

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

**Wednesday, August 2**  
**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
<b>Prevention / Treatment</b>	SUD SAP CO	<b>Opioids and Opiates: The Ethical and Clinical Challenges Associated with Providing Appropriate and Effective Services to Consumers</b>	D. Shane Koch, RhD, CRC, CAADC	All	Adult, Chronic Disease, Pain Management, Youth	Ethics, LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	Increased access to opioids and opiates has resulted in a significant increase in the incidence and prevalence of both opioid use and misuse. As a consequence of the addictive potentiation of these substances, their use by consumers may result in the rapid progression of substance use disorders. However, many consumers may safely utilize these substances for pain management and response to chronic disability. This presentation will focus on increasing awareness of the clinical and ethical complexities associated with providing appropriate, effective services to those effected by opiate/opioid use.
<b>Treatment</b>	MH CO	<b>Evidence-Based Treatments for Post-Traumatic Stress Disorder</b>	Brian Meyer, PhD, LCP	Beginner / Intermediate	Military, Trauma, Veterans	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	There are over 400 different treatments for post-traumatic stress disorder (PTSD), but only three have been consistently replicated as being effective: cognitive processing therapy, prolonged exposure, and eye movement desensitization and reprocessing. Each takes a very different approach to treating clients, from theoretical assumptions to practical techniques. This presentation will briefly discuss what makes a treatment evidence-based, before discussing each of the three evidence-based treatments for PTSD. It will also discuss some of the strengths and challenges of each, and why, in a patient-centered world, agencies need to have clinicians trained in all three treatments.
<b>Treatment</b>	SUD SAP CO	<b>Illicitly-Made Fentanyl in the United States: Characteristics of Use, Supply, and Overdose</b>	Jon Zibbell, PhD	Beginner / Intermediate	Community, Cultural Competency	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	This presentation will feature data from original research on the risk and outcomes associated with the supply and use of illicitly-made fentanyl, including data from Texas, and recommendations for what states can do to prepare and respond.
<b>Treatment / Recovery</b>	SUD SAP MH	<b>Nutrition and Substance Use Disorders from Detox to Recovery</b>	David Walsh, MSN, RN, PMHNP-BC Darlene Starr	All	Adult, Family, Nutrition, Youth	LPC, LMFT, SW, LCDC, CPS, APS, PM/PRC, CNE, CHES, Psy, CME	To assist in the recovery process, it is important for the professional to understand the impact of nutrition on the physical and mental health of the client. Practitioners working with recovering addicts have repeatedly found that when the client is following the principles of good nutrition, he or she is medically healthier and has fewer symptoms of withdrawal and cravings. A study by the American Dietetic Association (ADA) concluded that patients who receive nutrition education and intervention in tandem with an addiction recovery program have faster recovery periods and decreased chances of relapse. Social, emotional, physical, economic and nutritional factors all come into consideration when assessing and planning appropriate treatment options.
<b>Recovery / Skills Building</b>	SUD	<b>Integrating Recovery Support Services: Promising Practices and Lessons Learned from the Field</b>	Ijeoma Achara-Abrahams, PsyD Robin Peyson, MHSA Kay Brotherton, MS, LCDC, CPS, CPT Shawn Wright, TCBAP, PM/PRC, NAADAC	All	Adults, Innovative, Workforce	SW, LCDC, CPS, APS, PM/PRC	Texas Health and Human Services Commission (HHSC) recently concluded a pilot focused on integrating recovery support services (RSS) into 22 organizations around the state. An independent evaluation of the program, by the Addiction Research Institute at the University of Texas Center for Social Work Research, showed that after receiving long-term recovery coaching for just 12 months, more than 84 percent of participants had reduced their substance use or stopped entirely; and there were equally impressive improvements in employment, independent living, and appropriate use of medical and emergency services. This panel presentation will highlight several of the organizations that participated in the RSS pilot project. The organizations will share early challenges and lessons learned in the implementation process. They will also highlight promising practices and the significant impact that recovery support services are having on the individuals served. Some of the critical strategies for successful implementation will be discussed.

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<b>Skills Building</b>	SUD MH CO	<b>Transformational Collaborative Outcomes Management for Executive Level Leadership</b>	Suzanne Button, PhD	Intermediate / Advanced	Clinical Supervision, Community, Cultural Competency, Family, Innovative, Youth		Transformational Collaborative Outcomes Management (TCOM), and the TCOM Suite of Tools, has demonstrated potential in the improvement of services to individuals and families in diverse human serving systems. Through use of the TCOM Suite of Tools, TCOM's overall framework to outcomes management and practice transformation, systems can improve care, increase effectiveness and efficiency, and elevate the voice of individuals and families served through measurement of meaningful, salient outcomes measures. This course is designed for executive, state, and federal level leaders, and will present TCOM philosophy and briefly review the TCOM suite of tools. Examples of how TCOM has been used in large human serving systems to manage and transform care will be presented, and a brief review of what TCOM implementation entails will be conducted. Principles and best practices for TCOM implementation in diverse service sectors will be discussed.
<b>Self-Care</b>	MH	<b>Zumba ©</b>	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!