



2016

Prevention & Recovery
Conference

Norman, Oklahoma
November 3-4, 2016

OVERVIEW

The 10th Annual Prevention and Recovery Conference, Finding the Bright Spots, will bring together local, state and national leaders to discuss best practices and promising practices in the areas of prevention, mental health and substance use disorder treatment, recovery and overall wellness. This two-day event will provide participants with practical tools they can utilize in their agencies and communities to assist with facilitating prevention, recovery and wellness. The conference is scheduled for Thursday and Friday, November 3-4, at the Embassy Suites Norman Hotel and Conference Center, located at 2501 Conference Drive, Norman, Oklahoma 73069.

The conference will include learning opportunities in the areas of ethics, clinical supervision, health and wellness, effective therapy practices, veteran affairs, ADSAC, prevention, education, and gambling, as well as in other areas of interest. It will also offer opportunities for inspiration, connection, and motivation.

Who should attend? The 10th Annual Prevention and Recovery Conference will appeal to anyone working in the areas of prevention, recovery and wellness, including, but not limited to, Case Managers, Therapists, Peer Recovery Support Specialists, Substance Use Disorder Treatment Professionals, Psychologists, Psychiatrists, Preventionists, Administrators, Educators, Law Enforcement and Criminal Justice representatives, Family Members, and Consumers.

REGISTRATION AND FEES

Please complete your electronic registration before October 5, 2016. The early-bird rate for the full two-day conference is \$190 (or \$95 per day) if registration is received on or before October 5. The regular rate of \$290 for the full conference (or \$145 per day) will apply for all registrations received after October 5.

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

Day 1

<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=995>

Day 2

<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=996>

This link will take you to the electronic registration system being used for the 2016 Prevention and Recovery Conference.

Cancellation Policy: No refunds or transfer of funds to future ODMHSAS trainings/conferences shall be given. If an individual is unable to attend, they can transfer their 2016 Prevention and Recovery Conference enrollment to someone else to use for the 2016 Prevention and Recovery Conference.

For More Information: Call the ODMHSAS Human Resources Development office at 405-522-8300 if you have questions about the conference.

SPECIAL ACCOMMODATIONS

Sign language interpreters or assistive listening devices are available by request. These or other requests for special accommodations should be indicated on the registration form. Conference organizers will contact you for specifics. Please register as early as possible if special accommodations are needed.

LODGING

The conference will be November 3-4 at the Embassy Suites Norman Hotel and Conference Center located at 2501 Conference Drive, Norman, Oklahoma 73069. Participants are responsible for making their own reservations. You can either call the reservations line (1-866-577-1273) or book online through the website, using the group code 'PRC'. You will have until **October 2, 2016** to book rooms under the special group rate. After this date the group rate will no longer be offered.

DIRECTIONS

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

CALL FOR EXHIBITORS

Is your organization one you want others to know about? An exhibit at the 10th Annual Prevention and Recovery Conference will introduce your organization to prevention and behavioral health treatment professionals from Oklahoma and surrounding states. To discuss becoming an exhibitor, call Allison Woodard, ODMHSAS Human Resources Development Division or e-mail her at Allison.Woodward@odmhsas.org.

ODMHSAS “Green” CONFERENCE

Through ODMHSAS’s continued efforts to be environmentally conscious, attendees will receive a link with available conference speaker presentations and handouts a couple of days prior to the conference. This not only will help save paper and printing ink, but also will give you access to some of the information presented in other workshops.

CONTINUING EDUCATION

Fourteen (14) continuing education credit hours have been approved through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Oklahoma Board of Licensed Alcohol and Drug Counselors, the Licensed Professional Counselors Committee, the Licensed Marital and Family Therapist Committee, and the Council on Law Enforcement Education and Training. Continuing education is also approved for Case Managers, Peer Recovery Support Specialists and Certified Prevention Specialists.

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

The Institute for Mental Health and Substance Abuse Education and Training designates this educational activity for a maximum of seven (7) *AMA PRA Category 1 Credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Fourteen (14) hours of Continuing Nurses Education have been approved by The University of Oklahoma College of Nursing as an approved provider of continuing nursing education by The Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. “UOC-0616 – Approval active May 31, 2013-June 30, 2016”

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, all participants will receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training. For more information, call Human Resources Development at (405) 522-8300.

CEU Key

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

CONFERENCE SPONSORS

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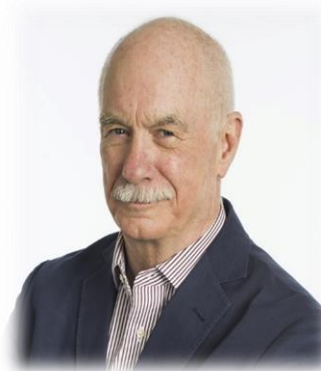
FEATURED SPEAKERS

Dr. Shimi Kang



An award-winning Harvard-trained doctor, researcher, and expert on the science of human motivation, Dr. Shimi Kang offers the tools people of all ages need to succeed in the workplace and at home. Dr. Kang is the author of the critically acclaimed book *The Dolphin Way: A Parent's Guide to Raising Healthy, Happy, and Motivated Kids Without Turning Into A Tiger*. This internationally recognized book became a #1 Canadian bestseller; launched in Germany, Russia, and China; and has been featured in the Globe and Mail, Washington Post, UK Daily Mail, and South China Morning Post. Dr. Kang is a writer whose articles have been featured in The Huffington Post, Psychology Today and Time Magazine. She is a TEDx speaker and health expert for major media outlets such as Breakfast Television, Global News, & CBC National News. Dr. Kang is the current Medical Director of Child and Youth Mental Health for Vancouver and a Clinical Associate Professor at the University of British Columbia. Dr. Kang is a Global Presence Ambassador – a humanitarian organization that works to promote life skills for youth around the world. She is most proud of receiving the Queen Elizabeth II Diamond Jubilee Medal for her years of outstanding community service and of being a mother of three “awesome” children

David Wood



David Wood is a Pulitzer Prize-winning journalist who has covered war and conflict around the world for more than 35 years. His second book, *What Have We Done: the Moral Injury of our Longest Wars*, is based on his deep reporting in Iraq and Afghanistan and on veterans after they return. It is published by Little, Brown in November. Wood is the senior military correspondent for The Huffington Post, where his series on severely wounded veterans of Iraq and Afghanistan won the 2012 Pulitzer Prize for national reporting. He has been a journalist since 1970, a staff correspondent successively for Time Magazine, the Los Angeles Times, Newhouse News Service, The Baltimore Sun and AOL's Politics Daily. A birthright Quaker and former conscientious objector, he covered guerrilla wars in Africa as Time Magazine's Nairobi bureau chief (1977-1980). As a Washington-based correspondent since 1980, Mr. Wood has reported on national security issues at the White House, Pentagon and State Department, and has covered conflicts in Europe, Africa, the Middle East and Central America. During the Cold War he reported from Russia and China, patrolled the inter-German border with American troops and visited a Soviet motorized rifle

regiment across the border in East Germany. He reported from Nicaragua during the Sandinista-Contra conflict, from the Philippines during the 1986 overthrow of President Marcos, and from Bosnia before and during the U.S. military intervention in 1995. Mr. Wood was raised as a pacifist and in 1968 completed two years of civilian service in lieu of military duty. He has three children, Seth, Peter and Samantha; two stepsons, Matthew and Evan; and three grandchildren. He lives outside Washington DC. with his wife, journalist Beth Frerking. He bicycles for sport and goes to climb high mountains when possible.

Cardwell C. Nuckols, Ph.D.



An internationally recognized expert in such areas as behavioral medicine and addictions treatment, Cardwell C. Nuckols, Ph.D. has been a clinical and developmental consultant for over 30 years. In 1979 he formed his first company, Cardwell C. Nuckols and Associates LLC, a national and international training and consulting organization. Over the years, he has served the healthcare field in multiple capacities as a clinician, supervisor, program director and hospital administrator. Dr Nuckols has led numerous corporate start-up and reengineering projects including involvement in the development of three publicly traded companies. One of these corporations is helping to bring to market new medications to help those suffering from the devastation of AIDS. For his entrepreneurial efforts, Dunn and Bradstreet nominated Dr. Nuckols to receive placement in the 2004 National Business Registry. Dr. Nuckols' educational background includes advanced work in medical research, pharmacology, education and psychology. Dr Nuckols has consulted with The Central Labor Council (AFL-CIO), United Auto Workers, Stouffers, Boeing, DuPont, General Motors, Ford Motor Company, United Airlines, and other industries in the area of enhancing productivity. He

served as a trainer and consultant to the Federal Bureau of Investigation (FBI), federal court systems, and branches of the armed forces specializing in the areas of antisociality, violence, and trauma.

Finding the Bright Spots

2016 Prevention and Recovery Conference

Agenda at a Glance

Thursday, November 3, 2016

8:00am – 9:00am	Registration
9:00am – 9:15am	Welcome/Presentation - Commissioner Terri White
9:15am – 10:15am	Keynote Presentation – Dr. Shimi Kang
10:15am – 10:30am	Break
10:30am – 12:00pm	Breakout Sessions (6 simultaneous breakouts)
12:00pm – 1:15pm	Lunch/ Keynote – Full Plate Diet
1:15pm – 1:30pm	Break
1:30pm - 3:00pm	Breakout Sessions (6 simultaneous breakouts)
3:00pm – 3:15pm	Break
3:15pm – 4:45pm	Breakout Sessions (6 simultaneous breakouts)

CEUs= 7

Friday, November 4, 2016

8:00am – 8:30am	Registration
8:30am – 8:45am	Welcome/Presentation - Carrie Slatton-Hodges, Deputy Commissioner of Recovery and Treatment
8:45am - 10:00am	Keynote Presentation – Dr. Shimi Kang
8:45am – 10:00am	Breakout Session (CME credit ONLY)
10:00am – 10:15am	Break
10:15am – 11:45pm	Breakout Sessions (6 simultaneous breakouts)
11:45pm – 1:00pm	Lunch/ Keynote - Commissioner Terri White
1:00pm – 1:15pm	Break
1:15pm - 2:45pm	Breakout Sessions (6 simultaneous breakouts)
2:45pm – 3:00pm	Break
3:00pm – 4:30pm	Breakout Sessions (6 simultaneous breakouts)

CEUs= 7

7:30 – 8:30

REGISTRATION AND CONTINENTAL BREAKFAST

9:00 – 10:15

⑥⑥

WELCOME

Terri White, Commissioner, ODMHSAS

PLENARY

Adaptability: The One Skill Needed for Lasting Success. *Dr. Shimi Kang*

“All success is successful adaptation and all failure is the failure to adapt.” Whether in the natural world, the business world, or one’s personal world, the ability to adapt is the one skill consistently proven to lead to lifelong success. But what are the ingredients of adaptation? How, why, and when do we adapt?

In this talk, Dr Kang will discuss the science behind adaptability and its core ingredients of creativity, collaboration, communication, and critical thinking. She will explain how these key 21st century skills and adaptability are needed now more than ever in our rapidly changing, globally connected, and ultracompetitive modern world. Lastly, Dr. Kang will leave the audience with numerous practical evidence-based “prescriptions” that lead to adaptability and lasting success.

10:15 – 10:30

BREAK

10:30 – 12:00

CONCURRENT WORKSHOPS: SESSION 1

1-A

⑥④

Moral/Soul Injury and Mental Health Issues: Revealing the Root Issues Informs Healing. *Erv Janssen, M.D.*

Moral/Soul injury is a complex response to personal experiences that transgress one’s moral values and expectations. Described in documents noted from 8th century BCE, current focus has been stimulated from our veteran communities recognizing the toll this has taken in the lives of individuals and families. We also recognize this injury can be experienced by first responders and in other “civilian” parts of our communities. This session will explore the dynamics of moral/soul injury from both a spiritual and mental health perspective. This brings together the reality and complexity of this injury in order that the healing process can be supported.

1-B

⑥④

Trauma Response and Recovery Program. *Courtney Mack Grey*

Interrupting the cycle of violence is an important public health effort. In response to the input of medical and other community partners, the Boston Public Health Commission formed the Trauma Response and Recovery Program to provide services to victims of violence, their families and communities to cope with trauma and increase community awareness of the effects of trauma and resources to address it. This power session will review best practice for taking a public health approach to responding to violent death and outlines positive outcomes of addressing violent death at a community level; to include a reduction of violent death, positive health outcomes, and increases in resilience.

1-C

⑥

Understanding Islam & Muslims in Oklahoma - Mental Health Considerations. *Adam Soltani*

In this session we will explore a general understanding of the Islamic faith and Muslim population in Oklahoma, clearing up misconceptions and stereotypes. We will also look at some mental health considerations when dealing with the Muslim community.

1-D

Eating Disorder Basics: Everything You Need to Know. *Deandra Christianson and Robyn Welk*

Participants will be able to identify and assess for disordered eating and eating disorders, diagnose eating disorders based on DSM 5 criteria, articulate the levels of care for eating disorder treatment and understand the diagnostic criteria for each.

- 1-E**
⑥ **A TAAD Better than Screening. *Scott Covert***
What is the difference between screening and assessing? In this workshop we will explore the intent behind the 31 questions on the TAAD-5, why in-person interviewing is important and what the scoring tells us. We will also discuss how the assessing process is the first step in engaging the individual in long-term, positive behavior change.
- 1-F**
⑥ **Diagnosis, Medications and Side Effects: Helping Peer Recovery Support Specialists Help Their Peers. *Lissa James and George Crooks***
A description of most commonly diagnosed conditions in the community mental health setting, most commonly used medications for each condition, and most common side effects. This breakout session is designed to assist Peer Recovery Support Specialists better understand some of the issues faced by their peers.
- 12:00 – 1:15** **LUNCH KEYNOTE- Full Plate Diet**
- 1:15 – 1:30** **BREAK**
- 1:30 – 3:00** **CONCURRENT WORKSHOPS: SESSION 2**
- 2-A**
⑥ **Beyond the Battlefield. *CC Nuckols***
Half of our Iraq and Afghanistan veterans have applied for permanent disability. Of those veterans treated, roughly a third have been diagnosed with PTSD. Since only about 10 percent of our armed forces actually see combat, the majority of vets claiming to suffer from PTSD seem to have been affected by something other than direct exposure to danger. Today's vets claim three times the number of disabilities that Vietnam vets did despite a generally warm reception back home and a casualty rate that, thank God, is roughly one-third what it was in Vietnam. Part of the trauma of war seems to be giving it up. There are ancient human behaviors in war—loyalty, inter-reliance, cooperation—that typify good soldiering and can't be easily found in modern society. What all these people seem to miss isn't danger or loss, per se, but the closeness and cooperation that danger and loss often engender. Our tribalism is about an extremely narrow group of people: our children, our spouse, maybe our parents. Our society is alienating, technical, cold, and mystifying. Our fundamental desire, as human beings, is to be close to others, and our society does not allow for that. It's an open question whether people's problems are located in the individual. If enough people in society are sick, you have to wonder whether it isn't actually society that's sick." This skills building training focuses on post-deployment and reintegration back into the home and society at large. Healing needs to be...COMMUNITY-BASED, UTILIZING PEER SUPPORT, INVOLVING HEALING RITUALS and WITH SPIRITUAL CONNECTEDNESS.
- 2-B**
⑥ **Tribal Partnership Panel: An Interactive Discussion to Enhance Tribal Partnerships and Prevention Programs. *Barbara Underwood, Kasey Dean, Sam Bradshaw, Thomasine Fife, Karen Hearod, Daisy Spicer and Tom Anderson***
This session will highlight active Tribal Community Prevention programs in Oklahoma. Each presenter will discuss their programs and highlight the successes, as well as barriers, to prevention and recovery treatment for the tribal communities their programs serve. The session will encourage discussion and questions from the audience. Come join the discussion and share your knowledge and experience of American Indian culture and treatment and recovery programs that target tribal communities. Together we will explore ways to enhance the effectiveness of our programs and community initiatives.
- 2-C** **Mental Health First Aide. *Kodi Pollard***

⑥ ④ Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

2-D
⑥ ④ **Trauma Screening and Assessment.** *Gwen Downing and Brendan Ryan*
Standardized trauma screening and assessment is integral to providing trauma-informed and best practice services throughout our public and private behavioral health system. In September 2015, the PCL-5 became a billable trauma screen through Medicaid and, as of July 1, 2016, the PCL-5's score is enterable on the CDC. Hear from an administrative, clinical and peer perspective on implementation, administration, and making it a meaningful part of the recovery process. All levels of staff are encouraged to attend.

2-E
⑥ **ADSAC-Educating Adults for 14 years.** *Scott Covert*
The Alcohol/Drug Substance Abuse Course (ADSAC) is considered education, not treatment. While evidence-based change theory informs the pages of the ADSAC Journal, adult learning principles also apply. This workshop will demonstrate how to maximize your delivery of ADSAC through the application of adult learning principles.

2-F
⑥ **Get A Job Now: Learn. Network. Thrive.** *Donna Woods*
This workshop will utilize the Job Club Workbook which is adapted from the Department of Rehabilitation Services for use with substance abuse and mental health peers and which includes a personal assessment of each peer's work strengths, history and assets. Likewise, it helps peers with identification of employable skills and job seeking methods along with dress and interview preparation and completion of a personal resume. Job Club lessons are about building self-confidence, a major underlying issue that prevents peers from getting out and finding a job. In addition, this workshop will help peers to find their true selves when it comes to knowing what their interests and values are using newfound skills and interests in order for them to find a job that they will excel in and most importantly want to keep. This workshop is geared to empower consumers and help create a path towards their continued success on their jobs setting them up for success and long term employment. During this workshop we will demonstrate how peers can set goals, restore confidence and be committed to reach their highest potential. This workshop is the perfect opportunity to interact and network with other peers sharing resources and their own success stories within the job market.

3:00 – 3:15 **BREAK**

3:15 – 4:45 **CONCURRENT WORKSHOPS: SESSION 3**

3-A **TREATING MORAL INJURY.** *CC Nuckols*
Shame and guilt cannot be treated with behavioral exposure. Experience a new approach to these problems. The neurobiology, goals for treatment and therapeutic approaches are different for moral injury as compared to Post-traumatic Stress Disorder (PTSD). Although there is overlap in symptoms, moral injury may present with re-experiencing and avoidance symptoms, but not the hyperarousal symptoms observed when a real or perceived life-threatening situation is encountered. Extinction is not the goal in the treatment of moral injury. Helping them return to the worldview held prior to the traumatic incident is the desired outcome. This skills-training event will provide clinicians with a treatment model and rationale for managing those suffering the guilt and shame of moral injury. *NOTE: Many clinicians are using behavioral exposure (extinction) strategies to treat moral injury. This practice may harm the client according to research coming out of the VA system.*

3-B
① ⑥ **Ethical Considerations when Treating Eating Disorders.** *Deandra Christianson and Robyn Welk*

Participants will be able to identify the complicating factors for ethical decisions when treating eating disorders, consider ethical factors when determining appropriate interventions for individuals with eating disorders and understand models used for ethical decision making.

- 3-C**
⑥ **Counseling Access to Lethal Means. Savannah Kalman and Ryan Fowler**
Traditionally suicide prevention has focused on who takes their life, when, where and especially why. We are beginning to understand that *how* people attempt suicide plays a crucial role in whether they live or die. In this breakout session you will learn an abbreviated version of the Means Matter Campaign of Harvard Public Health: Counseling Access to Lethal Means (CALM) an American Suicide Prevention Foundation (AFSP) and Suicide Prevention Resource Center (SPRC) registered best practice training.
- 3-D**
⑥ **Peers: The Foundation of Trauma Informed Care. Gwen Downing, Heath Hayes and Brendan Ryan**
Research and personal stories give us the same message – peers are the foundation of trauma informed care on the adult side of the behavioral health system. Hear from both an administrative and peer perspective on specific and innovative roles and ways PRSSs engage, retain, and connect with those who have experienced trauma and consequently often have the most difficulty with recovery. Open to all levels of staff, learn how to collaborate with the peers in your agency to synergize services for those who need it most.
- 3-E**
⑥ **Facing Change is a Skill. Scott Covert**
There is nothing easy about change. For some it can come quickly. For most it can be challenging and take time. To help an individual engage in and adhere to their own personal change process is a skill. In this workshop we'll go back to the basics and what works when facilitating behavior change.
- 3-F**
⑥ **Changes in the Mirror: Don't forget your reflection. Traci Cook**
Regular interaction with trauma can take a toll on helpers who are charged with supporting others through difficult times or are somehow—directly or indirectly—working to end hardship and suffering of others. While this challenge is a reality that those in the helping profession face on a day-to-day basis, the good news is that more solutions are emerging, both to support those suffering and to prevent these experiences from happening in the first place. This course will teach helpers how to be better prepared, to proactively transform the way they do their work, and to promote sustainable practices that will mitigate the effects of recurring secondary trauma.
- 5:00 – 6:00** **OPEN 12-STEP MEETING**

Friday, November 4, 2016

8:00 – 8:30 **REGISTRATION AND CONTINENTAL BREAKFAST**

8:30 – 10:00
⑥⑥ **WELCOME**
Carrie Slatton-Hodges, Deputy Commissioner for Treatment and Recovery, ODMHSAS

PLENARY

How to Manage Stress and Mental Health Issues in the Workplace. Dr. Shimi Kang

1 in 4 employees have a diagnosable mental health disorder and everyone deals with daily stress. Dr. Shimi Kang will share the science behind stress and mental health issues in the workplace. She will

provide a background of the current rising trends in stress and mental illness and discuss how business leaders can mitigate the risk of having a mentally unhealthy workforce. She will outline how stress and mental illness affect productivity – especially in the modern day workplace. Lastly, Dr Kang will leave the audience with practical everyday “prescriptions” they can use both personally and professionally to empower their workforce and improve their productivity.

8:45 – 10:00

CME ONLY

⑤

Medication-Assisted Treatment 101. *Mark Stavros, M.D.*

This workshop is a presentation of opioid use disorder as a disease process of the brain, the comprehensive services needed for this population and the challenges faced by those in MAT. It is designed to help participants understand the considerations for dosing of methadone and buprenorphine in medication assisted treatment programs. Dr. Stavros will also present some common myths in the field of MAT and common stigmas associated with medication assisted treatment.

10:00 – 10:15

BREAK

10:15 – 11:45

CONCURRENT WORKSHOPS: SESSION 4

4-A

⑥

Moral Injury. *David Wood*

The signature wound of our wars in Iraq and Afghanistan, moral injury describes the unsettling experiences of war which violate our moral beliefs, our understanding of "what's right." Pulitzer Prize-winning journalist David Wood, a long-time war correspondent, explores the stories of moral injury and how we can help finally welcome veterans back home.

4-B

⑥

AOT Pathways to Recovery. *Cathy Costello, Honorable Judge Pace, and Carrie Slatton-Hodges*
Moderator: *Terri White*

4-C

⑥

Trauma Sensitive Yoga and Trauma Informed Wellness Groups. *Alissa Catiss*

For the past year we have been introducing Trauma-Sensitive Yoga (TSY) to our system. Join us in the experiential workshop as Alissa trains on TSY and offer, pragmatic tips for incorporating it into your own practice, personal and clinical, with a special emphasis on wellness groups and how to make it work for you. Open to all levels of providers.

4-D

⑥ ④

Suicide Prevention with LGBTQ Youth: Current Research and Practical Intervention Strategies. *David Bond*

Suicide is the second leading cause of death for all young people in the U.S. ages 10-24. Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) youth attempt suicide at a rate more than 4x that of straight youth. This workshop will address current research and intervention strategies for suicide prevention with this vulnerable population.

4-E

⑥

Communities Mobilizing Against Prescription Drug Abuse. *Stephanie Tillman, Stacy Potter, and Sean Byrnes*

This presentation will discuss how developing community collaborations and partnerships are necessary to carry out a comprehensive community plan to reduce prescription drug abuse. The presenters will discuss ways in which bringing an array of diverse stakeholders together with the Coalition Against Prescription and Substance Abuse of Tulsa (CAPSAT) contributed to a healthier community. Lessons learned in gaining grassroots community support and techniques for sustaining strategies to bring about population-level changes and reductions in prescription drug abuse will also be discussed.

4-F

⑤

Medication Assisted Treatment and Pregnancy: Best Practices. *Charles Taylor, M.D.*

This workshop will provide an overview of prevalence of pregnancy and medical complications in conjunction with treatment of substance abuse disorders and evidence based practice in the treatment of pregnancy in the OTP and of medical comorbidities.

11:45 – 1:00

LUNCH/KEYNOTE

Finding the Bright Spots: We all Play a Vital Role in Advancing Brain Health. *Commissioner Terri White*

Commissioner Terri White will address opportunities for the future and the vital role that all health professionals play in advancing wellness for Oklahomans. Integration of services and meaningful collaboration are the keys to transforming our system. Whether working to prevent, treat or support recovery from brain illness, it is up to all of us to make a difference.

1:00 – 1:15

BREAK

1:15 – 2:45

CONCURRENT WORKSHOPS: SESSION 5

5-A

Introduction to Human Trafficking. *Whitney Anderson and Lana Monique*

This workshop is applicable to those professionals who may interact with victim/survivors of sex trafficking (attorneys, law enforcement, advocates, mental and medical health professionals, and service providers). Attendees will learn how to recognize and identify signs and symptoms of trauma in victim/survivors of sex trafficking. Actual case studies will be utilized to demonstrate examples of successes and the practical application of implementing a trauma informed approach with victim/ survivors of sex trafficking from the perspective of direct care service providers.

5-B

① ⑥

Ethical Implications of Integrating Spirituality and Behavioral Health. *Moderator: Heath Hayes; Panelists: Rev. Lori Allen Walke, J.D., MHA, M.Div.; Dr. Geetika Verma; Richard Dunkle, MSW, ACSW, and Dr. Asma Mudassir*

Integrating spirituality into assessment and treatment can be tricky, but critical to understanding clients and facilitating their steps through recovery. This presentation will address these issues through a panel discussion among behavioral health professionals of various faiths, including Christianity, Hinduism, Muslim and Baha'i faiths. The panel discussion will highlight everyday scenarios that impact our behavioral health and how specific faith-based/spirituality-focused approaches can be used to guide, support, and aid in recovery, while exploring the ethical dilemmas that may arise in this approach.

5-C

⑥

Trauma Sensitive Yoga and Trauma Informed Wellness Groups. (REPEAT) *Alissa Catiss.*

For the past year we have be introducing Trauma-Sensitive Yoga (TSY) to our system. Join us in the experiential workshop as Alissa trains on TSY and we offer pragmatic tips for incorporating it into your own practice, personal and clinical, with a special emphasis on wellness groups and how to make it work for you. Open to all levels of providers.

5-D

③ ⑥

Leading, By Digging for Gold. *Alex Scrimshire*

This talk will cover a leadership style that helps leaders best engage their employees by illuminating the good in their employees.

5-E

⑥

2015 Prevalence Study on Problem Gambling: Implications for Treatment, Awareness, and Prevention that Every Mental Health Professional MUST Know! *Wiley Harwell.*

This workshop will highlight the findings from the 2015 State-wide prevalence study. This information will be used to show areas of the state and the demographics that need treatment for problem gambling. The rest of the information will be informative in developing strategies for awareness and prevention.

- 5-F**
⑤ ⑥ **Medication Assisted Treatment/ Medication Assisted Recovery: How Do We Make It Work?**
Dustin Bryan, LPC, LADC
Presentation will provide an overview of the anatomy and physiology of the brain and how it relates to addiction. We will explore the concepts of medication assistance with addiction and co-morbid conditions and the advances in treatment through the integration of these concepts. The presenter will review the common medications available, an overview of how they work and why/how we use them in addiction medicine. The discussion will also cover treatment approach best practices in meeting individual needs of the client's addiction/dependence and co-morbid conditions. Attendees will gain an understanding of how clinical and medical treatment interact to produce positive outcomes.
- 2:45 – 3:00** **BREAK**
- 3:00 – 4:30** **CONCURRENT WORKSHOPS: SESSION 6**
- 6-A**
③ **Strategic Planning: Putting Your NEW Conference Knowledge to Work for You! TBA**
Ever attend a conference and feel excited about all you have learned and want to apply it the minute you get back to the office, but then when you get to the office you have one million emails, ten thousand phone calls and the ideas just slip away? This session will help you put together a strategic plan to use your new knowledge for yourself, your organization and your community!
- 6-B**
③ ⑥ **A Leader's Guide to Creating A Healthy, Happy, and Motivational Environment. Dr. Shimi Kang**
Few speakers are able to lay out the neuroscience, biology, psychology, and reality of motivation like Dr. Shimi Kang. She knows exactly how to harness motivation toward health, happiness, and lasting success. She combines irrefutable science with unforgettable stories in a whirlwind tour that leaves you with the tools to be better leaders and managers and create a culture of healthy, happy and motivated people. Dr. Kang will cover the science of how humans are naturally motivated; the daily activities that will enable managers and leaders bring out the best in themselves and those around them; and tools and tips on how to build a more collaborative, engaged and productive culture of excellence.
- 6-C**
⑥ **Community Disaster Response: How to Create a Response from the Ground-Up in Your Community Including Building a Media Plan. Tom Thomson and Tania Woods**
This workshop will educate community mental health center staff regarding how to develop a disaster mental health response in their communities. At the end of the workshop, participants will be able to describe the phases of a disaster and where to insert a behavioral health response; list key community partners crucial in developing a behavioral health response; demonstrate awareness of current best practice, in disaster behavioral health response; and describe how to initiate a public information campaign after a community disaster or crisis.
- 6-D**
⑥ **Myths and Benefits of Mindfulness in a Therapeutic Setting: An Integrated Approach to Recovery. John Bruna**
With all of the buzz about mindfulness there are many claims that are unrealistic, as well as many applications that are highly effective for use in therapeutic settings, especially in the area of addiction treatment and impulse control. The session will highlight some of the myths and confusion about mindfulness, clarifying the various definitions, and provide a practical overview of how mindfulness can effectively be integrated into the therapeutic setting.
- 6-E**
⑤ ⑥ **Medication-Assisted Treatment. Dr. Lynn D. Baggett.**
It is important to understand the combination of medication and counseling being effective in the treating opioid addiction. Buprenorphine offers several benefits to those with opioid dependency and is the latest advance in medication-assisted treatment (MAT).