

THE INTERPLAY BETWEEN MENTAL HEALTH, TRAUMA, AND SUBSTANCE USE

THURSDAY, MARCH 29, 2018

5th Annual Symposium hosted by TRAIN

The Training Resource and Information Network (TRAIN) is excited to announce its Fifth Annual Symposium which will be focusing on the complex relationships between mental health, substance abuse, and trauma.

6.0 Continuing education credits (CEU) will be provided for LSW, LCSW, LPC, LCPC, and PsyD. 5.75 ICB CEUs available for the following categories: Counselor I or II, Preventionist I or II, CARS I or II, MISA I or II or III, PCGC II, CCJP II, CAAP I, CRSS I or II, CPRS I or II, MAATP I or II, RDDP, NCRS II, CFPP I or II, ATE, CVSS II.

The Training Resource and Information Network (TRAIN) is a consortium of service providers who collaborate and share training and staff development resources in order to best meet the needs of those served by community-based behavioral health organizations. For more information or to get involved, please email

dpodmore@lawrencehall.org



The symposium was sponsored in part by:



AGENDA

Registration & Breakfast - 8:00am-9:00am

Resource Fair - 8:15am-1:30pm

Keynote Speaker - 9:00am-11:00am

Break - 11:00am-11:15am

Breakout Session (A) - 11:15am-12:45pm

Lunch - 12:45pm-1:30pm

Breakout Session (B) - 1:30pm-3:00pm

Break - 3:00pm-3:15pm

Closing Session - 3:15pm-4:00pm

Certificates and Evaluations - 4:00pm

Please arrive on time, the symposium will start promptly at 9:00am.

FOOD

- A light continental breakfast will be served.
- Bagged lunches will be available to all participants; choose at registration.

COST

- Early Bird \$75
- Regular \$85

No fee waivers or discounts

Register Now!

LOCATION

Northside College Prep High School
5501 N. Kedzie Ave.
Chicago, IL 60625
Free parking available onsite

RESOURCE FAIR - 8:15am-1:30pm

Participating and sponsoring agencies will share information about their agencies and services.

KEYNOTE ADDRESS - 9:00am-11:00am

Slipping Through the Cracks: Intervention Strategies with Clients with Co-Occurring Disorders

As a result of the absence of integrated services, clients with co-occurring disorders are vulnerable to slipping through the cracks. This involves going back and forth between the addictions, mental health, criminal justice, and child welfare systems without recovering. In this keynote address you will learn the primary reasons clients slip through the cracks including: a lack of integrated services; inadequate service dose; misdiagnosis; hidden diagnosis; addiction to a drug subculture; lack of community; unresolved grief and trauma; and low recovery capital. Emphasis will be placed upon strategies to help clients with co-occurring disorders avoid slipping through the cracks and initiate recovery.



Mark Sanders, LCSW, CADC

Mark Sanders is an international speaker in the behavioral health field whose presentations have reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands. He is the author of five books. Recent writings include: *Slipping Through the Cracks: Intervention Strategies for clients with Multiple Addictions and Disorders*; *Recovery Management*; *Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery*. He has also had two stories published in *The New York Times* bestselling book series, *Chicken Soup for the Soul*.

Mark is the recipient of numerous awards including: the Barbara Bacon Award for outstanding contributions to the Social Work Profession as a Loyola University of Chicago alumni, Health Care Alternative Systems Leadership Award and The Professional of the Year Award from the Illinois Addiction Counselor Certification Board. He also is a member of the board of trustees for MacMurray College, past Board President of the Illinois Association of Addictions' Professionals and co-founder of Serenity Academy Chicago.

BREAKOUT SESSIONS

PRESENTER

Breakout Sessions (A) - 11:15am-12:45pm

A1	<p>Principles of Harm Reduction</p> <p>This session is a basic introduction to the philosophy, principles and practices of harm reduction. Participants will explore how harm reduction is both a trauma-informed and culturally competent approach and will recognize its applicability to a range of behaviors, not exclusively substance use. Participants will learn that harm reduction and abstinence are not mutually exclusive concepts and that a harm reduction stance can reduce clinician frustration and build a more sustainable therapeutic alliance.</p>	A small black and white headshot of Melanie Kinley, a woman with curly hair, smiling. She is wearing a dark top.	<p>Melanie Kinley, BA, CADC</p> <p>Melanie Kinley has worked in the field of mental health for 30 years and has provided training and consultation for the last 15 years. She is currently a senior trainer/consultant at Thresholds, where her focus has been around treatment for persons with co-occurring mental illness and substance use disorders. In 2014, she received the LeRoy Spaniol Educator Award of the year from the Psychiatric Rehabilitation Association of the United States.</p>
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A2	<p>Prescription Drug Misuse and the Gateway to Heroin</p> <p>More prescriptions are written than ever before; as a result, prescription drug misuse is growing at the same rate. The presenter will discuss recent statistics of prescription drug misuse, the most commonly misused prescription drugs, and the need for individualized treatment and intervention. Medical and behavioral health professionals should recognize warning signs indicating possible prescription drug misuse. Prescription drugs are often misused in addition to alcohol and illicit drugs with potential lethal effects. Of particular concern is the link between prescription drug use, heroin use, and the development of an Opioid Use Disorder.</p>	 <p>Mark Zissman, PsyD, CADC</p> <p>Mark Zissman is a licensed clinical psychologist and certified alcohol and drug counselor. He graduated Summa Cum Laude from Northern Illinois University with a Bachelor's Degree in Psychology, and received both his Master's in Counseling and Doctorate in Clinical Psychology from Adler University. He has been working for Gateway Foundation since 2012, and he currently functions as the Program Director of Lake County Outpatient Services. Mark specializes in the treatment of substance use disorders and co-occurring mental health conditions, in both youth and adult populations.</p>
A3	<p>Coping with Substance Abuse in the Family</p> <p>People who abuse substances are likely to find themselves increasingly isolated from their families. Often they prefer associating with others who abuse substances or participate in some other form of antisocial activity. These associates support and reinforce each other's behavior. The consequences of an adult who abuses substances and lives alone or with a partner are likely to be economic and psychological. Money may be spent for drug use; the partner who is not using substances often assumes the provider role. Psychological consequences may include denial or protection of the person with the substance abuse problem, chronic anger, stress, anxiety, hopelessness, inappropriate sexual behavior, neglected health, shame, stigma, and isolation. This session will examine therapeutic options to establish sustainability within the family structure.</p>	 <p>Rick Love, MHS, CAADC, PCGC</p> <p>Rick Love is currently the Director of Staff Training and Development at Haymarket Center in Chicago. He has worked in the field of substance abuse for the past 25 years, in several AODA related capacities including both clinical supervisory and administrative positions. He has taught extensively on numerous addiction-related topics, which included the development of an Illinois accredited AODA certification class. He currently provides and coordinates Haymarket Center staff in-service trainings, and assists in developing continuing education workshops for external professionals in the field of substance abuse. Mr. Love is a graduate of Northeastern Illinois University with a B.S., in Sociology, and a Master's Degree in Health Science from Governors State University.</p>

Breakout Sessions (B) - 1:30pm-3:00pm

B1	<p>Enhancing Client Motivation to Enter Treatment</p> <p>In this session, participants will discuss the role of self-efficacy in relapse prevention and treatment engagement, and identify interventions to enhance self-efficacy. In addition, we will review research on the role of alternatives to avoidance coping in relapse prevention and discuss interventions to use with clients who are relatively less motivated to enter treatment. Participants will conduct brief role play and discussion meant to highlight basic Motivational Interviewing techniques.</p>	 <p>Gilbert Lichstein, LCPC</p> <p>Gilbert Lichstein is the Clinical Director for Gateway's Chicago Independence and River North locations. During his time at Gateway he has served in, developed, and managed a variety of outpatient and residential programs specializing in the treatment of substance use disorders and co-occurring issues. Gilbert is a MINT-trained Motivational Interviewing trainer, and has Master's degrees in Clinical Psychology and Aerospace Engineering.</p>
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B2	<p>Adolescent Addiction</p> <p>This session will help professionals working with adolescents identify the signs and symptoms of addiction. Participants will learn the effects of substance abuse on adolescent development and the impact on systems such as family, school, workplace and community. Current drug trends will also be discussed.</p>	 <p>Stephen Smith, MS, LCPC, CRADC Stephen is the Administrator of Child and Adolescent Services for Rosecrance. He has extensive experience working with individuals and families dealing with addictions, mental health problems, life skills development, LGBT issues and life issues specific to young adults. He completed his undergraduate studies at Western Illinois University and his graduate studies at National Louis University.</p>
B3	<p>The Benefits of Mindfulness for Individuals, Clinicians and Clients</p> <p>What is mindfulness and how can mindfulness practice enhance our lives? This session will serve as an introduction to mindfulness and will cover how mindfulness can be beneficial to individuals, clinicians and clients. Participants will have an opportunity to practice specific mindfulness exercises within the workshop and to share their experiences. We will explore the application of mindfulness in the treatment of substance use disorders, depression and anxiety. Several evidence-based therapeutic approaches utilizing mindfulness practice will be discussed.</p>	 <p>Paul Farina, LCPC, MISA II Paul Farina is currently the Coordinator of Psychological Services at Haymarket Center, which focuses on assessing and treating clients with co-occurring disorders. His role entails the training and supervision of the Masters and Doctoral psychology interns at Haymarket. In addition, he is currently an instructor for the CADC preparatory classes taking place at Haymarket's McDermott Center. Mr. Farina has over 25 years of experience in the behavioral health field providing individual, group and family therapy. He has experience in the areas of domestic violence, substance abuse, mental illness, sexual abuse, co-occurring disorders, and crisis intervention with children, adolescents, and adults.</p>

CLOSING SESSION - 3:15pm-4:00pm



My Recovery Journey **Kyle Blevons**

Kyle's early exposure to trauma triggered signs of depression and ADHD at a young age, which for a long time were treated with both a doctor's medications and self-medication with marijuana without addressing underlying issues. Because of the stigma on mental illness and a lack of acceptance both from family and from within, Kyle's mental health challenges and substance use issues worsened. After acknowledging ongoing suicidal ideation, Kyle began the road to recovery which he has been on ever since.