiential Experience

Jessie Kushner and Troy Gosz (Outward Bound Wilderness School Program)

This will be an experiential workshop (which means you will be able to interact with one another and move around...it will not be a sit-down lecture style workshop). We will do activities in which you have the opportunity to learn more about values to live by, personal identity, teamwork, communication, creativity, as well as gain some new perspectives on both yourself and the people around you. Lots of fun to be had! No group size limit.

D. Art

Melissa Sosman, Artist and Teacher

Ms. Sosman will provide an opportunity for youth for self expression through the use of color and texture.

10:45–11:00 a.m. **Break**

11:00–12:00 p.m. **General Session:**

Vicki Vogel, Author and Public Speaker
Ms. Vogel has written a book about her daughter's substance abuse, teen pregnancy, and gang association; the book titled: *LIFE AFTER CHAOS: The story of One Crazy Mother Regaining Her Life after Attempts to Save Her Daughter*, is a true account of how this mother tried to save her daughter from a life of self-destruction. Ms. Vogel has an important message for teens, parents, and other interested adults.

12:00–1:00 p.m. **Lunch**

1:00–2:00 p.m. **General Session:** *Scott Caldwell & Youth Panel*

"But You Can't Get Addicted to Weed" (Exploring the Science and the Subjective of Teen Marijuana Use)—Scott Caldwell, MA, CSAC; Shelly Dutch, CSAC, ICS/Director (Connections Counseling, Madison, WI)
Marijuana is the most prevalently used illicit drug in Wisconsin and is a leading substance mentioned in AODA treatment. This presentation has two parts: First, key findings from scientific research on the short- and long-term effects of teen cannabis use are presented. Effective treatment methods will be identified and discussed. Then, a panel of young people will bring the research to life with personal

accounts and experiences with marijuana, as well as with recovery from cannabis use disorders. This presentation is geared for young people, their parents or guardians, and those interested in current information on teen cannabis use problems and its effective treatment.

2:00–3:00 p.m. **Workshop Choices**
(Please choose one)

A. Adolescent/Teen Values Clarification

Olivia Howard, BA, CADC, NCRS

This is an interactive workshop to assist teens in exploring their own values and clarify why these things are important to them. The goal will be to initiate a dialogue between males and females to discuss how values help us to create a respectful environment for each other to grow and feel good about the world around us. This workshop will also examine gender roles and how to begin to teach others how we want to be treated. This is an important part of young people in early recovery. They need to develop a solid sense of self and begin to build coping skills absent of alcohol and drugs. Gaining insight to who they are and empowering them to confront issues that have made them feel bad about self, will decrease the chances of relapse and strengthen the lines of communication.

B. Alcohol, Drugs, and the Gender Difference

Jeanne F. Erickson, Director/Public Relations (Today Not Tomorrow/Club TNT, Madison, WI)

Ms. Erickson has presented at Town Hall meetings, conferences, and spoken to students from elementary to college across Wisconsin on the impact of alcohol and other drugs on the teen brain and how the impact differs by gender. Club TNT produces positive messages written by youth which airs every Saturday mornings at 11:00 a.m. on TV station UPN-Channel 14; Ms. Erickson will offer this opportunity to participants of this workshop.

C. Experiential Experience

Jessie Kushner and Troy Gosz (Outward Bound Wilderness School Program)

*Repeat of morning session

D. Music

Cory Devine, Clinical Substance Abuse Counselor; Jen Linderud, Therapist (Connections Counseling, Madison, WI)

*Repeat of morning session

2:00–2:15 p.m. **Break**

2:15–3:00 p.m. **Closing Session**