

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!