

Focus Column Legend:
 Substance Use Disorder = SUD
 Substance Abuse Prevention = SAP
 Mental Health = MH
 Co-Occurring = CO

Thursday, August 3
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	Sesame Street in Communities: Meeting the Health and Well-Being Needs of Vulnerable Children	Kama Einhorn, MEd	All	Adults, Health Focus, Innovative, Trauma, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	This session will provide an inside look at the creation of Sesame Street in Communities, a brand new educational model and resource center, recently launched that uses research-based strategies and materials to guide and support healthy habits in young children, while also engaging the important adults in their lives. Recognizing the impact of adverse childhood experiences (or trauma) on children's brains, and overall development and its relationship to children's health, is essential in understanding how to best encourage a lifetime of healthy habits. Thus, Sesame's holistic approach was created, reflecting current findings about the best ways to foster health and well-being in children, particularly the most vulnerable children. Sesame Street in Communities provides educators and service providers with a wealth of free resources designed to engage families in everyday activities to help all children become smarter, stronger, and kinder.
Prevention / Treatment	SUD MH CO	Problem and Compulsive Gambling	Wiley Harwell, DMin, MDiv, LPC, NCGC-II	All	Adult, Family, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Problem and pathological gambling is a progressive behavior disorder in which a person has a psychological, uncontrollable preoccupation and urge to gamble. This results in excessive gambling, the outcome of which is the loss of time, money, families, careers, and lives. The gambling ultimately reaches the point where it disrupts and destroys the gambler's personal life, family relationships, or vocational pursuits. The presenter will provide options for counseling adolescents, adults, families and significant others with gambling-related disorders and problems.
Treatment	SUD	Opioids 101: Working Toward Better Patient Outcomes	Stuart Gitlow, MD, MPH, MBA, DFAPA	All	Adult, Integration, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Despite the contribution of opioids to the addictive disease mortality rate, opioids still contribute to less than 10 percent of that mortality rate. What has led to the growth in addictive disease involving opioids, and what can we do to alter that path? A focus on treatment strategies, including pharmacotherapy, with focus on the new guidelines with respect to achieving best outcomes in patients with opioid use disorders will be discussed.
Treatment / Recovery	SUD	Integrating Peer and Other Recovery Support Services: A Framework for Success	Ijeoma Achara-Abrahams, PsyD Johnnie Hatton, PM/PRC	All	Community, Integration, Peer Counselors	SW, LCDC, CPS, APS, PM/PRC	Peer and other recovery support services are garnering increasing attention for their ability to assist individuals with substance use disorders with initiating and sustaining their recovery and enhancing their overall quality of life. Based on the success of the Recovery Support Services pilot project developed by Texas Health and Human Services Commission, this session will describe critical strategies for preparing your organizational context for the integration of peer and other recovery support services. It will also describe a framework for maximizing the impact of peer and other recovery support services. The session is applicable to treatment organizations, community-based organizations, and recovery community organizations.
Recovery	SUD CO	Recovery Residences and Housing: Where's the Beef?	Jason Howell, MBA, PRS Jackson Longan Alisia Clark George Braucht, LPC, CPCS	All	Community, Sustainability	SW, LCDC, CPS, APS, PM/PRC	This session will provide a forum for participants to hear how recovery housing operators who are meeting the national quality standards are putting research into practice. Learn from practical examples of how people experienced in operating recovery housing and people in long-term recovery address challenging situations to promote the recovery goals of residents and to ensure sustainability for their organizations.
Skills Building	SUD SAP MH CO	Ethics and Ethical Decision Models	D. Shane Koch, RHD, CRC, CAADC	All	Workforce	Ethics, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Ethical decision-making is an evolving science. Increased attention is being paid to organizational variables, the introduction of measures of moral intensity, reconsideration of traditional principle-based decision-making models, and the introduction of complex, critical thinking models as an alternative to static ethical formulas. This presentation will compare and contrast ethical systems and explore how professionals may use appropriate critical thinking to identify and resolve ethical challenges and dilemmas.
Self-Care	MH	Vinyasa Flow Yoga	Teresa de la Garza	All	Adult, Innovative, Youth		Vinyasa flow yoga is a dynamic progression of breath to body movement that allows for building heat within the body to achieve a mind and body experience. As a person builds a sequence, focus is on the balance between the breath and body that allows for a mental disconnection from the external world, and form an internal connection between mind and body. Ending with meditation and relaxation, vinyasa challenges the mind and body to continue to avoid distraction by focusing on feelings of the moment.