

# IN ARMS 2019 AGENDA

Monday, September 23, 2019

Time	Activity	Session Title/Speaker	Description
7:30 AM	Registration		
8:20 AM	Welcome	Rhonda Webb, Amy Brinkley, Division of Mental Health and Addiction (DMHA)	
	Opening Remarks	Jennifer Walthall, MD Secretary Family and Social Services Administration	
9:00 - 10:30 AM	1st Breakout Sessions	<b>Helping Families Recover Through Family Recovery Courts (FRC'S)</b> Arielle Andrews, Grant County Family Recovery Court Coordinator	Learn the fundamentals of Family Recovery Courts (FRCs). Understand how FRC's work and who they serve. Gain knowledge about current outcomes of FRCs and how they are impacting children and families of addicted parents.
		<b>Choice Treatment Program for Pregnant Women Struggling with SUD Compassionate Care for Patients with SUD.</b> Brooke Schaefer, FNP, Regional Perinatal Substance Use Disorder Coordinator - Community Health Network	Review of treatment program for pregnant women. Learn how to provide holistic care for pregnant women in recovery. Insight on how to cope with and prevent compassion fatigue.
		<b>Project ECHO for Opioid Use Disorder - Successes, lessons learned, and new initiatives</b> Kaitlyn Reho, Coordinator, Project ECHO & Kristen Kelley, Project ECHO for OUD Program Coordinator Prevention Insights & Indiana University School of Medicine	Learn about Indiana's Project ECHO for OUD. Discuss successes and lessons learned from the first year of the project. Become aware of upcoming expansions and initiatives of Project ECHO for OUD.
10:45 - 12:15 PM	2nd Breakout Sessions	<b>Identifying and Preventing Young Adult and Adolescent Substance Abuse</b> Jessica Hynson, CSAYC, LMHC, Team Lead & McKenzie Skirvin, LCSW, Team Lead Hendricks County - Cummins Behavioral Health Services	Be able to identify at least 5 risk factors and 5 protective factors of young adult and adolescent substance use. Learn how to identify 2 principles of best practice in treating young adults and adolescents. Determine at least one factor that every audience member can do to help prevent substance use in a young adult or adolescent that they care about.
		<b>Get S-M-A-R-T (Synthetics, Marijuana, Alcohol, Recreational Trouble)</b> Lisa Werth, LCSW, LCAC Collaborative Healthcare	Become educated about the importance of evidenced-based therapeutic programming in education level of care. Learn about interactive, therapeutic education and be able to practice the interactive activities during the breakout sessions. Get S-M-A-R-T is a state approved program that targets and aids people that are going through the criminal justice system for first and second time substance use related charges. It is a revolutionary program and one of a kind in the State of Indiana.
		<b>The Story of Recovery According to Reality Therapy: Practical Skills</b> Robert Wubbolding, Executive Director Center for Reality Therapy	Participants will be able to discuss 5 human motivators and their impact on family behavior. Learn to identify 4 specific interventions aimed at helping clients conduct a fearless evaluation of their choices. Participants will be able to immediately put into practice 4 additional skills to effectively deal with resistance, avoidance, and excuses. For example, paradoxical techniques such as reframing and behavioral prescriptions.
12:30 PM	Lunch and Keynote Speaker	<b>Tonier Cain-Muldrow, International Trauma Informed Care Expert Addressing Substance Use and Co-Occurring Disorder Using Trauma-Informed Approaches</b> Tonier Cain is a trauma survivor and internationally recognized trauma informed care expert. Tonier's work has focused on heightening awareness of the characteristics and effects of trauma and improving the performance of service providers, businesses, government agencies and others who interact with trauma victims and survivors.	Keynote Speaker

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Time	Activity	Session Title/Speaker	Description
2:00 - 3:30 PM	3rd Breakout Session	<b>Opioid Treatment Programs- Best Practice Models</b> DJ Rhodes, Hamilton Center. Lindsey Vissing - Southern Indiana Treatment Center. Erin LaCourt - Victory Clinic. Megan Fisher- Porter Starke Recovery Center	In this Medication Assisted Treatment Session you will receive an: <ul style="list-style-type: none"> <li>- Increased understanding of general addiction</li> <li>- Increased understanding of medication assisted treatment</li> <li>- Increased understanding of addiction treatment and opioid treatment programs</li> <li>- Overview of state initiatives for accessibility</li> <li>- Increased awareness of rules &amp; regulations surrounding medication assisted treatment in opioid treatment programs</li> <li>- Increased awareness of communication strategies for opioid disease and recovery language</li> </ul>
		<b>SBIRT Processes Through the Use of an App</b> Joan Carlson, PhD and Joseph Bartholomew, MSW, LCSW, LCAC, MATS	Interactive discussion and application of SBIRT processes. Audience members will participate and practice SBIRT processes, including Motivational Interviewing (MI) through the use of an SBIRT app. Practical scenarios involving audience members interacting together and role playing with the SBIRT app including guidance through difficult client encounters where the full range of the app can be employed.
		<b>Peer Recovery Coaches: A vital component to the continuum of care</b> Justin R. Beattey CAPRC II, CHW/CRS-GA, ICPR, MATS, Project Manager-IPRSS, Manager of Peer Support Services and Indiana Addictions Issues Coalition	This presentation will provide participants with an understanding of what a Peer Recovery Coach is, the Peer Recovery Coach scope of practice and how Peer Recovery Coach services compliment the recovery process. Participants will also be provided the opportunity to access technical assistance to strengthen current Peer Recovery Coaching programs and communities or technical assistance to integrate Peer recovery Coaches into their communities and/or organizations.
4:00 PM	Naloxone Training and Distribution	Overdose Prevention Training and Naloxone Distribution	Free naloxone kits first come first serve
3:45 - 4:00 PM	Closing Remarks		

# IN ARMS 2019 AGENDA

Tuesday, September 24, 2019

Time	Activity	Session Title/Speaker	Description
7:30 AM	Registration		
8:30 AM	Welcome	Jay Chaudhary, DMHA Director	
	DMHA Recovery Advocacy Awards	Rhonda Webb and Amy Brinkley, DMHA	
9:00 - 10:30 AM	1st Breakout Sessions	<b>Implementing Recovery and Treatment in a Rural Setting: Starting from Ground Zero</b> Brittany Stout, FNP-C, MSN Founder/President & Josh Graves, Vice President Safe Haven Recovery Engagement Center	Learn about the challenges facing a rural community in fighting substance abuse. Become educated on how a rural community can start a recovery movement in their town or county. Leave with a working representation of Safe Haven, and applicable ways to replicate what they are doing.
		<b>Management of Common Co-Occurring Psychiatric Disorders in Substance Use Disorder Treatment</b> Nicholas Piotrowski, MD Medical Director of Addictions Valley Oaks Health	This workshop will provide practical advice for screening and diagnosing commonly occurring psychiatric disorders. This session will provide practical advice for screening and diagnosing commonly occurring psychiatric disorders in substance use disorder treatment settings. Participants will learn practical skills for managing mild presentations of psychiatric disorders, and options for referring to higher levels of care when needed.
		<b>Substance Abuse Treatment in the Criminal Justice System: A Collaboration</b> Natasha Newcome, MSW, LCSW, "Tasha", Executive Director of Addictions and Substance Abuse Services (OTP) & Karen Moore, Director Addictions Services Hamilton Centers, Inc.	This session will focus on the relationship between the Hamilton Center, Inc., provider of mental health and addictions services, and the criminal justice system in Vigo County, Indiana. The focus will be on the relationships established with local judges, courts, community corrections, and the county jail to work in collaboration to provide treatment for consumers with a mental illness and substance use disorder. The presentation will focus on services provided, number of consumers served, and impact on the criminal justice system.
10:30 - 10:45 AM	Break		
10:45 - 12:15 PM	2nd Breakout Sessions	<b>Don't Just Say No, Do More</b> Reverend Richard Henderson, Community Outreach Manager (Ordained Minister, Anti-terrorist Trainer, Pastoral Counseling of Families) East Baltimore Drug Free Community Coalition, A Chapter of the National African American Drug Policy Coalition	What is the problem and how do we get to the root cause? How do we effectively engage youth to share experiences of substance abuse situations that they have seen? In this session evaluate what we have learned from a listening session and or youth engagement activity; from you, from a survey and begin to strategize for working with the next group of youth.
		<b>Supportive Housing for Individuals in Recovery- Best Practices Models in the Continuum of Care.</b> Moderator Angie Boarman, BCG Consulting, Wendy Noe Executive Director Dove Recovery House and Jessica Burden, Oxford House	Learn about the importance of recovery housing in the successful treatment plan for an individual suffering from substance use disorder. Learn the basics of setting up as recovery house. Hear from two examples of recovery house models; Dove Recovery House a model integrating trauma informed approaches, creating a culture of trauma informed approaches, and a continuum of care; Oxford House, Oxford Houses are democratically run, self-supporting recovery homes. Oxford House provides the time, peer support and structured living environment necessary for long term behavior change to take hold.
		<b>A SocioEcological Approach to Addressing Substance Use Prevention</b> Kourtnaye Sturgeon, Director of Education, Overdose Lifeline	During the presentation the audience will learn about Overdose Lifeline's use of "This is (Not) about Drugs, PreVenture and Teen Advisory Groups" in a multi-part community program that promotes universal adolescent knowledge about the risks of opioid misuse, targeted coping skill development specific to personality risk factors, and parental knowledge about the importance of communication and their adolescent's experiences.

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Time	Activity	Session Title/Speaker	Description
12:30 PM	Lunch and Keynote Speaker	<b>Alex Elswick, Voices of Hope</b> <b>Recovery Capital: Shifting the Paradigm to a Recovery Management Model</b> Alex Elswick, is a tireless advocate for people with substance use disorders. He earned a B.A. from Centre College, an M.S. from the University of Kentucky, and is currently finishing a PhD at UK. Alex's knowledge and experience with addiction is multifaceted. His professional experience, non-profit work, and research agenda all focus on long term recovery. But most importantly, Alex is himself a person in long term recovery from the chronic disease of addiction.	This session is partitioned into three parts. First, we hear personal experience in addiction and recovery and unpack lessons learned. Second, we examine long-term changes in the brain due to SUDs and the implications for treatment and recovery. Third, bearing these implications in mind, we introduce the concept of recovery capital and its application to long-term recovery management.
1:30 - 2:15 PM	Plenary	<b>Recovery Capital Panel</b> Alex Elswick Voices of Hope, Brandon George Indiana Addictions Issues Coaliton, Linda Grove-Paul, Centerstone, Gina Fears PACE	How do we implement recovery capital in our communit(ies)? Learn from a panel of individuals and organizations using recovery capital as a solution for recovery setbacks.
2:15 - 2:30 PM	Break		
2:30 - 4:00 PM	3rd Breakout Sessions	<b>Community Building &amp; Engagement in the Recovery Process</b> Gina Fears, PACE	In this session participants will learn how to include the non-recovery community in programming efforts; how to include recovery supports as part of the community priorities; volunteer training and engagement.
		<b>MAT 101</b> Tony Toomer- MBA, MSW, Opioid Treatment Program Manager, Family and Social Services Administration	In this Medication Assisted Treatment Session you will receive an: Increased understanding of general addiction Increased understanding of medication assisted treatment Increased understanding of addiction treatment and opioid treatment programs Overview of state initiatives for accessibility Increased awareness of rules & regulations surrounding medication assisted treatment in opioid treatment programs Increased awareness of communication strategies for opioid disease and recovery language
		<b>E-cigs, Vapes and JUUL - Oh My!</b> Kayla Hsu, MPH, CHES Community Outreach Manager Rethink Tobacco Indiana, IU Simon Center	In this session we will review the broad category of electronic nicotine delivery systems, (ECIGS), their hidden dangers, popularity, misconceptions, marketing and data trends among adults and youth.
4:00 PM	Close		