

27th MARTI Summer Conference

July 10 through 14, 2017

Promoting Recovery and Wellness: For Individuals, Families and Communities

College of Humanities and
Social Sciences Building
(CHSS)
Indiana, PA



A Professional Conference for
School Teachers and
Administrators, Psychologists,
Guidance Counselors, Alcohol
and Drug Counselors, Social
Workers and Family
Therapists, Community Mental
Health Workers, Juvenile
Justice Workers, Clergy,
Nurses and Health Care
Professionals, Children and
Youth Services Workers, and
Prevention Specialists

Cosponsors

UPMC HEALTH PLAN



You've seen similar headlines in your area.....

- ◆ *Federal prosecutor tackles heroin scourge that claimed his son.—CBS News*
- ◆ *Doctors track “explosion” of opioid-addicted newborns.—CBS News*
- ◆ *Drug overdose deaths rise significantly in 5 years.—Indiana Gazette*
- ◆ *America’s drug crisis: When will we wake up to the tragedy of the opiate epidemic?—FoxNews*
- ◆ *Internet both helps and harms teens at risk for suicide.—FoxNews*

Want to know more about helping populations of all ages that are affected by addictions and issues like suicide? Then the 27th MARTI Summer Conference is definitely for you.

This year’s topics will focus on the opiate and opioid addiction crisis as well as the suicide crisis that also seems to be ever prevalent throughout the nation. Come to Indiana University of Pennsylvania (IUP) in Indiana, PA and hear presentations by nationally known speakers on what and where these crises are currently at and how to help those in these circumstances.

Keynote Faculty include...



Robert J.
Ackerman, PhD



Dennis C.
Daley, PhD



Antoine B.
Douaihy, MD



Richard L. Jones,
MA, LCAS



Ralph M.
May, PsyD



Michael D.
Parkinson, MD



Mark Sanders,
LCSW



Karen Vadino,
MSW

Up to **25.5 Hours** for Continuing
Education

Year after year, MARTI has provided the latest techniques for working with children, excellent presenters, and special sections for educators and clinicians, all at a low cost.

We hope to see you in July!

WHO SHOULD ATTEND?

With up to 25.5 Continuing Education Contact Hours offered, this training will be especially valuable for the following professions:

- ◆ School teachers and administrators
- ◆ Psychologists
- ◆ Guidance counselors
- ◆ Alcohol and drug counselors
- ◆ Social workers and family therapists
- ◆ Community mental health workers
- ◆ Juvenile justice workers
- ◆ Clergy
- ◆ Health care professionals
- ◆ Nurses
- ◆ Children and youth services workers
- ◆ Prevention specialists

FOR MORE INFORMATION REGARDING REGISTRATION:

Contact the Office of Conference Services at IUP by calling 724-357-2227.

FOR MORE INFORMATION REGARDING PROGRAMMATIC QUESTIONS:

Call 724-357-1288, ask for Crystal.

COMMENTS FROM PAST PARTICIPANTS

"I have never been to a conference where I was so attentive, interested, and able to experience learning."

— Robert, psychiatric nurse

"Excellent personal and professional experience. Very empowering!"

— Charles, senior high school teacher

"It is head and shoulders above many of the conferences I have attended."

— Joe, clinical social worker

"That was an incredible conference. I will definitely be back. Wonderful!!"

— Anna, dual diagnoses counselor

"The MARTI conference was one of the best I've been to in a long time! A variety of topics were presented, offering lots of choices. The presenters were knowledgeable, prepared, and engaging. This was a wonderful, fulfilling experience that I would recommend to anyone. I would definitely return and encourage other providers, counselors, teachers, etc., to attend as well."

— Sue, home visitation program counselor

ACADEMIC CREDIT APPLICATION (UNDERGRADUATE AND GRADUATE LEVELS) (PREAPPLICATION HIGHLY RECOMMENDED)

Academic credits are available for current undergraduate and graduate students (see www.iup.edu/summer for how to register), as well as professionals looking to get further education credits (see www.iup.edu/admissions/graduate/programs/non-degree-programs/ on how to register).

Application forms for graduate credit for participants not currently enrolled in an IUP degree program will be mailed with confirmation letters upon receipt of conference registrations. To save time and confusion, applying for credits before June 30 is highly recommended. Full attendance is mandatory at all sessions to receive academic credit. The costs are as follows and include tuition and prorated fees.

Undergraduate fee (three credits)

In state: \$1,073.30

Out of state: \$2,660.90

Graduate fee (three credits):

Master's level

In state: \$1,824.05*

Out of state: \$2,700.35*

Doctoral level

In state: \$1,900.04*

Out of state: \$2,784.80*

Graduate application fee: \$50 nonrefundable (must be separate payment sent to the School of Graduate Studies and Research with your application)

* If you are in a high-demand program, tuition could be higher.

Monday, July 10, 2017

8:15-9:45 am **Summer School Registration, Residence Hall Check-In, Academic Credit Registration**

9:45-10:00 am **Summer School Opening Ceremonies**

10:00-10:45 am **π *Regional Strategies to Address the Opioid Epidemic***

Dennis C. Daley, PhD



Dr. Daley is senior clinical director of Substance Use Services at UPMC Health Plan and professor of psychiatry and social work and served for 14 years as the chief of Addiction Medicine Services at Western Psychiatric Institute and Clinic of the University of Pittsburgh School of Medicine. He is involved in clinical care, teaching, research, and dissemination activities. Dr. Daley previously was the director of the Appalachian Tri-State Node of the National Institute on Drug Abuse's Clinical Trials Network and was involved in multi-site clinical trials and dissemination of science-based findings to providers, individuals, and families. He is a member of the Mental Illness, Research, Education, and Clinical Care project in the Pittsburgh VA HealthCare System. Dr. Daley has hundreds of publications and has presented his work throughout the U.S., Canada, Europe, Mexico, and Asia. His publications include several books and recovery guides on relapse and co-occurring disorders. Dr. Daley's materials have been translated to several languages.

The opioid epidemic has led to a significant increase in medical complications and deaths from drug overdoses, adversely affected family units and members including children, caused numerous social problems, and impacted on medical, criminal justice and social service systems that deal with the many negative outcomes associated with opioid misuse and addiction. This presentation will review the causes and effects of this epidemic with a focus on many efforts throughout our Western Pennsylvania region by multiple stakeholders in medical, criminal justice and addiction treatment and recovery systems.

10:45-11:30 am **π *Medication-Assisted-Treatment for Opioid Addiction: The New Gold Standard?***

Antoine B. Douaihy, MD



Dr. Douaihy is Professor of Psychiatry and Medicine at the University of Pittsburgh School of Medicine, Senior Academic Director of Addiction Medicine Services at Western Psychiatric Institute and Clinic (WPIC) and Director of the Addiction Psychiatry Fellowship at WPIC. His academic interests include addiction, HIV / AIDS, motivational interviewing and the psychology of behavioral change, and dissemination and implementation of evidence-based treatments for addiction to medical trainees and health-care practitioners.

Medication-Assisted-Treatment (MAT) is one of the most effective strategies in the long-term treatment of opioid addiction. Recent years have seen a significant increase in the use of MATs in licensed addiction programs and in medical practices by physicians certified to prescribe

MAT. This presentation will review FDA approved current medications used for opioid addiction, challenges faced by providers of MATs and therapists providing clinical services to supplement medications. It will focus on the importance of MAT being one part of a comprehensive plan of recovery.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

11:30-1:10 pm

Lunch Break and Wellness Sessions

1:15-2:45 pm

π *Recovery is a Journey, Not a Destination: Hope for Individuals, Families and Communities Affected by Addiction*



Robin Horston Spencer, MBA, MHS, MSPL, OWDS, RCAT

Robin Horston Spencer is the executive director of Message Carriers of Pennsylvania.

Adrienne Smith, BSBA, CRS

Adrienne Smith is a certified recovery specialist at Message Carriers of Pennsylvania.

Lucy Garrighan, CEO and Founder

Lucy Garrighan is the chief executive officer and founder of Jade Wellness Centers..



This workshop will give three perspectives of women with personal experiences who have overcome devastations of loss caused by opioid addiction. Their journey has led them to become motivated, empowered and a resource for recovery and treatment services in their communities. Robin and Adrienne are both women in long term recovery who will share solutions on how to obtain and sustain recovery. Robin has been in the field of addiction for over twenty years, and will share her journey of recovery and how she helps others. Arienne is a Certified Recovery Specialist (CRS) for Message Carriers, and helps others navigate barriers, get help, and acquire hope! Lucy lost an adult son to a drug overdose and used her grief to develop Jade Wellness Centers, which provide treatment and hope for thousands of addicted individuals and families.

2:45-3:00 pm

Afternoon Break

3:00-4:30 pm

π *Walking the Talk: Being Our Best Self to Help Our Patients Do the Same*



Michael D. Parkinson, MD, MPH, FACPM

Dr. Parkinson is the Senior Medical Director overseeing employer health and productivity strategies for UPMC Health Plan and WorkPartners. As Principal of P3 Health, LLC, he consults with leading employers, health systems and innovation companies to accelerate health, care value and workplace performance. Following his retirement after a career in the US Air Force, Mike was a principal founder of Lumenos, a pioneer in consumer-directed, account-based health plans acquired by Wellpoint. He received an AB from Cornell, MD from George Washington, and trained in family medicine at UCLA and preventive medicine at Johns Hopkins. He is a Past President of the American College of Preventive Medicine and currently serves on numerous national advisory panels and the Editorial Boards of the American Journal of Medical Quality and the American Journal of Preventive Medicine.

As providers we try to help our patients to deal with life’s challenges—yet we rarely do so to help ourselves and our families first. Yet we know that our patients MOST benefit when we are joyful, engaged and passionate about our work and service. This presentation will review the foundations of optimal health and fitness and suggest practical ways for each of us to begin the journey to adding “years to our life and life to our years.”

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

Tuesday, July 11, 2017

8:15-9:45 am π **Suicide, Mental Illness and Substance Use: Current Issues**



Ralph May, PsyD

Dr. May is a PA licensed psychologist who has practiced for over 29 years in the community-based setting, specializing in high-risk consumers with serious mental illness. He is the Chief Clinical Officer of the Community Guidance Center, Indiana, Pennsylvania; the co-chair of the Indiana County Suicide Task Force; the Clinical Director of the Indiana County Critical Incident Stress Debriefing Team; and a founding member of the Health and Human Services Subcommittee of the Indiana County Joint Disaster / Terrorism Task Force..

This presentation summarizes the current literature and clinical approach to the complex issues of suicide risk, mental illnesses and substance use disorders. There is a tendency in the addiction and mental health fields to separate substance use issues from mental health disorders, and split the person in Recovery into two distinct entities. The risks associated with suicide and “accidental overdose” are not well understood, and the increasing risks to certain populations, such as middle age males, is only now bringing into focus the overlap in substance use, mood disorders and suicide risk. Attendees of this presentation will gain a greater appreciation of the complexities of assessment and intervention with these overlapping populations, and become better informed about the reasons that the US suicide rate has increased by over 24% since 1999, and over 43% in males ages 45-64.

9:45-10:00 am **Break**

10:00-11:30 am π **QPR Gatekeeper Training: Question, Persuade, Refer**

Michelle Seaman

Michelle Seaman is the Regional Director with Peerstar LLC, a leading provider of mental health recovery, certified peer support services and forensic peer support services in Pennsylvania. She has been in the mental health field for 32 years.

Belinda Lambie, MA

Belinda Lambie is in her 15th year as a guidance counselor at Purchase Line Junior-Senior High School located in Northern Indiana County that serves students and families in Indiana and Clearfield Counties. Mrs. Lambie also represents her school district on the Indiana County Suicide Task Force. Prior to working at Purchase Line, she was an education specialist at the Alice Paul House, a domestic violence / rape-crisis center. She has a Masters in Education in Secondary School Counseling along with certifications in other educational areas.

Craig Faish, BSN

Craig Faish is the Lead Staff Supervisor at The Open Door / Armstrong-Indiana Crisis, and former coordinator for Crisis Hotline and Walk-in services. He is also a member of the Indiana County as well as the Armstrong County Suicide Task Forces, Armstrong County Human Resource Council, Indiana County Health & Human Services Disaster Response Subcommittee, on the Board of Directors for Evergreen Boys & Girls Club; as well as a member / attendant of several other organizations, committees, work groups, and task forces.

QPR stands for Question, Persuade, and Refer—3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

11:30-1:10 pm **Lunch Break and Wellness Sessions**

1:15-2:45 pm **Concurrent Afternoon Workshops**

π *What Do Suicide, Addiction, Unemployment and Crime Often Have in Common?: A History of Head Trauma Could Be The Cause*

Karen Kinzle Zegel, MA



Karen Kinzle Zegel is the President of the Patrick Risha CTE Awareness Foundation. Along with the information website, StopCTE.org and media pages, the foundation works to provide parents of school age children (who have very susceptible brains) with information about the dangers of sports which involve head trauma. The foundation also works to open the avenues of brain donations for research and awareness. And the foundation is also striving to increase awareness of the prevalence of CTE in our society in ex-athletes, veterans, and victims of domestic abuse.

CTE (Chronic Traumatic Encephalopathy) is the silent epidemic effecting millions of lives and families across this country. It is in almost every workplace, school, and family. It is prominent in jails, rehabilitation centers, and mental health facilities. It is playing a part in the life of every American. We just don't know it yet. CTE is 100% preventable. Learn how you can recognize it, play a role in better treatment, and most importantly prevent it.

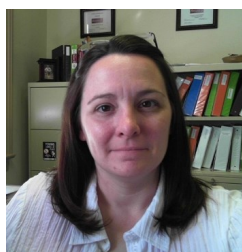
π *Warm Hand-Offs: Engaging Introductions to Treatment*

Mike Krafick, CRS Supervisor



Mike Krafick is a Certified Recovery Specialist (CRS) at the Armstrong-Indiana-Clarion Drug and Alcohol Commission since March 2010. He is also certified as a CCAR Recovery Coach, CCAR Recovery Coach Trainer, a Trainer for the Science of Addiction and Recovery, and a PRO-A Trainer for the CRS Training Series. Mr. Krafick was promoted to CRS Supervisor in 2012, and is responsible for direct supervision of 5 CRS staff in Armstrong, Indiana, and Clarion Counties. He currently serves as the President of The Advocacy Group (TAG). TAG aims to educate families and the community about addiction, successful treatment strategies and recovery. Working as a CRS has given Mr. Krafick the opportunity to give back and help others achieve recovery.

Nicole Salvo, BS, CDCORP



Nicole Salvo is the Program Director of the Armstrong-Indiana-Clarion Drug and Alcohol Commission, supervising the Case Management and Recovery Support Department. She currently supervises a total of 12 Case Managers, 1 CRS Supervisor and 5 CRS staff that provide services in Armstrong, Indiana, and Clarion Counties. Since her hire in 2010, she has become involved in the human services systems of Armstrong, Indiana and Clarion counties. Ms. Salvo monitors client progress, financial approvals for treatment, coordinates training for staff and interns, assists with DDAP and MCO Quality Assurance reviews, monitors providers applicable reporting at local, county and state levels, and represents the Single County Authority to collaborate with local human service providers. She is also a certified trainer for the CCAR Recovery Coach Academy and Ethics for Recovery Coaches.

This workshop will provide an overview of the current opioid crisis locally, explore the disease concept, learn how stigma can prevent individuals from accessing treatment and recovery services, review engagement techniques for assisting individuals in accessing services and motivating them to begin their recovery journey, as well as an overview of the ARMOT Program at the Armstrong-Indiana-Clarion Drug and Alcohol Commission.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

π *The Impact of Suicide*

Craig Faish, BSN—The Open Door

Jerry Overman, Jr.—Indiana County Coroner, Suicide Task Force (STC) Co-Chair

Jerry Overman, Jr. has an ample amount of expertise and serves as the Co-Chair of the Suicide Task Force of Indiana County since 2013 and was elected in 2014 as the Indiana County Coroner. He has achieved countless accomplishments and is involved in an ample amount of organizations, locally, nationally, and internationally.

Michelle Seaman

Belinda Lambie—Guidance Counselor, Purchase Line Jr-Sr High School

Ralph May, PsyD—Chief Clinical Officer, Community Guidance Center, STC Co-Chair

Kristen Morrow—IUP Student, Nutrition/Dietetics and Psychology majors

Kristen Morrow is currently an IUP student studying Nutrition/Dietetics and Psychology to earn a dual degree. Ms. Morrow became involved with the Suicide Task Force after struggling herself and losing a close friend to suicide. Ms. Morrow was awarded as The Suicide Task Force's Angel On Earth in 2016 for her outstanding work for the Suicide Task Force. She has told her story at the 3rd and 4th Annual Walk for a Wonderful Life as well as multiple groups in Indiana County.

Robert T. Truscello—ARIN Intermediate Unit 28

Robert Truscello is the Supervisor of Special Education at the ARIN Intermediate unit and has served as ARIN's Crisis Prevention and Intervention Instructor since 1992.

The Suicide Task Force of Indiana County will have a panel discussion on suicide and suicide prevention. They will feature a number of resources available in Indiana County, personal speakers talking about their story, expertise in mental health, and different trainings that they offer, as well as a list of their upcoming events for 2017.

π *What Are They Telling Us, and What Are We Telling Them: How Local Media Can Frame Addiction Issues and What Can Be Done About It*

Erick J. Lauber, PhD



Dr. Lauber is an Associate Professor in the Journalism and Public Relations department at Indiana University of Pennsylvania (IUP) and the Director of Leadership Training and Research at MARTI-CBH. His scholarship has appeared in over 100 magazines, journals and book chapters, and he has recently authored a book on teamwork and leadership titled *Don't Break the Rope!* He is currently working with the Armstrong-Indiana-Clarion Drug and Alcohol Commission on designing and delivering prevention messages. His educational media products have won over 20 national awards.

Members of the public have limited understanding of substance abuse: what causes it; how it affects individuals, families and society; and how it can be addressed and prevented. Research by IUP Journalism and Public

Relations department and MARTI-CBH faculty, Dr. Erick Lauber, is examining how media, both mass media and prevention literature, is shaping and framing the addiction issue for the general public. Content analysis of community media messages, including examination of a year's worth of substance abuse articles by the local Indiana Gazette, confirm national findings that the media is telling impartial and sometimes conflicting stories about substance abuse. The research suggests that a new approach, for example, re-framing substance abuse as a public issue rather than just an individual problem, is necessary to activate community-level responses to the crisis.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

2:45-3:00 pm **Break**

3:00-4:30 pm Concurrent Afternoon Workshops

π ***What Do Suicide, Addiction, Unemployment and Crime Often Have in Common?: A History of Head Trauma Could Be The Cause***

Karen Kinzle Zegel, MA

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π ***Warm Hand-Offs: Engaging Introductions to Treatment***

Mike Krafick, CRS Supervisor

Nicole Salvo, BS, CDCORP

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Cosponsors

UPMC HEALTH PLAN



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π Workshops suggested for both educators and therapists.

3:00-4:30 pm [Concurrent Afternoon Workshops \(continued\)](#)

π ***What Are They Telling Us, and What Are We Telling Them: How Local Media Can Frame Addiction Issues and What Can Be Done About It***

Erick J. Lauber, PhD

Members of the public have limited understanding of substance abuse: what causes it; how it affects individuals, families and society; and how it can be addressed and prevented. Research by IUP Journalism and Public Relations department and MARTI-CBH faculty, Dr. Erick Lauber, is examining how media, both mass media and prevention literature, is shaping and framing the addiction issue for the general public. Content analysis of community media messages, including examination of a year's worth of substance abuse articles by the local Indiana Gazette, confirm national findings that the media is telling impartial and sometimes conflicting stories about substance abuse. The research suggests that a new approach, for example, re-framing substance abuse as a public issue rather than just an individual problem, is necessary to activate community-level responses to the crisis.

Wednesday, July 12, 2017

8:15-9:45 am π ***Peer Support and Family Recovery***

Richard Jones, MA, MBA



Richard Jones is the Executive Director of Faces and Voices of Recovery (FAVOR) in Greenville, South Carolina. Rich is the CEO of the Wellness Partners Group; Director of Preventions at ePreventions; a Licensed Clinical Addiction Specialist (LCAS), a Certified Clinical Supervisor (CCS); a Certified Employee Assistance Professional (CEAP) and a Certified Arise Interventionist (CAI). He is also Chairman of the board of Faces and Voices of Recovery (FAVOR) in South Carolina.

This presentation focuses on the importance of family recovery, principles of family recovery, emerging issues related to family recovery, and the use of peer coaches in supporting family recovery. We will highlight the implementation of an innovative and highly successful family

program at Faces and Voices of Recovery (FAVOR) in Greenville, South Carolina. The FAVOR program has been profiled nationally and was one of four programs testifying to congressional staffers in November 2016 on the opioid epidemic. Over the last 3 year FAVOR Greenville has engaged more than 4,000 participants in our family programs. We will describe our recovery coaching academy and family training protocols and the various ways our family recovery coaches work with those in need.

9:45-10:00 am **Break**



Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

10:00-11:30 am π ***Understanding Chronic Pain, Opioids and Addiction***



Ajay D. Wasan, MD, MSc

Dr. Wasan is the Vice Chair for Pain Medicine in the Department of Anesthesiology at the University of Pittsburgh Medical Center (UPMC) and a Professor of Anesthesiology and Psychiatry in the University of Pittsburgh School of Medicine. He is board certified in Pain Medicine and completed fellowship training in interventional pain medicine in the Anesthesiology Department at Brigham and Women's Hospital and Harvard Medical School. He is also board certified in Psychiatry and completed a residency in Psychiatry at Johns Hopkins.

Many individuals with pain require the use of opioid medications as part of their treatment plan. However, in recent years, due to the increase in the use of prescription pain medicines, a substantial number of individuals developed an addiction to prescription opioids. This keynote address will discuss this current challenge and thinking on how to manage pain, and minimize the risk of opioid misuse or addiction. It will also focus on helping patients who become addicted to these medications.

11:30-1:10 pm **Lunch Break and Wellness Sessions**

1:15-2:45 pm **Concurrent Afternoon Workshops**

Reaching the Disengaged 90%

Richard Jones, MA, MBA

We typically spend our time debating the best treatment for addressing substance use disorders. For example, Medication Assisted Treatment versus Abstinence Based approaches. In reality, all services are helpful. When people seek help they get better. Something is always better than nothing. However, the great tragedy is that 90% of those in need never access treatment, this is the real challenge. When we examine the reason for disengagement an interesting fact is revealed. Access is not the primary reason, lack of money is not the primary reason. The primary reason cited for not getting help is "I did not think I needed help." This should not be surprising. Denial is common and predictable in relation to substance use disorders. This presentation addresses tried and true ways of using peer recovery to engage those "in denial." The application of assertive outreach strategies, motivational interviewing skills and innovative methods of connection (including technology) will be discussed. We will use examples from FAVOR Greenville Assertive Community Engagement (ACE) programs as illustrations of specialized peer recovery engagement services.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

π *Can Recovery Be Fun? My New Leaf, a Gamified Addiction Recovery App Targeting Millennials Using Best Practices, Feedback Loops and Rewards*



Ryan Brannon

Ryan Brannon is the Executive Director of My New Leaf, Inc., a 501c3 nonprofit he founded in 2015. He has won numerous awards for his work with his addiction recovery app including first place in the IUP “Sharktank” contest, first place in the Pennsylvania System of Higher Education (PASSHE) Business Plan contest and the Audience Choice Award—University of Pittsburgh at Johnstown PITCHfest contest. Ryan was selected to attend the prestigious 2015 Fellowship Summit in San Francisco, CA. He was recently honored by being a presenter at the Central Pennsylvania Addiction Conference and the University of Pittsburgh’s Addiction Technology Conference.

Therapists are always seeking ways to actually reach their clients; families have been searching for ways to get help for their family members. Come find out how the *My New Leaf* app can assist in charting recovery by allowing clients to take personal responsibility for change. The *Virtual Assistant Liaison (V.A.L.)* provides feedback on clients’ recovery to therapists and peer recovery specialists and coaches. The *My New Leaf Addiction Recovery* assistant uses an emerging area of health care technology, which uses web based and smartphone tools to motivate and enable individuals suffering from substance abuse problems to manage their health conditions and wellness. Find out how gamification techniques can change behavioral patterns through scheduled and unscheduled rewards and feedback, and learn about additional aspects of the application.

Keeping Secrets: Ethics Checklists for Protecting Confidentiality Rights, Part I



Mary Alice Fisher, PhD

Dr. Fisher has a private clinical practice in Charlottesville, Virginia and is a member of the adjunct clinical faculty at the University of Virginia. She is the founding Executive Director of The Center for Ethical Practice, which provides ethics training and consultation for mental health professionals. She has specialized in confidentiality ethics, with a focus on the ethical complications of “conditional” confidentiality, which is the only level of confidentiality that mental health clinicians are now legally free to offer. She has written numerous manuals, books, and journal articles. In 2016 she received an award from the American Psychological Association for “Outstanding Contributions to Ethics Education.”

The topic of confidentiality has become very complex, so this workshop uses a series of checklists based on the presenter’s six-step Ethical Practice Model to help clinicians maintain an ethical focus even when faced with clinical complications and legal demands for disclosure of confidential information.

2:45-3:00 pm **Break**

3:00-4:30 pm **Concurrent Afternoon Workshops**

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Keeping Secrets: Ethics Checklists for Protecting Confidentiality Rights, Part II

Mary Alice Fisher, PhD; Founder and Executive Director, The Center for Ethical Practice

Dr. Fisher will continue her topic of confidentiality using a series of checklists based on the presenter's six-step Ethical Practice Model to help clinicians maintain an ethical focus even when faced with clinical complications and legal demands for disclosure of confidential information.

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

4:45-5:45 pm

π **Gary Owen: A Personal Story of Family Addiction**



Gary Owen

Gary Owen has been entertaining American audiences for more than a decade with his side-splitting comedy. Having performed to sold-out audiences in all the major comedy clubs and theatres across the country, he is one of America’s most beloved comedians, having been proclaimed by *Ebony* magazine as Black America’s “Favorite White Comedian”. In addition to his breadth of comedic work in films, television, and standup, Gary works closely with the nonprofit Facing Addiction, an organization dedicated to finding solutions to the addiction crisis in America. Having lost his own brother to heroin addiction, he regularly speaks and performs to raise awareness and support for the organization’s mission.

Thursday, July 13, 2017

8:15-9:45 am

π **Relationship Detox: Helping Chemically Dependent Clients Develop Healthy Relationships in Recovery**



Mark Sanders, LCSW, CADC

Mr. Sanders is an international speaker in the behavioral health fields whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is coauthor of *Recovery Management* and author of *Relationship Detox: How to Have Healthy Relationships in Recovery*. He has had two stories published in the *New York Times* best-selling book series *Chicken Soup for the Soul*. His most recent book is entitled *Slipping through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders*. He is a lecturer at the University of Chicago.

Relationships are the leading cause of relapse among chemically dependent clients. In this skill-building presentation, participants will receive tools that will enable them to help their clients develop healthy relationships in recovery. A partial list of topics includes: characteristics of healthy relationships; characteristics of addictive relationships; the impact of abandonment on the development of emotional intelligence; relationships and relapse prevention; strategies for helping clients leave toxic relationships; relationship detox—helping clients develop healthy relationships in recovery; and helping clients develop healthy relationships through the engagement and termination phases of counseling.

9:45-10:00 am **Break**

NEW THIS YEAR—Wellness Sessions During the Lunch Break

⇒ **Yoga Sessions**

⇒ **Mindfulness Sessions**

⇒ **Walk or Run the Track**

⇒ **Tai Chi Sessions**

⇒ **Lunch Basketball**

⇒ **Tennis Courts**

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

10:00-11:30 am ^π ***The Emotional and Behavioral Impact on Children / Adolescents Living in Dysfunctional Families***



Robert J. Ackerman, PhD

Dr. Ackerman is formerly a professor and program director of Sociology, University of South Carolina at Beaufort, and a professor emeritus in the Department of Sociology at Indiana University of Pennsylvania. He is a former editor of *COUNSELOR, The Magazine for Addiction and Behavioral Health Professionals*. Dr. Ackerman is the founder and previous director of the Mid-Atlantic Addiction Research and Training Institute (MARTI) in Indiana, Pennsylvania. He is a cofounder of the National Association for Children of Alcoholics, and author of thirteen books, including *Perfect Daughters* and *Silent Sons*.

Families under stress produce children / adolescents who are under stress. This is especially true for families that experience alcohol and drug abuse problems, child abuse, spouse abuse, divorce, and other dysfunctional behaviors. Many of the young people from these families become at risk for a variety of emotional and behavioral problems. This workshop will address the emotional and behavioral impact on youth who become “high risk” or “at risk” for a variety of problems. A cognitive behavioral model for helping adolescents eliminate self-defeating behaviors will be presented. Additionally, techniques for working with “resistant” children / adolescents will be included.

11:30-1:10 pm **Lunch Break and Wellness Sessions**

1:15-2:45 pm **Concurrent Afternoon Workshops**

Gender-Responsive Services: A Focus on the Treatment Needs of Chemically Dependent Men and Women

Mark Sanders, LCSW, CADC

In this workshop you will learn strategies for working more effectively with men and women with addictions, and other behavioral health challenges. A partial list of topics includes: addressing core issues for male clients, including difficulty expressing feelings, toxic masculinity, and the shield of armor; fear of failure, difficulty with intimacy, and the narrow definition of manhood; addressing resistance to counseling when working with male clients; how to provide gender-responsive services for women; critical areas to focus on in women’s treatment; approaches to addictions and trauma recovery with women; strategies for increasing gender competence on the individual and programmatic levels; and viewing countertransference as a gift when counseling men and women with substance use disorders.

^π ***Opioid Addiction and the Family: Using a Strength-Based Model for Treatment and Recovery***

Robert J. Ackerman, PhD

Living with an addicted person is not a spectator sport. To one extent or another addiction affects the entire family, regardless of whether it is a parent or adolescent family member who is addicted. Using a systems perspective and a strength-based model, this workshop will focus on the impact of addiction on the family, strategies for individual and family intervention, and suggestions to facilitate family transitions and recovery. Additional topics will include: using family rituals to facilitate change, helping family members to utilize emotional, social, and moral intelligences to encourage recovery, developing a family continuing care plan, and an appreciation for gender differences in the addiction process and in recovery.

1:15-2:45 pm

Concurrent Afternoon Workshops (continued)

π Substance Use Prevention and Intervention in College Health Settings

Ann Sesti, MA, NCC, LPC

Ann Sesti is the director of the Alcohol, Tobacco, and Other Drug Program at Indiana University of Pennsylvania. She has served in this position for the past 25 years and previous to that was employed at St. Francis Hospital in their Drug and Alcohol unit. She holds her Masters in Counseling and is a Professional Licensed Counselor in Pennsylvania. She is a certified BASICS (Brief Alcohol Screening and Intervention with College Students) trainer.

Substance abuse issues are often cited as the number one problem on college campuses. The Monitoring the Future study reports that 79% of college students have used alcohol, as well as a general increase in other drug use once students get to college. The current increase in opioid use and overdose poses great concern. This program will explore the tactics college administrators can employ to address the issues, including the offering of Narcan™ to try to curb the problem.

π Non-Pharmaceutical Treatment of Addiction Disorders and Substance Abuse: A New Era

Joseph A Schwartz, DC



Dr. Schwartz has 31 years experience as a practicing chiropractor with an emphasis on neurology, rehabilitation, nutrition, strength and conditioning. His mission is to empower others so they may exceed their expectations for vibrant health and well-being.

While mental health therapies have been, and should remain, the primary component of a sound addiction recovery strategy, more is needed. It is abundantly clear that an important component to traditional mental health therapies is scientific, evidence-based strategies to address the underlying learning and behavioral issues that are the hallmark of any addiction profile.

Specifically what is being introduced in this workshop is a functional neurology approach, which involves measuring and managing numerous ‘biomarkers’ of brain function with specific and often simple examination and diagnostic testing, and producing positive change in these markers through progressive neurological training modalities. This approach, in concert with the more traditional mental health options, explores new avenues to provide great hope for recovery in those battling addiction and substance use disorders! This workshop will help the clinician, therapist, caretaker or family member to understand how a combination of physical activities and exercises can be used as adjunct interventions in addition to traditional counseling and therapies for opiate addiction. Specifically, the role of specially trained practitioners in the field of functional neurology will be introduced as bridging the gap between pain management and brain balance efforts.

2:45-3:00 pm

Break

Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

*When the Titanic Meets the Iceberg: Addressing the Trauma Underneath Substance Use Disorders, Criminality and Self-Harming Behavior*

Mark Sanders, LCSW, CADC

In this workshop you will learn strategies that will help you address five types of trauma in the clinical relationship, including: acute stress disorder, post-traumatic stress disorder, complex trauma, 24-7-365 trauma, and historical trauma. Emphasis will also be placed on the use of humor and centering rituals to prevent secondary post-traumatic stress disorder (PTSD).

π *Opioid Addiction and the Family: Using a Strength-Based Model for Treatment and Recovery*

Robert J. Ackerman, PhD

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Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

Friday, July 14, 2017

8:15-9:45 am **π *Loss and Grief: Complicated by Addiction***



Karen Vadino, MSW, LPCC, OCPC II

Karen Vadino is a Motivational Speaker, Humorist, Trainer, and Consultant. In her thirty-plus years as a human service professional, most of Karen's experience has been in the field of chemical dependency, both as a licensed clinician and as a certified prevention specialist. She has considerable experience working with children and families, having served as a clinician and supervisor in Children's Services group homes and a Children's Psychiatric Hospital. Karen also has been a part-time instructor in Social Work, Sociology, Juvenile Justice and Human Development at Youngstown State University, Penn State University, and Westminster College. She draws from her extensive and varied experience to form the foundation of her unique and distinctively humorous approach to life and work. For the past eighteen years, she has been a nationally recognized speaker and trainer sharing her inimitable insights with thousands of people—adults and youth—each year. Karen has been described as "one of those rare people who can make you laugh and cry in the same moment."

Grieving is a very personal experience and many factors influence how grief is handled. Though we all experience grief differently we all have the same goal, which is acceptance. Acceptance takes time and can be a slow and gradual process. Grief is a natural process involving several stages which we all move through in our own time. However that happens for us, it is important that we experience it. If we do not, it goes unresolved and can lead to depression. This workshop will provide participants with information about the process of grief and the steps involved as well as how to successfully move through it.

9:45-10:00 am **Break**

10:00-11:30 am **π *All Stressed Up and No One To Choke***

Karen Vadino, MSW, LPCC, OCPC II

This stress management workshop is designed to help participants recognize stressors, become aware of their own personal stress level and discover some healthy, effective methods to reduce stress. Time management and humor are discussed as methods for effective stress management. A personal stress level assignment and plan for healthy stress management will be the outcome of the training.

11:30-11:45 am **Closing Ceremony and Awarding of Certificates**

Cosponsors

UPMC HEALTH PLAN



Workshops suggested for therapists.

± Workshops suggested for educators.

π Workshops suggested for both educators and therapists.

GENERAL INFORMATION

Location: Indiana University of Pennsylvania (IUP), Indiana, PA
(approximately 55 miles northeast of Pittsburgh)
www.iup.edu

REGISTRATION FEE

Early registration on/before June 2—\$395

Registration between June 2 and June 30—\$425

Registration after June 30—\$455

Group rate available until June 30—\$360 / person
(for **three** or more from same organization; forms
MUST be submitted together to receive this discount)

Student / Faculty registration—\$100

**(only applies when NOT taking academic credit—
See tuition rates for academic credit on page 2 of this
brochure)**

The registration fee includes all conference events,
materials, and refreshment breaks.

**Academic credit tuition fees are not included in
the above fees (see page 2 of brochure).**

SPECIAL ATTRACTIONS

Recreational facilities are available for participants
(library, track, tennis courts, etc.).

Registration Deadline: June 30, 2017

Refund Policy: Fees will be refunded, less a \$30
administration fee, if a written request is received in
the IUP Conference Services office postmarked by
Friday, July 5, 2017. After July 5, no refunds will be
given for withdrawal or nonattendance.

TRAINING CREDITS

The summer school will be approved for approximately 25 PCB, PA SW, CRCC, and NBCC credits and approximately 25.5 Act 48 contact hours. Graduate and undergraduate credits will be available through IUP at an additional fee, with Melissa Swauger and Christian Vaccaro as professors of record.

MARTI has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6411. Programs that do not qualify for NBCC credit are clearly identified. MARTI is solely responsible for all aspects of the program.

MARTI is approved by the American Psychological Association to sponsor continuing education for psychologists. MARTI maintains responsibility for this program and its content.

Full-Time conference attendees who complete all required evaluation and attendance documentation are eligible to receive the maximum number of contact hours. Daily registrants can receive credit for each day in attendance.

Note: If you are seeking continuing education credit for a specialty not listed above, it is your responsibility to contact your licensing certification board directly to determine eligibility of this training to meet your CE requirements.

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs by June 30, 2017. We cannot ensure the availability of appropriate accommodations without prior notification.

ON-CAMPUS LODGING AND CAFETERIA FEES

The two-person shared semi-suite includes common sleeping area, small common room, bathroom, and two closets. All suites are air-conditioned. **PLEASE NOTE: Bed linens are NOT provided.** A list of what to bring will be provided prior to the conference.

The fees are as follows:

Two-person shared suite

Five nights at \$39.00 per person per night = \$195

One-person suite

Five nights at \$47.00 per person per night = \$235

Cafeteria breakfast, lunch, and dinner = \$102.65

Monday through Thursday—breakfast, lunch, dinner

Friday—breakfast, lunch

OFF-CAMPUS LODGING

A block of rooms has been reserved at the hotels listed below in Indiana, PA. Make your reservation by June 30 and be sure to mention MARTI to receive the special conference rate.

Park Inn by Radisson, 1395 Wayne Ave., Indiana, PA 15701

Conference rate: \$94+/night. If reserving with the Park Inn, you may call 724-463-3561.

Hilton Garden Inn at IUP, 714 Pratt Drive., Indiana, PA 15701

Conference rate: \$139+/night. If reserving with the Hilton Garden Inn, you may call 724-349-2222.

Quality Inn, 1545 Wayne Ave., Indiana, PA 15701

Conference rate: \$109+/night. If reserving with the Quality Inn, you may call 724-349-9620.

Promoting Recovery and Wellness: For Individuals, Families and Communities

Register Online and pay by credit card
at www.iup.edu/marketplace

FAST ★ EASY ★ SAFE

PLEASE PRINT

Registrant

Email Address

Name / Degree License

Preferred Name on Name Badge

Company Name (only if Company is paying conference fees)

Address

City State Zip

Cell Phone Daytime Phone Fax Number

Please register me as follows:

Full-Time Conference

Tuition:

___ **July 10-14**

\$425.00

Register by June 2 and pay only*

\$395.00

*Registrations postmarked by
June 2, 2017, will qualify

Daily Options

___ **Monday, July 10**

\$100.00

___ **Tuesday, July 11**

\$100.00

___ **Wednesday, July 12**

\$100.00

___ **Thursday, July 13**

\$100.00

___ **Friday, July 14**

\$100.00

Groups of **THREE OR MORE** full-week registrations entered on one order
receive a **15% discount** per registration! Offer applies to conference registrations only.

___ **Group Option** ___ **July 10-14** \$360.00

___ **Student or Faculty Fee** \$100.00
(only when not taking academic credit)

Conference Amount Total from Registration Form—Page 1

(carry this amount to page 2 of Registration Form)

Professional Training Credits

At the conference I anticipate earning the following professional training credit:

___ **Act 48 contact hours**

___ **NBCC credit**

___ **APA CE credit**

___ **PASW credit**

___ **CRCC credit**

___ **PCB credit**

Paying by Credit Card?

Register online at www.iup.edu/marketplace,
select **Conference Services**

Promoting Recovery and Wellness: For Individuals, Families and Communities

Register Online and pay by credit card
at www.iup.edu/marketplace

FAST ★ EASY ★ SAFE

Conference Amount Total from Registration Form—Page 1

Housing Options (**NOTE:** Linens are not provided)

Two-person shared suite

\$195.00 (five nights per person)

One-person suite

\$235.00 (five nights per person)

Dining Options

Full Cafeteria Meal Service

\$102.65

(Monday-Thursday – B,L,D; Friday – B,L)

This option is at the IUP cafeteria only.

Internet Access—Internet access can be made available for the conference if we are aware that it is needed in advance.

Internet Access Fee

\$ 5.00

Please send more information on academic credit.

TOTAL AMOUNT ENCLOSED

Please make checks payable to: IUP

REGISTER ONLINE: If paying by credit card or e-check, visit www.iup.edu/marketplace and complete the online registration form.

REGISTER BY MAIL: MARTI Summer Conference, IUP Conference Services, Sutton Hall, Rm 425, 1011 South Drive, Indiana, PA 15705-1046

REGISTRATION POLICIES: Check, money order, or agency purchase order must be attached to this registration form. Your name and address will be added to our mailing list unless otherwise requested.

MORE INFORMATION REGARDING REGISTRATION: Contact the Office of Conference Services at IUP by calling 724-357-2227.

MORE INFORMATION REGARDING PROGRAMMATIC QUESTIONS: 724-357-1288, ask for Crystal Deemer.

Please make checks payable to: IUP

When you provide a check for payment, you authorize us either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution. For inquiries, please call 724-357-2227.

REFUND POLICY: Fees will be refunded, less a \$30 administrative fee, if a written request is received in our office postmarked by July 5, 2017.

No refunds will be given for withdrawal / nonattendance after July 5.

Paying by Credit Card?
Register online at www.iup.edu/marketplace,
select Conference Services