

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.

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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.