

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Monday, July 31
8:30 am - 10:00 am
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP MH CO	The Developing Brain: Adolescence and Vulnerability to Drug Abuse and Mental Illness	Karen Williams, MSSW	All	Family, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	The massive changes in the adolescent brain, the physical and hormonal changes created by puberty, and three powerful new drives combine to make adolescence one of the most important and distressful periods of human development. It is a period when the need for dopamine is greater and more critical than at any time in life. Dopamine is the chemical in charge of our reward or pleasure center; it is involved in all drugs of addiction and in building resiliency and self-regulation. When adolescents lack the ability to trigger dopamine naturally, they will use "fake" triggers regardless of risks and dangers, leading to substance use disorder and other behavioral health problems. This session explains the dopamine, drug, and behavioral health connections, and explores ways to help youth learn the skills to trigger their own comfort and control chemistry.
Prevention / Treatment	MH	Working Towards a Restraint-Free Service System	George Zukotynski, PhD, MS, LPsych, BCBA-D	All	Crisis, Family, Intellectual and Developmental Disabilities, Trauma, Youth	Ethics, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Restraint use presents an array of ethical dilemmas and risk issues, including risk of injuries to the person and the staff, reinforce challenging behavior, escalating behaviors to avoid restraint, and cause death. There is emotional stress and possible trauma encountered by the individuals and staff as restraints are implemented. Despite these issues, when faced with the imminent danger of life threatening aggression to self or others, restraints may be necessary for protection from harm. The Texas Department of Aging and Disability Services (DADS) has recognized the importance of reducing and eliminating restraints in their supported living centers (SSLCs). This presentation reviews actions over recent years to reduce restraints in SSLCs.
Treatment	MH	Focusing on the Best Practices for Sex Offender Treatment	Casey O'Neal, PhD, LSOTP	All	Criminal Justice, Family, Youth	SW, LCDC, CPS, APS, PM/PRC	This presentation will involve an overview of the heterogeneous nature of individuals with sex offenses and basic info about the research on re-offense and treatment efficacy. The speaker will also discuss the general risk-needs-responsivity theory underlying treatment for working with adult men with sex offenses. Factors that predict risk, show how to address needs, and give an overview of how to individualize treatment will be explained, and guidelines from the Council on Sex Offender Treatment (CSOT) and the Association for the Treatment of Sexual Abusers (ATSA) will be incorporated.
Treatment / Recovery	SUD MH	Understanding Relationship Grief and the Withdrawal Process	Lori Jean Glass, CRC, CPC, CBC	All	Adult, Family, Youth	SW, LCDC, CPS, APS, PM/PRC	This session will focus on relational withdrawal, whether it is a breakup, death, or a conscious choice to end a relationship due to unhealthy circumstances, the grief can be destabilizing. Many clients need to learn the art of ending a relationship and understand the process that will occur. This session will dive into teaching how to process the grief, deactivate the pain body wound, and be able to show up again for life.
Treatment / Recovery	SUD	The Power of Positive Recovery	James Campbell, MA, LPC-I, CAC-II	Intermediate	Adult, Community, Criminal Justice, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Often we hear those struggling with addiction, their family members, and even our colleagues pose the question of why individuals in active addiction don't "just stop using". Questions about the motivation of individuals in active addiction are often posed with an emphasis on what it will take for them to stop using and the idea of "hitting bottom". This didactic and experiential training will provide clinicians with a greater understanding of both the holistic factors that contribute to continuing in active addiction, as well as how those same factors can be used to cultivate effective recovery. Participants will also explore and develop practical tools for better facilitating movement from active addiction into active recovery.
Treatment / Skills Building	SUD MH CO	The "B" in Cognitive Behavioral Therapy: Using Behavioral Principles to Enhance Outcomes with Patients (Part 1)	Donna Sudak, MD	All	Criminal Justice, Family, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CHES, CNE, Psy, CME	Behavioral activation and exposure are powerful tools that can be used as stand-alone treatments for depression and anxiety, but they are most frequently incorporated with cognitive restructuring for a variety of disorders. This session aims to help clinicians learn and practice key skills for implementation of these tools, develop individual case conceptualizations, and tailor action plans for durable recovery. A variety of experiential learning approaches will accompany the didactic training provided.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Monday, July 31
10:30 am - 12:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SAP MH	From Nothing Works to Effective Prevention of Behavioral Health Problems	J. David Hawkins, PhD, MA	All	Community, Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Advances in prevention science over the past three decades have produced a growing list of tested and effective programs and policies for preventing youth problem behaviors including substance misuse, delinquency, risky sexual behavior and mental health problems, including depression. Dr. Hawkins will discuss how activating a coalition of diverse community stakeholders who use local data to guide their choices of evidence-based preventive interventions can lead to coordinated, widespread enhancement of preventive efforts throughout a community and significant reductions in young peoples' behavioral health problems community-wide.
Prevention / Treatment	SUD SAP MH CO	Shifting from Family-Driven to Person-Centered Planning	David McClung, MSW, MDiv Christianna Hale, LMSW, CFP Sara Becker Nigel Cunningham Williams	Intermediate	Community, Cultural Competency, Family, Youth	Ethics, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Authentically engaging youth and family members in services is a critical part of culturally-competent and community based-care. As youth desire independence and begin the service transformation process, there are times youth and family-driven values may not always appear to align. This presents an ethical dilemma that requires strong relationships, communication, and the ability to identify competing values that may be at play. In this presentation, participants will collaboratively explore potential solutions and steps that can be taken to navigate the shift from family-driven to person-centered planning.
Prevention / Treatment	SUD SAP MH	Basics of Meth, Human Immunodeficiency Virus (HIV), and High-Risk Sexual Behavior	David Fawcett, PhD, LCSW	All	Adult, LGBT, Youth	HIV, CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This session provides information about methamphetamine, a drug which is strongly associated with high-risk sexual behaviors and is increasingly used by gay, bisexual, transgender, and other men who have sex with men (MSM). Following a description of the drug's history and epidemiology, the social and sexual context of meth use will be reviewed. The drug's ability to increase a sense of invulnerability and to numb uncomfortable emotions will be described, as will its impact on the body and the brain, with special attention to its impact on sexual desire, high-risk behavior, and its long-term impact on the dopamine transport system. Once abstinent, persistent anhedonia and mood dysregulation require adaptation of typical clinical interventions, such as cognitive behavioral therapy. Meth's impact, both on risk of HIV seroconversion and anti-retroviral therapy adherence, will be fully reviewed. Finally, best treatment practices for stimulants will be examined.
Treatment / Skills Building	MH CO	Mental Health Support for Individuals with Intellectual and Developmental Disabilities: Who's on First?	Candace Baker, PhD, BCBA-D Laura Carpenter, MSW, LCSW Jennifer Eckols, MA, LPC-S	Intermediate	Crisis, Integration, Intellectual and Developmental Disabilities, Trauma, Workforce	CPE, LMFT, LPC, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Individuals with a dual diagnosis of intellectual and developmental disabilities and mental illness (IDD/MI) need intensive levels of support to function and maintain an appropriate quality of life. However, accessing the appropriate supports is difficult for the individual. The problem does not necessarily reside within the individual, but more often resides in the service delivery system. The 2014 Texas Biennial Disability Report recommended increased collaboration between the mental health and IDD systems and primary care to track individuals with high risk needs, and increased access to early intervention services for children with co-occurring conditions. This presentation will describe the early efforts of Hill Country Mental Health and Developmental Disabilities Center to bridge the chasm between mental health services and IDD services within one agency. It will include information on an integrative model of behavioral health, and information for mental health staff that will assist with services to individuals with IDD.
Treatment / Skills Building	SUD MH CO	The "B" in Cognitive Behavioral Therapy: Using Behavioral Principles to Enhance Outcomes with Patients (Part 2)	Donna Sudak, MD	All	Criminal Justice, Family, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Behavioral activation and exposure are powerful tools that can be used as stand-alone treatments for depression and anxiety, but they are most frequently incorporated with cognitive restructuring for a variety of disorders. This session aims to help clinicians learn and practice key skills for implementation of these tools, develop individual case conceptualizations, and tailor action plans for durable recovery. A variety of experiential learning approaches will accompany the didactic training provided.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Monday, July 31
10:30 am - 12:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Recovery	SUD	Recovery Support Technologies: Pioneering New Models of Substance Use Disorder Recovery Services	Mark Disselkoen, MSW, LCSW, LADC Michelle Padden, MSW, LSW, CSW	Beginner	Innovative, Technology	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Often, what propels individuals toward seeking recovery services are a series of cascading problems associated with substance use. For many, finding a source of support is essential before recovery progression can occur. There are a variety of pathways that help people enter and navigate systems of care. However, the failure of traditional (in-person) models to meet the needs of so many with substance use disorders has led to the development of innovative approaches to recovery. The pervasive use of technology points to its use as a critical means of reaching high-risk populations needing substance use treatment and recovery services. Thus, these new recovery support technologies address the intractable barriers that keep 20 million people from accessing recovery support. This presentation will identify some of these barriers, discuss why mobile technology and the internet play a role in reducing barriers, review the research on the benefits of using technology for recovery support, and showcase several types of technology that can be used to help deliver recovery support services.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Monday, July 31
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SAP MH CO	Unleashing the Power of Prevention	J. David Hawkins, PhD, MA	All	Community, Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Every day across America, behavioral health problems in childhood and adolescence take a heavy toll on millions of lives. For decades, the approach to these problems has been to treat them only after they've been identified, at a high and ongoing cost to young people, families, communities, and our nation. Now we have a 30-year body of research and over 50 programs showing that behavioral health problems can be prevented. The challenge now is to mobilize across disciplines and communities to unleash the power of prevention on a nationwide scale. This session will propose a grand challenge that will advance the promotion of behavioral health and prevent behavioral health problems among all young people. Within a decade, we can reduce the incidence and prevalence of behavioral health problems in youth by 20 percent through widespread policies and programs that will serve millions and save billions. Prevention is the best investment we can make, and the time to make it is now.
Prevention / Treatment	SUD SAP MH	De-Escalation and Self-Regulation	James Campbell, MA, LPC-I, CAC-II	Intermediate	Criminal Justice, Disaster Behavioral Health, Family, Trauma, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Serving clients can be challenging or, at times, even volatile. De-escalation and self-regulation is a practical exploration of how to help ourselves, as well as those we serve de-escalate and more effectively self-regulate. Specific emphasis will be placed on matching appropriate interventions to differing clients and degrees of tension and escalation. Participants in this session will gain an understanding of subjects like verbal interventions, how tension contributes to inappropriate behavior in clients and staff, when to withdraw from an intervention, and the underlying dynamics of establishing a therapeutic relationship.
Prevention / Treatment	SUD MH CO	Human Trafficking 101: Victim Services and Understanding the Victim	Kay Mailander, MA	All	Criminal Justice, Family, Trauma, Youth	LCDC, SW, CPS, APS, PM/PRC	Information on defining human trafficking, as well as cases identified in the United States, and how to identify potential victims by explaining red flags in different situations will be provided in this presentation. Services that exist for survivors of trafficking, through Refugee Services of Texas and others nationwide, will be reviewed. Attendees will also gain information on a victim's mental health and vulnerabilities and how trauma informed professionals can assist in identifying victims, investigate and prosecute cases, and be able to provide the appropriate victim services.
Prevention / Skills Building	SUD SAP MH CO	Coping in the Classroom: Strategies for Learning, Development, and Calm Behaviors	Karen Williams, MSSW	All	Family, Innovative, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	This workshop is designed for classroom educators and prevention specialists who deliver curricula and other services in schools. Brain research shows that both a child's sense of comfort and sense of control/efficacy are necessary in order for learning and development to take place. Both are also essential to promoting calm behavior, motivation, and perseverance. Fortunately, there are simple, but powerful "brain-friendly" methods and strategies to promote both that are currently being used in trauma-sensitive, trauma-informed, and compassionate schools. The workshop will include videos of the strategies in use, and lots of resources to keep.
Treatment	SUD MH CO	Human Immunodeficiency Virus (HIV) and Co-Occurring Mental Health and Substance Use Disorder Issues	David Fawcett, PhD, LCSW	Intermediate / Advanced	Adult	HIV, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This presentation reviews co-occurring mental health (MH) and substance use disorders (SUD) that frequently accompany Human Immunodeficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS). It provides an overview of psycho-social issues of HIV disease progression, including adherence. Participants will increase their skills in identifying common psychological reactions to living with HIV/AIDS, co-occurring mental health diagnoses, dual and multiple diagnoses, and differentiating mental health disorders from neuro-psychiatric complications. The importance of trauma-informed care in the assessment and treatment of co-occurring MH and SUD disorders will be addressed. Participants' existing knowledge and skills will be applied to promote culturally competent assessment and intervention planning from both the micro and macro levels of practice.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Monday, July 31
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Treatment / Skills Building	MH	Falling in Love Through Technology	Lori Jean Glass, CRC, CPC, CBC	All	Adult, Technology, Youth	SW, LCDC, CPS, APS, PM/PRC	Social media personas are now merging with our clients' identity and differentiating between the two is causing ambivalent attachment in relationships. The word "social" has taken on a new meaning. We used to socialize in public places-surrounded by energy and activities to meet others, now we socialize in quiet corners on screens. This presentation will dive into how we are developing a new attachment style through technology and creating anxiety by sending emotional bombs through avoidant behaviors. Is there a way to use technology to "fall in love" in a healthy way? Yes! A walkthrough will be given of "The Dating Game" to learn to teach clients a healthier approach. This is essential for anyone with attachment wounds, mood disorders, or addiction.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Monday, July 31
3:30 pm - 5:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Keynote	SUD SAP MH CO	Tackling the Roots of Inequity: How Cultural Humility Can Transform Behavioral Health Care	Jei Africa, PsyD, MSCP, CATC V	All	Community, Cultural Competency	SW, LCDC, CPS, APS, PM/PRC	Health care spending in the United States is at an all-time high, outpacing all developed countries, yet many people experience sicker and shorter lives. Most adverse health outcomes disproportionately affect subsets of the population. Individuals with mental health conditions die on average 25 years earlier than the general population. Communities of color have the poorest health outcomes. Rapid medical innovations have fallen short on making all communities healthier. In order to effectively transform our health care system, leaders are applying an equity lens to their work and finding innovative ways to address the social determinants of health. Service providers and organizations, nationally and internationally, are also practicing cultural humility to improve systems of care.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Tuesday, August 1
8:30 am - 10:00 am
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP MH CO	Collaborating with Youth: Interactive Alternative Activities	Haydee Hall, LMSW, ACPS Michelle Young, LMSW, ACPS	Beginner	Family, Innovative, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Prevention educators will learn how to work with youth and conduct a successful alternative activity with youths in this presentation. How to set up an alternative activity that is developmentally appropriate for the intended audience will also be shown. The goal of the alternative activities is to educate young people about the dangers posed by drugs and alcohol and change the behaviors that may lead to use disorder. Knowledge on how to explain the dangers of drugs and alcohol in an interactive manner is certainly a factor in prevention, but it is only a beginning. Recipients of prevention education need to incorporate that knowledge into their own lives and decision-making processes, this is best accomplished through hands-on activities. This presentation will address comprehensive and exciting ways to incorporate prevention education with fun, interactive, alternative activities to engage youth. Participants will learn various alternative activities they can use in their own programs.
Prevention / Treatment	MH	Restorative Practices and Mental Health	Sherwynn Patton	Intermediate	Adult, Community, Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	This session will teach how restorative practices are being utilized to enhance the learning of students and adults with special needs. There will be discussion on different relationship building techniques being used to support special education departments in Texas, how partnerships with behavioral health services are being utilized to build necessary supports for students and families, and how these services help to shape the climate on a school campus. Attendees will hear from a principal that has implemented restorative practices with fidelity.
Prevention / Treatment	SUD SAP MH CO	Human Immunodeficiency Virus (HIV) Basics, Medications, and Biomedical Intervention	Justin McClenny, LCDC Kelli Haynes, BS	All	Adult, LGBT, Youth	HIV, LMFT, LPC, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This session will assist participants in being able to identify modes of Human Immunodeficiency Virus (HIV) transmission and possible risk factors that a client might experience. The presenters will discuss the concept of status neutral, and how biomedical interventions can reduce new diagnoses while improving health outcomes.
Treatment	MH	Early Onset Psychosis and the Importance of Treatment	Lisa Dixon, MD, MPH	Intermediate	Family, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	There has been a rising interest in the treatment of those experiencing their first episode of psychosis. The presenter will help guide the participants through the history and future of this area of focus by drawing upon her personal, research, and clinical experiences.
Treatment / Recovery	SUD SAP MH CO	Micro-Connecting: Strategies for Engaging Young Adults in the Recovery Process	Mark Sanders, LCSW, CADC	Intermediate	Community, Criminal Justice, Cultural Competency, Family, Technology, Trauma, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Unfortunately, 18 to 25 year olds have the highest recidivism rate and consistently cost states the most money due to repeated treatment episodes, premature terminations, overdose deaths, and criminal justice involvement. In this presentation, 22 strategies will be covered that will help clinicians effectively engage 18 to 25 year olds in addictions and mental health recovery.
Treatment / Skills Building	SUD MH CO	Race, Sexual Orientation, and Military Status: Using Intersectionality to Build a Path to Social Justice	Eric Alva, MSW	Intermediate	Cultural Competency, Family, LGBT, Military, Trauma, Veterans	SW, LCDC, CPS, APS, PM/PRC	A powerful inspirational speaker, Eric Alva discusses his battle to overcome his injuries and the difficulties he encountered after leaving military life. From learning to walk with a prosthetic, to his desire to continue his education and get his degree, Alva shows audiences that it is important to never give up. As a Hispanic disabled vet and a gay man, Mr. Alva will share his story with us, including the opportunities and challenges he faced as he managed these intersections of diversity in his life.
Skills Building / Self-Care	SUD MH CO	Change Your Laughter and Change Your Behavior with Laughter Yoga	Stephen Findley, MDiv, BCC, CLYT	Beginner	Adult, Community, Family, Workforce, Youth	SW, LCDC, CPS, APS, PM/PRC	Laughter Yoga is a discipline that can be effectively applied and utilized across multiple communities, age levels, and disabilities. Research shows that laughter positively impacts issues like stress, pain, blood pressure, and the immune system. This session will show how Laughter Yoga can improve your mind, body, and spirit. Participants will learn the three concepts of Laughter Yoga; be taught three benefits of Laughter Yoga for one's physical and spiritual well-being; learn how to laugh in a group without jokes, humor and comedies; and experience the multiple benefits of laughter on the body and mind.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Tuesday, August 1
10:30 am - 12:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP MH CO	Creating the Roadmap for Implementing Youth Evidence-Informed Practices and Innovations	Marc Fagan, PsyD	All	Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	This participation and discussion-based session will highlight the importance of purposefully preparing for incorporating evidence-informed practices, or innovative practices, for youth and young adults into one's service array. The audience will learn some keys to build, conduct, assimilate, lead, and supervise new services and frameworks. Ways to detect organizational and leadership readiness, and key issues around coordinating outside stakeholders, consultants, and other needs assessments and start-up tasks will be discussed. The audience will hear about multiple means of approaching training, technical assistance, addressing drift and when to choose fidelity, and how to incorporate evaluation.
Prevention / Recovery	SUD SAP	Family Response to Addiction	Mary Sue Green, PhD, LMFT Parris Green, MS, LMFT	Beginner	Family	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This presentation will explore information that will enhance a clinicians' ability to work with couples and families with substance use disorder issues. Discussion will exemplify the parallels between couple/family patterns learned in training and patterns in couples and families with substance use disorder concerns. The stages of addiction, stages of change, and stages of recovery for individuals will be reviewed with a focus on partner and family experiences at each stage of addiction, stage of change, and stage of recovery. Potential interactions that may help or hinder clinical progress will be explored, and the presentation will conclude with a discussion of difficult cases presented by the participants.
Treatment	SUD MH CO	Play Therapy for Grief and Bereavement	Renee Turner, PhD, LPC-S, RPT-S, MA	Beginner / Intermediate	Family, Suicide, Trauma, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	This session will present play therapy interventions to use with children and families who have experienced grief. Developmental aspects of grief will be explored, as well as a discussion of varied types of grief and associated unique factors, which include sudden death, violent death, death of a sibling, and death of an extended family member.
Treatment / Skills Building	SUD MH CO	Integrated Treatment for Co-Occurring Disorders Model	Harry Cunningham, LICSW	Beginner / Intermediate	Criminal Justice, Family, Workforce	SW, LCDC, CPS, APS, PM/PRC	The integrated treatment for co-occurring disorders model is a practice that improves the quality of life for people with co-occurring severe mental illness and substance use disorders by combining substance use services with mental health services. It helps people address both disorders at the same time, in the same service organization by the same team of treatment providers. The practice emphasizes that individuals achieve big changes via a series of small, overlapping, incremental changes that occur over time. Therefore, it takes an individualized stages-of-change approach to treatment. It was identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) as one of five basic evidence-based practices that every community mental health center should offer to clients. This session will present an overview of the practice to help interested practitioners and agencies understand it as an exploratory step toward implementing integrated treatment for co-occurring disorders.
Recovery	SUD CO	The Recovery Community Organizations as the Hub of Recovery Activity	Patty McCarthy Metcalf, MS	All	Community, Family, Innovation, Peer Counseling, Workforce	SW, LCDC, CPS, APS, PM/PRC	The growth of recovery community organizations (RCOs) across the nation has led to a large-scale expansion of recovery support services; advocacy and public awareness activities; and education and training for peers, families, providers, and communities. Many RCOs operate recovery community centers as a central hub from which people in recovery and their families find a sanctuary of support. This presentation will define RCOs, the history of their development, and the various models of peer support provided.
Skills Building	SUD SAP MH CO	Ethics in the Clinical Relationship	Mark Sanders, LCSW, CADC	Intermediate	Clinical Supervision, Criminal Justice, Cultural Competency, Family, Workforce, Youth	Ethics, LMFT, LPC, SW, LCDC, CPS, PM/PRC, APS, CNE, CHES, Psy, CME	This interactive, skills-building presentation will address ethics in the clinical relationship. A partial list of topics covered includes: eight principles that can help with ethical decision making; counselor "unfinished business" and ethical violations; countertransference as a gift to avoid ethical dilemmas; establishing healthy boundaries; and preventing ethical dilemmas by addressing burnout and compassion fatigue. This promises to be a fun learning experience.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Tuesday, August 1
10:30 am - 12:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Self-Care	SUD MH CO	Mind, Body, Spirit: Who is Caring for You?	Marcia Baker, MA, PhD Candidate, LPC-I, LCDC, ACPS, LBSW	Intermediate	Innovative, Workforce	SW, LCDC, CPS, APS, PM/PRC	This presentation will provide the behavioral health professional an opportunity to explore how they are taking care of their mind, body, and spirit. Self-care is crucial to providing competent services to those we work with. Are we a role model for our clients? Are we practicing what we preach? Would we rate ourselves high with compassion fatigue? These are the questions to be considered in this presentation. Self-care practices will be discussed and implemented to provide participants an opportunity to continue them in their personal lives.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Tuesday, August 1
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP MH CO	Comprehensive and Integrated Prevention Programming Model for Schools	Crystal Collier, PhD, LPC-S	Intermediate	Alcohol, Community, Family, Suicide, Tobacco Cessation, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	The Choices program is an integrated, comprehensive, multiple high-risk behavior prevention program that utilizes a novel prevention approach by building students' executive functioning skills, while simultaneously targeting a variety of high-risk behaviors high school students struggle with today. These include alcohol, pornography, illegal drugs, risky sexual behavior, criminal activity, driving while drinking, tobacco, bullying, gambling, eating disorders, self-injury, dating violence, video game addiction, depression, and suicide. The program also addresses a growing body of knowledge regarding students who engage in multiple risk behaviors simultaneously. Key elements of effective interventions for reducing high-risk behavior such as creating student, parent, and faculty action groups that assist in curriculum dissemination are also utilized. In this approach, programming is delivered to the entire school system addressing universal, selective, and indicated target audiences. A long-term approach, Choices emphasizes skills training and relationship building over a four-year cohort design resulting in a program tailored to changing the norms of an individual school's culture.
Prevention / Treatment	MH	Building the Transition Bridge: The Transition to Independence Process Model and Other Innovative Practices for Young Adults with Mental Health Needs	Marc Fagan, PsyD	All	Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	This session will help the audience understand the importance of incorporating interventions and engagement strategies that are specific to young adults. The audience will learn about the Transition to Independence Process (TIP), and some of the highlights of its principles and practices. The research and biological basis that backs up its utilization will be discussed. This session will teach how to incorporate the TIP principles into one's array of services, and a few strategies they can take with them from the discussion. Finally, the audience will hear about Texas' efforts of incorporating the TIP model and other young adult best practices into its communities through the University of Texas Austin System of Care and the Transition-Age Youth and Families Initiative through Texas Network of Youth Services and the Hogg Foundation.
Prevention / Treatment	MH	Addressing Trauma Utilizing Restorative Practices	Sherwynn Patton	All	Family, Trauma, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Participants in this session will learn how to use restorative practices to identify when a student has been exposed to trauma, how to provide a holistic approach to supporting students and families that have been traumatized, and how to prevent causing further harm. A short video that chronicles students in Central Texas who are successfully navigating through trauma by utilizing restorative practices will be shown. The session will delve into how trauma can shape our male or female role belief system.
Prevention / Skills Building	SUD SAP MH CO	Suicide Prevention: What is Required, Resources, and Best Practices	Toniya Parker Kathleen Hubbard	All	Family, Suicide, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This workshop will provide participants a review of the State Suicide Prevention Plan and Zero Suicide Initiatives of Texas. Identification of suicide prevention, intervention and postvention guidelines, evidence-based trainings and resources will be provided. A discussion regarding innovative strategies for implementation and utilization of these tools for specific populations will wrap up the session.
Treatment	SUD MH CO	Specialized Law Enforcement Response Strategies for Mental Health: Crisis Intervention Training	Frank Webb, MEd	All	Criminal Justice, Community, Family, Innovation, Military, Suicide, Veterans, Youth	SW, LCDC, CPS, APS, PM/PRC	Responding to the mentally ill is one of the top three criminal justice issues today. Law enforcement officers are increasingly interacting with individuals in serious mental health crises presenting police departments with unique challenges. Jails and prisons have become the new asylums. A 2006 Justice Department study found 64 percent of inmates in jails, 56 percent in state prisons, and 45 percent in federal prison had some kind of mental health problem. In Chicago's Cook County jail, 30 percent of the 12,000 inmates suffer from a serious mental illness. Training and response strategies have been developed to help criminal justice personnel respond safely, professionally, and humanely to individuals with mental illness. This session will examine and explain this training and these innovative strategies.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Tuesday, August 1
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Treatment	MH	Coordinated Specialty Care for Early Onset Psychosis: What Comes Next?	Lisa Dixon, MD, MPH Chelsea Keyt, LCSW-S Monique Wicker, LPC April Macakanja, MS, LPC-S	All	Case Management, Research	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Coordinated Specialty Care for Early Onset Psychosis has quickly become the go-to treatment modality for treating this population. Research and anecdotal evidence support its use and effectiveness, but what happens after this time-limited program ends and an individual moves on to other services? This panel hopes to begin this conversation with a focus on building upon the work that has already started here in Texas.
Self-Care	MH	Gibberish Talk: A Fun Way to Relieve Stress, Increase Self-Confidence, and Team Build	Stephen Findley, MDiv, BCC, CLYT	All	Adult, Family, Youth	SW, LCDC, CPS, APS, PM/PRC	This presentation explores the physical, mental, and emotional benefits of Gibberish Talk. Participants will engage in a series of games and exercises utilizing Gibberish Talk, and learn how to release physical, mental and emotional stress, how to boost their creativity by stepping out of their comfort zones, and how to increase their listening skills. In addition, participants will be taught how to boost self-confidence and social-confidence and will leave with a handout on the benefits of Gibberish Talk.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Tuesday, August 1
3:30 pm - 5:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	MH	What are Teens Thinking!?! Bridging the Technology Gap	Josh Drean	All	Adult, Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Students are not more prone to bullying in today's world, bullies just have more tools available. It's easier than ever to hide bullying on the web through anonymous posts and secret chat groups. This presentation will help shed light on how teens are using technology, but most importantly, how adults can empower students to use technology for good. Attendees will learn about the Youth Empowerment Services (YES) model and how to create an environment of trust where students can take an active role in creating a safe and positive school environment.
Treatment	MH	Utilizing Trauma-Informed Practices to Reduce Restraint and Seclusion	Jack Nowicki, LCSW	All	Trauma, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	There is a national call for youth services workers to become trauma-informed in their practices. Trauma-informed programs are those in which the service system has been rethought and evaluated in light of the understanding of violence's role in people's lives. Trauma-informed programs accommodate the vulnerabilities of trauma survivors and develop services that avoid inadvertent re-traumatization of youth clients. This session includes basic information about trauma-informed care (TIC); information describing differences and similarities between trauma, crisis, and post-traumatic stress; component parts of TIC; and a review of best practices in providing TIC.
Treatment / Recovery	SUD MH CO	Military Informed Care: Working with the Military Culture	Tim Keesling	All	Cultural Competency, Family, Military, Veterans	SW, LCDC, CPS, APS, PM/PRC	Increasing numbers of health care professionals with no prior military service history or experience working with military service members, veterans, or their families are being called upon to deliver patient care to these rapidly growing populations. For current and former military service members, the explicit organizational structures and implicit ideals and values comprising military culture play a significant and lifelong role in injury, illness, and recovery. In all fields of health care, but most especially in mental health evaluation and treatment, empathic therapeutic alliances and effective treatment plans require health care professionals to possess and utilize knowledge, skills, and attitudes regarding military and veteran cultures and sub-cultures. To meet this training need, the Texas Veterans Commission's Military Veteran Peer Network program has developed this military informed care curriculum for health care professionals. This training will encourage military cultural competency in health care professionals through an interactive presentation in the requisite knowledge, skills, and attitudes needed to work with the military and veteran culture.
Treatment / Recovery	SUD SAP MH CO	Suicide Prevention: Postvention	Toniya Parker Kathleen Hubbard	All	Family, Innovative, Suicide	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	An overview of the current evidence-based practices and procedures for providing services after a suicide or suicide attempt will be provided. Resources and tools will be discussed to assist the support of the family, friends and community in the grieving process, and reduction of additional suicidal behaviors and connection to local mental health/behavioral health providers. Case presentations will assist with examples of innovative strategies for implementation and utilization of these tools and resources.
Recovery / Skills Building	SUD	The Accreditation Plus Model for Peer Support Organizations	Patty McCarthy Metcalf, MS	All	Innovative, Peer Counseling, Workforce	SW, LCDC, CPS, APS, PM/PRC	Using an "accreditation plus" philosophical approach, the Council on Accreditation of Peer Recovery Support Services (CAPRSS) views accreditation as more than the evaluation and approval of organizations or programs based on a set of standards, it is a process that promotes capacity-building and the achievement of excellence within organizations from beginning to end. CAPRSS offers services for emerging organizations seeking information and resources to develop their programs, as well as for established organizations looking to improve depth, breadth, scope, and quality of the peer services they provide. This presentation is about the standards and the benefits of accreditation for state and other governmental entities seeking to support and assure the quality of peer recovery support services.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Tuesday, August 1
3:30 pm - 5:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Skills Building	MH	The Individual Placement and Support Model of Supported Employment	Harry Cunningham, LICSW	Beginner / Intermediate	Family, Innovative, Workforce	SW, LCDC, CPS, APS, PM/PRC	Like most of us, people who experience serious mental illness want to work; the opportunity to have a regular job can be an important part of their life and recovery process. Traditional vocational services have often emphasized a slow, lengthy method of preparing such people for jobs. Frequently the jobs involved set-aside positions for other disabled people, such as sheltered employment and agency-run businesses. Payment too often was below minimum wage as in piece-work arrangements. In contrast, The Individual Placement and Support (IPS) model of Supported Employment is a practice that attempts to rapidly help people with severe mental illness to enter and succeed in real world settings of competitive employment. It helps people to have a balanced work experience in which both the benefits and challenges of work are faced like any one of us who may struggle to find and maintain work, with the added benefit that the users of the IPS services are offered supports to help them make adaptations to their jobs. The IPS model of Supported Employment was identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) as one of five basic evidence-based practices that every community mental health center should offer to clients.
Self-Care	MH	Zumba ©	Lucrece Pierre-Carr, LMSW	All	Adult, Family, Youth		Zumba is a dance class inspired by Latin and world rhythms. It is a total body workout for all fitness levels combining cardio, muscle conditioning, balance, and flexibility. Each workout mixes low-intensity and high-intensity moves, for an interval-style, calorie-burning dance fitness party. It is recommended to bring a water bottle, a towel, exercise shoes and comfortable clothing. Plan to burn some serious calories while having loads of fun!

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Wednesday, August 2
8:30 am - 10:00 am
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP	Active Participation: Building Equality Between Youth and Adults to Further Evidence-Based Strategies	Georgia Marks	Beginner	Community, Youth	SW, LCDC, CPS, APS, PM/PRC	Coalition leaders are encouraged to engage youth, but often report difficulties sustaining engagement after the initial stages of involvement. This session will show how to use the implementation of a strong recruiting process, joint creation of action plans and goal setting, and recognition of achievement to help ensure youth-adult partnerships are strong and effective.
Prevention	SUD SAP MH CO	The Evolving Landscape of Tobacco Use and Control in the United States: Progress, Challenges, and Future Directions	Corinne Graffunder, DrPH, MPH	All	Adults, Tobacco Cessation, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	The history and patterns of tobacco use among U.S. adults and youth, including emerging tobacco products such as e-cigarettes, will be described in this presentation. Progress that has been made over the past half century through the implementation of evidence-based strategies to address tobacco use and related health harms will be outlined, as well as current challenges and hot-topic issues in the field of tobacco control. There will be a discussion of future directions, including the "End Game" strategies discussed in the 50th Anniversary Surgeon General's Report.
Treatment / Recovery	SUD MH CO	Disaster Behavior Health: It Is 2017, Are You and Your Behavioral Health Program Ready Yet?	Deedra Harrison, CEM, TEM, MCP Jennifer Reid, LMSW Aaron Caldwell, MBA	All	Community, Disaster Behavioral Health, Trauma	SW, LCDC, CPS, APS, PM/PRC	Natural and man-made disasters, terrorist attacks, and emergency incidents can have far-reaching and long-lasting effects on survivors and emergency responders. It is common for both survivors and responders to experience distress and anxiety about their safety, health, and recovery. Individuals and communities repeatedly exposed to weather-related disasters may be at greater risk for adverse stress reactions. Disaster behavioral health services is the provision of mental health, substance use disorder, and stress management services to disaster survivors and responders. These services are designed to promote resilience, empowerment, and recovery. Emergency planning for mental health and substance use disorder organizational safety and continuity of operations, and accessing resources through local emergency management processes will be highlighted. The partnership between the state and local mental health authorities in obtaining SAMHSA/FEMA Crisis Counseling Assistance and Training Program grant funds for the Immediate Services Program and the Regular Services Program will be discussed.
Treatment / Recovery	SUD MH CO	Juvenile Justice Collaborative	Janelle Pruetter, MS, CRADC Rebecca Levin, MPH	All	Community, Criminal Justice, Family, Youth	LCDC, SW, CPS, APS, PM/PRC	Strengthening Chicago's Youth, a violence prevention collaborative convened by Ann & Robert H. Lurie Children's Hospital of Chicago, is bringing together youth service providers and government stakeholders in Cook County, Illinois and leading the development and implementation of a care coordination model for justice-involved youth. When fully implemented, the probation department, juvenile court judges, and others will be able to refer youth to a centralized intake and referral home, which will assess the youth's needs and risk level and place him/her with the appropriate community-based provider for care coordination and other services. The mission of the Juvenile Justice Collaborative is to minimize further involvement of arrested youth in the justice system and reduce racial disparities by facilitating and coordinating access to comprehensive support services that meet adolescents' developmental needs. This session will explore the history and implementation of Juvenile Justice Collaborative as well as the Centralized Intake pilot project.
Recovery	SUD	Austin's Youth and Emerging Adult Recovery Network (YEARN)	Sierra Castedo, BA, PRS Lori Holleran Steiker, PhD, ACSW Julie McElrath, LMSW, LCDC-I	Advanced	Community, Family, Integration, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	In Central Texas, there has been an expansion of services for youth and emerging adults seeking recovery and ongoing recovery support, but families seeking help still do not know where to turn. Although there are many examples of collaboration among health and behavioral health organizations in Central Texas, few move beyond referral and information-sharing relationships. The Youth and Emerging Adult Recovery Network (YEARN), with funding from the St. David's Foundation, is working to create an integrated, targeted recovery-oriented system of care that builds upon the strengths of the individual entities and results in better access to care and support for adolescents and emerging adults in recovery. YEARN's efforts include raising awareness and visibility of young people in recovery, and helping to change substance use culture and addiction recovery stigma in these groups. YEARN emphasizes standard measures that go beyond the standard "days sober", including recovery capital and quality of life measurements.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Wednesday, August 2
8:30 am - 10:00 am
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Skills Building / Self-Care	SUD	Self-Care and Preventing Burnout for Peer Staff	Brooke Feldman, BSW	All	Adult, Workforce	LCDC, SW, CPS, APS, PM/PRC	Drawing from one's lived experience can be a powerful catalyst for supporting wellness and transformation in the lives of those we serve. But with the task of consistently drawing from oneself, also comes the need to take care of our own well-being and to prioritize self-care. This workshop will provide an overview of factors that can lead to burnout, the early warning signs of self-care slippage, and strategies and tools that peer staff can use to prevent burnout and facilitate their own health and wellness.
Self-Care	MH	Bodyflow Fitness Class	Teresa de la Garza	All	Youth, Adult, Family		Bodyflow is an athletic blend of yoga, tai chi, and pilates that incorporates yoga based movements to promote strength, balance, and flexibility. Choreographed to music that inspires transition between movements, participants achieve a harmony of mind and body. Ending with relaxation and meditation, Bodyflow allows for a full experience of a mental and spiritual connection, along with an amazing workout

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Wednesday, August 2
10:30 am - 12:00 pm
Equivalence of 1 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Keynote	SUD SAP MH CO	A Unified Approach, Creating Collaboration: Statewide Behavioral Health Coordinating Council Meets Growing Challenges to State's Behavioral Health Care Service Delivery	Trina Ita, MA, Deputy Associate Commissioner Tushar Desai, MD Steve Glazier, COO Julie Waymon April Zamora	All	Community, Cultural Competency, Family, Youth	SW, LCDC, CPS, APS, PM/PRC	<p>Untreated behavioral health needs can affect all aspects of life including economic productivity, student success, criminal justice, and public health and safety. The Health and Human Services Commission (HHSC) has long recognized the unique needs of individuals with complex behavioral health issues.</p> <p>The Statewide Behavioral Health Coordinating Council (SBHCC) is focusing its efforts on implementing a strategic plan to improve coordination between state agencies to ensure the delivery of more efficient and effective behavioral health services to meet the growing needs of Texas citizens. The council's vision is the implementation of a unified approach to the delivery of behavioral health services that allows all Texans to have access to care at both the right time and place.</p> <p>Fundamental to achieving this vision is access to integrated care. At the most basic level, integrated care means that both adults and youth have prompt access to mental health care, SUD intervention and treatment, and medical care. During this important Institute session, HHSC Deputy Associate Commissioner for Office of Mental Health Coordination Trina Ita and members of the SBHCC will discuss accomplishments of the strategic plan, future goals and the impact the plan will have on agency providers and delivery of services.</p> <p>In addition, Associate Commissioner Sonja Gaines will highlight individuals and organization already contributing to the successful delivery of behavioral health care services in Texas.</p>

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Wednesday, August 2
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	MH	Integrated Community-Based Crisis Intervention Teams for People with Intellectual and Developmental Disabilities and Behavioral Health Needs	Jacob Wasonga, MA Rozemarijn Staal, PsyD Kimberly May, LPC, LMFT Linda Kurland, MS, CCC-SLP	All	Family, Intellectual Developmental Disabilities, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This panel session will involve a discussion of three approaches to crisis prevention and intervention for individuals diagnosed with intellectual and developmental disabilities and co-occurring disorders. The panel will discuss how the three different crisis intervention programs were developed and implemented in Tarrant, El Paso and Travis Counties. The session will outline similarities and differences of each County's approach to community-based crisis intervention, and present data with regard to the effectiveness of each of these programs.
Prevention / Recovery	SUD SAP	Empower College Peer Educators to Reduce Substance Use Disorder	Mary Hill, MEd	Intermediate	Community, Peer Educators	CPE, SW, LCDC, CPS, APS, PM/PRC	Student peer educators provide a unique perspective on substance abuse issues in a responsible and informed way. Peers Working with Peers is a promising prevention strategy to reduce substance use disorder among our students. Most high schools and colleges use trained student leaders, known as peer educators, to provide environmental management strategies for the prevention and reduction of substance use disorder. The environmental management approach is based on the principle that high school and college students' conduct can be shaped through concerted efforts to re-engineer the environment that shapes their behavior. There are five strategies for environmental management which will be covered in this session, along with the "Seeds for Success" model, with interactive training components.
Treatment	SUD SAP MH CO	Combating Pressure to Expand Marijuana Availability in Texas	Michael Sparks, MA	All	Adult, Community, Criminal Justice, Youth	SW, LCDC, CPS, APS, PM/PRC	This session explores the significant community-level impacts in states that have legalized medicinal and recreational marijuana. The presenter will discuss how the marijuana industry is increasingly infiltrating and gaining favor with legislators to sponsor legislation and/or state ballot initiatives through a well-oiled, highly disciplined campaign that uses tactics borrowed from the alcohol and tobacco industries. The session discusses how communities can respond to the growing pressure to expand retail availability of marijuana; influence the development of marijuana industry state laws; and also influence laws that restrict the controls counties and municipalities have to implement local ordinances and nuisance tools to regulate the drug.
Treatment	SUD MH CO	Treatment of Co-Morbid Post-Traumatic Stress Disorder and Substance Use Disorder	Brian Meyer, PhD, LCP	Beginner / Intermediate	Military, Trauma, Veterans	SW, LCDC, CPS, APS, PM/PRC	Having post-traumatic stress disorder (PTSD) makes substance use disorder more likely, and vice versa. The combination of both results in the likelihood of additional co-morbid problems, worse outcomes, and greater chronicity. Sequential treatment of one before the other (usually substance use disorder before PTSD) is likely to fail; simultaneous coordinated treatment is better, and integrated treatment for both problems is best. This presentation will discuss what is known about the co-occurrence of PTSD and substance use disorder and discuss the available treatments for them. It will also discuss why a single treatment is unlikely to be sufficient to successfully treat both disorders and propose a sequence of treatments to deal with the complex problems involved.
Skills Building	SUD MH CO	Introduction to the Transformational Collaborative Outcomes Management (TCOM) and the TCOM Suites of Tools	Suzanne Button, PhD	Beginner / Intermediate	Clinical Supervision, Community, Cultural Competency, Family, Innovative, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	The Transformational Collaborative Outcomes Management (TCOM) Suite of Tools includes the Child and Adolescent Needs and Strengths (CANS), the Adult Needs and Strengths Assessment (ANSA), the Family Advocacy and Support Tool (FAST) and the Family Assessment of Needs & Strengths (FANS). These collaboratively completed measures of individual and family strengths and needs were developed to support decision-making, including level of care and intervention planning, to facilitate quality improvement initiatives, and to allow for the monitoring of clinical and functional outcomes. As a communication tool, they facilitate the linkage between the assessment process and the design of individualized service plans. This presentation provides an overview of these tools and their philosophical framework. TCOM's overall framework, key concepts, and how its multi-level approach directly benefits individuals and families in all human serving systems will be discussed. The principles and best practices in using TCOM's assessment strategy, a communication framework, and examples of how the tools can be used to monitor outcomes and inform care plans will also be presented.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Wednesday, August 2
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Skills Building / Self-Care	SUD	The Role of Supervisors in Promoting a Culture of Wellness for Peer Staff	Brooke Feldman, BSW	All	Cultural Competence, Workforce	SW, LCDC, CPS, APS, PM/PRC	Supervisors play a key role in not only emphasizing the need for peer staff to prioritize self-care but, more importantly, in promoting a culture of wellness that makes self-care both the norm and a cherished part of the workplace ethos. This session will explore the role of the peer staff supervisor in promoting a culture of wellness and provide concrete strategies and tools for supervisors to use in their efforts to make self-care and wellness a common aspect of workplace culture for the peer staff they supervise.
Self-Care	MH	Jam!	Robert Alvarado	All	Adult, Family, Youth		Cardio is a fantastic way to get the heart rate going and build up a sweat. DANCE Cardio is an even better way to get your body moving to music that you love and dance moves that you can show off later! Come to Jam! in your comfortable gear (tennis/workout shoes) and get ready to dance, sing (not required), and do your thing. Please bring a towel and some water as this will be your chance to work out and get your sweat on! Not a "dancer"? Don't worry, your instructor will teach you how to do the moves and dance to a routine no matter your skill level.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Wednesday, August 2
3:30 pm - 5:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention / Treatment	SUD SAP CO	Opioids and Opiates: The Ethical and Clinical Challenges Associated with Providing Appropriate and Effective Services to Consumers	D. Shane Koch, RhD, CRC, CAADC	All	Adult, Chronic Disease, Pain Management, Youth	Ethics, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Increased access to opioids and opiates has resulted in a significant increase in the incidence and prevalence of both opioid use and misuse. As a consequence of the addictive potentiation of these substances, their use by consumers may result in the rapid progression of substance use disorders. However, many consumers may safely utilize these substances for pain management and response to chronic disability. This presentation will focus on increasing awareness of the clinical and ethical complexities associated with providing appropriate, effective services to those effected by opiate/opioid use.
Treatment	MH CO	Evidence-Based Treatments for Post-Traumatic Stress Disorder	Brian Meyer, PhD, LCP	Beginner / Intermediate	Military, Trauma, Veterans	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	There are over 400 different treatments for post-traumatic stress disorder (PTSD), but only three have been consistently replicated as being effective: cognitive processing therapy, prolonged exposure, and eye movement desensitization and reprocessing. Each takes a very different approach to treating clients, from theoretical assumptions to practical techniques. This presentation will briefly discuss what makes a treatment evidence-based, before discussing each of the three evidence-based treatments for PTSD. It will also discuss some of the strengths and challenges of each, and why, in a patient-centered world, agencies need to have clinicians trained in all three treatments.
Treatment	SUD SAP CO	Illicitly-Made Fentanyl in the United States: Characteristics of Use, Supply, and Overdose	Jon Zibbell, PhD	Beginner / Intermediate	Community, Cultural Competency	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This presentation will feature data from original research on the risk and outcomes associated with the supply and use of illicitly-made fentanyl, including data from Texas, and recommendations for what states can do to prepare and respond.
Treatment / Recovery	SUD SAP MH	Nutrition and Substance Use Disorders from Detox to Recovery	David Walsh, MSN, RN, PMHNP-BC Darlene Starr	All	Adult, Family, Nutrition, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	To assist in the recovery process, it is important for the professional to understand the impact of nutrition on the physical and mental health of the client. Practitioners working with recovering addicts have repeatedly found that when the client is following the principles of good nutrition, he or she is medically healthier and has fewer symptoms of withdrawal and cravings. A study by the American Dietetic Association (ADA) concluded that patients who receive nutrition education and intervention in tandem with an addiction recovery program have faster recovery periods and decreased chances of relapse. Social, emotional, physical, economic and nutritional factors all come into consideration when assessing and planning appropriate treatment options.
Recovery / Skills Building	SUD	Integrating Recovery Support Services: Promising Practices and Lessons Learned from the Field	Ijeoma Achara-Abrahams, PsyD Robin Peyson, MHSA Kay Brotherton, MS, LCDC, CPS, CPT Shawn Wright, TCBAP, PM/PRC, NAADAC	All	Adults, Innovative, Workforce	SW, LCDC, CPS, APS, PM/PRC	Texas Health and Human Services Commission (HHSC) recently concluded a pilot focused on integrating recovery support services (RSS) into 22 organizations around the state. An independent evaluation of the program, by the Addiction Research Institute at the University of Texas Center for Social Work Research, showed that after receiving long-term recovery coaching for just 12 months, more than 84 percent of participants had reduced their substance use or stopped entirely; and there were equally impressive improvements in employment, independent living, and appropriate use of medical and emergency services. This panel presentation will highlight several of the organizations that participated in the RSS pilot project. The organizations will share early challenges and lessons learned in the implementation process. They will also highlight promising practices and the significant impact that recovery support services are having on the individuals served. Some of the critical strategies for successful implementation will be discussed.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Wednesday, August 2
3:30 pm - 5:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Skills Building	SUD MH CO	Transformational Collaborative Outcomes Management for Executive Level Leadership	Suzanne Button, PhD	Intermediate / Advanced	Clinical Supervision, Community, Cultural Competency, Family, Innovative, Youth		Transformational Collaborative Outcomes Management (TCOM), and the TCOM Suite of Tools, has demonstrated potential in the improvement of services to individuals and families in diverse human serving systems. Through use of the TCOM Suite of Tools, TCOM's overall framework to outcomes management and practice transformation, systems can improve care, increase effectiveness and efficiency, and elevate the voice of individuals and families served through measurement of meaningful, salient outcomes measures. This course is designed for executive, state, and federal level leaders, and will present TCOM philosophy and briefly review the TCOM suite of tools. Examples of how TCOM has been used in large human serving systems to manage and transform care will be presented, and a brief review of what TCOM implementation entails will be conducted. Principles and best practices for TCOM implementation in diverse service sectors will be discussed.
Self-Care	MH	Zumba ©	Lucrece Pierre-Carr, LMSW	All	Adult, Family, Youth		Zumba is a dance class inspired by Latin and world rhythms. It is a total body workout for all fitness levels combining cardio, muscle conditioning, balance, and flexibility. Each workout mixes low-intensity and high-intensity moves, for an interval-style, calorie-burning dance fitness party. It is recommended to bring a water bottle, a towel, exercise shoes and comfortable clothing. Plan to burn some serious calories while having loads of fun!

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Thursday, August 3
8:30 am - 10:00 am
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP MH CO	Sesame Street in Communities: Meeting the Health and Well-Being Needs of Vulnerable Children	Kama Einhorn, MEd	All	Adults, Health Focus, Innovative, Trauma, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	This session will provide an inside look at the creation of Sesame Street in Communities, a brand new educational model and resource center, recently launched that uses research-based strategies and materials to guide and support healthy habits in young children, while also engaging the important adults in their lives. Recognizing the impact of adverse childhood experiences (or trauma) on children's brains, and overall development and its relationship to children's health, is essential in understanding how to best encourage a lifetime of healthy habits. Thus, Sesame's holistic approach was created, reflecting current findings about the best ways to foster health and well-being in children, particularly the most vulnerable children. Sesame Street in Communities provides educators and service providers with a wealth of free resources designed to engage families in everyday activities to help all children become smarter, stronger, and kinder.
Prevention / Treatment	SUD MH CO	Problem and Compulsive Gambling	Wiley Harwell, DMin, MDiv, LPC, NCGC-II	All	Adult, Family, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Problem and pathological gambling is a progressive behavior disorder in which a person has a psychological, uncontrollable preoccupation and urge to gamble. This results in excessive gambling, the outcome of which is the loss of time, money, families, careers, and lives. The gambling ultimately reaches the point where it disrupts and destroys the gambler's personal life, family relationships, or vocational pursuits. The presenter will provide options for counseling adolescents, adults, families and significant others with gambling-related disorders and problems.
Treatment	SUD	Opioids 101: Working Toward Better Patient Outcomes	Stuart Gitlow, MD, MPH, MBA, DFAPA	All	Adult, Integration, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Despite the contribution of opioids to the addictive disease mortality rate, opioids still contribute to less than 10 percent of that mortality rate. What has led to the growth in addictive disease involving opioids, and what can we do to alter that path? A focus on treatment strategies, including pharmacotherapy, with focus on the new guidelines with respect to achieving best outcomes in patients with opioid use disorders will be discussed.
Treatment / Recovery	SUD	Integrating Peer and Other Recovery Support Services: A Framework for Success	Ijeoma Achara-Abrahams, PsyD Johnnie Hatton, PM/PRC	All	Community, Integration, Peer Counselors	SW, LCDC, CPS, APS, PM/PRC	Peer and other recovery support services are garnering increasing attention for their ability to assist individuals with substance use disorders with initiating and sustaining their recovery and enhancing their overall quality of life. Based on the success of the Recovery Support Services pilot project developed by Texas Health and Human Services Commission, this session will describe critical strategies for preparing your organizational context for the integration of peer and other recovery support services. It will also describe a framework for maximizing the impact of peer and other recovery support services. The session is applicable to treatment organizations, community-based organizations, and recovery community organizations.
Recovery	SUD CO	Recovery Residences and Housing: Where's the Beef?	Jason Howell, MBA, PRS Jackson Longan Alisia Clark George Braucht, LPC, CPCS	All	Community, Sustainability	SW, LCDC, CPS, APS, PM/PRC	This session will provide a forum for participants to hear how recovery housing operators who are meeting the national quality standards are putting research into practice. Learn from practical examples of how people experienced in operating recovery housing and people in long-term recovery address challenging situations to promote the recovery goals of residents and to ensure sustainability for their organizations.
Skills Building	SUD SAP MH CO	Ethics and Ethical Decision Models	D. Shane Koch, RHD, CRC, CAADC	All	Workforce	Ethics, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Ethical decision-making is an evolving science. Increased attention is being paid to organizational variables, the introduction of measures of moral intensity, reconsideration of traditional principle-based decision-making models, and the introduction of complex, critical thinking models as an alternative to static ethical formulas. This presentation will compare and contrast ethical systems and explore how professionals may use appropriate critical thinking to identify and resolve ethical challenges and dilemmas.
Self-Care	MH	Vinyasa Flow Yoga	Teresa de la Garza	All	Adult, Innovative, Youth		Vinyasa flow yoga is a dynamic progression of breath to body movement that allows for building heat within the body to achieve a mind and body experience. As a person builds a sequence, focus is on the balance between the breath and body that allows for a mental disconnection from the external world, and form an internal connection between mind and body. Ending with meditation and relaxation, vinyasa challenges the mind and body to continue to avoid distraction by focusing on feelings of the moment.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Thursday, August 3
10:30 am - 12:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention / Treatment	SUD SAP CO	Old Drugs: They Are All Changing	Jane Maxwell, PhD Carlos Tirado, MD, MPH, FABAM	Intermediate	Criminal Justice, Cultural Competency	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	The drug scene is changing quickly, and this session will review data on heroin, prescription opiates, cocaine, methamphetamine, marijuana, and the novel psychoactive substances. Various data sources will be covered, such as poison center cases; treatment admissions; toxicology laboratories; reports on the supply of opioid drugs moved from the manufacturer to the final distribution point; and qualitative reports from HIV outreach workers, medical examiners, and narcotics officers. Information on the current and future problems due to use of these drugs and the intertwined epidemic of sexually transmitted diseases will be provided, as will the latest information on state laws on medical marijuana and legal possession.
Treatment / Recovery	SUD SAP	Opioid Overdose Prevention: What Is Next?	Charles Thibodeaux, LCDC Mark Kinzly	Beginner	Adult, Criminal Justice, Youth	SW, LCDC, CPS, APS, PM/PRC	This session will provide an introduction to opioid overdose, explaining causes, co-factors, and risks, what opioids are, how opioid overdoses occur, signs of an overdose, and how to respond in the event of an overdose. Attendees will be provided information on administering Naloxone (Narcan), including intramuscular, nasal, and Evzio models, as well as information and a demonstration on rescue breathing. There will be discussion on Senate Bill 1462, which allows greater access to Naloxone. Written and video resources for best practices for overdose prevention, and information on how to access Naloxone will be provided.
Treatment / Recovery	MH	Trauma-Informed Care and Individuals with Intellectual and Developmental Disabilities	Karyn Harvey, PhD, MA	All	Intellectual and Developmental Disabilities, Trauma	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This training will assist participants in identifying the sources of trauma in the lives of individuals with intellectual and developmental disabilities (IDD), its effects, and the key ingredients for healing. It will examine the biological, psychological, and behavioral effects, and look at the mechanisms of post-traumatic stress disorder. Key programmatic components necessary to recovery and emotional growth will also be discussed.
Treatment / Recovery	SUD MH CO	The Reality of Reentry and the Tools for a Successful Reentry	Damon West	All	Community, Criminal Justice	SW, LCDC, CPS, APS, PM/PRC	There is a reason why 85 percent is the recidivism rate in the first 36 months; reentry is difficult under the best circumstances. Opportunities are limited and the amount of people released from prison are a strain on an already over-burdened bureaucracy. A truly successful reentry begins while the offender is incarcerated. The offender must change his or her mindset from prison being a punishment to prison being an opportunity to work on oneself, almost selfishly, for 24 hours each day. Mind, body and soul all need daily maintenance. A 12-step recovery program, which is worked on actively and with a sponsor, is what this presenter considers the most important element of his own reentry after his incarceration. This presentation will cover how he achieved successful reentry, including recovery in prison and aftercare.
Recovery / Skills Building	SUD	What's a Supervisor To Do?	Ijeoma Achara-Abrahams, PsyD Amelia Reed, LCDC, CHW	All	Community, Innovative, Recovery Coaches, Workforce	SW, LCDC, CPS, APS, PM/PRC	Texas is increasingly using recovery coaches throughout our service system. Currently, however, there are few resources available to guide supervisors in thinking through both critical content and the process for providing effective supervision. This session will provide supervisors with tangible resources and explore a wide range of topics including promoting appropriate documentation, ensuring boundaries and ethics, determining how many people each recovery coach can work with at a given time, ensuring quality of care through staff transitions, and aligning policies and procedures to support community-based work. In addition, various supervision modalities will be explored so that supervisors can determine the best fit for their organizations.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Thursday, August 3
10:30 am - 12:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Skills Building	SUD MH CO	Motivational Interviewing 101: Starting with the Basics	James Sacco, MSW, LCSW	All	Adult, Criminal Justice, Innovative	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Motivational Interviewing is an evidence-based, person-centered counseling style designed to elicit and strengthen an individual's motivation for change by exploring and resolving ambivalence. It is a collaborative way of communicating with people that evokes natural change. Motivational interviewing, originally developed in the chemical dependency field, is now widely applied in a variety of settings including health care, executive and wellness coaching, mental health, education, criminal justice and management/organizational change. A client-centered, strengthened-based approach to interventions will be presented. Training in motivational interviewing will be given outlining the techniques, effectiveness and processes, and examples of application will be given through role play demonstrations in various scenarios.
Self-Care	MH	Jammin' Dance Party	Nicole Knowles, Certified Group Aerobic Instructor	All	Adult, Innovative		What time is it? It's time to Jam! Do you say you have no rhythm, have two left feet and no coordination? Great! Bring all that and a little bit of heart because that's all you need. We're going to move our bodies to great music and burn some calories with a smile.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Thursday, August 3
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention / Treatment	SUD SAP CO	New Drugs: Addressing Emerging Epidemics	Jane Maxwell, PhD Carlos Tirado, MD, MPH, FABAM	All	Adult, Criminal Justice, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This session will present the latest data on heroin, prescription opiates, cocaine, methamphetamine, marijuana, and the novel psychoactive substances. Data sources to be covered will include poison center cases, treatment admissions, mortality, the supply of opioid drugs moved from the manufacturer to the final distribution point, and the number of items seized and identified in toxicology laboratories nationally, as well as qualitative reports from HIV outreach workers, medical examiners, and narcotics officers. The shifts in patterns will be discussed, including changes in user characteristics and age groups, as well as the need for additional treatment slots (or in some cases FDA-approved medication). The drug scene is changing quickly and this session will update earlier data and provide the audience with information on the current and future problems due to use of these drugs, and the intertwined epidemics of sexually transmitted diseases used with these drugs. The latest information on state laws on medical marijuana and legal possession will also be summarized.
Prevention / Treatment	SUD SAP	Bad Drugs: How Media, Public Opinion, and Misinformation Impact a Professional's Ability to Provide Effective Services	D. Shane Koch, Rhd, CRC, CAADC	All	Adult, Community, Family	CPE, SW, LCDC, CPS, APS, PM/PRC	This presentation will identify how expansions in the drug menu, as well as changes in routes of administration and delivery of psychoactive substances, have resulted in identifiable "drug eras". Participants will then explore how public and professional responses may have been shaped by misperceptions and misinformation about psychopharmacology, treatment effectiveness, and the impact of specific substances on individuals, families, and communities.
Treatment	SUD SAP	The Silver Tsunami: Understanding Addiction in Later Life	John Dyben, DHSc, MCAP, CMHP	All	Adults, Family, Geriatrics	LMFT, LPC, LCDC, SW, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	The demographic makeup of the United States is changing with a shift towards a growing elderly population. With "Baby Boomers" moving into retirement, trends in substance abuse and addiction amongst older adults is increasing at alarming rates. This workshop will explore the unique issues of substance abuse and treatment as it relates to older adults. The presenter will explore trends in aging, the unique effects of drugs (illicit, prescription, and alcohol) on the aging body, and unique treatment needs of older adults who require clinical or medical intervention for any type of substance abuse or addiction. The session will explore demographic trends in aging in the country and become familiar with two age cohorts, the "Good Warriors," and the "Baby Boomers."
Treatment / Recovery	SUD MH CO	Peers Building Bridges: How Peers Can Bring All Stakeholders Together	Sachin Kamble, MD, CPS, PRSS	Intermediate	Community, Integration, Peer Recovery Coaches, Workforce	SW, LCDC, CPS, APS, PM/PRC	Peers are an increasingly important component of treatment and recovery support services, playing a crucial role by sharing their lived experience and bringing stakeholders from all areas to the table to help address some of the most pressing behavioral health issues. Building bridges across all groups helps combine and leverage efforts to address mental health and substance use issues so that groups are working in concert to maximize resources and positive outcomes. This presentation will cover lessons learned from the personal experiences of a peer who's been involved in direct services, administration with peer workforce development, and prevention and advocacy. It will also address the roles all stakeholders play in an integrated healthcare model, funding issues, and how peers can help establish long-term relationships among those working in prevention, treatment, and recovery so that the communities they serve receive the greatest benefit.
Treatment / Recovery	SUD MH CO	Juvenile Drug and Mental Health Courts: Making a Difference from the Outset	Ruben Reyes, Judge Laura Prillwitz	All	Criminal Justice, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Children and youth involved in the juvenile justice and child welfare systems have been shown to have an even greater prevalence of mental health disorders, which often go untreated. Research shows a correlation between untreated mental illness, substance abuse and juvenile delinquency, and also shows that there are specific treatment models that not only restore young people to good health, but also prevent future harmful or criminal behavior. Studies show that youth with serious mental illnesses should be kept out of the juvenile justice system. Attend this panel discussion to hear how successes modeled by drug courts and adult mental health courts are being applied to juveniles in the justice system.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Thursday, August 3
1:30 pm - 3:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Treatment / Skills Building	MH	Positive Identity Development	Karyn Harvey, PhD, MA	All	Innovative, Intellectual and Developmental Disabilities	SW, LCDC, CPS, APS, PM/PRC	This training will explore the need for and development of a positive sense of self and identity for individuals with intellectual and developmental disabilities. It will also address the power of positive regard, and the manner in which staff can be trained to interact with individuals in order to support their overall well-being.
Skills Building / Self-Care	MH	Yoga and Relaxation for Focus and Stress Reduction	Cheryl Ann Hall, MS, LPC	Beginner	Adult, Workforce, Youth	SW, LCDC, CPS, APS, PM/PRC	Living in a world of replace it, hurry up, do more, jump higher, and impress for success, we all need a time to regroup our thoughts, exhale, process, have quietness and peace within our minds. This session will teach mindful ways to relax and exhale to increase the calmness that is often pushed aside for meeting never-ending deadlines. When the mind and body can enter in a place of rest and calm, we are able to exhale stress and inhale peace of thoughts. When we are able to come to this place throughout the day, even for 15 minutes, our bodies and mind can regroup and carry on with decreased anxiety and chaos. Attendees will acquire techniques to use and daily relaxation ideas and methods to teach the teens they work with.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Thursday, August 3
3:30 pm - 5:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP	Coalition Collaboration: Finding a Way to Leverage Resources Between Local Organizations	Christi Koenig Brisky, Esq	Intermediate	Community, Family, Youth	SW, LCDC, CPS, APS, PM/PRC	The National Highway Traffic Safety Administration's 2015 State of Texas Impaired Driving Program Assessment identified a lack of knowledge concerning collaboration between community coalitions and the traffic safety community. This session will describe how Texans Standing Tall (TST) is assessing coalition activities and creating a database to connect coalitions and traffic safety organizations working within the same regions. Participants will be introduced to TST's methodology for analyzing coalition activity and how TST plans to share the assessment results. In addition to highlighting how the project aids in data collection and analysis, the presentation will cover how the project strengthens capacity by engaging a more diverse group of stakeholders and enables cooperation to implement evidence-based strategies to reduce underage and risky alcohol use and improve traffic safety.
Treatment	SUD MH CO	Using Dialectical Behavioral Therapy to Treat a Variety of Disorders	DeLinda Spain, LCSW, CEDS, CGP	All	Adult, Eating Disorders, Family, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, Psy, CHES, CME	The use of dialectic behavioral therapy (DBT) to treat clients suffering from eating disorders and other types of process addictions will be explored in this session. Attendees will learn the history of DBT and how it has evolved to be effective with a variety of behaviorally oriented disorders. This session will also explore co-occurring conditions in the context of eating disorder diagnosis.
Treatment / Recovery	SUD MH CO	Incarceration and Addiction	Damon West	All	Criminal Justice	SW, LCDC, CPS, APS, PM/PRC	By Damon West's own surveying in prison, 80 percent of those incarcerated have substance use disorder issues. The Stiles Unit, where West was imprisoned, has 3,000 inmates. When he went to his first AA/NA meeting, he figured it would have to be held on the recreation yard, given the number of addicts in prison. It turned out it was in the chapel, and only 50 people volunteered to get into recovery. The sad part about this is that recovery is a choice; no one can force someone into it. Addicts are sick people, not bad people. Recovery is the biggest thing missing from our corrections system, along with mental health assistance. The correlation between addiction and incarceration will be explored in this session.
Treatment / Skills Building	MH	Disability Impairment: Barriers and Restrictions	Stuart Gitlow, MD, MPH, MBA, DFAPA	All	Adults, Insurance	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Mental impairment exists in two distinct forms: restrictions and limitations. How these terms are defined, how examiners can accurately determine their existence, and how one can distinguish fact from fiction become key points in any determination of disability will be discussed. The session will be partly spent focusing on both terminology and examination approaches, but will also give considerable time to the new social security regulations that have led to a significant shift in Social Security Disability Insurance (SSDI) accessibility by those with psychiatric illness.
Skills Building	SUD MH CO	Motivational Interviewing and Co-Occurring Populations	James Sacco, MSW, LCSW	Intermediate	Workforce	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Numerous studies have illustrated the efficacy of motivational interviewing (MI) as a promising strategy to encourage positive health behavior change around substance abuse and other behavioral health conditions. This workshop explores the use of MI in working with consumers with co-occurring mental health and substance use disorders. Particular attention will be paid to the use of MI skills to build readiness to change. Previous exposure to MI is recommended for this workshop.
Skills Building	SUD MH CO	Harm Reduction and Motivational Interviewing for Human Immunodeficiency Virus (HIV)	Justin McClenny, LCDC Kelli Haynes, BS	All	Adult, Youth	HIV, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This session will explain how to utilize Motivational Interviewing techniques with individuals at risk for HIV due to relations with sexual and drug use behaviors. With these techniques, health care professionals and their clients can work together using harm reduction methods that will lower risks for HIV transmission.
Self-Care	MH	Zumba ©	Lucrece Pierre-Carr, LMSW	All	Adult, Family, Youth		Zumba is a dance class inspired by Latin and world rhythms. It is a total body workout for all fitness levels combining cardio, muscle conditioning, balance, and flexibility. Each workout mixes low-intensity and high-intensity moves, for an interval-style, calorie-burning dance fitness party. It is recommended to bring a water bottle, a towel, exercise shoes and comfortable clothing. Plan to burn some serious calories while having loads of fun!

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Friday, August 4
8:30 am - 10:00 am
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Prevention	SUD SAP	Preventing Opioid Misuse in Texas	Jessica Cance, MPH, PhD Kasey Strey, ACPS	All	Adults, Community, Youth	SW, LCDC, CPS, APS, PM/PRC	The purpose of this presentation is to provide participants with an overview of the Health and Human Services Commission (HHSC) funded opioid misuse prevention activities. The presenters will discuss the epidemiology of opioid misuse in Texas and prevention activities related to two HHSC projects: the Strategic Prevention Framework for Prescription Drugs (SPF-Rx) and the Texas Targeted Opioid Response (TTOR). Participants will be encouraged to engage in a discussion of how representatives from different sectors of behavioral health can work together to prevent the misuse of opioids throughout Texas.
Prevention / Treatment	SUD SAP MH CO	Next Generation Hope and Health: Meaning of Adverse Childhood Experiences and Resilience in Achieving Better Outcomes	Allison Sampson-Jackson, PhD, LCSW, CSOTP, LICSW	Beginner / Intermediate	Adults, Family, Trauma, Youth	CPE, LMFT, LPC, SW, LCDC, PM/PRC, CPS, APS, CNE, CHES, Psy, CME	More than 70 percent of adults in the country have experienced some type of traumatic event at least once in their lives. Adverse childhood studies show that many of these traumas occur before age 18 and result in disrupted brain development, adoption of at risk health behaviors, and increased risk for disease, disability, and social problems in children and adults. Evidence has shown that by implementing trauma informed practices within all human service systems impacting youth, adults, and their families, individuals are empowered to build their resilience and enhance their overall health and well-being. Trauma informed care asks all human service professionals to realize the widespread impact of trauma, recognize the signs and symptoms of trauma, and respond by integrating trauma informed knowledge into all policies, procedures, and practices. This session will define child traumatic stress, including types of traumatic stress that can exist among children, the impact of trauma on the developing brain across developmental stages, and behavioral manifestations related to traumatic experiences. Approaches for integration of adverse childhood experiences in child and adult treatment and case planning will be explored, as well as how professionals can integrate resilience replacement coping techniques within the fabric of their approaches to helping consumers enhance their well-being.
Prevention / Treatment	SUD MH CO	Are All Older Adults Depressed? Common Mental Health Disorders in the Older Adult	Cherie Simpson, PhD, APRN, CNS-BC	All	Geriatrics	SW, LCDC, CPS, APS, PM/PRC	This session will address common mental health disorders and how they impact the older adult. Topics will include identification of symptoms; differential diagnosis; treatment approaches, both pharmacological and non-pharmacological; as well as challenges to treatment.
Treatment	SUD MH CO	Dual Diagnosis: A Look at its History and Future	Stuart Gitlow, MD, MPH, MBA, DFAPA	All	Case Management	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	For several decades, there has been an assumption that a significant percentage of individuals with addictive disease also have one or more psychiatric illnesses. What is the basis for this belief? Is it consistent with an accurate diagnostic formulation? What does it mean for treatment, case management, and prognosis? Within this session, the original literature that opened the door to the dual diagnosis world will be examined, with an eye toward how diagnosis has changed in the intervening decades without questions being raised as to whether the dual diagnosis concept remains applicable.
Treatment	SUD MH CO	Problem Gambling from a Public Health Perspective	Cynthia Orme, MA, LPC	All	Adult, Community, Family, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Gambling has been studied from a number of perspectives, including economic, moral, addiction and mental health. The value of a public health viewpoint is that it examines the broad impact of gambling rather than focusing solely on problem and pathological gambling behavior in individuals. It takes into consideration the wider health, social and economic costs and benefits; it gives priority to the needs of vulnerable and disadvantaged people; and it emphasizes prevention and harm reduction. This session examines the public health foundations of epidemiology and applies them to gambling. Major public health issues will be discussed, including problem gambling trends amongst the general adult population and youth, and their impact on other specific populations.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Friday, August 4
8:30 am - 10:00 am
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Treatment / Recovery	SUD MH CO	Adult Mental Health and Drug Courts: Successful Collaborations	Brent Carr Dan Prashner Ruben Reyes, Judge	All	Criminal Justice	SW, LCDC, CPS, APS, PM/PRC	The goals of drug and mental health courts are to reduce the overcrowding of jails and prisons, to reduce alcohol and drug abuse and dependency among criminal and juvenile offenders, to hold offenders accountable, to reduce recidivism, and to promote effective interaction and use of resources among the courts, justice system personnel and community agencies. Successful drug courts are based on partnerships among the courts, law enforcement, corrections and social welfare agencies. Mental health courts, which can be operated in conjunction with drug courts, can provide a cost-effective approach to addressing the mental health needs of offenders, reducing recidivism, providing community protection, easing the caseload of the courts, and alleviating the problem of increasing prison, jail and detention populations. Attend this panel discussion to hear the success stories and challenges of these problem solving collaborative systems.

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Friday, August 4
10:30 am - 12:00 pm
Equivalence of 1.5 CEU hours offered

Track	Core Area	Session Title	Speaker	Level	Focus	CE Type	Session Description
Keynote	SUD SAP MH CO	The Power of Voice: Guiding the Community Towards Emotional Literacy	Will Richey Alejandro Perez, Jr. David Rodriguez	All	Adult, Community, Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	In the aftermath of July 7th, 2016 shootings in Dallas, the online publication, Central Track, published an article called, "Safe Space: How DaVerse Lounge Kept Calm and Carried on While Gunshots Rang Out in Downtown Dallas." It was the seminal moment in the collaborative career of multi-disciplinary artists and educators, Will Richey and Alejandro Perez, Jr. These champions of mental health and creative expression will awaken participants with an engaging, interactive performance and talk where the audience becomes instruments as we collectively celebrate our joys and attempt to face life's challenges with empathy and compassion.