

**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	<b>New Drugs: Addressing Emerging Epidemics</b>	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	<b>Bad Drugs: How Media, Public Opinion, and Misinformation Impact a Professional's Ability to Provide Effective Services</b>	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	<b>The Silver Tsunami: Understanding Addiction in Later Life</b>	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	<b>Peers Building Bridges: How Peers Can Bring All Stakeholders Together</b>	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	<b>Juvenile Drug and Mental Health Courts: Making a Difference from the Outset</b>	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.

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<b>Treatment / Skills Building</b>	MH	<b>Positive Identity Development</b>	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.
<b>Skills Building / Self-Care</b>	MH	<b>Yoga and Relaxation for Focus and Stress Reduction</b>	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.