

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.