

A Progressive Conference

3 Weeks
Months
Foci

Trauma, Treatment, in Tensives

Over 50 workshops, national speakers, CE credits, and much more

OCTOBER 24-28, 2016

DTCC CONFERENCE CENTER, DOVER, DE

NOVEMBER 14-18, 2016

EMBASSY SUITES, NEWARK, DE

DECEMBER 12-15, 2016

EMBASSY SUITES, NEWARK, DE



**DELAWARE HEALTH
AND SOCIAL SERVICES**

Division of Substance Abuse
and Mental Health Training Office



A Progressive Conference:

3 Weeks

3 Months

3 Foci

Trauma, Treatment, inTensives

This first-ever phenomenal event will begin with an Opening Day devoted to **Addressing Violence in Delaware** where over 400 persons will gather to hear from a series of speakers who will set the tone for three months of education. In their presentations related to *Addressing Violence in Delaware*, government officials will help us understand the magnitude of the issues; and we will hear firsthand perspectives from both young and mature citizens.

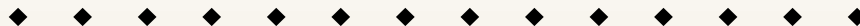
Chief Bobby L. Cummings, from the City of Wilmington, will provide information on his work in an urban setting. He will discuss statistics, outline current federal partnerships, describe the Violence Reduction Network, and share the work of the Governor's Commission.

Special Agent Jin Kim from the United States Federal Bureau of Investigation, New York office, will provide his energized and oft-requested survival strategy workshop. This is a workshop provided to law enforcement, military, and to citizenry. Special Agent Kim is well known for his spellbinding information and for frank discourse. He strongly believes that everyone should know what to do 'when confronted' with exposure to firearms, as it is not a matter of 'if it happens,' but rather, 'it is likely to happen.'

The afternoon will consist of public health related teaching from Dr. Alex Crosby who is with the Centers for Disease Control and Prevention. He will discuss community violence, personal violence, self-violence, generational violence, exposure to violence, and how the collective 'violence dots' connect. National data will be compared and contrasted with Delaware-specific information.

In addition to exhibitors, several special presentations will add to the impact of the day's presentation.

This entire day will provide the back drop for next steps for all participants to use in their individual work as well as in their community support to **Address the Violence in Delaware**.



Education will continue throughout October, November, and December of "A Progressive Conference: 3 Weeks, 3 Months, 3 Foci; Trauma, Treatment, inTensives." There will be numerous opportunities to participate in multi-day workshops that may cover a topic in depth or in workshops that are of one-day duration. All workshops are intended to be experiential by design and to offer participants the chance to learn new information and practice it within the time-frame provided. Several workshops include testing elements and may result in certification upon successful completion. Applications for continuing education credits have been submitted for all workshops.

Unless otherwise noted, workshops are available at \$50.00 per day. Exhibitor opportunities are available at \$100.00 per day.

There are over 50 workshops, including but not limited to: Trauma, Suicide Prevention, Dementia, Diagnoses, Clinical Supervision, Ethics, Group Work, Counseling Skills, Developmental Stages, Family Work, LGBTQ, Psychosis, Opioids, Obsessive Compulsive Disorder, Death and Dying, Psychopharmacology, Contingency Management, Relapse Prevention, Frontotemporal Degeneration and Young-Onset Dementia, Dialectical Behavior Therapy, and more!

Special Thanks and Recognition is Extended to Our Many Co-Sponsors

American Academy of Addiction Psychiatry

Autism Delaware

Centers for Disease Control and Prevention

Central East Addiction Technology Transfer Center

City of Wilmington

Delaware Certification Board

Delaware Council on Gambling Problems

Delaware Division of the Arts

Delaware Division of Developmental Disabilities Services

Delaware Division of Prevention and Behavioral Health Services

Delaware Division of Services for Aging and Adults with Physical Disabilities

Federal Bureau of Investigation, New York Office

NAADAC, The Association for Addiction Professionals

National Association of State Mental Health Program Directors

National Frontier and Rural Addiction Technology Transfer Center

Northeast and Caribbean Addiction Technology Transfer Center

Strategic Prevention Framework - State Incentive Grant

Substance Abuse and Mental Health Services Administration

University of Delaware Center for Disabilities Studies

Policies & Procedures

Substitutions

Substitutions are NOT PERMITTED. Each registration must be managed individually.

Refund Policy

Refunds for each day of the conference can be requested up to three calendar weeks before the scheduled day of the conference. A \$25 administrative fee will be applied to each workshop registration refunded. Refunds only can be requested and issued through your Delaware Learning Center account. Substitutions are NOT PERMITTED.

Exhibitor Fees

Exhibitor registrations are not refundable.

Attendance

Participants are expected to pre-register for a workshop, arrive on time, and complete an entire workshop by remaining to the end of the scheduled time. Workshop certificates will be available on line for those who complete an online evaluation and complete an entire workshop. Remember to sign the attendance rosters as requested in each workshop.

Photography/Video Agreement

In submitting your conference registration request and attending *A Progressive Conference: 3 Weeks, 3 Months, 3 Foci; Trauma, Treatment, inTensives*, you understand that you may be included in photographs and video taken during the conference, and you agree and understand that these images may be used in print, video, and the Internet.

Liability Waiver

In submitting your conference registration request and/or exhibitor registration, you confirm that you will participate in the requested workshop and related activities of *A Progressive Conference: 3 Weeks, 3 Months, 3 Foci on Trauma, Treatment, inTensives*. Accordingly, you agree to hold the Delaware Health and Social Services Division of Substance Abuse and Mental Health, its staff, volunteers, contractors, and agents harmless against any and all injury that you might suffer at any time during the conference.

Event Cancellation Policy

In the event of extreme weather conditions, or other unforeseen emergency circumstances, the conference or any component of it may be cancelled or postponed. If possible, registrants will be notified by email and a partial refund may be issued. Every effort will be made to ensure the continuance of the conference.

Legal Disclaimer

The views and opinions contained in the educational offerings through *A Progressive Conference: 3 Weeks, 3 Moths, 3 Foci; Trauma, Treatment, inTensives* do not necessarily reflect those of the Department of Health and Social Services Division of Substance Abuse and Mental Health or the conference co-sponsors, and should not be construed as such.

Special Accommodations

Designated Handicapped Parking is Available at All Conference Locations. To request other disability accommodations, contact the DSAMH Training Office by sending an email to: DSAMH.Training@state.de.us. Contact us at least *six weeks* in advance of the requested workshop date.

Registrations:

Only online registrations through the Delaware Learning Center (DLC) are accepted. Walk-in registrations are not available for any day or event of A Progressive Conference.

A Progressive Conference: 3 Weeks, 3 Months, 3 Foci: Trauma, Treatment, and inTensives

was designed and developed by:

Carol Kuprevich, EdD, Director

Marco Brown

David Matias

Heaven Capone

Jessica Washer

Christopher Knox, MA

How to Register

Only Online Registrations Are Accepted

Register online by submitting your registration information for *A Progressive Conference: 3 Weeks, 3 Months, 3 Foci on Trauma, Treatment, inTensives* by selecting one of the registration types described below:

NON STATE OF DELAWARE EMPLOYEES / EXTERNAL USERS (Only credit card payment is acceptable)

If you have never logged in to the Delaware Learning Center and you are not a State of Delaware employee **OR** you are a State of Delaware employee whose agency **DOES NOT** participate in the Delaware Learning Center (for example, retired employees, school systems, Del Tech, University of Delaware, etc.) you will need to create a new account by choosing the **REGISTER** button on the this page: <https://stateofdelaware.csod.com/default.aspx?c=dsamh-selfreg>

*If you have already created a DLC account since January 2016, you will need to login by choosing the **LOGIN** button on the this page: <https://stateofdelaware.csod.com/default.aspx?c=dsamh-selfreg>

DO NOT CREATE ANOTHER DLC ACCOUNT IF YOU ALREADY HAVE ONE

STATE OF DELAWARE EMPLOYEE

If you are a State of Delaware employee with a record in PHRST, you have a DLC account and need to register from www.hrm.omb.delaware.gov/training after logging in via single sign-on or standard login. **NOTE:** You will need supervisory approval to complete the registration due to the nominal cost associated with each workshop, as an IV has to be generated for payment.

ALL REGISTRANTS WILL RECEIVE A REGISTRATION CONFIRMATION EMAIL FROM THE DELAWARE LEARNING CENTER (DLC).

Bring your confirmation email with you to the conference. Questions about conference content, logistics, etc. can be addressed by emailing DSAMH.Training@state.de.us



Exhibitor Opportunities!

Exhibitor space is available throughout A Progressive Conference. To register and pay a nominal fee by credit card, log in at DLC by cutting and pasting the following link into your browser: <https://stateofdelaware.csod.com/default.aspx?c+dsamh-pc-2016>

When you register as an exhibitor be sure to use your agency or business name. You will have an opportunity to shop within DLC for the number of days and specific days that you are interested in as well as the location. Choose as many days as you want. Please note that we are unable to refund exhibitor registrations.

For additional information contact the DSAMH Training Office at: DSAMH.TRAINING@state.de.us or call (302) 255-9480.

Certification and Continuing Education

Participants assume all responsibility for ensuring that the certificate of training will be accepted by their professional licensing organization. **In compliance with certification requirements, workshop certificates will only be available on line to those who register for, adhere to the sign-in procedures, and complete an entire workshop.** The number of training hours awarded is listed immediately following each workshop title in this brochure.

The Division of Substance Abuse and Mental Health (DSAMH) Training Office is an approved provider of Continuing Education, as noted below:

NAADAC, The Association for Addiction Professionals: If indicated*, courses are approved by the DSAMH Training Office, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #62569. The DSAMH Training Office is responsible for all aspects of their programming.

Delaware Board of Nursing: The DSAMH Training Office is an approved provider of Continuing Education credits under the rules and regulations for mandatory education set forth by the Delaware Board of Nursing.

National Board for Certified Counselors (NBCC): The DSAMH Training Office has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5047. Programs that do not qualify for NBCC credit are clearly identified*. The DSAMH Training Office is solely responsible for all aspects of the programs.



CE: The DSAMH Training Office will award an individual certificate of training to each participant for completion of each workshop.

Applications for continuing education credits have been submitted to the following boards. Check the DSAMH Training Office web site for updated information on pre-approved CE credits.

Certified Employee Assistance Professionals Association, Inc.

Commission on Rehabilitation Counselor Certification

Delaware Certification Board

Medical Society of Delaware

National Association of Social Workers—Delaware Chapter

National Certified Gambling Council (*Approval for select workshops is pending. Please direct all questions to the Delaware Council of Gambling Problems at 302-655-3261*)

Individual workshops may be approved by the following accrediting bodies. Contact your certification board for clarification.

Delaware In-Service Credits for Educational Professionals

Delaware Psychological Association

Delaware State Board of Social Work Examiners

*Check the Delaware Department of Health & Social Services, Division of Substance Abuse & Mental Health website for updated information on pre-approved continuing education credits. *=Approved workshops denoted on Continuing Education Spreadsheet.*

Conference at a Glance – October

October 24- 28, 2016, 9:00 am to 4:00 pm

DTCC Conference Center—Dover, DE

Daily Registration 8:00 to 9:00 am

Networking lunch provided

<p>Monday October 24</p>	<p>OPENING DAY OF CONFERENCE: <i>Addressing Violence in Delaware</i></p>			
<p>Tuesday October 25</p>	<p>Integrated Treatment for Co-Occurring Disorders, Based on <i>The Basics, Volume I</i></p>	<p>Relapse Prevention: Cue Extinction, Recovery Training & Self-Help</p>	<p>Clinical Application of Neuroscience</p>	<p>Cost-Effectiveness of Programs for First Episode Psychosis</p>
<p>Wednesday October 26</p>	<p>↓</p>	<p>↓</p>	<p>Autism Spectrum Disorders: Understanding, Responding to, and Preventing Behavior Crises</p>	<p>Stages of Change and Motivational Interviewing (<i>Advanced</i>)</p>
<p>Thursday October 27</p>	<p>Integrated Treatment Approach: Addressing Physiological Effects of Behavioral Health Conditions, Based on <i>The Basics, Volume II</i></p>	<p>Principles of Group Therapy (<i>Intermediate to Advanced</i>)</p>	<p>Caring for People with Alzheimer's Disease: A Habilitation Curriculum (<i>Train-the-Trainer</i>)</p>	<p>Ethical Dilemmas in the Digital Age</p>
<p>Friday October 28</p>	<p>↓</p>	<p>↓</p>	<p>Psychopharmacology</p>	<p>Trauma-Informed Care</p>

MONDAY October 24, 2016



OPENING DAY 9:00 am — 4:00 pm

DTCC Conference Center—Dover, DE

Addressing Violence in Delaware

(5.5 hrs.)

Due to the importance of content, the cost of attendance has been priced at \$25.00, to permit a broader audience.

In their presentations related to *Addressing Violence in Delaware*, government officials will help us understand the magnitude of the issues. We will also hear first hand perspectives from both young and mature citizens.

Wilmington Chief of Police Bobby L. Cummings, MS, will provide information on his work in an urban setting by discussing statistics, outline current federal partnerships, describe the Violence Reduction Network, and sharing the work of the Governor's Commission. Special Agent Jin Kim with the United States Federal Bureau of Investigation, will provide information regarding his survival strategies. The workshop focus is on what every individual should know to do 'when confronted' with exposure to firearms, as it is not a matter of 'if it happens,' but rather that 'it is likely to happen.' The afternoon will consist of public health related education from Alex Crosby, MD, MPH, who will discuss community violence, personal violence, self-violence, generational violence, exposure to violence, and how the collective 'violence dots' connect. National data will be compared and contrasted with Delaware specific information.

Learning Outcomes

- Describe the role social media has in predicting violent events
- Understand how the concept of time affects outcomes in life threatening events
- Describe the colavita effect
- Provide specific examples of Delaware's efforts to address violence
- Identify the intersections of types of violence including generational, community, and personal

Alexander E. Crosby, MD, MPH works as a medical epidemiologist in the Division of Violence Prevention at the Centers for Disease Control and Prevention (CDC). He completed medical training in Family Medicine and General Preventive Medicine and Public Health and epidemiology training in the CDC's Epidemic Intelligence Service. His work focuses on prevention of suicidal behavior, child maltreatment, intimate partner violence, interpersonal violence among adolescents, and assault injuries among minorities.

Bobby Cummings, MS is the Chief of Police and a thirty year veteran of the City of Wilmington Department of Police. Chief Cummings is a graduate of the 206th Session of the FBI National Academy and attended Springfield College where he completed his Bachelors of Science Degree in Human Services. He completed his Master of Science Degree in Human Services Organizational Management & Leadership. Chief Cummings has served as an Adjunct Professor for Springfield College, Wilmington Campus since 2002.

Special Agent Jin Kim is a twenty-one year veteran of the FBI's New York Division and a subject matter expert in active shooter survival. He is the Active Shooter Coordinator on the Crisis Management Team and is assigned to the Ft Dix, NJ, training venue as the Tactical Training Program Manager. Special Agent Kim regularly presents at international association conferences and seminars, Fortune 500 companies, schools & universities, hospitals, and to public safety departments.

TUESDAY & WEDNESDAY, October 25 & 26, 2016



TWO-DAY WORKSHOP 9:00 am — 4:00 pm each day

DTCC Workforce Development & Community Education Building—Dover, DE

Integrated Treatment for Co-Occurring Disorders – A Comprehensive Approach: From Psychoeducation to Treatment Planning through Credentialing (11 hrs.)

Integrated treatment is recognized as a national priority – even a system requirement. This 2-day workshop is the first in a two-part series of workshops presenting psycho-educational content that is essential in: (1) educating persons with co-occurring disorders so each can understand their disorders, develop individual plans of treatment, and be empowered with skills to live successfully with their disorders; and (2) giving practitioners curriculum and detailed lesson plans to deliver the education, while simultaneously assisting in the passing of certification and licensing exams. The workshop will provide 39 master tips to seasoned professionals. Motivational Interviewing is incorporated throughout. Based on Volume I of *The Basics*, a copy of which participants will receive in class, the link between psychiatric and substance use disorders will be addressed. We will use interactive exercises to compliment lectures that cover acute withdrawal symptoms, effects of alcohol and other drugs on persons with mental health diagnoses, and symptoms of psychiatric disorders.

It is recommended to take both of the 2-day workshops to gain the most educational value; however, it is possible to take either 2-day workshop alone.

Learning Outcomes:

- Adjust *The Basics Volume I* curriculum to use in practice through individual and group sessions
- Follow the Stages of Change Model as it parallels the design of *The Basics Volume I*
- Practice using sample handouts and providing closure in treatment
- Understand barriers to change
- Describe the effects of fear in early recovery, living without substances, and the group practice
- Define biological, psychological and socio-cultural-environmental wellness

Rhonda McKillip, MEd, LMHC, MAC, CCDCIII, CDP is a psychotherapist, international trainer, consultant, and program developer. She specializes in the treatment of individuals with co-occurring disorders and has over twenty-five years of direct service experience. Ms. McKillip is a member of the Motivational Interviewing Network of Trainers (MINT) and a NAADAC, The Association for Addiction Professionals, Approved Education Provider. Ms. McKillip is the author of *THE BASICS, SECOND EDITION: A Curriculum for Co-Occurring Psychiatric and Substance Disorders*, with a Foreword by Kenneth Minkoff, MD. *THE BASICS* is endorsed by the IC&RC (International Certification & Reciprocity Consortium) as “*a Must Have for Co-Occurring Disorders Professionals*” and is the official Study Guide for their internationally-recognized AADC (Advanced Alcohol and Drug Counselor) credential and co-occurring CCDDP and CCDDPD certifications.

TUESDAY & WEDNESDAY, October 25 & 26, 2016



TWO-DAY WORKSHOP 9:00 am — 4:00 pm each day

DTCC Workforce Development & Community Education Building—Dover, DE

Recovery Training and Self Help and Cue Extinction: NIDA'S Proven and Effective Relapse Prevention Approaches

(11 hrs.)

This 2-day workshop will focus on two proven relapse prevention strategies.

Recovery Training and Self Help (RTSH) is a comprehensive relapse prevention strategy. It combines four strategies and can be used effectively in the context of continued care and/or follow up counseling services provided in the course of recovery. RTSH enables clients to learn how to identify and deal with specific threats to recovery. The RTSH program teaches individuals self-sustaining alternative responses to these threats. These new responses are elements of a new pattern of behavior, and a recovery lifestyle. **Cue Extinction** is used in individual counseling and teaches techniques that help clients reduce their craving for drugs, even when confronted with the situations and stimuli that triggered the urge in the past. Cue Extinction is a relapse prevention technique that, when incorporated into a comprehensive relapse prevention program, has been found to be effective in supporting clients to maintain recovery.

Learning Outcomes:

- Identify at least one biological, psychological, and social factor that influences the relapse process
- Identify the key components of relapse prevention programming
- Explain key components of Marlatt & Gordon's relapse prevention model
- Detail at least two factors treatment professionals should consider when responding to a client's relapse
- Describe the fundamental concepts that RTSH is based on
- Describe the six Cue Extinction tools
- Explain and order the steps involved in the Cue Extinction Process
- Define two potential problems that could interfere with, or prevent, the successful implementation of a Cue Extinction counseling session
- Explain the challenges and barriers to successful implementation of the two approaches

Thomas Coyne, EdD, LCSW is a nationally recognized adult educator providing training and technical assistance on the assessment, treatment, and outcomes monitoring of persons with substance use and co-occurring disorders. His expertise has been applied to contracts, grants and research funded by Department of Justice, Court Appointed Special Advocates, National Drug Court Institute, Office of National Drug Control Policy, National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism, and Substance Abuse and Mental Health Services Administration.

TUESDAY October 25, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

Clinical Application of Neuroscience: Let's Make it Usable

(5.5 hrs.)

Traditional medicine has relied heavily on medication to change brain chemistry in order to alleviate behavioral health symptoms. Certainly, there is a place for psychopharmacology in the “wellness toolbox.” As technology improves and we are able to view the living and changing brain, we are coming to understand and appreciate those strategies which can improve neural functioning, but do not involve pharmaceuticals. This workshop is designed to look at non-pharmaceutical interventions which can enhance and, in some cases, impede functioning of the human brain, including trauma and treatments for traumatic exposure.

Learning Outcomes:

- Summarize the main neurological effects of traumatic exposure in user-friendly language
- Define and distinguish between neuroplasticity and neurogenesis
- List three non-pharmaceutical interventions which can improve brain functioning—mindfulness, breathing, and yoga
- Demonstrate the ability to explain the benefits of therapeutic techniques based on user-friendly language

Craig Strickland, PhD graduated from Bryn Mawr College where he focused on the neuroscience of anxiety disorders. He currently has guest lecturer privileges at Arcadia University, the Bryn Mawr Graduate School of Social Work and Social Research, and has an Adjunct Professor position with the Community Trauma Counseling program at Philadelphia University. Dr. Strickland has lectured on local, state, and national levels on topics including: psychopharmacology for people with co-occurring conditions, alternative treatments, and the neurobiology and pharmacological treatments of Post-Traumatic Stress Disorder.

Winden Rowe, MS graduated from Community and Trauma Counseling from Philadelphia University and is the co-owner of Hess & Rowe Counseling. She specializes in the treatment of trauma-related disorders, substance use, and general counseling for adolescents, adults, couples and families. Her clinical experience includes inpatient and outpatient treatment. She is involved in private practice that includes outreach work, providing training to schools, institutions, and organizations on the importance of understanding how mental health and recovery have an immediate and system-wellness benefits, along with its global and individual importance.

TUESDAY October 25, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

First Episode Psychosis: Cost-Effectiveness for Programs

(5.5 hrs.)

This interactive workshop will review the background and results of the largest study of First Episode Psychosis (FEP) program conducted in the US: The NIMH-funded RAISE-ETC program. Focus will be on key information for policy makers, program managers and clinicians implementing FEP programs. Outcome data from the RAISE-ETC program will be reviewed to understand the results of the trial and its implications for practice. Going beyond the outcome results, the workshop will consider the critical issue of cost-effectiveness and contrast the science of cost-effectiveness analysis with budgetary decision making in the planning of FEP programs and presenting them to policy makers. In addition to clinical dimensions of outcome and cost-effectiveness, discussion will consider the role of disability programs in the lives of people with schizophrenia, a major factor that receives limited attention from clinicians but may be one of the major influential factors on the lives of people with FEP, with both intended and unintended consequences.

Learning Outcomes:

- Understand the health benefits of FEP programs, especially as revealed by the NIMH-funded RAISE ETC program
- Describe the basic concepts and methods of cost-effectiveness analysis (CEA) and its application to FEP programs
- Identify the difference between scientific CEA and the challenges of organization and financing of FEP programs
- Clarify the role of federal health insurance disability programs in the financing of FEP programs and their unintended consequences on patient outcomes

Robert Rosenheck MD is Professor of Psychiatry and Public Health at the Child Study Center at Yale Medical School, where he is also Director of the Division of Mental Health Services and Outcomes Research in the Department of Psychiatry, and Senior Investigator at the VA New England Mental Illness Research and Education Center. He is an internationally known mental health service researcher who is a leader in cost-effectiveness studies of behavioral health interventions and in monitoring quality of care and other aspects of the performance of large health care systems. As founding Director of the Department of Veterans Affairs Northeast Program Evaluation Center for 22 years, he evaluated, disseminated, and monitored innovative programs for homeless veterans with mental illness treated in over 1000 programs across the VA system. He has been a prime architect of national VA collaborative programs with both the Department of Housing and Urban Development and the Social Security Administration. He also directed the client-level evaluation of the ACCESS program for homeless mentally ill Americans, which examined the effect of service systems integration on outcomes for homeless persons with severe mental illness in 18 sites. He conducted the cost-effectiveness analysis for the CATIE schizophrenia and Alzheimer's Disease trials and has published more than 750 scientific papers.

This workshop is co-sponsored by The Delaware Division of Prevention and Behavioral Health Services.

WEDNESDAY October 26, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

Autism Spectrum Disorders and Related Conditions: Understanding, Responding to, and Preventing Behavioral Crises

(5.5 hrs.)

Autism Spectrum Disorders (ASD) are often accompanied by conditions that impact physical and mental health. This combination can contribute to the deterioration of the quality of life at home, in the community, and on the job, and result in behavioral crises, e.g. increased aggression, destruction, self-injury, and suicidal thoughts and behaviors that directly threaten the well-being of the person with ASD, family members and others. In this workshop, we will discuss the range of behavioral crises, the factors that might contribute to them, and the interventions that behavioral and mental health professionals should consider. The workshop includes case studies for group discussion, implications for policy and a panel of self-advocates and family members prepared to share their experiences and perspectives.

Learning Objectives:

- Describe different kinds of behavioral crises associated with ASD
- Identify how individuals can lessen the negative impact of ASD and co-occurring conditions on the quality of life
- Differentiate between core activities related to direct services and program development
- Identify a range of interventions to consider when helping to design and implement a treatment plan
- Describe examples of first-person accounts of behavioral crisis and the impact on the individual and on family

Peter Doehring, PhD has been working with individuals with autism spectrum disorder for 25 years. He has led the development and expansion of health and education programs integrating research, training, and policy at the regional and state level. He has published and presented internationally, including books evaluating evidence-based treatments and strategies for developing services, training, research, and policy at the state and national level. Dr. Doehring currently provides consultation through his company, ASD Roadmap, to agencies seeking to expand and improve their programs of services and training.

This workshop is co-sponsored by Autism Delaware.

WEDNESDAY October 26, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

Stages of Change and Motivational Interviewing: A Process Perspective (5.5 hrs.)

Successfully changing targeted behaviors related to health, mental health, and addiction, as well as the co-occurring of these disorders, presents a challenge to consumer, provider, and systems of care. This workshop will explain and explore the process of human intentional behavior change, outlining critical tasks for successful change, as identified in the Stages of Change. It will address important coping activities that should be the target of interventions and highlight the role of Context and Culture. Providers' strategies to address the challenges of each of the stages of change, the interaction of change tasks, and provider efforts at intervening in the process, will be highlighted. Focus will be on motivation and readiness to change; how multiple problems can complicate the process and challenge client self-regulation; and the differences between provider support or treatment strategies and client personal change mechanisms. Discussion will include how motivational interviewing and enhancement approaches interact with the process of change and impact the journey of clients to successfully negotiate the journey toward successful, sustained change.

Learning Outcomes:

- Identify critical tasks of the different stages of change, including creating interest and concern, decision making, commitment, planning, and sustaining
- Describe personal mechanisms or processes of change individuals use to modify behaviors
- Understand the connections between motivational enhancement strategies and completion of the tasks of the stages of change
- Understand critical differences between client tasks and processes, and counselor strategies and skills
- Manage expectations, planning, and interventions in light of client self-regulatory capacity and strength

Carlo DiClemente, PhD, ABPP is a Professor of Psychology at the University of Maryland Baltimore County (UMBC) and directs the MDQUIT Tobacco Resource Center, the Center for Community Collaboration, and the Home Visiting Training Center at UMBC. He is recognized for his work developing and applying the Transtheoretical Model of Intentional Behavior Change and his contributions to understanding motivation and change. He has published numerous articles and books including *Addiction and Change: How Addictions Develop and Addicted People Recover*, *Changing for Good*; and multiple professional books *The Transtheoretical Model*, *Substance Abuse Treatment and the Stages of Change*, and *Group Treatment for Substance Abuse: A Stages of Change Therapy Manual*.

THURSDAY & FRIDAY, October 27 & 28, 2016



TWO-DAY WORKSHOP 9:00 am — 4:00 pm each day

DTCC Workforce Development & Community Education Building—Dover, DE

Integrated Treatment Approach: Addressing Physiological Effects of Behavioral Health Conditions on Individual Health

(11 hrs.)

This 2-day workshop is the second in a 2-part series of workshops on integrated treatment and is intended to assist practitioners to pass certification and licensing exams, as well as, provide seasoned professionals with numerous and practical resources. It is recommended to take both of the 2-day workshops in order to gain the most educational value; however, it is possible to take either of the two workshops alone. The integrated treatment approach has been well defined as the preferred treatment model leading to substantially improved outcomes. Based on Volume II of *The Basics*, a copy of which participants will receive in class, the lectures, use of exercises, and completion of handouts will address the effects of psychiatric illnesses and drugs and alcohol on the body including fertility, pregnancy, delivery, prenatal, and throughout adulthood. In addition to identifying healthy alternatives to unhealthy behaviors, the complete recovery process, including crisis and relapse, will be covered. Motivational Interviewing is incorporated throughout the workshop.

Learning Outcomes:

- Adjust *The Basics Volume II* curriculum to use in practice through individual and group sessions
- Practice using exercises to address changing attitudes
- Describe the Cycle Theory of Violence
- Understand when and how to engage the family or individual networks in the recovery process
- Learn how to develop a relationship with oneself with self-esteem
- Practice strategies to manage anxiety
- Use basic points of rational-emotive therapy to help change irrational beliefs that disturb the individual

Rhonda McKillip, MEd, LMHC, MAC, CCDCIII, CDP is a psychotherapist, international trainer, consultant, and program developer. She specializes in the treatment of individuals with co-occurring disorders and has over twenty-five years of direct service experience. Ms. McKillip is a member of the Motivational Interviewing Network of Trainers (MINT) and a NAADAC, The Association for Addiction Professionals, Approved Education Provider. Ms. McKillip is the author of *THE BASICS, SECOND EDITION: A Curriculum for Co-Occurring Psychiatric and Substance Disorders*, with a Foreword by Kenneth Minkoff, MD. *THE BASICS* is endorsed by the International Certification & Reciprocity Consortium as “a Must Have for Co-Occurring Disorders Professionals” and is the official Study Guide for their internationally-recognized AADC (Advanced Alcohol and Drug Counselor) credential and co-occurring CCDP and CCDPD certifications.

THURSDAY & FRIDAY, October 27 & 28, 2016



TWO-DAY WORKSHOP 9:00 am — 4:00 pm each day

DTCC Workforce Development & Community Education Building—Dover, DE

Group Therapy (12 hrs.)

This is a 2-day workshop. *Lunch will be limited to 30 minutes, to meet the International Board for Certification of Group Psychotherapists certification requirements.*

This intermediate to advanced comprehensive and manualized workshop will address group psychotherapy through five modules, including: Foundations; Dynamics and Process; Change Process in Psychotherapy; Role of the Group Leader; and Short-Term, Structured, and Thematic-Centered Group Approaches. Participants will learn about the positive and negative aspects of group contagion, will choose among models for preparation of individuals to participate in psychotherapeutic groups, and understand what contraindications and characteristics could preclude the decision to have an individual participate. For participants who have a clinical license and supervised psychotherapy experience, successful completion of this workshop meets the 12-hour requirement for certification by the International Board for Certification of Group Psychotherapists.

Learning Outcomes:

- Understand the historical and theoretical foundations of group psychotherapy practice
- Conceptualize the interrelationship between group process and personality dynamics in creating a therapeutic group experience
- Practice methods, approaches, and strategies to lead a psychotherapy group according to the highest ethical standards
- Describe the theory, practice, and techniques of therapy groups that are short-term, structured, and theme-centered
- Differentiate between Bion's notions of "work group" and "basic assumption groups"
- Discuss the usefulness of group therapy for understanding defense mechanisms, particularly, the centrality of splitting, projection, and projective identification

Shari Baron, MSN, CNS, CGP, FAGPA has had a private practice for over thirty-five years, while also teaching as a clinical instructor, workshop facilitator and consultant. She facilitated groups with cancer patients and their families for twenty years at The Wellness Community of Philadelphia including presentations on psychiatric nursing, psychotherapy, group psychotherapy and group facilitation. She has represented her profession on national and local radio and television talk shows and is a Clinical Associate at the University of Pennsylvania School of Medicine where she co-teaches the experiential component of the Psychiatric Residents' course in Group. Ms. Baron is licensed in Pennsylvania as a Clinical Nurse Specialist in Psychiatric Mental Health Nursing and certified as a Group Psychotherapist by the International Board for Certification of Group Psychotherapists. She is a Board Member of the American Group Psychotherapy Association, and a past president of the American Psychiatric Nurses Association – Pennsylvania Chapter.

THURSDAY, October 27, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

Caring for People with Alzheimer’s Disease: A Habilitation Training Curriculum (5.5 hrs.)

This train-the-trainer workshop is designed to prepare providers who have a baseline knowledge of Alzheimer’s Disease and dementia to become trainers to educate other professionals. The ultimate goal is to create a dementia-capable workforce. The workshop, consisting of nine modules, covers fundamental areas needed for the Habilitation Approach: Understanding Alzheimer’s and Dementia; Habilitation Therapy; Knowing and Understanding the Individual; Communication Skills: We Need to Know the Language; Does the Physical Environment Make a Difference?; Our Approach to Personal Care; Activity and Purposeful Engagement; Behavior as Communication: Understanding and Responding; and Understanding and Working with Families.

Learning Outcomes:

- Practice the Habilitation Approach to Dementia Care core curriculum modules
- Adopt the training tools necessary to implement Habilitation Approach to Dementia Care
- Apply the principles of Habilitation Approach for learning acquisition in a dementia-capable workforce

Kellie Butsack has worked in the local non-profit sector for 20 years and has been on staff with the Alzheimer’s Association for the last 12 years. She joined the organization in 2004 as Program Coordinator for the Berks County branch office in Reading, serving as community educator, support group liaison and spokesperson for the many programs and services the Association provides. She leads a team of five program staff, coordinating services across the Delaware Valley Chapter region from eastern PA through southern NJ and the entire state of DE. Ms. Butsack is the lead staff liaison for the Association’s professional training initiatives, providing dementia-specific training for direct care staff in a variety of professional care settings.

Krista McKay is the Directory of Programs & Services for the Alzheimer’s Association Delaware Valley Chapter, where she has worked for over a decade. She coordinates the work of a regional team of 16 professionals dedicated to providing education, support, information, referrals, and community service to the estimated 294,000 people with dementia and their professional and family caregivers in the chapter’s 18-county territory. She is responsible for all program, service and grant implementation, integrating the national strategic plan, acting as a media spokesperson, fundraising, advocacy, professional training initiatives, and disaster preparedness. She calls on her experience volunteering and working in long term care to highlight the necessary culture change in dementia care practices and the need for continued awareness, education, and advocacy.

This workshop is co-sponsored by the Delaware Division of Services for Aging and Adults with Physical Disabilities.

***NOTE: This workshop may not meet the continuing education requirements for all boards. Please check with your individual certifying board.**

THURSDAY, October 27, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

Ethical Dilemmas in the Digital Age

(5.5 hrs.)

Advances in technology and the availability and access to the Web impact how behavioral health professionals deliver treatment services and what constitutes typical standards of care. These changes affect ethical issues like worker disclosure, boundary crossings and violations, confidentiality, and informed consent. Present ethical codes provide little or no guidance to address these emerging issues. This workshop will review the current literature regarding new ethical dilemmas related to technology and the Web and will provide guidance and recommendations.

Learning Objectives:

- Determine the difference between Digital Native and Digital Immigrant
- Describe how involvement with social network sites may impact worker self-disclosure
- Identify a minimum of three risks associated with texting and emailing clients
- Demonstrate familiarity with the pitfalls of enforcing employee social media policies

Paul Warren, LMSW is the Deputy Executive Director for NDRI-USA's Training Institute. During his 25-year career in public health education, he has provided training and technical assistance, as well as, developed and facilitated curricula on a wide range of topics nationally. Paul is a Licensed Master Social Worker and was previously the Clinical Coordinator of Group Services for people living with HIV/AIDS. He manages the On-Line Training Center for New York State Aids Institute and is the Training Director for the Northeast & Caribbean Addiction Technology Transfer Center Network. He has a BFA in Undergraduate Drama from New York University and an MSW specializing in group work from Hunter College School of Social Work.

This workshop is co-sponsored by the National Frontier and Rural Addiction Technology Transfer Center and the Northeast and Caribbean Addiction Technology Transfer Center.

FRIDAY, October 28, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

Pharmacological Management of Mental Health and Substance Use Disorders (5.5 hrs.)

Psychopharmacology is the study of drugs that changes a person’s mood, behavior, or way of thinking. These drugs include stimulants and antidepressants, as well as other medications. This workshop will address the clinical presentation, effects, and available pharmacological treatment of mental health conditions and substance and alcohol use disorders. There will be time for specific questions to be addressed and an opportunity to discuss controversial practices of the use of particular medications. For some medications, there is little guidance from the literature regarding when to commence, how a particular medication should be titrated, and whether they actually alter the outcomes of the issue. Working as a team, the pharmacist, caregiver, and the individual make joint decisions on the studies and information available.

Learning Outcomes:

- Discuss and analyze the epidemiology of common mental health conditions and the psychotropic agents used to treat these conditions
- Review the epidemiology of co-occurring disorders
- Identify the pharmacological agents used for the treatment of substance use disorder and alcohol use disorder

Jasmine Carpenter, PharmD, BCPS, BCPP serves as a Mental Health Clinical Pharmacist at the Washington DC Veterans Affairs Medical Center. At the VA, she provides direct pharmaceutical care to the patients of the mental health service and the substance abuse rehabilitation program. Outside of her role at the VA, she serves on the faculty of the Howard University’s non-traditional Pharm. D program. She has demonstrated specialized knowledge and skill in optimizing care of patients with psychiatric illness by assessing and monitoring patients, recognizing drug-induced problems, and recommending appropriate treatment plans.

This workshop is co-sponsored by the Central East Addiction Technology Transfer Center.

FRIDAY, October 28, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

DTCC Workforce Development & Community Education Building—Dover, DE

Moving from Understanding the Effects of Trauma to Implementing Principles of Trauma-Informed Care

(5.5 hrs.)

In this workshop, SAMHSA's Trauma and Justice Strategic Initiative Concept of Trauma and Guidance for a Trauma-Informed Approach will be discussed. The values based principles and domains that serve, not as prescriptive measures, but rather guidelines to implementing an approach aimed at doing no harm, will be discussed. Practical examples of innovative, low cost strategies will be shared as well as resources and technical assistance opportunities.

Learning Outcomes:

- Define trauma and discuss its prevalence in society
- Explain the effect trauma has on the brain
- Discuss four strategies to reduce the likelihood of re-traumatization
- Describe two ways trauma affects people developmentally, psychologically, and physiologically
- Develop two action steps to implement trauma-informed practices in their work

Joan Gillece, PhD has thirty years experience in the behavioral health field with fifteen years dedicated to trauma and six years in prevention of seclusion and restraint. Working across agencies with a focus on adult and juvenile justice, Dr. Gillece has recently published an article on developing trauma informed services in Correctional Settings in *American Correctional Association, Corrections Today*. As project director for two SAMHSA Trauma Centers, the National Center for Trauma-Informed Care and Promoting Alternatives to Seclusion and Restraint through Trauma-Informed practices, Dr. Gillece has championed the cause of full consumer integration and development of culturally competent programs. Prior to joining the National Association of State Mental Health Program Directors, Dr. Gillece served as Director of Special Populations for Maryland's Mental Hygiene Administration where her responsibilities included all aspects of state mental health planning and delivery of services as well as development of collaboration across agencies serving individuals with psychiatric diagnoses.

This workshop is co-sponsored by the National Association of State Mental Health Program Directors.

Conference at a Glance—November

November 14—18, 2016, 9:00 am to 4:00 pm

Embassy Suites Hotel—Newark, DE

Daily Registration 8:00 to 9:00 am

Networking lunch provided

Monday November 14	Dialectical Behavior Therapy	Best Practices in Behavioral Health Treatment for LGBTQ People	Clinical Interviewing & Assessment	SAMHSA's Behavioral Health Workforce Development Strategic Initiative	Understanding Addiction & the Influence of Trauma	
Tuesday November 15	↓	Mental Health First Aid Instructor Certification	Developmental Trauma	Evidence-Based Treatments: Clinical Applications	Quality Care in Home Care Settings	Substance Use Disorder in Young Adults
Wednesday November 16	Family Recovery Process: Breaking Through the Matrix of Denial	↓	↓	From Resistance to Resilience: The Precursors Model of Change (Advanced)	Medication Assisted Treatment for Opioid Addiction	
Thursday November 17	Case Conceptualization and Treatment Planning (Advanced)	↓	↓	Diagnostic Statistical Manual 5: An Overview	Recovery Support Technologies	Psychological Trauma and Process Addictions
Friday November 18	↓	Cognitive Therapy for Suicide Prevention	Depression: Gender Differences, DSM 5, and Co-Occurring Diagnoses	ERP, ACT: Combined Approaches to Treat Obsessive Compulsive Disorder	New Ethical Dilemmas in the Digital Age	

MONDAY—TUESDAY, November 14 & 15, 2016



TWO-DAY WORKSHOP 9:00 am — 4:00 pm each day

Embassy Suites Hotel—Newark, DE

Dialectical Behavior Therapy

(11 hrs.)

Dialectical Behavior Therapy (DBT) is a treatment designed specifically for suicidal thoughts, urges, and behavior, as well as non-suicidal self-injury, e.g. cutting or burning one's self. Many individuals with these behaviors meet criteria for borderline personality disorder. This 2-day workshop will provide an overview of DBT, including a description of the treatment, its supporting evidence, targeted populations, and outcomes. Specific aspects of DBT treatment will be covered, including its biosocial theory and structure. Participants will have opportunities to practice DBT treatment strategies while considering how DBT can be used in their practice.

Learning Outcomes:

- Define and describe Dialectical Behavior Therapy (DBT)
- Identify what types of behavior health conditions are most effectively treated through the use of DBT
- Gain an overview of DBT's structure, including its modes, targets, stages, and functions
- Learn and practice DBT intervention strategies
- Consider next steps for DBT implementation

Matthew Ditty, DSW, LCSW is a social worker and mental health clinician. Within Dr. Ditty's range of mental health experience, his primary expertise and passion is for survivors of physical, sexual, and emotional abuse, as well as life-threatening coping strategies including suicide, self-injury, and addiction. His current research focus is the dissemination and implementation of Dialectical Behavior Therapy, Cognitive Behavioral Therapy, and other evidence-based treatments. He is a member of Dr. Marsha Linehan's DBT Strategic Planning Meeting. When not engaged in therapy provision, he teaches master's-level social workers at the University of Pennsylvania's School of Social Policy and Practice.

MONDAY, November 14, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Best Practices in Behavioral Health Treatment for LGBTQ People (5.5 hrs.)

This workshop will provide an immersive and interactive training experience for all behavioral health service providers in the area of evidence-based mental health and addictions treatment for lesbian, gay, bisexual, transgender and Questioning (LGBTQ) individuals. Workshop content will focus on best clinical practices informed by minority stress theory. Topics include: 1) the relationship of discrimination and victimization to posttraumatic stress symptoms in LGBTQ people; 2) special considerations for managing depression, anxiety, and suicidality among LGBTQ people; 3) LGBTQ-tailored treatment for substance use disorders; 4) gender-affirming mental health care for transgender and gender non-conforming people; 5) exploration of gender identity in the context of co-occurring trauma-related and psychotic disorders. Training activities will consist of case-based learning, small group sessions, and clinical role play exercises.

Learning Outcomes:

- Describe the prevalence and disparities pertaining to mental health and substance use conditions in LGBTQ populations
- Acquire a minority stress-based conceptual framework for formulating and managing mental health and substance use conditions among LGBTQ individuals
- Gain competence and confidence in applying evidence-based best practices for managing mental health and substance use conditions in LGBTQ persons
- Develop skills to deliver gender-affirming care for transgender and gender non-conforming people

Alex Keuroghlian, MD, MPH is the Associate Director of the National LGBT Health Education Center at The Fenway Institute. He received his medical degree from the Stanford University School of Medicine and completed his psychiatry residency at Massachusetts General Hospital/McLean Hospital. Dr. Keuroghlian has authored over 20 publications on HIV medication adherence, post-traumatic stress disorder, substance use disorders, transgender health, and homelessness among LGBT youth.

Genna Ayres, MSW, MPH is a Program Coordinator for the National LGBT Health Education Center at the Fenway Institute. She is responsible for content development and coordination of the LGBTQ Health Education Webinar series and the new Transgender Health series using Project ECHO technology. Ms. Ayres received a master's in Social Work and a master's in Public Health from Columbia University's dual MSW/MPH program.

MONDAY, November 14, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Clinical Interviewing and Assessment

(5.5 hrs.)

The therapeutic relationship is one of the most important factors in treatment. Establishing an effective therapeutic relationship with the client at the first point of contact allows for our clinical assessment to flow more smoothly and treatment planning and goal setting to be more laser-focused. This workshop will focus on the importance of a therapeutic relationship and the use of core skills that improve assessments, differential diagnosis, and address co-occurring issues from the initial evaluation.

Learning Outcomes:

- Discuss boundaries, joining skills, and clinical interviewing techniques
- Use role play exercises to practice engaging clients and goal setting
- Identify appropriate levels of care, referrals for differential diagnosis, and treating co-occurring issues

Martha Thompson PsyD, LPC, CAADC provides outpatient mental health and drug and alcohol treatment, clinical training and consultation for professionals in the behavioral health field. Dr. Thompson has worked in various community services agencies, including addiction treatment, domestic violence shelters and correctional facilities. Her philosophy is that teaching ten therapists can reach hundreds of clients where she may only be able to reach ten. Dr. Thompson was awarded the 2013 Certified Professional of the Year Award by the PA Drug and Alcohol Certification Board. She has taught at Harrisburg Community College, Alvernia University, and Lebanon Valley College. In addition to her academics and teaching, she is a Licensed Professional Counselor and Certified Advanced Alcohol and Drug Counselor.

This workshop is co-sponsored by the Delaware Certification Board.

MONDAY, November 14, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

SAMHSA's Behavioral Health Workforce Development Strategic Initiative (5.5 hrs.)

An adequate supply of a well-trained, professional workforce is the foundation for an effective service delivery system. With the implementation of recent parity and health reform legislation, behavioral health workforce development issues, which have been of concern for decades, have taken on a greater sense of urgency. This workshop will outline the Substance Abuse and Mental Health Service Administration's (SAMHSA) programs and activities to advance the behavioral health of the nation, then focus on how this relates to Delaware and adjacent states including a number of relevant activities in which Delaware leaders and stakeholders have been involved.

Learning Outcomes:

- Outline the SAMHSA Behavioral Health Workforce Development Strategic Initiative and its relevance to improving health outcomes
- Review national and Delaware-specific data, salary information, and regional workforce summit outcomes as a framework for progress in Delaware
- Describe SAMHSA resources and opportunities to address Delaware workforce development priorities

Jean Bennett, PhD, MSN is the SAMHSA Regional Administrator responsible for federal Region III territory, which includes Delaware, the District of Columbia, Maryland, Pennsylvania, Virginia, and West Virginia. In this SAMHSA leadership role, Dr. Bennett works closely with federal, regional, and national behavioral health leaders and stakeholders. Dr. Bennett's academic experience and research has included work with inner city pregnant women with substance use disorders, developmentally delayed newborns, and survey studies to evaluate organizational climate, hospital emergency preparedness, and e-mail communications. Dr. Bennett earned a master's of science degree in nursing from the University of Pennsylvania, and a master's of science degree in management from Troy State. Her doctorate degree in Organization and Management is from the Capella University School of Business and Technology.

This workshop is co-sponsored by the Substance Abuse and Mental Health Services Administration.

MONDAY, November 14, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Understanding Addiction and the Influence Trauma has on its Development and Perpetuation

(5.5 hrs.)

Great stigma persists about those vulnerable to substance-related and other addictive disorders. Even greater stigma exists regarding the condition of slips and relapses. This stigma leads to much undue shame and guilt suffered by addicts that can then hamper their efforts to maintain sobriety. Research on addiction is just starting to erode some of this stigma. Brain imaging and other more recent research tools continue to discover variances in neuro-cellular, neuro-chemical, and neuro-functioning that underlie a vulnerability to develop substance-related and other addictive disorders. The role that trauma has on these processes is beginning to be understood in the new science of epigenetics. Science is also beginning to shed light on why some are more likely than others to relapse after treatment for their compulsive drug use or addictive behavior. This workshop will explore the evolving science of addiction, relapse, and recovery.

Learning Objectives:

- Identify the two major circuits of the brain's addiction pathway
- Name at least two brain structures involved with the "Go" and "Stop" processes of the major circuits
- Explain three elements that contribute to the development of the brain anomalies associated with substance-related and addictive disorders and how trauma impacts these factors
- Describe how neurotransmitters affect compulsivity and cravings
- Name at least three important neurotransmitters involved in compulsivity and cravings
- Explain formation of dendritic memory spines
- Identify the two major pathways of memory formation in the brain and their role in relapse vulnerability
- Name at least two areas of the brain where low activity can predict a future relapse episode

Darryl Inaba, PharmD, CATC-V, CADC III is Director of Clinical and Behavioral Health Services for the Addictions Recovery Center and Director of Research and Education of CNS productions in Medford, Oregon. He is an associate Clinical Professor at the University of California in San Francisco, Past Consultant and Instructor at the University of Utah School on Alcohol and Other Drug Dependencies in Salt Lake City, UT, and a Lifetime Fellow at Haight Ashbury Free Clinics, Inc., San Francisco, CA. Dr. Inaba has authored several papers and award winning educational films and is co-author of *Uppers, Downers, All Arounders*, a text on addiction and related disorders that is used in more than 400 colleges and universities. He has been honored with over 90 individual awards for his work in the areas of prevention and treatment of substance abuse conditions.

This workshop is co-sponsored by NAADAC, The Association for Addiction Professionals.

TUESDAY—THURSDAY, November 15—17, 2016



THREE-DAY WORKSHOPS 9:00 am — 4:00 pm each day

Embassy Suites Hotel—Newark, DE

Developmental Trauma

(16.5 hrs.)

This is a 3-day intensive workshop and is intended to be a comprehensive teaching on the developmental effects of trauma. Individuals who experienced trauma in their relationships with caregivers when they were children can show life-long effects which are often poorly understood as coming from the impact of complex, relational trauma. Such chronic trauma interferes with neurobiological development and can have wide-ranging effects on emotional regulation, attention, attachment, thinking, behavior, self-concept, and inter-personal functioning. Many of these individuals present with a range of challenging behaviors and troubling symptoms, and can result in multiple diagnoses. There can be significant barriers to engagement in treatment due to their impaired ability to trust and form effective relationships with others. This workshop will provide a coherent framework for understanding the “whole person” perspective of developmental trauma. This framework can help deepen a variety of interventions from milieu to specific clinical models of treatment.

Learning Outcomes:

- Describe research on how trauma impacts neurobiological development
- Learn how relational trauma impacts the development of attachment styles
- Understand ways to reflect on what is likely underneath challenging behaviors
- Identify ways to provide developmental experiences that can remediate skill deficits

Dr. Vicky Kelly, PsyD is a consultant for the Annie E. Casey Foundation, and is the former Director of the Delaware Division of Family Services in the Department of Services for Children, Youth, and Families. Prior to this appointment, she served as the Deputy Director for the Division of Child Mental Health. Prior to public service, she served as the clinical director for several multi-service private agencies. Dr. Kelly has over 30 years of experience in child welfare and mental health as a clinician and program administrator. She received her Doctorate in Clinical Psychology and Masters in Health Administration from Widener University. She received her Master’s in Social Work from Louisiana State University. Dr. Kelly has been an Adjunct Professor at the Institute for Clinical Psychology at Widener University. She is a nationally recognized trainer and consultant in trauma and attachment.

TUESDAY—THURSDAY, November 15-17, 2016



THREE-DAY WORKSHOP 9:00 am — 5:00 pm each day

Embassy Suites Hotel—Newark, DE

Mental Health First Aid Instructor Certification Training (19.5 hrs.)

This is a 3-day train-the-trainer workshop. **Please note that this workshop concludes at 5:00 PM each day. To register for this workshop, please contact the DSAMH Training Office directly at: DSAMH.Training@state.de.us or 302.255.9480.**

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. The workshop uses roleplaying and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social, and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. Instructor certification training introduces the 8-hour course, overviews adult learning styles and teaching strategies, and provides in-depth instruction on implementing and managing the program in diverse communities.

Learning Outcomes:

- Practice teaching the Mental Health First Aid course, including the 5-step action plan, evidence-supported treatment and self-help strategies, and prevalence data
- Present the program with fidelity to the tested, core model
- Apply the program to a range of adult learning styles
- Tailor presentations to diverse audiences and learning environments

The MHFA Train the Trainer Curriculum will be taught by two authorized Mental Health First Aid National Trainers from the National Council on Behavioral Healthcare.

TUESDAY, November 15, 2016



ONE-DAY WORKSHOPS 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Evidence Based Treatments: Clinical Applications

(5.5 hrs.)

The use of evidence based treatment and best practice approaches are standard expectations within the service delivery system today. This workshop will provide an overview of Cognitive Behavioral Therapy (CBT), Motivational Interviewing, and Mindfulness Techniques all of which are examples of evidence based practices. Participants will explore ways to effectively apply these techniques in treatment.

Learning Outcomes:

- Examine CBT techniques
- Discuss ways to improve use of CBT techniques in treatment
- Discuss core concepts of Motivational Interviewing and Motivational Enhancement Therapy
- Practice three Mindfulness techniques to use in treatment

Martha Thompson PsyD, LPC, CAADC provides outpatient mental health/drug and alcohol treatment, clinical training and consultation for professionals in the behavioral health field. Dr. Thompson has worked in various community services agencies, including addiction treatment, domestic violence shelters, and correctional facilities. Her philosophy is that teaching ten therapists can reach hundreds of clients where she may only be able to reach ten. Dr. Thompson was awarded the 2013 Certified Professional of the Year Award by the PA Drug and Alcohol Certification Board. She has taught at Harrisburg Community College, Alvernia University, and Lebanon Valley College. In addition to her academics and teaching, she is a Licensed Professional Counselor and Certified Advanced Alcohol and Drug Counselor.

This workshop is co-sponsored by the Delaware Certification Board.

TUESDAY, November 15, 2016



ONE DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Quality Care in Home Care Settings

(5.5 hrs.)

The Campaign for Quality Care in Home Care Settings uses home care practice recommendations for a person- and family-centered approach to dementia care, which involves tailoring care to the abilities and changing needs of each person affected by dementia. It respects cultural values and traditions and counts family members as part of the care team. The workshop emphasizes personalized care and relationship building and encourages providers to learn about an individual's cultural background, personal history, abilities, and care choices in order to make informed decisions and build rapport. Personalized and successful home based care requires skills and knowledge in the following areas: overview on dementia and its effects; personal care guide; including social relationships and meaningful interaction; pain management; personal care; eating and drinking; falls, wandering; home safety; end-of-life care; and special considerations for elder abuse/neglect, emergency preparedness, caregiver stress, and in transitions in care.

Learning Outcomes:

- Understand how the impact of Alzheimer's and dementia on function and cognition affect everyday life and care
- Apply the person-centered care philosophy for ensuring capable care and meaningful interactions
- Describe the elements of home safety
- Recognize transition considerations for end-of-life care

Brigitta Glunk, MPH Program Coordinator, expands core services throughout the Alzheimer's Association's Delaware Valley Chapter region, interfaces with donors and community leaders to foster awareness and support, coordinates, implements and analyzes the Portfolio of Common Programs, including consumer education, and information & referral via the 24/7 helpline, and safety. Ms. Glunk earned a Master's in Public Health with a concentration in Health Education as well as experience in mental health clinical research at the Department of Psychiatry at the Emory University School of Medicine, which resulted in a publication and presentation for 69th Society of Biological Psychiatry Annual Meeting 2014 on the neurocircuitry of inflammation in depression.

Krista McKay is the Director of Programs & Services for the Alzheimer's Association Delaware Valley Chapter. She coordinates the work of a regional team of professionals dedicated to providing education, support, information, referrals, and community service to the estimated 294,000 people with dementia and their professional and family caregivers in the chapter's 18-county territory. She is responsible for program, service and grant implementation, integrating the national strategic plan, acting as a media spokesperson, fundraising, advocacy, professional training initiatives, and disaster preparedness. She calls on her experience to highlight the culture change in dementia care.

This workshop is co-sponsored by The Delaware Division of Services for Aging and Adults with Physical Disabilities.

NOTE: This workshop is repeated on Wednesday, December 14, 2016.

TUESDAY, November 15, 2016



ONE DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Substance Use Disorder in Young Adults: Complexities in Practice

(5.5 hrs.)

This workshop will provide a framework for understanding the complexities of the increase in opioid and marijuana usage in young adults. Frontal lobe brain development, emotional development, societal expectations, and parental influences will be addressed. The opioid epidemic and myths of marijuana, as well as, college age drinking and using substances complicates the clinical etiology of diagnoses. Adding co-occurring mental illness, big business gaming, and the impact of technology at this age can be precipitants leading to isolation, moral questions, and a generational wheel of shame. This experiential workshop will provide a system of questions to be answered using motivational interviewing, and begin the conceptualization of successful intervention and operationalize a comprehensive approach to treatment. Resilience, 12-step approach, and commitment to change will be addressed and numerous resources will be provided.

Learning Outcomes:

- Define the main challenges and roadblocks for young adults and adults to engage in recovery
- Develop insight into the complexity of current issues related to substance use and co-occurring conditions
- Provide insight into types of interventions for individual clients and their families in recovery process

A. Michael Blanche, MSS, LCSW has over eighteen years experience providing clinical counseling for those who have co-occurring conditions of substance use and behavioral health conditions. He has comprehensive knowledge of the treatment options available to adults and adolescents with co-occurring conditions. He has created programs and opened sites for Rehab After Work and has developed inpatient programs, school trainings, staff development and professional seminars. He has a successful history in the classic intervention process while maintaining an eye toward the future by assimilating the latest advancements in addiction crisis management procedures, such as motivational interviewing. Mr. Blanche facilitates groups for young adults as well as a men's professional track for those who suffer from the chronic nature of addiction.

WEDNESDAY, November 16, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Family Recovery Process: Breaking Through the Matrix of Denial

(5.5 hrs.)

Blending theoretical frameworks and direct clinical experience, this workshop will explore complexities in the treatment of individuals who struggle with substance use conditions as well as their families, who are also impacted. As an individual's substance dependency affects the entire family, a comprehensive focus on treatment of the entire family system. Participants will identify family system concerns within the context of the substance-abusing population; develop awareness of the complications and effects of substance dependence in the treatment of individuals and families; present strategies to help individuals cope with their families and families to cope with the individual; and develop a comprehensive treatment plan. Providing practical interventions for clinicians, while keeping in mind theoretical framework in both family therapy and substance use work, is emphasized.

Learning Outcomes:

- Dispel common myths associated with families in recovery
- Provide realistic expectations, define relapse, slips, and success
- Identify common pitfalls that families and clinicians encounter in the recovery process
- Provide hands-on strategies to effectively overcome and work through common themes in the treatment of recovery within the family system
- Understand theoretical perspective on family systems, attachment theory, motivational interviewing and cognitive behavior therapy
- Describe the timing and integration of 12-step perspective
- Practice clinical intervention to treat within family therapy constraints with or without the family in treatment

A. Michael Blanche, MSS, LCSW has over eighteen years experience providing clinical counseling for those who have co-occurring conditions of substance use and behavioral health conditions. He has comprehensive knowledge of the treatment options available to adults and adolescents with co-occurring conditions. He has created programs and opened sites for Rehab After Work and has developed inpatient programs, school trainings, staff development and professional seminars. He has a successful history in the classic intervention process while maintaining an eye toward the future by assimilating the latest advancements in addiction crisis management procedures, such as motivational interviewing. Mr. Blanche facilitates groups for young adults as well as a men's professional track for those who suffer from the chronic nature of addiction.

WEDNESDAY, November 16, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Precursors Model of Change: From Resistance to Resilience (5.5 hrs.)

This advanced workshop empowers therapists with a wide range of techniques and strategies designed to bring about therapeutic change with individuals who do not respond to conventional therapy approaches. These research validated precursors of change are presented to show how they are crucial in the process of change, and how they function as the offense mechanisms of change rather than the old, tired, defense mechanisms. Participants will learn how to implement the precursors and thus bring about positive change with any reasonable standard approach. This approach undercuts and improves better known models such as Motivational Interviewing or the Stage Model.

Learning Outcomes:

- Understand the functional reasons why people change and why they do not
- Practice how to bring about change in resistant clients who are not interested in change at all
- Describe a wide range of techniques and strategies to implement each of the seven precursors
- Use an assessment for change that pinpoints exact areas to address and the techniques to use to make change

Fred J. Hanna, PhD is a Professor and Director of the Doctoral Program in Counselor Education at Adler University, in Chicago. He has taught graduate counseling courses at Johns Hopkins University for 20 years and has been on the faculty at Northern Illinois University and the University of Northern Colorado. Dr. Hanna has authored or co-authored over 60 scholarly and professional publications and served on the editorial boards of six professional journals. An award winning teacher, he has also delivered well over 400 presentations and conferences across America and has served as a consultant and trainer to the Johns Hopkins Department of Child and Adolescent Psychiatry, the Fort Peck Indian Reservation in Montana, and the Department of Psychiatry at Yale University. His research interests have focused on developing the Precursors Model of Change and he has developed and published many evidence based innovative psychotherapy techniques designed for application in the areas of client motivation, resistance, addictions, diversity and multicultural, oppression, trauma, spirituality, criminality, defiant adolescents, personal development, and difficult personalities. Dr. Hanna is the author of the book, *Therapy with Difficult Clients: Using the Precursors Model to Awaken Change*. He and his Precursors Model were also the focus of a DVD, *Treatment with Defiant, Aggressive Adolescents*, both published by the American Psychological Association.

This workshop is co-sponsored by the Delaware Council on Gambling Problems.

WEDNESDAY, November 16, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Medication Assisted Treatment for Opioid Addiction (5.5 hrs.)

This workshop will address issues related to Medication Assisted Treatment (MAT) and demonstrate the need for treatment of opioid use disorder. The rationale and goals for MAT will be discussed as will the recent government initiatives to increase the availability of MAT. The appropriate use of methadone, buprenorphine/naloxone and naltrexone, including naltrexone extended release will be discussed in detail including the following: patient selection, detoxification versus maintenance, management of client problems and termination of MAT, and how to decide to switch from one mode of MAT to another. Special populations, such as pregnant opioid-using women and individuals with chronic pain who are abusing opioids will be addressed.

Learning Objectives:

- Identify goals of MAT
- Utilize the selection criteria for various modes of MAT
- Demonstrate understanding of switch or termination criteria for MAT
- Identify and recommend appropriate treatment for a pregnant client

Laura McNicholas, MD, PhD has been active in the treatment of opioid-dependent clients for over 25 years.

Dr. McNicholas is a Clinical Associate Professor of Psychiatry at the University of Pennsylvania's Perleman School of Medicine. She has experience with methadone, buprenorphine and buprenorphine/naloxone, and naltrexone ER. She has been active in research on various modalities of MAT and has taught numerous courses on managing clients with opioid use disorders and has served as a consultant to the Food and Drug Administration (FDA) on issues related to substance abuse.

This workshop is co-sponsored by the American Academy of Addiction Psychiatry.

THURSDAY—FRIDAY, November 17 & 18, 2016



TWO-DAY WORKSHOP 9:00 am — 4:00 pm each day

Embassy Suites Hotel—Newark, DE

Case Conceptualization and Treatment Planning: Using Research on Violence, Resilience, & Culture to Strengthen Plans

(11 hrs.)

This 2-day workshop provides advanced training in using research on violence, resilience, and culture to develop case conceptualization and effective treatment plans with clients. Both didactic and experiential practice in interpreting case history information and designing treatment goals with clients will be used. Multiple case histories will be provided. One case history will be used to illustrate the impact of adverse childhood experiences on risk for substance abuse and how knowledge of these adverse experiences can be used to build an effective treatment plan. Another case study will consider how research findings on resiliency can be used to develop a strength-based treatment plan. Participants will have the opportunity to practice a strategy for developing a culturally-sensitive treatment relationship and culturally-informed treatment goals.

Learning Outcomes:

- Recall at least three findings about the impact of adverse childhood experiences on adaptive functioning
- List at least three factors that have been found to increase resilient functioning
- Practice a strategy for developing a culturally sensitive treatment relationship
- Interpret case history information for signs of adverse childhood experiences, resilience, and cultural misunderstandings
- Design treatment goals that focus on decreasing the impact of adverse childhood experiences and increasing client resilience

Pearl Berman, PhD is a licensed clinical psychologist and a professor of psychology and clinical supervisor within the doctoral program in psychology at Indiana University of Pennsylvania. Her areas of clinical and research expertise include child physical and sexual abuse, neglect, spousal violence, violence prevention, and professional training. She is the author of three doctoral-level books, has published eight book chapters and eleven professional articles and has presented 55 professional papers and 13 professional workshops in her areas of expertise. In addition, she has taught 5 undergraduate and 12 doctoral-level courses in psychology. Her most recent book, in progress, will be the fourth edition of *Case Conceptualization and Treatment Planning: Exercises for Integrating Theory with Clinical Practice*.

THURSDAY, November 17, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Diagnostic and Statistical Manual 5: An Overview

(5.5 hrs.)

This workshop will provide a brief history of the Diagnostic and Statistical Manual (DSM) classification system for psychiatric disorders. Next, the process by which changes were made from DSM-IV-TR to DSM 5 will be summarized. In particular, the workshop will focus on criteria for Substance-Related and Addictive Disorders (SUD), looking specifically at what changed and why. In addition, DSM 5 changes in criteria for other psychiatric disorders often co-occurring with SUD's will also be highlighted, including depressive and anxiety disorders. Finally, the workshop will provide an overview of practical issues and new tools available for screening and assessment of SUD's and co-occurring conditions.

Learning Outcomes:

- Identify the major goals of the American Psychiatric Association in developing the DSM 5
- Describe the major revisions that occurred during the transition from DSM-IV-TR to DSM 5 for Substance Use Disorders and common co-occurring conditions
- Use new screening tools to identify co-occurring conditions in individuals with SUD's

Dace Svikis, PhD is a professor in the Departments of Psychology, Psychiatry and Obstetrics and Gynecology at Virginia Commonwealth University. She also serves as Deputy Director at the VCU Institute for Women's Health and Director of the Addiction and Women's Health: Advancing Research and Evaluation Program. She has authored over 116 peer-reviewed publications and has 11 current funded research projects. Dr. Svikis focuses on the translation of research to clinical practice and the study of alternative strategies to facilitate this gap in the field of substance use dependencies.

This workshop is co-sponsored by Central East Addiction Technology Transfer Center.

THURSDAY, November 17, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm each day

Embassy Suites Hotel—Newark, DE

Recovery Support Technologies

(5.5 hrs.)

Recovery support services for individuals with substance use and co-occurring disorders are designed to help individuals enter into and navigate systems of care, stay engaged in the recovery process, and live full lives in communities of their choice. Technology offers one more avenue by which behavioral health professionals can support individuals' recovery, thereby increasing recovery participation and decreasing the incidence of relapse. This workshop will focus on how the reach of recovery support services can be extended through the use of technologies (e.g. the web, social media, smartphone apps, cell phones) which are especially important for those individuals who prefer that method of communication or who reside in rural or remote areas and may have to wait to enter treatment services, thus exacerbating their behavioral health conditions.

Learning Outcomes:

- Define recovery and recovery support services
- Explain how technology can address barriers to accessing recovery support services
- Demonstrate knowledge of different types of technology used for recovery support services
- Identify resources available for additional training and technical assistance regarding recovery support services

Nancy Roget, MS is the Executive Director of the Center for the Application of Substance Abuse Technologies at the University of Nevada, Reno, a grant-funded organization providing training and technical assistance in substance abuse prevention, treatment, and recovery. In 2012, she was awarded the National Frontier and Rural ATTC grant with a focus on telehealth technologies. She has created innovative initiatives, including an online minor in addiction counseling and prevention services. Previously, she directed community-based substance abuse treatment programs for adolescents and their family members and has written training manuals and peer-reviewed journal articles.

Paul Warren, LMSW is the Deputy Executive Director for NDRI-USA's Training Institute. During his 25-year career in public health education, he has provided training and technical assistance as well as developed and facilitated curricula on a wide range of topics nationally. Paul is a Licensed Master Social Worker and was previously the Clinical Coordinator of Group Services for people living with HIV/AIDS. He manages the On-Line Training Center for New York State Aids Institute and is the Training Director for the Northeast & Caribbean Addiction Technology Transfer Center Network. He has a BFA in Undergraduate Drama from New York University and an MSW specializing in group work from Hunter College School of Social Work.

This workshop is co-sponsored by the National Frontier and Rural Addiction Technology Transfer Center and the Northeast and Caribbean Addiction Technology Transfer Center.

THURSDAY, November 17, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Psychological Trauma and Process Addictions (5.5 hrs.)

This workshop is designed to provide a clinical understanding of the effects of trauma and how they are interrelated to the etiology and process of addiction disorders and treatment implications. Emphasis will be placed on identifying signs and symptoms, and approaches to treatment interventions. In addition, the diagnostic criteria for various trauma categories and appropriate treatment approaches will be explored. Instruction will include practical interventions and extensive case examples. Problem and pathological gambling related issues will also be addressed.

Learning Outcomes:

- Understand the effects of trauma and how they are interrelated to the process of addictions
- Identify signs and symptoms of trauma related addictive disorders
- Examine the diagnostic criteria for trauma categories and choose effective treatment approaches

Oscar Flores Sida, MS, NCC, LCPC, LCADC, CPGC is a licensed clinical mental health counselor, a licensed alcohol and drug counselor, and a licensed problem gambling counselor. He currently serves as program coordinator and faculty in the college of Education and Clinical Studies at UNLV where he teaches courses in mental health counseling, human services, and assessment and treatment of addiction disorders. He specializes in process addictions and psychological trauma, and has worked extensively with clients suffering from psychological trauma, addictions, and problem and pathological gambling related issues.

This workshop is co-sponsored by the Delaware Council on Gambling Problems.

FRIDAY, November 18, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Cognitive Therapy for Suicide Prevention

(5.5 hrs.)

Cognitive Therapy for Suicide Prevention (CT-SP), developed by Gregory Brown PhD and Aaron Beck MD, is a type of psychotherapy that is based primarily on the assumption that individuals who are suicidal or who attempt suicide lack specific cognitive or behavioral skills for coping effectively with suicidal crises. CT-SP has been recognized as one of the few evidence-based, psychotherapy interventions specifically for suicide prevention. In a landmark randomized controlled trial conducted by Brown, Beck, and colleagues, clients who received CT-SP were approximately 50% less likely to make a repeat suicide attempt during the follow-up period than those who did not receive CT-SP.

Learning Outcomes:

- Identify the principles and theory for Cognitive Therapy for Suicide Prevention (CT-SP)
- Conduct an assessment of the suicidal crisis and formulate treatment goals to reduce risk
- Conduct and implement a safety plan
- Develop a Hope Kit
- Conduct a relapse prevention task to reduce suicide risk

Gregory Brown, PhD is a Research Associate Professor of Clinical Psychology in Psychiatry at the Perelman School of Medicine of the University of Pennsylvania and the Director of the Center for the Prevention of Suicide at the University of Pennsylvania. Dr. Brown is one of the nation's leading scholars in suicide prevention. Dr. Brown's research has focused on developing, evaluating, and disseminating targeted, psychotherapy interventions for individuals identified as being at high risk for suicide. Currently, he is investigating the effectiveness of cognitive therapy for adult clients who recently attempted suicide, for adult drug dependent clients with suicidal ideation, and for suicidal older men. These clinical trials focus on training therapists and case managers in community mental health and addiction treatment. Recently, he has worked on developing and implementing brief intervention strategies, and safety planning for suicide prevention.

This workshop is co-sponsored by the Delaware Division of Prevention and Behavioral Health Services.

FRIDAY, November 18, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Depression: Gender Differences, DSM 5, and Co-Occurring Diagnoses (5.5 hrs.)

This workshop will review the DSM 5 symptoms of depression. In particular, evidence of gender and cultural differences and factors contributing to such differences, will be discussed. The co-occurrence of depression and Alcohol Use Disorders (AUD) will be summarized, highlighting the pros and cons of alternative treatment options. Benefits of psychotropic medications and factors that can inform best practices will be presented. In addition, screening and intervention for prenatal and postpartum depression, with and without co-occurring alcohol addiction, will be discussed.

Learning Outcomes:

- Summarize criteria for major depression and how they may be impacted by co-occurring conditions
- Identify primary factors that contribute to gender differences in the development and course of depression, with and without co-occurring alcohol addiction
- Describe evidence based practices for screening and treatment of depression and co-occurring alcohol use disorder
- Recognize unique concerns raised by co-occurring alcohol addiction and depression during the prenatal and postpartum periods and the unique needs of this at-risk client population

Dace Svikis, PhD is a professor in the Departments of Psychology, Psychiatry and Obstetrics and Gynecology at Virginia Commonwealth University. She also serves as Deputy Director at the VCU Institute for Women's Health and Director of the Addiction and Women's Health: Advancing Research and Evaluation Program. She has authored over 116 peer-reviewed publications and has 11 current funded research projects. Dr. Svikis focuses on the translation of research to clinical practice and the study of alternative strategies to facilitate this gap in the field of substance use dependencies.

This workshop is co-sponsored by Central East Addiction Technology Transfer Center.

FRIDAY, November 18, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Exposure-Response Prevention, Acceptance and Commitment Therapy: A Combined Approach to Treatment of Obsessive Compulsive Disorder (5.5 hrs.)

Obsessive Compulsive Disorder (OCD) is a neurobiobehavioral anxiety disorder that affects 2-3% of adults and 1 out of 200 children and adolescents. Despite its prevalence, OCD remains a “hidden epidemic,” as it is both under-diagnosed and under-treated. This workshop will describe the various clinical presentations of OCD, introduce several clinical self-report measures which serve to inform diagnosis and monitor treatment progress, and provide a conceptual model for understanding the development and maintenance of the disorder. Participants will be provided instruction on the clinical application of behavioral treatment interventions, specifically Exposure-Response Prevention (ERP). Techniques from Acceptance and Commitment Therapy, a powerful complement to traditional ERP, will also be discussed.

Learning Outcomes:

- Describe the clinical presentation of five obsessions and five compulsions
- Utilize common diagnostic tools for OCD
- Describe the combined treatment application of Exposure-Response Prevention and Acceptance and Commitment Therapy

Kathleen Rupertus, PsyD is founder of The Anxiety and OCD Treatment Center in Wilmington, Delaware. She’s been working with children, adolescents, and adults with OCD and other anxiety disorders for over 20 years. Dr. Rupertus received her doctoral degree from the Philadelphia College of Osteopathic Medicine, and specializes in cognitive and behavioral treatments of anxiety disorders in children, adolescents, and adults. She has appeared on several television programs and presents regularly on topics related to anxiety, OCD, and OCD spectrum disorders. She is co-author of *Loving Someone with OCD*.

FRIDAY, November 18, 2016



ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

New Ethical Dilemmas in the Digital Age

(5.5 hrs.)

Advances in technology, along with the availability of and access to the internet, are impacting how behavioral health professionals deliver treatment services and what constitutes standards of care. These changes also raise practice issues, such as counselor self-disclosure, boundary crossings and violations, confidentiality, and informed consent. In 2016, behavioral health counseling professionals face a myriad of new ethical dilemmas, with little guidance from existing ethical codes which do not address these emerging issues. This workshop will review the current literature regarding new ethical dilemmas related to technology and the internet and provide guidance and recommendations for both counselors and clinical supervisors.

Learning Outcomes:

- Determine if they are a “Digital Native or Digital Immigrant”
- Describe how involvement with social networking sites may impact therapist self-disclosure
- Identify three risks associated with texting or emailing clients
- Cite eight of the ten social media policies presented for behavioral health
- Demonstrate familiarity with the pitfalls of enforcing employee social media policies
- Discuss recent National Labor Board Relations ruling and new state laws

Nancy Roget, MS is the Executive Director of the Center for the Application of Substance Abuse Technologies at the University of Nevada, Reno, a grant-funded organization providing training and technical assistance in substance abuse prevention, treatment, and recovery. In 2012, she was awarded the National Frontier and Rural ATTC grant with a focus on telehealth technologies. She has created innovative initiatives, including an online minor in addiction counseling and prevention services. Previously, she directed community-based substance abuse treatment programs for adolescents and their family members and has written training manuals and peer-reviewed journal articles.

Paul Warren, LMSW is the Deputy Executive Director for NDRI-USA’s Training Institute. During his 25-year career in public health education, he has provided training and technical assistance as well as developed and facilitated curricula on a wide range of topics nationally. Paul is a Licensed Master Social Worker and was previously the Clinical Coordinator of Group Services for people living with HIV/AIDS. He manages the On-Line Training Center for New York State Aids Institute and is the Training Director for the Northeast & Caribbean Addiction Technology Transfer Center Network. He has a BFA in Undergraduate Drama from New York University and an MSW specializing in group work from Hunter College School of Social Work.

This workshop is co-sponsored by the National Frontier and Rural Addiction Technology Transfer Center and the Northeast and Caribbean Addiction Technology Transfer Center.

Conference at a Glance—December

December 12—15, 2016, 9:00 am to 4:00 pm

Embassy Suites Hotel—Newark, DE

Daily Registration 8:00 to 9:00 am

Networking lunch provided

Monday December 12	Trauma Treatment: Principles and Strategies	Anxiety in Individuals with Autism Spectrum Disorder	Death & Dying: Keeping it Simple and Talking About it	DBT Program Implementation: Challenges & Solutions	Managing Ethical Dilemmas	
Tuesday December 13	↓	ADHD: Diagnosing and Treating it Across the Lifespan	DBT: Key Features & Strategies for Clinicians	Empathy: New & Creative Approaches (Intermediate-to- Advanced)	Proactive Relapse Prevention	Substance Use Treatment & Groups
Wednesday December 14	Clinical Supervision & Stages of Professional Development: What Stage Are You In?	Developing the Working Alliance: Examining Empathy & 8 Other Factors (Advanced)	IDD and Trauma: You Can Provide Trauma- Informed Care	Quality Care in Home Care Settings	Substance Use Disorders, Process Addictions & Special Populations	
Thursday December 15	Contingency Management	Frontotemporal Degeneration & Young-Onset Dementia	Giving a Fish a Bath: The Still-Maturing Young Adult Mind	Technology- Assisted Care for Substance Use Disorders	Trauma Informed Mental Health Approaches: Practical Integration & Application	

MONDAY & TUESDAY, December 12 & 13, 2016

TWO-DAY WORKSHOP 9:00 am — 4:00 pm each day

Embassy Suites Hotel—Newark, DE

Trauma Treatment: Principles and Strategies (11 hrs.)

Over the course of the last 35 years, major advances have been made in the study and understanding of the human response to trauma. Both therapists and researchers have contributed to this expanding knowledge base. This 2-day workshop will present some of the most significant of these advances in a number of areas including: the nature of trauma and traumatic stress; the relative prevalence of different types of trauma; common responses in the immediate and long term aftermath; variable adaptations to trauma; risk and resiliency factors; conceptualizations and types of posttraumatic responses and disorders, from simple to complex; principles and approaches to treatment, including those that are empirically supported; and, evolving standards of care in treating individuals who have been traumatized.

Learning Objectives:

- Identify at least three main types of trauma, their relative prevalence, and immediate and long-term effects
- Describe risk and resiliency factors that contribute to variable and individualized responses to trauma
- List at least two posttraumatic diagnoses and conceptualizations
- Discuss the evolving standard of care and principles for trauma treatment as well as different treatment approaches for different types of trauma

Christine Courtois, PhD, ABPP has just retired from clinical practice in Washington, DC. In recent years, she has co-authored *Posttraumatic Stress Disorder*, co-edited three books on complex trauma and its treatment in children and adults, co-edited *Spiritually Oriented Psychotherapy for Trauma*, and authored the consumer book *It's Not You, It's What Happened to You*. Dr. Courtois lectures widely on these and other topics. She is currently chair of the Guideline Development Panel for PTSD Treatment for the American Psychological Association and for guidelines on the treatment of complex trauma for several professional organizations. She has received the American Psychological Association Award for Distinguished Contributions to Psychology as a Professional Practice, the International Society for Traumatic Stress Studies Sarah Haley Award for Clinical Excellence, and most recently has been awarded the American Board of Professional Psychology, 2016 Distinguished Service Award to the Profession of Psychology.

MONDAY, December 12, 2016

ONE DAY WORKSHOPS 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Anxiety and Stress-Related Disorders in Individuals with Autism Spectrum Disorder

(5.5 hrs.)

This workshop will provide an overview of research on the prevalence, presentation, and treatment of anxiety disorders in individuals with autism spectrum disorder (ASD) across their lifespan. It will offer an interactive discussion of the understudied issue of traumatic events and their related psychological consequences in individuals with ASD. One portion will focus on recognizing anxiety disorders in young people with ASD. Participants will have an opportunity to participate in a newly launched initiative by the National Institute of Child and Human Development to share their impressions and perspectives on the significant adversities individuals with ASD and their families face and how these adversities impact their psychological well-being and development. During another portion, different contexts in which adults with ASD spend their time and how anxiety and other mental health challenges can present in these contexts will be discussed. The causes of anxiety in adults with ASD, methods and tools for assessment, and treatment options for adults with ASD, including the incorporation of behavior assessment/treatment and modification of traditional cognitive-behavior therapy approaches will be covered.

Learning Outcomes:

- Understand the prevalence, presentation and impact of anxiety disorders in individuals with ASD
- Learn the pros and cons of current anxiety measures and guidelines for differential diagnosis
- Understand the basics of CBT and how it may be adapted to treat anxiety problems in higher-functioning individuals with ASD
- Participate in an interactive discussion about trauma and stress-related disorders in individuals with ASD

Connor M. Kerns, PhD is an Assistant Research Professor at the A. J. Drexel Autism Institute. She has trained at both the Seaver Autism Center of Excellence at Mount Sinai School of Medicine and the Center for Autism Research at Children's Hospital of Philadelphia. Dr. Kerns has received extensive training in the assessment and cognitive-behavioral treatment of anxiety and related disorders. Her research focuses on the co-occurrence, assessment, and treatment of anxiety and stress related disorders in youth autism spectrum disorders. She is an author of the edited volume, *Evidence Based Assessment and Treatment of Anxiety Disorders in Children and Adolescents with ASD*.

Brian Freedman, PhD is the Director of the Transition, Education, and Employment Model (TEEM) Unit at the University of Delaware Center for Disabilities Studies at the University of Delaware. He is a licensed psychologist with expertise in working with individuals with developmental disabilities and their families. He currently oversees several programs and research projects for individuals with ASD and other developmental disabilities. Previously, Dr. Freedman served as the Clinical Director of the Center of Autism and Related Disorders at Kennedy Krieger Institute.

MONDAY, December 12, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Death & Dying: Keeping it Simple and Talking About it

(5.5 hrs.)

Traditionally, many individuals and families are reluctant to think or talk about death and dying. Some don't think or talk about it at all, before or after the loss of a loved one. This workshop will discuss how participants can help themselves and others to do the following: begin thinking and talking about death and dying; think about what goes into preparing for death and life afterwards; and more specifically, preparing for the death of someone you know. Come prepared to share personal and professional experiences, the challenges you have faced, and the successful and not so successful conversations and interventions you have experienced while trying to talk about death and dying.

Learning Outcomes:

- Explain two hopes and two fears people can have about preparing for death and dying
- Identify at least two ways in which people deal with death
- Describe at least two barriers and challenges to preparing for death and dying
- Identify two things that can be done to make preparing for death and dying easier
- Discuss two benefits of advanced planning for future health care issues
- Define steps involved in making an advanced care plan

Thomas Coyne, EdD, LCSW is a nationally recognized adult educator providing training and technical assistance on the assessment, treatment, and outcomes monitoring of persons with substance use and co-occurring disorders. His expertise has been applied to contracts, grants and research funded by Department of Justice, Court Appointed Special Advocates, National Drug Court Institute, Office of National Drug Control Policy, National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism, and Substance Abuse and Mental Health Services Administration.

MONDAY, December 12, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Dialectical Behavior Therapy Implementation: Challenges and Solutions

(5.5 hrs.)

Dialectical Behavior Therapy (DBT) is a treatment designed for suicidal thoughts, urges, and behavior, as well as non-suicidal self-injury, e.g. cutting or burning one's self. Many individuals with these behaviors meet criteria for borderline personality disorder. DBT is most likely to benefit individuals in need when offered comprehensively and adherently. Unfortunately, DBT is underutilized in routine clinical care, thus denying individuals its benefits. As a complex, multimodal treatment, DBT can be challenging to implement. Contextual support for the treatment must be provided at the clinician, organization, and community levels. Tending to factors at each level is paramount to ensure that DBT can be implemented and available to those in need. This workshop will identify barriers and solutions to DBT implementation for anyone seeking to implement DBT in their practice, including providers, administrators, and champions of evidence-based practices for high-risk individuals with mental health conditions.

Learning Outcomes:

- Cite the importance of DBT implementation
- Identify barriers and facilitators to DBT implementation identified by research
- Discuss real-world barriers and facilitators to DBT implementation identified by workshop participants
- Discover solutions to maximize implementation and remove barriers

Matthew Ditty, DSW, LCSW is a social worker and mental health clinician. Within Dr. Ditty's range of mental health experience, his primary expertise and passion is for survivors of physical, sexual, and emotional abuse, as well as life-threatening coping strategies including suicide, self-injury, and addiction. His current research focus is the dissemination and implementation of Dialectical Behavior Therapy, Cognitive Behavioral Therapy, and other evidence-based treatments. He is a member of Dr. Marsha Linehan's DBT Strategic Planning Meeting. When not engaged in therapy provision, he teaches master's-level social workers at the University of Pennsylvania's School of Social Policy and Practice.

MONDAY, December 12, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Managing Ethical Dilemmas

(5.5 hrs.)

Every day behavioral health professionals face ethical dilemmas in their work. Managing an issue like accepting a Facebook friend request or saying “No” to sex with your client seems like they ought to be easy to solve. However, every year issues like these create problems for staff at all levels of experience. This workshop will address multiple types of ethical dilemmas including boundary issues, mandatory reporting, confidentiality, and managing risk assessments for high-acuity clients.

Learning Outcomes:

- Gain insight and understanding into the ethics code and mandatory regulations
- Identify potential ethical dilemmas
- Describe proactive solutions to prevent code infractions
- Create safety plans for clients with high risk behaviors

Martha Thompson PsyD, LPC, CAADC provides outpatient mental health/drug and alcohol treatment, clinical training and consultation for professionals in the behavioral health field. Dr. Thompson has worked in various community services agencies, including addiction treatment, domestic violence shelters, and correctional facilities. Her philosophy is that teaching ten therapists can reach hundreds of clients where she may only be able to reach ten. Dr. Thompson was awarded the 2013 Certified Professional of the Year Award by the PA Drug and Alcohol Certification Board. She has taught at Harrisburg Community College, Alvernia University, and Lebanon Valley College. In addition to her academics and teaching, she is a Licensed Professional Counselor and Certified Advanced Alcohol and Drug Counselor.

This workshop is co-sponsored by the Delaware Certification Board.

TUESDAY, December 13, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Attention Deficit Hyperactivity Disorder: Diagnosing and Treating Across the Lifespan

(5.5 hrs.)

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common conditions for which children receive mental health treatment and is often co-morbid with other conditions for adults. This workshop will identify the evolving symptoms of ADHD across the lifespan and how to differentiate ADHD from other conditions. We will discuss how executive functioning weaknesses underlie these symptoms and cause struggles in most areas of daily life, as well as provide practical strategies that can be used to compensate. ADHD is often best treated with an integrative treatment program that includes education about ADHD, medication, practical strategies, and skills-based cognitive-behavioral therapy that can be provided to individuals, couples, families, and groups. This will be an experiential workshop that will provide hands-on strategies.

Learning Objectives:

- Identify common and less common symptoms of ADHD
- Explain the specific executive functioning weaknesses associated with ADHD and associated compensatory strategies
- Describe an integrative treatment model for ADHD that involves education, medication, coaching, and therapy
- Describe how to help clients and their families integrate a diagnosis of ADHD into their self-concept in a positive and productive way

Ari Tuckman, PsyD, MBA is a psychologist with special outpatient focus on ADHD, anxiety, depression and life balance issues with adults and adolescents. He is active in both local and national CHADD and the national Attention Deficit Disorder Association, has provided more than 300 presentations and routinely earns excellent reviews for his ability to make complicated information understandable and useful. He is the author of over 100 professional articles and the author of three books: *Understanding Your Brain*; *Get More Done, More Attention, Less Deficit*; and *Integrative Treatment for Adult ADHD*, and the popular podcast, *More Attention, Less Deficit*. He has received awards from Pennsylvania Psychological Association, numerous school-based programs, and is often asked to provide media appearances.

TUESDAY, December 13, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Dialectical Behavior Therapy: Key Features and Strategies (5.5 hrs.)

Dialectical Behavior Therapy (DBT) is a comprehensive, cognitive-behavioral treatment for people with chronic emotional and behavioral dysregulation, including long-standing patterns of life-threatening or other extreme maladaptive behaviors. This workshop will provide an introduction to the defining features of DBT by addressing the following topics: the conceptual model of borderline personality disorder that guides treatment planning; the structure and targets of a standard DBT program; essential treatment strategies; and the basic content and focus of each of the four skills modules used in DBT with a focus on the mindfulness and distress tolerance modules. Emphasis will include elements of DBT that can be useful to any clinician working with multi-problem individuals.

Learning Outcomes:

- Demonstrate a basic understanding of the biosocial model of borderline personality disorder that informs DBT
- Identify fundamental treatment strategies, including problem-solving and validation
- List the four standard skills modules taught in DBT
- Identify at least two specific skills within the mindfulness and distress tolerance modules
- Discuss ways in which DBT strategies might be useful in particular populations

Sarah Reynolds, PhD is a licensed psychologist with 15 years of experience providing DBT consultation, training, and direct service across diverse settings. She teaches DBT nationally and internationally in her role as a senior trainer for Behavioraltech, a nonprofit company owned by the Linehan Institute. She lives in Manhattan, where she is in private practice and is an adjunct faculty member at the Columbia University School of Social Work. She has published both theoretical and empirical articles on DBT, personality disorder, and suicidal behavior.

TUESDAY, December 13, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Empathy: New and Creative Approaches

(5.5 hrs.)

This intermediate to advanced workshop will provide a brief review of empathy in the helping relationship and will examine recent “common factors” research that demonstrates the efficacy of empathic responding. We will learn about research related to the development of new neural pathways when practicing empathy; practice ways of learning how to become more empathic; and highlight eight creative and novel approaches to making empathic responses.

Responses include reflecting deeper feelings and content, highlighting discrepancies, using metaphors, using analogies, responding with visual images, using targeted self-disclosure, using tactile cues in responses, and responding with discursive empathy. The workshop will be a mix of didactic and experiential learning as participants will have the opportunity to practice the skills they have learned.

Learning Outcomes:

- Understand the importance empathy has played, and continues to play, in the helping relationship
- Review, or learn for the first time, basic empathic responses as developed by Carkhuff and practice such responses
- Use group techniques to practice how to nurture and develop our empathic listening skills
- Learn and practice eight advanced, creative, and novel approaches to empathic responding

Edward Neukrug, EdD is a professor of counseling and human services at Old Dominion University. He has taught for over thirty years, has published dozens of articles and nine books in the helping professions, including: *The World of the Counselor* (5th ed.); *Experiencing the World of the Counselor: A Workbook for Counselor Educators and Students* (4th ed.); and *Counseling Theory and Practice, Theory, Practice and Trends in Human Services: An Introduction to An Emerging Profession* (5th ed.). He is a licensed professional counselor and licensed psychologist. He has developed a number of interactive websites on counseling and helping (see www.odu.edu/~eneukrug). Dr. Neukrug consistently receives the highest evaluations from his students.

TUESDAY, December 13, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Proactive Relapse Prevention

(5.5 hrs.)

It is not uncommon for people recovering from substance use conditions to experience one or more relapses. Preventing a relapse from a substance use condition requires more than being able to “just say no.” There are ways to proactively reduce relapse. This introductory workshop will review the relapse process, relapse prevention, and after care planning.

Learning Outcomes:

- Gain an understanding of the relapse process
- Identify potential relapse factors for clients in all stages of recovery
- Create relapse prevention plans and community support plans
- Reframe relapse from a negative experience into a learning opportunity, when applicable

Martha Thompson PsyD, LPC, CAADC provides outpatient mental health/drug and alcohol treatment, clinical training and consultation for professionals in the behavioral health field. Dr. Thompson has worked in various community services agencies, including addiction treatment, domestic violence shelters, and correctional facilities. Her philosophy is that teaching ten therapists can reach hundreds of clients where she may only be able to reach ten. Dr. Thompson was awarded the 2013 Certified Professional of the Year Award by the PA Drug and Alcohol Certification Board. She has taught at Harrisburg Community College, Alvernia University, and Lebanon Valley College. In addition to her academics and teaching, she is a Licensed Professional Counselor and Certified Advanced Alcohol and Drug Counselor.

This workshop is co-sponsored by the Delaware Certification Board.

TUESDAY, December 13, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Substance Abuse Treatment and Groups: What Are You Doing? Why Are You Doing It? and, How Are You Doing It?

(5.5 hrs.)

This workshop is especially designed to enhance the knowledge and skills of practitioners who facilitate groups as part of substance abuse treatment. The workshop will include discussion on the following: rationale and benefits of the different types of groups used; group formats; leadership and facilitation skills; group development; group norms; and how, importantly, evidence based adult learning practices should be incorporated into group work.

Learning Outcomes:

- Explain the rationale and benefits of using groups in the treatment of substance use disorders
- Differentiate between at least two types of groups commonly used in the treatment of substance use disorders
- Compare and contrast the characteristics and benefits of open and closed groups
- Describe at least two stages of group development
- Identify the role and tasks of the group leader for at least two stages of group development
- Explain the benefits of incorporating evidence based adult learning practices and interventions into group work
- Discuss one evidence based adult learning practice that can be incorporated into group work

Thomas Coyne, EdD, LCSW is a nationally recognized adult educator providing training and technical assistance on the assessment, treatment, and outcomes monitoring of persons with substance use and co-occurring disorders. His expertise has been applied to contracts, grants and research funded by Department of Justice, Court Appointed Special Advocates, National Drug Court Institute, Office of National Drug Control Policy, National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism, and Substance Abuse and Mental Health Services Administration.

WEDNESDAY, December 14, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Clinical Supervision and the Stages of Professional Development (5.5 hrs.)

The workshop will provide an overview of the six stages of professional development, and describe the roles and tasks of the supervisor in each. Included in the discussion will be a review of the types of supervision available, supervisory models, the role of power and positionality in supervisory process, transference, counter-transference, and what actions a supervisee can take to improve the quality and outcome of supervision. The role and value of clinical supervision has received a great deal of attention in the behavioral health care field. Some models can be very comprehensive and can require up to five days of training. This workshop is less intensive than those and provides an alternative lens to view personal performance as supervisors and supervisees.

Learning Objectives:

- Discuss the rationale and benefits of clinical supervision
- Compare and contrast the main components of clinical versus administrative supervision
- Discuss the general characteristics of at least two of the six stages of professional development
- Describe the roles and tasks of the supervisor and supervisee in at least two of the six stages of professional development
- Discuss at least two actions or interventions the supervisee can implement in order to improve the quality and outcomes of supervision

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WEDNESDAY, December 14, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Developing the Working Alliance: Empathy and Eight Other Factors Critical to Outcomes

(5.5 hrs.)

This advanced workshop will describe 9 “common factors” that should be demonstrated by behavioral health professionals that lead to positive client outcome. They include; empathy; acceptance; genuineness; wellness; cultural competence; and the “it factor,” compatibility with and belief in one’s theory, empathic responding, which has been shown to be the most critical of the nine factors. The workshop will explore the history of empathy, offer modern day definitions of empathy, and distinguish empathy from related concepts. The workshop will also provide a model of learning and practicing empathic responding that will help practitioners hone their clinical empathic skills and provide for positive client outcomes. The workshop will be a mix of didactic and experiential learning.

Learning Objectives:

- Understand the “common factors” research and examine its importance to positive client outcomes
- Review 9 common factors to improve client outcomes
- Examine the research on empathic responding
- Understand why empathic responding has been seen as most critical to building the working alliance and to increasing positive client outcomes
- Provide a model of empathic responding that can be used in all settings to improve client outcomes

Edward Neukrug, EdD is a professor of counseling and human services at Old Dominion University. He has taught for over thirty years, has published dozens of articles and nine books in the helping professions, including: *The World of the Counselor* (5th ed.); *Experiencing the World of the Counselor: A Workbook for Counselor Educators and Students* (4th ed.); and *Counseling Theory and Practice, Theory, Practice and Trends in Human Services: An Introduction to An Emerging Profession* (5th ed.). He is a licensed professional counselor and licensed psychologist. He has developed a number of interactive websites on counseling and helping (see www.odu.edu/~eneukrug). Dr. Neukrug consistently receives the highest evaluations for his students.

WEDNESDAY, December 14, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Intellectual and Developmental Disabilities and Trauma

(5.5 hrs.)

Yes, you can provide trauma-informed care. The stakes are high. People who have intellectual and developmental disabilities (IDD) experience traumatic events at higher rates than the rest of the population. The fact that they have an IDD not only increases the risk of experiencing trauma, but often results in the individual being less able to report the event, talk about the event, and ultimately heal from the event. You can help—you do have a role. This workshop is designed for anyone who supports individuals with an IDD, including friends, family members, or professional care provider.

Learning Outcomes:

- Define what being trauma-informed means when working with individuals who have developmental disabilities
- Describe why people with developmental disabilities are more likely to experience trauma than people without developmental disabilities
- Describe indications that the individual may have experienced trauma
- Describe how to respond to indications of a history of trauma
- Learn appropriate actions you can take once you find out a person with a developmental disability has experienced trauma

Karyn Harvey, PhD has worked as a clinician in the field of intellectual disabilities (ID) for over 30 years and has published articles about therapeutic interventions with individuals with intellectual and developmental disabilities (IDD), workbooks for individuals with IDD and two books. *Positive Identity Development* was published in 2009 and presents both theory and guidance for clinicians doing therapy with individuals with IDD. *Trauma-Informed Behavioral Interventions* was published in 2011 and presents a trauma-informed care approach to working with individuals with IDD both programmatically and clinically. She is the Assistant Executive Director of Clinical Services for the ARC Baltimore and is an adjunct professor at the University of Baltimore in the graduate psychology program. She consults with states and agencies as well as trains on trauma-informed care throughout the country and Canada.

This workshop is co-sponsored by the Delaware Division of Developmental Disabilities Services.

WEDNESDAY, December 14, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Quality Care in Home Care Settings

(5.5 hrs.)

The Campaign for Quality Care in Home Care Settings uses home care practice recommendations for a person- and family-centered approach to dementia care, which involves tailoring care to the abilities and changing needs of each person affected by dementia. It respects cultural values and traditions and counts family members as part of the care team. The workshop emphasizes personalized care and relationship building and encourages providers to learn about an individual's cultural background, personal history, abilities, and care choices in order to make informed decisions and build rapport. Personalized and successful home based care requires skills and knowledge in the following areas: overview on dementia and its effects; personal care guide; including social relationships and meaningful interaction; pain management; personal care; eating and drinking; falls, wandering; home safety; end-of-life care; and special considerations for elder abuse/neglect, emergency preparedness, caregiver stress, and in transitions in care.

Learning Outcomes:

- Understand how the impact of Alzheimer's and dementia on function and cognition affect everyday life and care
- Apply the person-centered care philosophy for ensuring capable care and meaningful interactions
- Describe the elements of home safety
- Recognize transition considerations for end-of-life care

Brigitta Glunk, MPH Program Coordinator, expands core services throughout the Alzheimer's Association's Delaware Valley Chapter region, interfaces with donors and community leaders to foster awareness and support, coordinates, implements and analyzes the Portfolio of Common Programs, including consumer education, and information & referral via the 24/7 helpline, and safety. Ms. Glunk earned a Master's in Public Health with a concentration in Health Education as well as experience in mental health clinical research at the Department of Psychiatry at the Emory University School of Medicine, which resulted in a publication and presentation for 69th Society of Biological Psychiatry Annual Meeting 2014 on the neurocircuitry of inflammation in depression.

Krista McKay is the Director of Programs & Services for the Alzheimer's Association Delaware Valley Chapter. She coordinates the work of a regional team of professionals dedicated to providing education, support, information, referrals, and community service to the estimated 294,000 people with dementia and their professional and family caregivers in the chapter's 18-county territory. She is responsible for program, service and grant implementation, integrating the national strategic plan, acting as a media spokesperson, fundraising, advocacy, professional training initiatives, and disaster preparedness. She calls on her experience to highlight the culture change in dementia care practices.

This workshop is co-sponsored by The Delaware Division of Services for Aging and Adults with Physical Disabilities.

NOTE: This workshop is repeated on Tuesday, November 15, 2016.

WEDNESDAY, December 14, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Substance Use Disorders, Process Addictions, and Special Populations (5.5 hrs.)

Misuse, abuse, or dependency of substances is just one part of understanding addiction today. This diagnostic category has evolved. This workshop will focus on the updated DSM 5 diagnoses as well as process addictions such as eating, spending money, gambling, sex, or work and drug trends today. An overview of synthetic drugs and working with special populations will be included.

Learning Objectives:

- Discuss the addiction process and new DSM 5 criteria
- Gain insight into understanding process addictions
- Identify several drug trends and synthetic drug abuse
- Explore resources for working with special populations

Martha Thompson PsyD, LPC, CAADC provides outpatient mental health/drug and alcohol treatment, clinical training and consultation for professionals in the behavioral health field. Dr. Thompson has worked in various community services agencies, including addiction treatment, domestic violence shelters, and correctional facilities. Her philosophy is that teaching ten therapists can reach hundreds of clients where she may only be able to reach ten. Dr. Thompson was awarded the 2013 Certified Professional of the Year Award by the PA Drug and Alcohol Certification Board. She has taught at Harrisburg Community College, Alvernia University, and Lebanon Valley College. In addition to her academics and teaching, she is a Licensed Professional Counselor and Certified Advanced Alcohol and Drug Counselor.

This workshop is co-sponsored by the Delaware Certification Board.

THURSDAY, December 15, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Contingency Management

(5.5 hrs.)

Research has demonstrated the effectiveness of treatment approaches using contingency management (CM) principles, which involve giving clients tangible rewards to reinforce positive behaviors. Studies demonstrate that incentive-based interventions are highly effective in increasing treatment retention and promoting abstinence from drugs. CM is typically combined with other forms of treatment e.g., psychosocial treatment, family therapy, and medication assisted therapy. The goal of this workshop is to provide information about Contingency Management, the research supporting it, the basic principles underlying it, how it can be incorporated into treatment, and the steps involved in developing a CM program. Discussion will include the use of CM techniques in treatment.

Learning Outcomes:

- Define Contingency Management and explain how it works
- Describe two major components of contingency management
- Identify at least two categories of behaviors targeted through contingency management
- Describe categories of incentives that treatment programs may choose to use and provide one example
- Explain at least one treatment program factor that may influence whether to use incentives or disincentives
- Detail two steps involved in developing a CM program
- Discuss implementation issues staff and programs should consider

Thomas H. Coyne, EdD, LCSW is a nationally recognized adult educator providing training and technical assistance on the assessment, treatment, and outcomes monitoring of persons with substance use and co-occurring disorders. His expertise has been applied to contracts, grants and research funded by Department of Justice, Court Appointed Special Advocates, National Drug Court Institute, Office of National Drug Control Policy, National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism, and Substance Abuse and Mental Health Services Administration.

THURSDAY, December 15, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Frontotemporal Degeneration and Young-Onset Dementia

(5.5 hrs.)

This workshop will review diagnosis and care for individuals with young-onset dementias, focusing on frontotemporal degeneration (FTD), which is a significant cause of dementia in people under the age of 65. Additionally, we will discuss clinical presentations of FTD, including progressive aphasia and behavioral disorders, as well as associated elementary neurological deficits. This workshop will also review diagnostic procedures such as imaging and blood and cerebrospinal fluid studies, medication and behavioral treatment modalities, community resources, and prognosis.

Learning Outcomes:

- Describe the spectrum of clinical features associated with frontotemporal degeneration and other early-onset dementias
- Understand the value of diagnostic procedures
- Identify the spectrum of medication and behavioral treatment modalities
- Analyze prognosis in FTD

Murray Grossman, MD is a neurologist at University of Pennsylvania and Director of the University of Pennsylvania's Frontotemporal Degeneration Center. Dr. Grossman directs a team of researchers and graduate students in studies related to the diagnosis and treatment of FTDs. He was the founding Chair of the Medical and Scientific Advisory Board for the Association for Frontotemporal Degenerations and the Chair of the Board of Governors of the Academy of Aphasia. He helped found the Society for the Neurobiology of Language and the International Society for Frontotemporal Degenerations.

David Irwin, MD is an attending cognitive neurologist at the University of Pennsylvania's Frontotemporal Degeneration Center. Dr. Irwin has an interest in young onset dementia and his research focuses on the interface of clinical symptoms and underlying neuropathology in neurodegenerative diseases.

Lauren Massimo, PhD, CRNP is a 2014 graduate of the PhD program in Nursing at the University of Pennsylvania and a Post-doctoral fellow at the Pennsylvania State University College of Nursing and the University of Pennsylvania Frontotemporal Degeneration Center. Dr. Massimo's research focuses on identifying the cognitive and neural bases for neuropsychiatric symptoms in neurodegenerative diseases.

Corey McMillan, PhD is a Research Assistant Professor of Neurology at the University of Pennsylvania Perelman School of Medicine. He is a member of the Neuroscience Graduate Group and Institute for Translational Medicine and Therapeutics at the University of Pennsylvania. Dr. McMillan's research focuses on identifying cognitive and biological markers of neurodegenerative diseases like frontotemporal lobar degeneration, amyotrophic lateral sclerosis, Alzheimer's disease, and Parkinson's disease.

Katya Rascovsky, PhD is a Research Assistant Professor of Neurology at the University of Pennsylvania Perelman School of Medicine. Her research has focused on identifying the cognitive and behavioral markers of behavioral variant frontotemporal dementia. She also conducts cross-cultural studies of young-onset dementia in Latin America.

Anna Yung, RN, BSN joined the Penn FTD Center in 2015 as a Clinical Research Nurse Coordinator. She has previous research experience in pediatrics at the Stanford University School of Medicine and completed her capstone senior nursing rotation at Stanford Hospital.

THURSDAY, December 15, 2016

ONE DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Giving a Fish a Bath: The Untold Story of the Still Maturing Young Adult Mind (5.5 hrs.)

Recent discoveries in neuroscience offer insights into how the brains of our young adults work and the unique “brain-based” challenges faced by 18-25 year olds as they mature. This workshop will explain why this group is vulnerable to addictions, high-risk peer influences, and depression. This workshop also addresses the key roles that stress and sleep have on decision-making, learning, and emotional health. The impact of trauma on the young adult brain will also be reviewed. In addition, the workshop offers essential strategies compatible with the many strengths and opportunities available during this developmental period. This workshop is a must-attend event; it is not usually possible to attend a Frank Kros workshop at this price!

Learning Outcomes:

- Explain the rapidly emerging research on how the young adult brain is built and how it works
- Identify how the 18-25 year old brain significantly differs from the fully matured brain
- Describe the practical application of young adult brain research on behavioral and emotional interventions for 18-25 year olds by their caretakers and educators, with specific focus on helping them to avoid and recover from high risk activities such as addictions
- Learn essential strategies for helping young adults avoid high risk behavior and care for their brains

Frank J, Kros, MSW, JD has served as a consultant, college professor, attorney, writer and speaker. He is president of The Upside Down Organization (UDO), Director of the National At-Risk Education Network and Chief Operating Officer of The Children’s Guild. He is a worldwide speaker and presents seminars to parents, educators, professionals and their leaders on various topics, including brain-based learning, attention-deficit hyperactivity disorder, neuroscience of the brain and brain-compatible organizational leadership. He also speaks on the effects of stress, child abuse and poverty in relation to brain function and development. He received his law degree from Notre Dame Law School, and also holds a master’s degree in social work from the University of Nebraska at Omaha.

This workshop is co-sponsored by The Delaware Council on Gambling Problems.

THURSDAY, December 15, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Technology-Assisted Care for Substance Use Disorders

(5.5 hrs.)

Advances in computer-assisted interventions for substance use disorders show great promise for increasing reach, improving services, and enhancing patient health outcomes. This workshop describes how clinicians can extend and enhance their practice by incorporating specific interventions, such as “TES,” (Therapeutic Education System) which is a web-based version of the Community Reinforcement Approach plus contingency management approach. Attendees will have the opportunity to observe and experience the web-based interventions.

Learning Outcomes:

- Provide an overview of Technology-Based Interventions including TES and CBT4CBT (Computer Based Training for Cognitive Behavior Therapy)
- Present research findings regarding the efficacy of a variety of computer-based interventions
- Enhance providers’ confidence that technology-based interventions may be feasible and desirable in actual practice
- Provide suggestions for overcoming barriers to implementing technology based interventions

Paul Warren LMSW is the Deputy Executive Director for NDRI-USA’s Training Institute. During his 25-year career in public health education, he has provided training and technical assistance as well as developed and facilitated curricula on a wide range of topics nationally. Paul is a Licensed Master Social Worker and was previously the Clinical Coordinator of Group Services for people living with HIV/AIDS. He manages the On-Line Training Center for New York State Aids Institute and is the Training Director for the Northeast & Caribbean Addiction Technology Transfer Center Network. He has a BFA in Undergraduate Drama from New York University and an MSW specializing in group work from Hunter College School of Social Work.

This workshop is co-sponsored by the National Frontier and Rural Addiction Technology Transfer Center and the Northeast and Caribbean Addiction Technology Transfer Center.

THURSDAY, December 15, 2016

ONE-DAY WORKSHOP 9:00 am — 4:00 pm

Embassy Suites Hotel—Newark, DE

Trauma Informed Mental Health Approaches: Practical Integration and Applications

(5.5 hrs)

Back by popular demand for her 2013 keynote address at the 42nd Delaware Summer Institute, and here to help us put three months of trauma information into practice, Dr. Pease will integrate sensitivity to culture and historical trauma into the services we provide. She describes this instruction as “Tracks of Their Tears” – The Lasting influence of Ancestral Experience. Every day, events are occurring that will impact us for years to come: disasters, terrorism, gun violence, self-violence, and community unrest are in our daily lives. Through an interactive and provocative workshop approach, the content can serve as a framework for our practices. Participants will have an opportunity to raise key remaining questions for their individual, program, or agency practice, and to specify how they will disseminate and apply the information from this workshop in their personal lives and with their families, organizations and communities.

Learning Outcomes:

- Identify underlying similarities that unite and integrate trauma-informed approaches
- Summarize and integrate individual points of learning and key insights on trauma
- Create an individual plan for making use of key insights that answer the question “*so what do I do next?*”
- Identify the internal, personal, agency and community resources to sustain ongoing trauma-informed work in diverse settings

Terri E. Pease, PhD is a Senior Training Consultant at the National Center on Domestic Violence Trauma and Mental Health. She has devoted much of her career to addressing sexual assault and domestic violence trauma and abuse of people with disabilities and in communities of color. She is especially interested in enabling and broadening collaborations between victim service providers and providers who support people who have mental health, cognitive and learning disabilities. Dr. Pease is a former board member of the National Coalition Against Domestic Violence and has long-standing ties to the domestic violence movement.