

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

Tuesday, August 1
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	MH	What are Teens Thinking!?! Bridging the Technology Gap	Josh Drean	All	Adult, Family, Youth	CPE, SW, LCDC, CPS, APS, PM/PRC	Students are not more prone to bullying in today's world, bullies just have more tools available. It's easier than ever to hide bullying on the web through anonymous posts and secret chat groups. This presentation will help shed light on how teens are using technology, but most importantly, how adults can empower students to use technology for good. Attendees will learn about the Youth Empowerment Services (YES) model and how to create an environment of trust where students can take an active role in creating a safe and positive school environment.
Treatment	MH	Utilizing Trauma-Informed Practices to Reduce Restraint and Seclusion	Jack Nowicki, LCSW	All	Trauma, Youth	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	There is a national call for youth services workers to become trauma-informed in their practices. Trauma-informed programs are those in which the service system has been rethought and evaluated in light of the understanding of violence's role in people's lives. Trauma-informed programs accommodate the vulnerabilities of trauma survivors and develop services that avoid inadvertent re-traumatization of youth clients. This session includes basic information about trauma-informed care (TIC); information describing differences and similarities between trauma, crisis, and post-traumatic stress; component parts of TIC; and a review of best practices in providing TIC.
Treatment / Recovery	SUD MH CO	Military Informed Care: Working with the Military Culture	Tim Keesling	All	Cultural Competency, Family, Military, Veterans	SW, LCDC, CPS, APS, PM/PRC	Increasing numbers of health care professionals with no prior military service history or experience working with military service members, veterans, or their families are being called upon to deliver patient care to these rapidly growing populations. For current and former military service members, the explicit organizational structures and implicit ideals and values comprising military culture play a significant and lifelong role in injury, illness, and recovery. In all fields of health care, but most especially in mental health evaluation and treatment, empathic therapeutic alliances and effective treatment plans require health care professionals to possess and utilize knowledge, skills, and attitudes regarding military and veteran cultures and sub-cultures. To meet this training need, the Texas Veterans Commission's Military Veteran Peer Network program has developed this military informed care curriculum for health care professionals. This training will encourage military cultural competency in health care professionals through an interactive presentation in the requisite knowledge, skills, and attitudes needed to work with the military and veteran culture.
Treatment / Recovery	SUD SAP MH CO	Suicide Prevention: Postvention	Toniya Parker Kathleen Hubbard	All	Family, Innovative, Suicide	CPE, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	An overview of the current evidence-based practices and procedures for providing services after a suicide or suicide attempt will be provided. Resources and tools will be discussed to assist the support of the family, friends and community in the grieving process, and reduction of additional suicidal behaviors and connection to local mental health/behavioral health providers. Case presentations will assist with examples of innovative strategies for implementation and utilization of these tools and resources.
Recovery / Skills Building	SUD	The Accreditation Plus Model for Peer Support Organizations	Patty McCarthy Metcalf, MS	All	Innovative, Peer Counseling, Workforce	SW, LCDC, CPS, APS, PM/PRC	Using an "accreditation plus" philosophical approach, the Council on Accreditation of Peer Recovery Support Services (CAPRSS) views accreditation as more than the evaluation and approval of organizations or programs based on a set of standards, it is a process that promotes capacity-building and the achievement of excellence within organizations from beginning to end. CAPRSS offers services for emerging organizations seeking information and resources to develop their programs, as well as for established organizations looking to improve depth, breadth, scope, and quality of the peer services they provide. This presentation is about the standards and the benefits of accreditation for state and other governmental entities seeking to support and assure the quality of peer recovery support services.

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

Tuesday, August 1
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
Skills Building	MH	The Individual Placement and Support Model of Supported Employment	Harry Cunningham, LICSW	Beginner / Intermediate	Family, Innovative, Workforce	SW, LCDC, CPS, APS, PM/PRC	Like most of us, people who experience serious mental illness want to work; the opportunity to have a regular job can be an important part of their life and recovery process. Traditional vocational services have often emphasized a slow, lengthy method of preparing such people for jobs. Frequently the jobs involved set-aside positions for other disabled people, such as sheltered employment and agency-run businesses. Payment too often was below minimum wage as in piece-work arrangements. In contrast, The Individual Placement and Support (IPS) model of Supported Employment is a practice that attempts to rapidly help people with severe mental illness to enter and succeed in real world settings of competitive employment. It helps people to have a balanced work experience in which both the benefits and challenges of work are faced like any one of us who may struggle to find and maintain work, with the added benefit that the users of the IPS services are offered supports to help them make adaptations to their jobs. The IPS model of Supported Employment was identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) as one of five basic evidence-based practices that every community mental health center should offer to clients.
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!