

27 Years of ICADD

# Coming Full Circle:

*Integrating the Continuum of Care*



Pre-Conference Workshops May 16, 2011  
General Conference May 17- 19, 2011  
Boise State University



IDAHO CONFERENCE ON ALCOHOL AND DRUG DEPENDENCY

# 27 YEARS OF ICADD - COMING FULL CIRCLE

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## MISSION STATEMENT

To provide education and training for substance abuse and dependence professionals and educators in behavioral health care, criminal justice and recovery support.

## CONTACT ICADD

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## REGISTER ONLINE AND RECEIVE A DISCOUNT!

A discount (for General Conference ONLY) of \$10 will be given when you register online and pay with a credit card at [www.attendicadd.com](http://www.attendicadd.com)

## REGISTRATION DETAILS

Once you register for ICADD, you will receive a confirmation letter with information on the following items:

- parking
- purchasing conference materials

This information will also be posted on the ICADD website.

## CONFERENCE LOCATION

Student Union Building, Boise State University, Boise, Idaho.

## INFORMATION ABOUT BOISE

Boise is a blend of traditional and non-traditional attractions. The City of Trees boasts museums and urban parks, a river flowing through the heart of the city and a 25-mile river front greenbelt. Among the many sites to visit are the Basque Museum and Cultural Center, Morrison-Knudsen Nature Center, Idaho Anne Frank Human Rights Memorial, Idaho Black History Museum and the World Center for Birds of Prey. Southwest Idaho's accessible outdoors beckons the Boise visitor to enjoy mountains, desert sand dunes, canyons and white water rafting rivers.

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## 2011 ICADD PRE-CONFERENCE SCHEDULE

### Monday, May 16

7:30am - 2:00pm	Registration
8:45am - 10:15am	Workshop Session 1
10:15am - 10:30am	Break
10:30am - 12:00pm	Workshop Session 2
12:00pm - 1:30pm	Lunch (on your own)
1:30pm - 3:00pm	Workshop Session 3
3:00pm - 3:15pm	Break
3:15pm - 4:45pm	Workshop Session 4

## 2011 ICADD CONFERENCE SCHEDULE

### Tuesday, May 17

8:00am - 3:30pm	Exhibits Open
7:30am - 1:30am	Registration
8:30am - 9:00am	Welcome and Introductions
9:00am - 10:15am	Keynote: Wes Wingett
10:15am - 10:30am	Break with Exhibitors
10:30am - 12:00pm	Breakout Session 1
12:00pm - 1:30pm	Lunch (on your own)
1:30pm - 3:00pm	Breakout Session 2
3:00pm - 3:15pm	Break with Exhibitors
3:15pm - 4:45pm	Breakout Session 3

### Wednesday, May 18

7:30am - 8:30am	AA Meeting
8:00am - 3:30pm	Exhibits Open
8:30am - 9:00am	Welcome and Introductions,
9:00am - 10:15am	Keynote: Gabor Mate
10:15am - 10:30am	Break with Exhibitors
10:30am - 12:00pm	Breakout Session 4
12:00pm - 1:30pm	ICADD Luncheon
1:30pm - 3:00pm	Breakout Session 5
3:00pm - 3:15pm	Break with Exhibitors
3:15pm - 4:45pm	Breakout Session 6

### Thursday, May 19

7:30am - 8:30am	NA Meeting
8:30am - 9:00am	Welcome, Introductions and Awards
9:00am - 10:15am	Keynote: Jack Claypoole
10:15am - 10:30am	Break
10:30am - 12:00pm	Breakout Session 7
12:00pm - 1:30pm	Lunch (on your own)
1:30pm - 3:00pm	Breakout Session 8
3:00pm - 3:15pm	Break
3:15pm - 4:45pm	Breakout Session 9

## ADDITIONAL CONFERENCE INFORMATION

Extended speaker biographies and updated conference information can be found at [www.attendicadd.com](http://www.attendicadd.com).

**Note: All speaker provided notes will be distributed on the following website:**

**[www.attendicadd.com](http://www.attendicadd.com) website.**

## AA AND NA MEETING INFORMATION

The conference is featuring an open 12-step meetings on Wednesday and Thursday mornings to emphasize the importance of this widely available recovery support and to provide opportunities for any conference attendee to experience this powerful fellowship.

## INTRODUCTION FROM THE CONFERENCE CHAIR

I would like to personally welcome everyone from around our wonderful state of Idaho to the Idaho Conference on Alcohol and Drug Dependence. This year we have broadened our conference to include a prevention track and a community coalition track. We feel that now is the time to truly come together and work collaboratively to address the entire continuum of care. With the unprecedented budget cuts Idaho is now facing it is only through working together that we, and the people we serve, will pull through whole. It is time to work collaboratively on finding solutions to the tough issues we are facing.

We are extremely excited to have those that are new to ICADD and those who are joining us again in celebrating this collaboration and supporting this continued education opportunity. I can only hope that each of you will challenge yourself with learning and "recharging our batteries" in pursuit of strengthening our field.

This year's conference will host a tremendously talented group of presenters and speakers. Given the difficult economic times, we are grateful to have individuals with amazing experiences and insightful perspectives share at our conference. We hope you enjoy all the interaction and fellowship.

In this last year, I have been afforded the luxury of working with a truly remarkable group of professionals otherwise known as the ICADD Planning Committee and Foundation Board. These individuals volunteer their time and effort to put on a great conference. I want to thank both those members who continue from year to year as members and those new members who helped craft the prevention track and the coalition track. We have asked a lot of our new members and they have stepped up to the challenge with great new ideas. As you interact with committee members throughout the conference please feel free to thank them and share your feedback.

As we move forward with a new and expanded ICADD agenda and mission, I wish for you laughter and tears, exhaustion and invigoration and a time of personal and professional growth.

Bethany Gadzinski  
ICADD President and Planning Committee Chair

## ICADD 2011 BOARD MEMBERS

Sharon Burke	Ryan Porter
Bethany Gadzinski	Joan Sheehan
Georgia Girvan	Deborah Day
Dennis Hardziej	
Norma Jaeger	
Cheryl Johnson	

## ICADD 2011 COMMITTEE MEMBERS

Sharon Burke	Ryan Porter
Chris Daniel	Kathy Skippen
Steve Donahue	Terry Basolo
Susan Esp	Joe Blume
Bethany Gadzinski	Deborah Day
Georgia Girvan	Elisha Figueroa
Dennis Hardziej	Janet Guerin
Tom Hogan	Helen Huff
Nancy Irvin	Matt McCarter
Norma Jaeger	Tara Richardson
Cheryl Johnson	Terry Pappin
Claryce Manweiler	Sherri Molina
Jeff Morrell	

## IN APPRECIATION FOR CONFERENCE 2010 EXHIBITORS!

**Advanced Drug Detection  
AI-Anon  
Alcoholics Anonymous  
Business Psychology Associates  
Center for Behavioral Health  
Center for the Application of Substance Abuse  
Technologies (CASAT)  
Correctional Counseling, Inc.  
Crystal Meth Anonymous  
IBADCC  
Idaho Advisory Council on HIV & AIDS  
Idaho Department of Juvenile Corrections  
Idaho RADAR Network Center  
Intermountain Hospital  
Management & Training Corp.  
Mountain West Addiction  
Technology Transfer Center (MWATTC)  
NAADAC  
NAMI  
Narcotics Anonymous  
North Idaho Tobacco Free Coalition  
Quit and Live Global, Inc.  
Recovery 4 Life  
Rising Sun Sober Living  
Smart Start Mountain West  
Walker Center**

# 27 YEARS OF ICADD - COMING FULL CIRCLE

Tuesday, May 17, 9:00am-10:15am  
Room: Jordan D



**Wes Wingett, PhD, LMHP**  
Caregivers Involved in Response,  
Creative, Lifelong Environments  
(CIRCLE)

Emphasis on the presentation will be on understanding caregivers' responsibility to self and others across the continuum of personal and professional settings. The presentation will view caregiving and addictions through the psychology developed by the late Viennese psychiatrist, Alfred Adler.

**Wes Wingett** has been a counselor in private practice in Norfolk, NE since 1978. Prior to entering private practice, Dr. Wingett had been employed as a counselor in a mental health center, a college program field director, elementary school administrator and a junior high and secondary school counselor and teacher. Dr. Wingett received his bachelor's degree from Wayne State College, Wayne, Nebraska and his masters and doctorate in counselor education from the University of Wyoming. Additional graduate study was completed at the University of Vermont and the University of Northern Colorado. Dr. Wingett's private practice focuses on providing individual, couple, and family counseling; consultation to educational institutions and business enterprises; and presenting Adlerian training in a variety of venues. Wes has served as a consultant in the areas of early childhood education, time and stress management, domestic violence, drug and alcohol prevention and treatment, health care and wellness, adult-child relationships and training of professional counselors. In addition Dr. Wingett is an adjunct faculty member at Wayne State College in Nebraska, Shippensburg University in Pennsylvania and the University of Wyoming, where he teaches Adlerian based courses to educators and mental health professionals. Dr. Wingett's primary interests include applying Adlerian principles to the study of addictions, education, loss and healing, and psycho-educational and therapeutic groups. A student and teacher of Adlerian psychology for more than thirty-five years, Dr. Wingett has been named a Diplomat in Adlerian Psychology by the North American Society of Adlerian Psychology.

Wednesday, May 18, 9:00am-10:15am  
Room: Jordan D



**Gabor Maté, MD**  
Addiction Treatment and Prevention:  
Seven Myths and Seven Realities

The most commonly held assumptions are addictions are without foundation, for example that addictions are either a choice individuals make or are due to a genetic flaw ; that people need to "hit rock bottom" to quit; that drugs in themselves are addictive; or that prevention is simply a matter of information.

Replacing these myths with a science-based understanding of what drives and maintains addiction will empower us to confront the problem with knowledge and compassion.

**Gabor Maté** is a physician, author, seminar leader and public speaker. He is a former medical columnist for The Vancouver Sun and The Globe and Mail. His four books are all Canadian best sellers and his work has been translated into over sixteen languages on five continents. The most recently published, *In the Realm of Hungry Ghosts: Close Encounters with Addiction* has been a #1 national best seller and has been awarded the Hubert Evans prize for literary non-fiction. It was published in the U.S. in January, 2010. For twenty years Dr. Maté had a family practice, and for seven years was Medical Coordinator of the Palliative Care Unit at Vancouver Hospital. For the past eleven years he has worked in Vancouver's Downtown Eastside with patients challenged by hard core drug addiction, mental illness and HIV. He has lectured at universities and colleges in the U.S. and Canada and has addressed many groups of physicians and health care providers, educators, law professionals, psychologists, therapists, parents, and other members of the lay public. In 2009 Dr. Maté was honoured with an Outstanding Alumnus Award from Simon Fraser University. His new book will be *The Bully Syndrome: The Making and Unmaking of Bullies and Victims*, co-written with developmental psychologist Dr. Gordon Neufeld. [www.drgabormate.com](http://www.drgabormate.com)

Thursday, May 19, 9:00am-10:15am  
Room: Jordan D



**Jack Claypoole,**  
Community - Where National Policy  
and Local Action Meet to Save Lives

Each year, the White House Office of National Drug Control Policy produces a National Drug Control Strategy to best coordinate Federal, State and local efforts to prevent and treat the disease of addiction and to improve efforts to reduce the availability of illicit drugs in our nation. This workshop will provide local leaders insight into current national priorities, how best to connect to Federal activities and responding to emerging local threats.

**Jack Claypoole** was appointed in March, 2006 by the U.S. Drug Czar as Administrator of the Drug Free Communities (DFC) program, and promoted to Associate Deputy Director in October, 2009. With the philosophy that local problems need local solutions, the DFC program is designed to mobilize and strengthen community-based efforts to reduce youth substance use. As Administrator, Claypoole oversees a \$95M annual expenditure that funds nearly 750 community coalitions working on the local level to combat youth substance use across the United States.

A native of South Carolina, prior to his appointment, Claypoole was a former DFC grantee and served as President and Chief Executive Officer of that state's largest provider of behavioral health services. He has also served as deputy director of South Carolina's cabinet-level agency that oversees substance use issues and has held a state law enforcement commission since the early 1990's. With 20 years of experience in the field of substance abuse, Claypoole has won national recognition from organizations such as Community Anti-Drug Coalitions of America (CADCA) and the United States Department of Justice. A graduate of the University of South Carolina College of Mass Communications and Information Studies, Claypoole was named the College's Distinguished Alumnus for 2007. He also holds an Executive Masters in Leadership degree from the McDonough School of Business at Georgetown University in Washington, DC.

## Pre-Conference workshops (May 16, 2011)

**A Keynote Speakers** present each morning of the conference. For more information on speakers and topics, see page 3.

**Breakout Sessions** are workshop sessions, standing alone or in a series, that lend themselves to a wide variety of topics, both germane and ancillary to the prevention and treatment of substance use. The breakout sessions offer participants the opportunity to enhance their knowledge, skills, and attitudes via presentations related to a variety of available resources, refreshing approaches to previously learned and practiced methods, and at times cutting edge or controversial approaches.

### PRE-CONFERENCE

(Please note: a separate fee is charged for these workshops)

#### Monday Schedule of Events

##### Workshop 1

#### American Society Addiction Medicine: Patient Placement Criteria

Room: Hatch C

Part A 8:45am-10:15am

Part B 10:30am-12pm

Part A 1:30pm-3pm

Part B 3:15pm-4:45pm

Jaime Goffin LCSW, CADCI

Upon completion of this training, participants will be able to: 1) understand the rationale and benefits of making patient placement decisions and writing clear and concise clinical justifications; 2) identify the benefits of utilizing ASAM criteria; 3) properly utilize the continuum of care and the six dimensions of assessment as defined by ASAM; and 4) understand the relationship between the GAIN I assessment tool and patient placement decision-making. Organizations with staff who implement the skills learned in this training will see an improvement in the decision-making and written justifications of their clinicians. As a result of improved matching of clients to treatment, organizations could see an increase in the initiation, engagement, and retention of clients in treatment.

##### Workshop 2

#### Clinical Supervision (Using the "How to Manual")

(Limited to 20 seats)

Room: Alexander

Part A 8:45am-10:15am

Part B 10:30am-12pm

Part C 1:30pm-3pm

Part D 3:15pm-4:45pm

Nancy Irvin, LMSW, ACADC

This training assists those qualified Clinical Supervisors implement Idaho's "How to Manual", based on the NFATTC model of clinical supervision. This training covers IDAPA requirements and qualifications, an overview and implementation of the model, observing and rating performance documentation and development of learning plans. Effective clinical supervision can increase initiation, engagement and retention of clients in treatment.

##### Workshop 3

#### Electronic Health

#### Records: Preparing Providers for WITS

Room: Simplot/Micron Bldg. Electronic Health Records: WITS

Part A 8:45am-10:15am

Part B 10:30am-12pm

Part C 1:30pm-3pm

Part D 3:15pm-4:45pm

Treena Clark, MPA

A workshop for Substance Use Disorder Treatment providers. Participants will be given up to date information on the implementation of WITS and a walkthrough of the modules ready for provider use. Participants will then have the opportunity to practice entering mock client data into the system on their own with facilitators providing assistance as needed.

##### Workshop 4

#### "My agency just told me to write a grant! Now what do I do?"

Room: Hatch D

Part A 8:45am-10:15am

Part B 10:30am-12pm

Caile Spear, PhD, CHES

This workshop is for people who are new to the world of grant proposal writing. We will cover the basics of how to prepare a quality grant proposal. We will discuss the grant proposal building blocks of credibility statement, needs assessment, goals and objectives, methods, evaluation, budget and executive summary.

##### Workshop 5

#### Ethics: Prevention

Room: Barnwell

Part A 8:45am-10:15am

Part B 10:30am-12pm

Part C 1:30pm-3pm

Part D 3:15pm-4:45pm

Terry Pappin, M.Ed

This course delves into the issue of ethics in substance abuse prevention and the diverse issues that arise. The topics will include the requirements for prevention confidentiality, codes of ethics, defining the limits of your skills, safeguarding participant information, legal reporting requirements and crisis response. This course meets the ethics requirement for a Certified Prevention Professional.

##### Workshop 6

#### Effective Services to the DUI Offender

Room: Farnsworth

Part A 8:45am-10:15am

Part B 10:30am-12pm

Part C 1:30pm-3pm

Part D 3:15pm-4:45pm

Norma Jaeger, MS

Effective response to the repeat DUI offender is becoming a highly visible imperative. Multidisciplinary planning efforts have been ongoing in Idaho over the past two years to redesign the DUI Evaluation system, DUI Education and Treatment System. These planning efforts have resulted in changes that will significantly impact providers of DUI evaluations and treatment. Added to this system redesign work has been the expansion of the DUI Court as a response to the management and rehabilitation of the repeat DUI Offender. This day long session will examine the planned changes in the system for DUI offenders, present specific changes in the expectations for evaluation, reporting, and treatment and offer an opportunity for raising questions in each of these DUI system areas with several key policy makers in this system.

##### Workshop 7

#### Individual Coalition Strengthening

1:30pm-3:00pm

Terry Basolo, M.P.A.

See Future Co agenda for section details.

##### Workshop 8

#### Coalition Advocacy

3:15pm-4:45pm

Terry Basolo, M.P.A.

See Future Co agenda for section details.

## GENERAL CONFERENCE

### Tuesday Schedule of Events

(Keynote: 9:00am-10:15am)

**Breakout Session 1**  
10:30am-12pm

#### **Class 1: Prevention of Addictions: Moving from Survival to Maintenance to Growth.**

**Room: Jordan D**

Wes Wingett, PhD, LMHP

This didactic and experiential session will focus on an Adlerian approach to prevention of addiction. Issues to be addressed include differentiating between systems that promote addictions and systems that promote prevention, strategies to implement into daily living the concepts of order, function, and ease, and strategies to develop community feeling.

#### **Class 2: Resources for the Community**

**Room: Hatch D**

Steve Meier, PhD

Kelly Houston-Stasley

Terry Pappin M.Ed

Coalitions need to secure resources from a variety of sources in order to sustain their efforts. There are many resources that community groups can access at little or no cost. This session will provide information on materials, programming and even funding support for staff that community groups can use to prevention substance abuse.

#### **Class 3: Art Therapy and Boundaries as Clinicians** (Class limited to 30)

**Room: Jordan A**

Mariella Hogan, PhD, ATR-BC

Therapeutic issues are not a matter of black or white but of troubling grays and many shades thereof. We not only "color" as therapists with grays but with multiple colors and we often color "outside the lines" for a variety of reasons. This presentation will specifically engage the imagination of participants to ponder one's own comfort with staying within or coloring outside the lines in the therapeutic encounter with clients. You are invited to self-observe, reflect, explore and share the many ways you create a therapeutic environment and boundaries for yourself and for your clients.

#### **Class 4: Application of Trauma Focused Cognitive Behavioral Therapy for Adolescents**

**Room: Jordan C**

Ken Coll, PhD

Lianna Erickson-Trembath

Clay Soofield

John Butgereit

Clark Fear

This session describes complex

trauma as manifested in adolescents.

The presentation includes specific strategies and interventions as prescribed by Trauma Focused Cognitive Behavioral Therapy, a research based best practice. Such strategies include controlled breathing, the cognitive triangle of emotional regulation. As part of the program, presenters will demonstrate specific techniques then provide an opportunity for participants to practice in dyads.

#### **Class 5: Going To Pot: Contemporary Issues in Use and Abuse of Cannabinoids**

**Room: Jordan B**

Donald MacNeil

This seminar will explore the contemporary issues associated with the widespread abuse of Cannabis (marijuana). Included in this lecture will be discussions of the phenomenon of designer cannabinoids such as K2-Spice. Participants will learn of the latest discoveries related to the pharmacology of THC (and metabolites) and its impact on the human brain. The relationship between early chronic marijuana abuse and the later development of psychiatric symptoms will also be explored. Participants will be led in a discussion of cannabis and its role in expanded "medical marijuana" utilization in America. Techniques for identifying and dealing with cannabis addicts will be described and demonstrated for students. Treatment programs for marijuana abusers will be thoroughly discussed.

#### **Class 6: Challenges to Judicial and Treatment Collaboration**

**Room: Hatch C**

Hon. Judge John Varin

Judges and treatment providers are trained to a different set of goals and priorities. While both share some common ethical principles, other ethical requirements are very different. These differences often lead to conflicts and misunderstandings. This presentation will explore these differences and lead to greater mutual understanding and a stronger basis for ever-increasing collaboration.

**Breakout Session 2**  
1:30pm-3pm

#### **Class 1: Identification of Addictions: Moving from Addiction to Recovery**

**Room: Jordan D**

Wes Wingett, PhD, LMHP

This didactic and experiential session will focus on an Adlerian approach to the identification of addictions. Issues to be addressed include the identification of two types of addictions, the purpose of

all addictions, and detection of potential addictions through observation and communication.

#### **Class 2: Social Media, What is it and How do we use it? (Notice this is a class change from the original schedule)**

**Room: Jordan A**

Kyberlee Lindsay

We will cover the basics of social media. Going beyond Facebook and Twitter, state agencies and community groups are using a variety of social media tools to reach new audiences and improve communication efforts about substance abuse prevention.

#### **Class 3: Applying and Implementing the Drug Free Communities (DFC) Grant**

**Room: Hatch D**

Bethany Gadzinski

The DFC discussion will review the steps required for coalition development in order to successfully compete for the grant. The grant application will be dissected by the different components and tips will be offered on how to successfully intertwine the narrative throughout the competitive section as well as the budget. The critical 12-month Implementation Plan will be explored ensuring attendees have a solid grasp of environmental strategies and a coalition plan fitting the DFC design.

#### **Class 4: Introduction to Dialectical Behavioral Therapy (DBT)**

**Room: Jordan C**

Camille LaCroix, MD

This course will build on concepts from the introductory Dialectical Behavioral Therapy (DBT) course. Participants will get an overview of the utilization of DBT in various clinical setting. Brief discussion of DBT training modalities will also be covered. The participants will then be broken into smaller groups with facilitators to role play and focus on application of DBT skills and principles to commonly encountered clinical scenarios with personality disordered individuals with substance use disorder.

#### **Class 5: Prescription Opiate Abuse, Understanding the Phenomenon**

**Room: Jordan B**

Donald MacNeil

This seminar covers the myriad issues associated with the explosive use and abuse of prescription opiates. The Presentation will cover the most commonly abused opiates, the driving social and psychological factors involved, latest research on the pharmacology of

opiates and the chemical processes and pathways leading to addiction. In addition, treatment and detoxification approaches and the use of Drug Abuse Recognition (DAR) methods will be discussed.

**Class 6: Recovery Oriented Systems of Care (ROSC) Part A of a two part series  
Room: Hatch C**

Gary Fisher, Ph.D

This workshop will provide the history and background of the recovery movement in the United States and introduce the concept of Recovery Oriented Systems of Care (ROSC). The principles and elements of ROSC will be highlighted along with current definitions for recovery and peer-based recovery services. Finally, current research regarding recovery-related services will be discussed.

**Breakout Session 3  
3:15pm-4:45pm**

**Class 1: Intervention in the Addictive Process: Moving from Enabling Others to Empowering Self**

**Room: Jordan D**

Wes Wingett, PhD, LMHP

This didactic and experiential session will focus on an Adlerian approach to intervening in the addictive process. Issues to be addressed include the identification of the three roles commonly observed in enablers, strategies to change the behavior of the enablers, and designed activities to empower self.

**Class 2: Youth Courts - Peers Holding Each Other Accountable and in the Process Changing Their Lives**

**Room: Jordan A**

Hon. Judge John Varin

This presentation will discuss the various forms of Youth Courts and how to develop a Youth Court in your community. The main focus will be on peer interaction can not only change the life of the one being held accountable, but also those who sit in judgment of the offender.

**Class 3: Mentoring Challenge: Developing our Communities from the Inside/Out**

**Room: Hatch D**

Derrick Boles  
Hakim Hazim

Presentation will cover an intrinsic development of civil and state leaders. Addressing budget shortfalls and community needs by utilizing human capital and mentorship.

**Class 4: How to Implement DBT**

**Room: Jordan C**

Camille LaCroix, MD

See description under Breakout Session 2, class 4

**Class 5: Self Care and Yoga**

**Room: Jordan B**

Valarie Zuniga, M.A., LCPC

Jessica Dean

As nurturing professionals, we need to be reminded to nurture ourselves in order to avoid illness and job related burn out. We will do an evaluation in connection with Yoga as a way of self care. Yoga is a wonderful and important part of a mindfulness training. Though all yoga is beneficial, there exists special meditations, breathwork, and postures for specific behaviors and emotions. Discussions and handouts will include yoga tools for anger, repression, self animosity, and others. These tools can be used in the classroom, counselors office, and simply in every day life. There will then be a yoga practice to rejuvenate. Please wear comfortable loose clothing, bring a mat or blanket to lie on, and come prepared to open your heart and bring in light and joy.

**Class 6: Recovery Oriented Systems of Care (ROSC) - Part B**

**Room: Hatch C**

Gary Fisher, Ph.D

The goal of this workshop is to help treatment providers apply the principles and elements of Recovery Oriented Systems of Care (ROSC) to their substance abuse treatment services. Specifically, this workshop will include a review of the science of recovery and strategies for executive directors and clinical supervisors to shift their services from an acute care model to recovery-focused service delivery. A video that highlights how one treatment provider managed this shift will be showcased.

**Wednesday Breakout Sessions**

**(Keynote: 9:00am-10:15am)**

**Breakout Session 4  
10:30am-12pm**

**Class 1: Hold On to Your Kids**

**Room: Jordan D**

Gabor Maté, MD

Parenting and teaching are much harder these days than they used to be, and than they should be. Children no longer look to adults for emotional support, the teaching of values, or the modeling of behavior, but rather to the peer group. Dysfunctional behaviors (including addiction), learning problems, precocious sexuality and aggression are some of the consequences. The solution is to bring back children into a healthy relationship with nurturing adults.

**Class 2: Idaho Community Coalition Funding Opportunities**

**Room: Hatch D**

John Grimes  
Nancy Lopez

Alan Miller

The Departments of Health and Welfare and Juvenile Corrections annually open applications to prevent underage drinking and other substance abuse problems. Learn what the funding requirements are, how the application is made and get tips to help you succeed.

**Class 3: Business Management for Non-Profits**

**Room: Hatch C**

Mark Emerson PhD, CADC

Today nonprofit organizations are faced with a dynamic operating environment that requires them to respond rapidly to change while at the same time staying true to the values that originally inspired their work. They are subjected to increasing levels of public scrutiny and heightened expectations for performance while in the throes of a stagnant economy. What tools and skills do nonprofit leaders need in order to meet contemporary challenges and maximize opportunities for success?

**Class 4: Alcohol and Drug Trends: Boozing, Doping and Clothing...with a Hint of "SPICE".**

**Room: Jordan C** Jermaine Galloway

This class will test your knowledge on the youth and adult alcohol and drug culture. The culture is frequently changing, and it is difficult for all who are attempting to prevent, educate and enforce alcohol and drug abuse in our schools and on our streets. Not only are there national trends that we need to keep up with, but local trends whether rural or urban are frequently changing. For year there have been new clothing, drugs and concealment methods have come to our communities and targeting our youth and young adults. With these methods has come new problems. We will discuss new and existing clothing, logos, terms, music, colors and identifiers and why they are so popular in the youth alcohol and drug culture. After this class you will be able to identify an "at risk" person, where these items are sold, why they are typically being worn. This class will provide over 70 visual aids along with photos and detailed description of the different items and trends.

**Class 5: Effective Case Work: Evidence - Based Research and the Collaborative Case Model. The Core Elements and Guiding Principles**

**Part A** of a three part series

**Room: Jordan B**

Marilyn Van Dieten

A body of research is slowly emerging to demonstrate the positive impact of collaborative case work. This session will focus on the core elements, methods

and approaches that are demonstrating favorable outcomes with people in treatment and recovery from substance abuse. Participants will be introduced to evidence-based tools and strategies and given the opportunity to apply Motivational Interviewing and cognitive behavioral techniques that can be used to advance case work outcomes. This presentation will also explore the need for gender-informed case work and introduce effective methods to work with high-risk women.

**Class 6: Medication-Assisted Therapy**  
**Room: Jordan A**  
 Larry Stoune, MD

This session will explore currently available medications that can assist and support the therapeutic approaches to the treatment of substance use disorders, the clinical indications for their use and frequently asked questions about therapy of medications in the treatment of substance use disorders.

**Breakout Session 5**  
**1:30pm-3pm**

**Class 1: Harm Reduction**  
**Room: Jordan D**  
 Gabor Maté, MD

Harm reduction is controversial in some circles, because it is seen as somehow encouraging or justifying addiction. In reality, harm reduction programs are an essential step in the treatment of addiction, a way of bringing people into care who otherwise might “fall through the cracks”. It is also a sensible program of reducing the damage from addictions, a worthy objective in itself.

**Class 2: Developing Partnerships with Law Enforcement, Local Business, Youth Organizations and Schools**  
**Room: Jordan C**  
 Jared Olson

Invest your time by attending this session to learn how a collaborative approach is a “best practice” for bringing focus and a sense of partnership to projects and goals. Learn how collaboration is an inclusive leadership style that balances assertiveness with gaining cooperation and commitment from others. This presentation will discuss how to develop and use the knowledge and skills needed for effective professional collaboration between various agencies, organizations and businesses.

**Class 3: Business Ethics**  
**Room: Hatch D**  
 Annette Ludington

This presentation is primarily intended for substance abuse prevention

providers delivering substance abuse prevention programs funded by the Idaho Department of Health and Welfare through Benchmark Research and Safety. People interested in becoming providers are also welcomed to attend. The presentation will cover basic ethical issues commonly encountered in substance abuse prevention, ethical and successful business practices, and ethical collection, handling and reporting of data gathered in social programs like substance abuse prevention.

**Class 4: Zumba**  
**Room: Hatch C**  
 Natalie Gallegos-Wickstrom

Working out can be healthy, rewarding and beneficial and it can also be an exhilarating experience! The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some latin flavor and international zest into the mix and you’ve got a Zumba class!

**Class 5: Effective Case Work: Strategies and Approaches for Day-to-Day Practice - Part B**  
**Room: Jordan B**  
 Marilyn Van Dieten  
 (See description under Breakout Session 4, Class 5)

**Class 6: Calming the Savage Beast: Combat PTSD and Substance Abuse**  
**Room: Jordan A**  
 Anne Flickinger

Ms. Flickinger will speak about current understandings of combat PTSD, the ways in which veterans medicate with drugs and alcohol, and the need for a comprehensive sobriety plan in those individuals with the dual diagnosis.

**Breakout Session 6**  
**3:15pm-4:45pm**

**Class 1: Self-Care, When the Body Says No** **Room: Jordan D**  
 Gabor Maté, MD

People who enter the caring professions tend habitually to ignore their own needs, which make them prone to fatigue, burnout, depression, anxiety and a range of physical illnesses. This workshop, based on the book *When The Body Says No.*, will explore how we stress ourselves unwittingly, what the causes and consequences of such self-neglect are, and how to nurture ourselves in a self-compassionate manner.

**Class 2: Data for Dollars: Prevention and Treatment Research**  
**Room: Hatch C**  
 Idaho Prevention Treatment Research (PATR) Workgroup

This session will provide attendees with information about state efforts to provide data to support State and Local planning and use in funding applications. Their scope includes prevention risk factors, treatment statistics, and criminal justice information. Focus will be on the Idaho PATR website which will serve as the repository for the workgroup’s undertakings. Presenting members include: the Idaho Department of Health & Welfare, Idaho State Police, Idaho Supreme Courts, Idaho State Department of Education, Idaho Department of Corrections, and Idaho Department of Juvenile Corrections.

**Class 3: Elements of Culture**  
**Room: Hatch D**  
 Terry Pappin, M.Ed  
 Steve Meire, Ph.D

We each have our own culture. We work in organizations that have distinct cultures. Our cultures are learned from family and others, deeply ingrained, although ever evolving. Culture is a critical element in being an effective services provider. This session will cover elements of culture that define a person’s self-image, discuss cultures in Idaho and encourage participants to define their own cultures.

**Class 4: Calming the Savage Beast: Combat PTSD and Substance Abuse (Repeat)**  
**Room: Jordan A**  
 Anne Flickinger

(See description under Breakout Session 5, Class 6)

**Class 5: Effective Case Work: Working with Women at Risk: The Importance of Gender Informed - Part C**  
**Room: Jordan B**  
 Marilyn Van Dieten

(See description under Breakout Session 4, Class 5)

**Class 6: Addressing Domestic Violence in Substance Abuse Treatment**  
**Room: Jordan C**  
 Amber Moe, LCPC

Anita Engstrom-Jones

While substance abuse does not cause domestic violence, studies have found a statistical correlation between the two issues. Failure to address domestic violence issues among substance abusers can interfere with treatment effectiveness and contribute to relapse. This session will provide an overview of domestic violence so that providers can understand the needs and behaviors of batterers and survivors. Victim safety, offender accountability and a coordinated community response will all be discussed for tailored treatment plans. Participants will learn information to identify what does and does not cause domestic violence; identify power and control tactics; be provided with information to identify barriers to victim safety; and receive handouts containing resources for addressing domestic violence issues within substance abuse treatment.

**Thursday Breakout Sessions**

**(Keynote: 9:00am-10:15am)**

**Breakout Session 7  
10:30am-12pm**

**Breakout Session 8  
1:30pm-3pm**

**Class 1: Drugged Driving**

**Room: Jordan D**

Jack Claypoole

A 2007 survey conducted by the National Highway Traffic Safety Administration found that roughly one in six weekend nighttime drivers tested positive for licit or illicit drugs. While many communities have made great progress addressing driving under the influence of alcohol, there is clearly more work we can do to reduce the incidence of drugged driving. This workshop will explore local responses to this public health and public safety problem.

**Class 2: Data for Dollars: Prevention and Treatment Research (Repeat)**

**Room: Hatch C**

Idaho PATR Workgroup

(See description under Breakout Session 6, Class 2)

**Class 3: Involving Adolescents**

**Room: Jordan A**

Greg Sommers, Idaho Drug-Free Youth

As prevention professionals, we are in special positions that allow us to make a positive impact in the lives of adolescents. However, authentically engaging young people is more than just having the right title or position, and making a difference requires compassion and understanding. In this upbeat and experiential workshop, participants will discover how to enhance how they connect with young people through personal reflection and meaningful dialogue.

**Class 4: Psychopharmacology: Head Meds**

**Room: Jordan C**

Rex Lott

Treating Clients on Medication: What Helping Professionals Need to Know about Psychopharmacology.

**Class 5: Substance Dependency and Suicide Prevention**

**Room: Hatch D**

Peter Wollheim, CCW, PhD

Assessing risks and providing first-line interventions for persons dealing with chemical dependency.

**Class 6: Ethics in Practice: The use of Technology - Part A**

**Room: Jordan B**

Mary Barros-Bailey, PhD, CRC

Attendees will learn about issues with the use of technology in practice including disclosure and informed consent, online behaviors, confidentiality, communicating within groups, records maintenance and retention, and more. The session will provide not only the theoretical underpinnings of ethics in technology, but also provide tools for decision making and ethical behavior when using technology.

**Class 1: Reality Party: Preventing Under-Age Drinking**

**Room: Jordan A**

Meridian Mayor's Anti-Drug Coalition

Sgt. Stacy Arnold

Erin Clouse

This presentation will discuss where the idea for our reality party came from, what steps we took to put this together and what organizations we used to make this happen. We will discuss working with the youth, what groups we wanted to contact and how our audience responded to the reality party. We will also talk about how we decided on what scenes we wanted to portray in our reality party.

**Class 2: Adolescent Prevention Intervention**

**Room: Hatch D**

John Grimes, MA

The Prevention Intervention Program is designed for teens with multiple risk factors for substance use but who haven't reached the admission criteria for substance abuse treatment. Prevention Intervention pairs each session of education with facilitated group discussion around the teens' thoughts and lives. Six and twelve month follow-up phone surveys reveal dramatic reversal of problem behaviors and high satisfaction by the teens and their parents.

**Class 3: Client Engagement: The Client Directed, Outcome Informed Clinic**

**Room: Jordan D**

Ryan Porter, CADC, LPC

How well is your client doing in treatment? Let's start by asking them. This presentation will support counselors to look at client engagement as the best predictor for successful outcomes. It is important that the clinician works primarily from regular client feedback to ensure proper direction and progress. Research from Miller, Duncan, Hubble and others will be used to demonstrate ideas, techniques and processes in facilitation of better outcomes in clinical practice.

**Class 4: Vocational Rehab: Who Are We? And How can we Work Together?**

**Room: Hatch C**

Tara Richardson, M.Ed. CRC

Idaho Division of Vocational Rehabilitation is a State agency who can provide services to eligible people with disabilities to help them gain and maintain employment. Vocational Rehab serves the general public, plus has specialized programs working with high school transition students, offenders, mental health, and deaf/hard of hearing clientele. Come find out what Vocational Rehab is all about and how to partner with us to share resources and increase successful outcomes.

**Class 5: Restorative Justice: Transforming Lives**

**Room: Jordan C**

Bev Ashton

Mike Walsh, PhD

Derived from aboriginal and native traditions, Restorative Justice (RJ) is an approach that engages those who are harmed, wrongdoers, and their affected communities in search of mutually beneficial solutions that promote repair, reconciliation and the rebuilding of relationships. This workshop will provide a brief overview of RJ, its three general processes, and evaluation studies on RJ outcomes. Application to adult and juvenile populations will be discussed, with emphasis on substance abuse treatment programming.

**Class 6: Ethics in Practice: The use in Technology - Part B**

**Room: Jordan B**

Mary Barros-Bailey, PhD, CRC

(See description under Breakout Session 7, Class 6)

**Breakout Session 9**  
**3:15pm-4:45pm**

**Class 1: Communities That Care, Idaho Style**

**Room: Jordan A**

Terry Pappin, M.Ed  
Jonathon Lawson

Communities That Care (CTC) is a nationally recognized program for organizing communities around substance abuse prevention issues. The original materials were designed for large communities with complex structures. The Idaho version of CTC has revised the materials to make them useful to small communities. Participants will learn how to use the revised community development checklist, the checklist guide and the resource assessment tool.

**Class 2: Traumatic Brain Injury**

**Room: Hatch C**

Vanessa Williams, PhD

This presentation will focus on the assessment and diagnosis of Traumatic Brain Injury (TBI) and the implications for treatment of various co-occurring disorders, including substance abuse. In particular the cognitive effects of TBI and the cognitive deficits associated with alcohol abuse will be outlined. We will discuss the research on mild TBI, including the overlap of cognitive symptoms with other disorders (i.e. post-traumatic stress disorder).

**Class 3: Healthcare Reform: What all Providers Need to Know**

**Room: Hatch D**

Chuck Ingoglia

The new health reform law includes many opportunities and challenges for behavioral health providers. Providers must be aware of how upcoming changes to the healthcare system will affect them and must be ready to take advantage of new opportunities. This session will address the potential impact of health reform's coverage expansions and parity on behavioral health organizations. Attendees will also learn strategies for new business and market opportunities to prepare for a reformed environment.

**Class 4: ATR Grant (Notice this class is changed from the original schedule)**

**Room: Jordan C**

Michael Bartlett

The ICADD Access to Recovery (ATR) presentation will outline the following ATR related topics: ATR principles, Populations to be served, Services that will be funded, Recovery support services development and Identified challenges.

**Class 5: Maintaining Professional Boundaries: Working with Adult Offenders in Recovery**

**Room: Jordan B**

Jeff Kirkman

Anyone working with adult offenders in any capacity must understand the inherent risks associated with such a relationships. For both parties to be successful there must be professional boundaries established at the beginning. This session will provide a general overview of criminal thinking, various manipulation techniques employed, con games and boundary issues. Also included will be discussions on how to avoid getting involved with an offender beyond the professional relationship. Suggestions of how to identify inappropriate behavior toward offenders and possible techniques to help prevent unwanted relationships with an offender will also be discussed.

**Class 6: Community Building Through Drumming**

**Room: Jordan D**

Matt McCarter

This interactive session will focus on how to incorporate play, self-care and communication through rhythm. Drumming can be a powerful metaphor for team work and community support. Participants will engage in simple polyrhythmic games and will gain an understanding for how to incorporate rhythm in facilitating group processes. Participants are encouraged to bring percussion instruments to this session (drums, rattles, shakers, clave, bells, etc.).

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