

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.

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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.