



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Substance Abuse and Mental Health
Always the right time. Always the right place. Always the right service.

40th SUMMER INSTITUTE ON SUBSTANCE ABUSE AND MENTAL HEALTH

Innovations and Outcomes *The* **INs**



and **OUTs**
of Recovery

*Embassy Suites
Newark, Delaware*

July 25 - July 29, 2011



Continuing education hours are awarded as follows:

Keynote Address and Monday Workshop = 6.00
2-Day Workshop = 12.00 (Tuesday & Wednesday)
2-Day Workshop = 10.75 (Thursday & Friday)
1-Day Workshop = 6.00 (Tues, Wed, & Thurs.)
1-Day Workshop = 4.75 (Friday only)
Evening Ethics Workshops = 3.25
Free Evening Sessions = 2.00

Certification & Continuing Education

Participants assume all responsibility for ensuring that the certificate of completion will be accepted by their professional licensing organization. ***In compliance with certification requirements, CEU workshop certificates will be issued to those who register for and complete an entire workshop.*** Check www.dhss.delaware.gov/si11 for updated information on pre-approved CEUs.

- Delaware Board of Nursing (DBN): The DSAMH Training Office is an approved provider of Continuing Education credits under the rules and regulations for mandatory education set forth by the DBN.
- Identified workshops are co-sponsored by the Delaware Psychological Association (DPA), and have been approved for APA credits. For those who do not need APA credits other workshops may meet DPA CE requirements. The Delaware Psychological Association is approved by the American Psychological Association (APA) to sponsor continuing education credits for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents. Important Notice: Those who attend the workshop and complete the APA evaluation form prior to leaving the Summer Institute will receive the listed number of continuing education credits. APA rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the scheduled start time or leaving before the workshop is completed will not be eligible to receive CE credits. There is a \$5.00 per credit fee required upon workshop completion. Checks must be made out to DPA. Cash and credit cards will not be accepted.
- National Association of Alcoholism and Drug Abuse Counselors (NAADAC): The DSAMH Training Office is an approved NAADAC Education Provider.
- National Board of Certified Counselors (NBCC): The DSAMH Training Office is an NBCC Approved Continuing Education Provider (ACEP) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of the program. Provider #5047.
- CE: The DSAMH Training Office will award an individual certificate of attendance to each participant for successful completion of each workshop.
- National Association of Social Workers (NASW)/Delaware Chapter: The DSAMH Training Office is an approved provider for social work continuing education.

Applications for continuing education units have been submitted to the following boards:

- Certified Employee Assistance Professionals Association, Inc. (CEAP)
- Commission on Rehabilitation Counselor Certification (CRCC)
- Delaware Certification Board (DCB)
- Delaware Examining Board of Physical Therapists and Athletic Trainers (PT)
- Delaware Board of Examiners of Nursing Home Administrators (NHA)

Individual workshops may be approved by your accrediting body. Contact your certification board for clarification.

Legal Disclaimer:

The views and opinions contained in the educational offerings described in this publication do not necessarily reflect those of the Division of Substance Abuse and Mental Health or the Department of Health and Social Services, and should not be construed as such.

The Delaware 40th Summer Institute Welcomes

Robert F. Anda, MD, MS

Presenting the Dr. Mario Pazzaglini Keynote Address

The Ins (Innovations) and Outs (Outcomes) of Recovery



Robert Anda, MD, MS has designed and conducted epidemiologic studies for more than 20 years. He is most well known for his co-principal investigator work on the Adverse Childhood Experiences (ACE) Study, an ongoing collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente. The ACE Study is perhaps the largest scientific research study of its kind, analyzing the relationship between multiple categories of childhood trauma, and health and behavioral outcomes later in life. The ACE Study demonstrates the relationship of childhood abuse, neglect, domestic violence and related experiences to health throughout the lifespan. The outcomes allow

scientists, researchers and health professionals to bridge the gap between childhood trauma and negative consequences later in life.

In this Pazzaglini Keynote Address, Dr. Anda will provide an overview of the ACE Study and explore how the outcomes can inform our practices to create a healthier and more resilient Delaware. The ACE Study has led to many innovations in our field, perhaps the most noteworthy is the practice of trauma informed care. Dr. Anda will provide insights into using the findings of the ACE study to create new practices and policies that promote excellence in care and recovery. For the purposes of this keynote, an innovation is a new way of doing things to improve health care delivery. An innovation may be a product, a service, a process, a system, an organizational structure, or a business model. As we come together to learn with Dr. Anda, we are challenged to think critically as to how we can use the ACE Study outcomes to bring innovation to our daily work.

Keynote Address Monday, July 25, 9:00 am to 12:00 pm

Monday 1-Day Workshops

Registration fee includes the Keynote Address and Luncheon

1472 Evidence-Based Practices: The Foundations of the Recovery Process

Faculty: Rhonda McKillip, MEd, LMHC, MAC, CCDC III, CDP

Integrated treatment is recognized as evidence-based practice (EBP) and is a national priority. This workshop will begin by briefly establishing EBP in all areas of integrated treatment. EBP states that co-occurring psychiatric and substance dependence disorders are brain disorders in biologically vulnerable individuals. A brain disorder focus logically leads to a brain healing treatment. All chronic and acute medical disorders begin with stabilization of the affected organ of the body. It's commonsense that the treatment of a broken leg starts with a cast and not a cane, and that approach is consistent from provider to provider. The organ of the body involved in stabilization of dual diagnosis is the brain. This workshop details what everyone needs to know about the foundations of the recovery process that are vital in the stabilization phase of integrated treatment.

Learning Outcomes

- Summarize EBPs for the treatment of co-occurring psychiatric and substance disorders
- Describe the stabilization process of the integrated treatment of co-occurring psychiatric and substance disorders
- Discuss the foundations of the recovery process



1474 Overcoming Barriers to Change: Building a Trauma Informed Culture

Faculty: Robert Anda, MD, MS

Certain barriers to change are common and will likely be encountered when addressing the effects of adverse childhood experiences (ACE) and adopting trauma informed care practices. Learn how epidemiologic findings about the outcomes of the ACE study can be used in innovative ways to “open doors” in health and human service systems. Basic principles of public health approaches to major health problems can be used to promote innovative program approaches and policies. Discussion of these topics and approaches to prevention and building a trauma informed culture to optimize client outcomes will be covered.

Learning Outcomes

- Identify barriers to change in our system of care
- Explain how public health approaches can be applied to service sectors and society in general
- Describe three examples of trauma informed care practices

1476 Improving Outcomes: Prevention and Treatment of Fetal Alcohol Spectrum Disorders (FASD)

Faculty: Dan Dubovsky, MSW, LSW

When an individual fails in treatment, we often label the person as being non-compliant or unmotivated. However, their behavior may well be due to brain damage caused by prenatal alcohol exposure. Due to this damage, which spans the intellectual spectrum, evidence based practices that rely on verbal interactions are not successful with them and set them up to fail. This workshop addresses the importance of recognizing FASD in those with whom we work and modifying treatment approaches accordingly in order to improve outcomes. The likelihood is that many people in mental health and substance abuse treatment services may have FASD. As fetal alcohol spectrum disorders are 100% preventable, methods to integrate prevention into existing services are highlighted.

Learning Outcomes

- Specify three evidence based practices for the prevention of fetal alcohol spectrum disorders
- Discuss the importance of accurately identifying FASD in treatment settings
- Describe strategies to improve outcomes for individuals with a FASD and their families



This arrow symbol designates a workshop that is designed for individuals interested in their personal recovery or the recovery of others.

Monday 1-Day Workshops

Registration fee includes the Keynote Address and Luncheon

1480 Treating Youth with Inappropriate Sexual Behaviors: Using the Latest Protocol and Therapeutic Tools

Faculty: Dan Cherneski, LMFT and Marc V. Felizzi, LCSW

Inappropriate juvenile sexual behaviors (ISB) have come to the forefront of America's consciousness as they have received more and more attention over the last 20 years. In that time, many of the causal factors for such behavior have been debated, studied and analyzed. Among the infrequently studied areas are the roles that emotional abuse and parent/caregiver instability play in the commission of juvenile sex offenses. This workshop will provide an overview of the roles that these variables play in juvenile offending. We will discuss a new study that researches the impact of emotional abuse and unstable parent/family factors on adolescent and juvenile sex offending in the United States.

Learning Outcomes

- Recognize indicators of at risk families and youth
- Describe effective treatment strategies for working with juveniles with ISB
- List resources available for those working with juveniles with ISB



1482 Revolutionizing Inpatient Care with Peer Support Specialists

Faculty: Gayle Bluebird, RN and Peer Specialists: Florence Alberque, Karen DiNardo, Edie McCole, Susan Mulford, Valerie Thompson, & Pattie Toll

Peers working in inpatient and community settings have become increasingly common and more specialized. Peers are both creative and innovative. They work with clients who have multiple areas of concern, develop individualized work programs, help to create healing environments and are instrumental in their influence to inform hospital policies. In this workshop, the Delaware Psychiatric Center Peer Support Team will discuss how they work with clients and how they have successfully integrated their work with staff and administration. Ms. Bluebird will add national perspectives from her work in the arena of peer roles in behavioral healthcare.

Learning Outcomes

- Recognize the potential power of peer support
- Learn how to work successfully with peers as partners and collaborators in all aspects of care
- Discover ways to use creative and innovative approaches to care resulting in better individual outcomes



787 Heartsaver® CPR/AED

Faculty: DSAMH Staff

Successful completion of this workshop will confer American Heart Association certification in HeartSaver® CPR/AED. Cardiopulmonary resuscitation (CPR) is an emergency medical procedure for a victim of cardiac arrest or, in some circumstances, respiratory arrest. An Automated External Defibrillator or AED is a portable electronic device that automatically diagnoses potentially life-threatening cardiac arrhythmia of ventricular fibrillation and ventricular tachycardia in a patient.

Evening Session

Pre-Registration & Fees Required

(No CEU's)

Wednesday, July 27 6:00-9:30pm



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Tuesday & Wednesday 2-Day Workshops



1465 Using Neurochemistry to Guide Treatment: Evidence Based Practices of Brain Disorders

Faculty: Rhonda McKillip, MEd, LMHC, MAC, CCDC III, CDP

It is well known that psychiatric disorders and substance use disorders are biologically based brain disorders in genetically vulnerable people. The very foundation of treatment must be based on the understanding of the neurochemistry of these disorders in a way that can be presented to each treatment participant. Understanding neurochemistry allows professionals to approach clients with accurate empathy of their challenges and subjective experiences. Treating co-occurring disorders as diseases of an organ of the body, the brain, paves the way to the recommended activities that contribute to brain healing. As clients accept that there are solutions, they can maintain hope during the stabilization process, and become active participants in their own recovery process.

Learning Outcomes

- Summarize the differences in brain chemistry among individuals in the pre-symptomatic, active symptomatic, and post symptomatic stages
- Discuss the subjective experiences of individuals vulnerable to psychiatric and substance brain disorders
- Outline the research-based activities that contribute to brain healing

1468 Mental Health Issues in Sexually Abusive Youth

Faculty: Phil Rich, EdD, LICSW

This workshop will focus on understanding the importance of making accurate diagnoses, including the implications for treatment, and the prevalence of mental health conditions in non-sexual and sexual juvenile offenders. We will review the Diagnostic and Statistical Manual (DSM) and proposed changes for DSM 5 in the area of sexual dysfunctions. This workshop will explore the co-existence and implications of mental health and substance abuse disorders in the development and occurrence of sexually abusive behavior, risk for sexual recidivism, and treatment. Case studies will augment workshop content.

Learning Outcomes

- Understand the diagnostic process and the relevance of diagnoses to treatment
- Investigate the relationship between mental health disorders and sexually abusive behavior
- Develop a treatment plan for the treatment of sexually abusive behavior that includes a focus on the treatment of co-occurring mental health disorders

This workshop is co-sponsored by DPA/APA for 12 credits. See inside cover for details.

1477 An Environmental Approach to Substance Abuse Prevention: Planning for Sustainability

Faculty: Marcus Bouligny, Pamela S. Imm, PhD, and Lourdes M. Vazquez, MSW

In this era of science-based prevention and accountability prevention practitioners, coalitions, and organizations are challenged to use effective approaches to prevention and to show positive outcomes. While individual-oriented programs are important components of a comprehensive prevention strategy, it is critical that we address the factors in the external environment that contribute to the substance abuse problems in our communities. These factors include the social and retail availability of alcohol and community norms that approve alcohol use by youth. This workshop will introduce participants to an environmental approach to prevention. It is designed to identify, select and implement environmental strategies to effectively reduce substance abuse problems at the local level.

Learning Outcomes

- Identify effective environmental strategies to address risk and protective factors
- Understand key elements of effective environmental strategies
- Develop an initial sustainability action plan and apply to a case study



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Thursday & Friday 2-Day Workshops

1462 Putting Integrated Treatment Into Practice – The ‘How To’ Faculty: Rhonda McKillip, MEd, LMHC, MAC, CCDC III, CDP

The integrated treatment approach has been recognized as an evidence-based best practice. As the expectation of system-wide dual diagnosis capability has grown and the prevalence of integrated treatment interventions has become widespread, there is increasing need for basic educational materials, for both staff and clients, regarding dual diagnosis and dual recovery. Consistency in psychoeducation material on the treatment of co-occurring disorders is crucial. Yet, how can professionals who are overwhelmed with high caseloads present evidence-based integrated treatment without the tools to provide it? *THE BASICS*, Second Edition, by Rhonda McKillip is the connection between the science and the service. Join us for an atmosphere of ‘hands-on’ and ‘how-to’ based on this publication.

Learning Outcomes

- Understand the importance of consistency in treatment of co-occurring disorders
- Identify specific psychoeducation topics to be taught to individuals with co-occurring psychiatric and substance disorders
- Conduct psychoeducation groups using a format to promote interaction and facilitate learning

1469 A Developmental Approach to Assessing Problematic Sexual Behavior in Children and Adolescents With a Focus on Developmental Disabilities and Pervasive Developmental Disorder Populations Faculty: Craig Latham, PhD

Assessment of children with sexual behavior problems have relied on techniques developed and validated with adults, with little or no modification for children. We have a generation of data specific to sexual behavior in children, and specific tools to assess relevant issues. This workshop will focus on a threat assessment approach to assessing treatment needs and risk in children. An emphasis on how to gather appropriate data and incorporate it into a developmentally sophisticated assessment will be addressed. An overview of legal and ethical issues that arise in assessments of children and how to write reports for courts and treatment providers will be covered.

Learning Outcomes

- Describe a taxonomy of sexual behavior problems based on treatment needs rather than on static risk factors
- Describe a developmental model to conceptualize sexual behavior problems
- Identify appropriate data collection instruments to use with children and adolescents

This workshop is co-sponsored by DPA/APA for 11 credits. See inside cover for details.

1478 Building an Effective Coalition Using the Strategic Prevention Framework Faculty: Deacon Dzierzawski, MA

This core, competency-based training focuses on building participant skills required to manage an effective coalition and to implement the Strategic Prevention Framework (SPF). During this workshop, participants will assess their personal competencies to determine their strengths and opportunities for future learning. They will learn about the core competencies and essential processes critical to coalition success.

Learning Outcomes

- Identify and understand the core competencies of an effective coalition
- Explain how a coalition can operationalize the SPF
- Understand the importance of the key products of community problem solving

Thursday, July 28, 9:00 am to 4:30 pm and
Friday, July 29, 9:00 am to 3:00 pm

Tuesday 1-Day Workshops



1456 Recovery: Myths, Mountains, and Miracles

Faculty: Frederick J. Frese, PhD

Recent developments in research on mental health conditions and changes in treatment modalities are altering the realities of mental illness. Once a near hopeless and devastating condition, today those with mental health conditions receive a much better prognosis. A recovery focus places emphasis on hope, empowerment, increased autonomy, and the expectation that persons who have experienced serious mental illnesses will be afforded full opportunity to participate in the social and vocational activities of the community. This workshop addresses overcoming stigma, recognizing the contributions of contemporary consumers, and suggests ways we can better value the gifts of persons with mental health conditions. Dr. Frese speaks from the perspective of a person in recovery.

Learning Outcomes

- Update understanding of the recovery concept
- Discuss the process of psychotic decompensation
- Summarize at least two ways to negotiate traditional obstacles to recovery

1457 Trauma and Co-Occurring Conditions: The Basics and More

Faculty: David Mee-Lee, MD

Trauma can have a role in both the development of substance use problems and complicate the treatment of co-occurring conditions. Substance use can also create and complicate trauma. Assessing for trauma and addressing it requires balancing immediate safety and stabilization with uncovering work that can destabilize a person in early recovery. This workshop will focus on the dynamics of trauma and its role in addiction and co-occurring conditions and on understanding and treating Post Traumatic Stress Disorder (PTSD). There will be a review of current approaches to address trauma in addiction and mental health settings. Participants are encouraged to bring clinical vignettes for case consultation.

Learning Outcomes

- Identify ways trauma can lead to substance problems and create co-occurring conditions
- Discuss the assessment of trauma
- Learn how to approach clients who may be reluctant to “open-up”

This workshop is co-sponsored by DPA/APA for 6 credits. See inside cover for details.

Wednesday 1-Day Workshops

1458 Clinicians and Clients are on Different

Planets: Strategies to Cope

Faculty: David Mee-Lee, MD

The quality of the therapeutic alliance has the greatest impact on outcomes, however it often seems that clinicians and clients are on different planets missing each other like shooting stars in the night. Diagnostic categories, psychological constructs, and psychodynamic interpretations can be helpful in understanding how to help people. But they can also become diagnostic labels and misused terms that signal negative and disempowering attitudes and approaches. This workshop will highlight clinical terms that are used in documentation, case presentations, clinical formulations and therapy that reveal negative attitudes likely to inhibit and even end a therapeutic relationship with clients.

Learning Outcomes

- Identify clinical terms and processes that inhibit alliance-building
- Discuss attitudes that increase resistant behavior
- List alternative terminology to enhance alliance-building

This workshop is co-sponsored by DPA/APA for 6 credits. See inside cover for details.



1460 Recovery Relationships

Faculty: Steve Harrington, MPA, JD and

Zack Corcoran

Recovery is all about relationships. This workshop will challenge the audience to consider ways they can create and develop meaningful lasting, and supportive relationships. Participants will explore relationships between peers, friends, family, mental health providers, and organizations. Relationships with self and our individual environments will be explored. Faculty will relate personal experiences in life that helped them to overcome hopelessness and fear and helped them to engage in numerous healthy recovery relationships.

Learning Outcomes

- Describe James Moral Treatment model of using beauty to recover
- Identify at least three ways to meet people and develop healthy relationships
- Design at least three personal strategies to maintain healthy relationships



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Thursday 1-Day Workshops

1459 Stump the “Shrink”: Lessons to Improve Innovations and Outcomes

Faculty: David Mee-Lee, MD

Over the past seven years readers of the monthly e-newsletter, *Tips and Topics* from Dr. Mee-Lee, have raised many challenging questions about designing and delivering services in behavioral health. This workshop will present some of the most challenging assessment, treatment and policy and procedure dilemmas in behavioral health. Participants will have an opportunity to identify an array of innovative strategies and service delivery systems that enhance engagement, guide self-change and improve treatment outcomes. Participants will be introduced to Interactive Journaling as a method for facilitating participatory self-change.

Learning Outcomes

- Identify clinical and systems issues that threaten effective outcomes
- Explore treatment and systems strategies that are innovative and effective
- Apply skills for improving engagement, recovery planning, in individual and group treatment



1488 Wellness Recovery Action Plan: Healing the Trauma of Abuse

Faculty: Matthew R. Federici, MS, CPRP and Cheryl S. Sharp, MSW, ALWF

Wellness Recovery Action Plan (WRAP®): Healing the Trauma of Abuse, is an interactive workshop for men and women who have experienced sexual, emotional or physical abuse and/or their supporters seeking steps and tools to wellness using WRAP®. This workshop is based on the work of Mary Ellen Copeland, PhD with the Wellness Recovery Action Plan curriculum, and Dr. Copeland's work with Maxine Harris, PhD on trauma.

Learning Outcomes

- Describe benefits of WRAP® to one's personal wellness and to those in recovery from trauma
- Define various forms of trauma, their impacts on wellness and aspects of healing a relationship in trauma recovery
- List strategies to empowerment and recovery from the trauma of abuse

Friday 1-Day Workshops

1490 Unlocking Suicidal Secrets: New Thoughts on Old Problems in Suicide Prevention

Faculty: Shawn Shea, MD

This workshop provides state of the art skills to tackle some of the most difficult clinical situations regarding suicide assessment and prevention, documentation of risk, treatment planning, and building resiliency. Participants will find the answers to an elusive question, “What is the nature of happiness?” Dr. Shea provides a definition of happiness, which has ramifications for problem-solving, transforming difficult times, suicide prevention, and finding hope, while providing a refreshing antidote to clinician “burn-out.” The focus then shifts to direct methods of uncovering dangerous secrets and understanding five practical validity techniques including the behavioral incident, shame attenuation, gentle assumption, symptom amplification, and denial of the specific.

Learning Outcomes

- Apply the principles of matrix treatment planning
- Utilize five interviewing techniques for increasing validity
- Apply the Chronological Assessment of Suicide Events approach to uncover suicidal ideation, actions, and intent



1495 Understanding Homelessness and Traumatic Stress

Faculty: Barbara Bennett, PhD

When we examine the “difficult” behaviors of many homeless people, we find a close correspondence with the symptoms of trauma, including depression and diminished interest in daily activities, flashbacks and triggered responses, irritability, outbursts of anger, difficulty concentrating, feeling unsafe or helpless, difficulty trusting, a loss of a sense of order in the world, and use of alcohol or drugs to manage emotional responses. In this workshop we will learn about the connection between traumatic stress and homelessness and how it impacts lives. A trauma-informed perspective influences how you engage people, set up your program, and run your agency. Participants will identify concrete ways to infuse a trauma-informed perspective into their work.

Learning Outcomes

- Describe the impact of traumatic stress on the brain
- Define vicarious trauma
- Formulate two personal strategies for decreasing the effects of vicarious trauma

Thursday, July 28
9:00 am to 4:30 pm

Friday, July 29
9:00 am to 3:00 pm



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Free Evening Workshops Pre-Registration Not Required

Full workshop descriptions are available at <http://dtool.dhss.delaware.gov>

Monday, July 25, 7:00 pm to 9:00 pm



1481 Innovations in Film to Promote Change: "20 Minutes...An American Tale"

Faculty: G. Lloyd Morris and Dawn Morris

Learning Outcomes

- Recognize the power of film in addressing mental health and substance use issues
- Identify a medium that can be used to initiate dialog
- Compare the power of a narrative story to a documentary

Tuesday, July 26, 7:00 pm to 9:00 pm



1494 Mindfulness and Resilience in Recovery

Faculty: James M. Walsh, PhD

Learning Outcomes

- Utilize mindfulness practices for both formal and informal meditation
- Integrate available resources to deepen meditation practices
- Help others use mindfulness practices to build resilience

Wednesday, July 27, 7:00 pm to 9:00 pm



1471 What Do You Want? The Not-So-Simple Question

Faculty: David Mee-Lee, MD

Learning Outcomes

- Discuss how to be more focused and less stressed by the power of knowing what you really want
- Apply ways to quickly zero in on productive priorities to get "unstuck" in important decisions
- Identify how to break through inertia in getting what you want

Thursday, July 28, 7:00 pm to 9:00 pm



1489 Introduction to Wellness Recovery Action Plan

Faculty: Matthew R. Federici, MS, CPRP and Cheryl S. Sharp, MSW, ALWF

Learning Outcomes

- Describe WRAP®, its origins and benefits to personal recovery and wellness
- List examples of how WRAP® can assist a person to achieve and sustain greater wellness
- Identify initial steps to implement WRAP® as a tool for recovery and wellness



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Evening Workshops

Pre-Registration Required and Fees Apply

Monday, July 25, 6:00 pm to 9:30 pm

1464 Ethics for the Prevention Profession

Faculty: Julie Stevens, LCDC, ACPS, ICPS

This workshop is designed for the substance abuse prevention professional to learn how to apply a set of standards/principles that guide individuals and organizations working in prevention. The Prevention Think Tank Code of Ethical Conduct describes the responsibilities to the public, service recipients, and colleagues. A decision-making model will be introduced.

Learning Outcomes

- Identify standards of conduct for prevention professionals
- Demonstrate a method of ethical decision-making for difficult scenarios in prevention
- Set professional goals using prevention ethical standards

Tuesday, July 26, 6:00 pm to 9:30 pm



1461 Ethics, Trauma and Self-Disclosure

Faculty: Zack Corcoran and Steve Harrington, MPA, JD

What are the limits of what I can do for those I serve? We will examine how peers in the workplace set appropriate boundaries with other peers, the training they commonly receive in this area, and the special issues presented by trauma informed practices.

Learning Outcomes

- Explain at least two reasons why ethical standards exist
- Describe why trauma-informed practices are important when serving persons with mental health conditions
- Identify at least two factors that ensure the priority of self-disclosure

Wednesday, July 27, 6:00 pm to 9:30 pm

1470 Ethical Issues When Addressing Sexual Offending

Faculty: Chrysanthi Leon, JD, PhD

This workshop will provide an overview of contemporary issues that arise when practitioners work within or adjacent to criminal justice institutions, with particular emphasis on this work regarding persons who have sexually offended. Participants will discuss a series of hypothetical cases.

Learning Outcomes

- Identify the prevailing norms of confidentiality in treatment and criminal justice arenas
- Consider short-term treatment or supervision goals in light of broader norms
- Determine where to look and who to consult when ethical quandaries are identified

Thursday, July 28, 6:00 pm to 9:30 pm

1463 Ethical Decision-Making in Recovery

Faculty: Marna S. Barrett, PhD

Although recovery may be conceptualized differently across various domains, there are a number of common ethical issues. Such issues may include the role of peer support, acceptance of diagnostic labels, implied need for a cure, and increased risk for providers. The purpose of this workshop is to provide a framework and a formal process for ethical decision-making.

Learning Outcomes

- Distinguish between “right vs wrong” dilemmas and “right vs right” dilemmas
- Compare two models for ethical decision-making that are useful in resolving “right vs. right” dilemmas
- Develop your own model for ethical decision-making

This workshop is co-sponsored by DPA/APA for 3 credits. See inside cover for details.

Robert F. Anda, MD, MS has written more than 100 peer-reviewed and government publications, as well as several book chapters. He is a senior researcher at Centers for Disease Control. As Co-Principal Investigator for the Adverse Childhood Experiences (ACE) Study, he played the principal role in the design of the study, subsequent analysis of the ACE Study data, and preparation of its numerous scientific publications. He has presented the ACE Study findings at Congressional briefings.

Marna S. Barrett, PhD is Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania, and is a diplomate of the American Board of Medical Genetics. She has authored or co-authored numerous publications on psychotherapy research and depression. She oversees all research studies conducted through the Mood & Anxiety Disorders Treatment Research Program, teaches the Ethics curriculum for Psychiatry residents, supervises resident therapy training, and maintains a clinical practice focused on depression and bipolar disorder.

Barbara Bennett MED, PhD has worked with Seattle Public Schools since 2007 providing professional development and coaching to teachers. She is co-founder of First Place, a school for children and families who have experienced the trauma of homelessness and community violence. Dr. Bennett is an adjunct faculty member at The Center for Social Innovations and is an instructor of "The Psychology of Trauma," a University Behind Bars course at Monroe Correctional Complex.

Gayle Bluebird, RN is a nationally recognized advocate and has served in many different capacities in the area of peer role development. She coordinates a team of peers at Delaware Psychiatric Center and continues to serve nationally on a variety of projects including the SAMHSA Consumer/Survivor subcommittee. Ms. Bluebird has developed several guidebooks and videos on the subject of peer development.

Marcus A. Bouligny is a Center for the Application of Prevention Technologies Associate. He has experience creating and directing youth development programs, with an emphasis on alcohol, tobacco and other drug prevention. Mr. Bouligny has helped many coalitions develop and implement ordinances and policies. He manages the training and technical assistance systems for the state of Georgia.

Dan Cherneski, LMFT is a member of the Delaware Board of Licensing for Mental Health Counselors, Drug and Alcohol Counselors, Marriage and Family Therapists. For over 15 years, Mr. Cherneski's focus has been finding more adaptive ways to treat offending youth. He has created "Targets for Relapse Prevention," a therapeutic tool to treat offending behaviors in adolescents.

Zack Corcoran travels the United States telling his story of recovery and training peer specialists. He has taught mental health professionals about the value of meaningful relationships with those they serve and how to create and develop such relationships. Mr. Corcoran helps others find their own recovery paths and is a founder of www.RecoverResources.com, a web-based micro-enterprise that offers recovery-oriented products.

Dan Dubovsky, MSW, LSW is the Fetal Alcohol Spectrum Disorders (FASD) Specialist for the U.S. Substance Abuse and Mental Health Services Administration: FASD Center for Excellence. Dan has a keen interest in the provision of quality services to those with fetal alcohol syndrome, mental illness and/or developmental disabilities, and their families. His teacher and mentor for FASD over the years has been his son Bill.

Deacon D. Dzierzawski, MA is the Chief Executive Officer of the Community Partnership, a systemic coalition dedicated to the prevention of alcohol, tobacco, and other drugs. Deacon is recognized as an expert in coalition development and environmental change by the Office of Juvenile Justice and Delinquency Prevention, National Institute of Drug Abuse and the Community Anti-Drug Coalitions of America. He is a trainer for the National Coalition Institute of the Community Anti-Drug Coalitions of America.

Matthew R. Federici, MS, CPRP is the Executive Director for the Copeland Center. He was the Director for Institute for Recovery & Community Integration, where he was instrumental in Pennsylvania's implementation of a statewide Certified Peer Specialist training program. He is a Certified Psychiatric Rehabilitation Practitioner and completed graduate studies in Rehabilitation Counseling at the University of Medicine and Dentistry of New Jersey. He has over 20 years of experience in recovery.

Marc Felizzi, LCSW has been working with juvenile sex offenders for 20 years. He is earning his PhD in Social Work at Widener University, is a member of the Delaware Sex Offenders Management Board, and is a former chair of the Management Board's Juvenile Treatment Committee. He is active with the Association for the Treatment of Sexual Abusers in creating policy for juvenile sex offenders.

Frederick J. Frese, PhD is a psychologist with over forty years experience working with persons with serious mental illness. He is an Associate Professor of Ppsychology in Clinical Psychiatry at the Northeast Ohio Universities College of Medicine and Case Western Reserve University, and has served on the Board of Trustees of National Alliance on Mental Illness, National Institute for the Severely Handicapped, and the Treatment Advocacy Center. He is also a consumer, diagnosed with schizophrenia as a young man.

Steve Harrington, MPA, JD has written three books on mental health and worked for four years as a Peer Specialist. He earned three university degrees, but says he learned the most about living a satisfying life through his struggle with two mental illnesses. He is the Executive Director of the National Association of Peer Specialists and a post-doctoral fellow at Boston University's Center for Psychiatric Rehabilitation.

Pamela S. Imm, PhD is affiliated with the University of South Carolina and the Lexington Richland Alcohol and Drug Abuse Agency. She is a community psychologist and has extensive experience in the areas of program development, program evaluation, and applied research. Dr. Imm has worked as an evaluator with agencies including the Center for Substance Abuse Prevention and the Center for Substance Abuse Treatment.

Craig Latham, PhD completed his undergraduate studies at the MIT and received advanced degrees from Harvard University. He has worked with violent and emotionally disturbed children for over 30 years in a variety of settings. Dr. Latham is in private practice, where he serves as a consultant for law enforcement professionals, the judiciary, state agencies, and private providers on the treatment of children who are violent.

Chrysanthi Leon, JD, PhD is an Assistant Professor of Sociology and Criminal Justice at the University of Delaware. Her book, *Sex Fiends, Perverts and Pedophiles: Understanding Sex Crime Policy in America*, is available from NYU Press. Her current research, funded by the U.S. Office of Women's Health, addresses the inclusion of public health values in justice systems.

Rhonda McKillip, MEd, LMHC, MAC, CCDCIII, CDP is a psychotherapist, international trainer & consultant, and author of *THE BASICS, Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders*, foreword by Kenneth Minkoff, MD. Ms. McKillip is a Motivational Interviewing Network Trainer and a NAADAC-Approved Education Provider. Ms. McKillip provides national onsite technical assistance, program development, consultation, and individual or group training on dual diagnosis.

David Mee-Lee, MD is a board-certified psychiatrist, and is certified by the American Board of Addiction Medicine. Dr. Mee-Lee is Chief Editor of the Revised Second Edition of the ASAM Criteria and is Senior Vice President of The Change Companies. Dr. Mee-Lee has over thirty years experience in person centered treatment and program development for people with co-occurring disorders.

Dawn Morris serves as president and CEO of IAM Film Works. The mission of IAM Film Works is to create film and theatre productions that will entertain, educate, and spark discussion. Ms. Morris was the co-producer of the nationally recognized short film *20 Minutes an American Tale* which continues to gain laurels and support from the film industry and communities throughout the nation.

G. Lloyd Morris is a director and playwright. IAM Film Works have established themselves as a reputable, professional, feature entertainment company. IAM is known for their unique invention of Public Service Announcements for independent organizations, outreach programs, police training, and societal issues. G. Lloyd is in his final year as a MFA Candidate at Temple University.

Phil Rich, EdD, LICSW holds a doctorate in Applied Behavioral Studies and is a Licensed independent Clinical Social Worker. He is the Director of Clinical Program Development for the Stetson School, a residential treatment program serving sexually abusive youth in Massachusetts. He presents and trains nationally and internationally, and has authored several books and workbooks that address the assessment and treatment of sexually abusive youth.

Cheryl Sharp, MSW, ALWF is a Copeland Center Certified Advanced Level WRAP® Facilitator and the Coordinator for Health Integration and Wellness for the National Council for Community Behavioral Healthcare. Ms. Sharp received her degree in Social Work from East Carolina University. She was a leader/facilitator for the STAR Process, a psychoeducational intensive on healing from trauma, grief, and loss. She has 38 years of experience in recovery.

Shawn Christopher Shea, MD is an educational innovator in the fields of suicide prevention, resiliency, clinical interviewing, and improving medication adherence. His book, *Psychiatric Interviewing: the Art of Understanding*, was chosen by the Medical Library Association as one of the 16 most important books in the field of psychiatry. Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing and is Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School.

Julie Stevens, LCDC, ACPS, ICPS is employed as a training specialist for the University of Oklahoma's Southwest Prevention Center. Ms. Stevens currently serves as Chair of the Prevention Committee of the International Certification and Reciprocity Consortium. She has a degree from Baylor University and is pursuing a Masters of Prevention Science at the University of Oklahoma.

Lourdes M. Vázquez, MSW is the Training and Technical Assistance Specialist for the Northeast Region of the Center for the Application of Prevention Technologies where she assists states in the application of data-driven decision-making to the selection and implementation of evidence-based practices and programs. She is the Lead Technical Assistance Provider for the U.S. Department of Education's Grants to Reduce Alcohol Abuse Program in the Northeast Region.

James M. Walsh, PhD is an Assistant Professor in the Master of Science in Community Counseling program at Wilmington University. As a licensed, board-certified counselor, he provides services to individuals with a variety of mental health conditions. He also maintains a private practice in pastoral counseling, and is a psycho-forensic evaluator for the Office of the Public Defender in Delaware. He is currently President of the Delaware Professional Counselors Association.

Kelley / Pazzaglini Award

Delaware Division of Substance Abuse and Mental Health



KELLEY/PAZZAGLINI AWARD

NOMINATION GUIDELINES

The Kelley/Pazzaglini Award is a very special and meaningful honor in Delaware and recognizes an individual who has demonstrated a significant commitment to the field of behavioral healthcare and whose involvement, service, and contributions to the improvement of the field is noteworthy and exceptional. The nominee's contribution should be recognized as making an important and ongoing impact in the field, which is above and beyond the expectations of their day-to-day work. This award is intended to recognize someone who considers personal and professional development as critical to the effective provision of services and who has clearly demonstrated this in their practice.

Patrick Kelley and Mario Pazzaglini, PhD were teachers, psychotherapists, and associates to many people within the Division of Substance Abuse and Mental Health and within other human service agencies in Delaware. Pat Kelley taught at the Institute from 1975 to 1982 and died in 1984. Pat's work challenged us to explore and examine ourselves as the prerequisite for effectiveness as change agents with institutions or with individuals.

Mario Pazzaglini, PhD taught at the Institute from 1978 to 1998. Mario was a master teacher and psychologist. His interests in ancient civilizations, mathematics, and art brought a depth to his work that presented to all who worked with him an understanding of the human psyche not tethered by any current fad or limitation of previous learning. Mario viewed learning and growth as containing within it all the emotions, thoughts, and imaginations of a person. He consulted with or worked in just about every substance use and mental health program in the state during thirty years as a psychologist.

To be eligible, nominees must be employees of DSAMH or DSAMH-contracted programs. Executive Staff of the Delaware Division of Substance Abuse and Mental Health will make the final selection.

The individual selected for this award will receive a full scholarship to the Summer Institute, documentation as to the receipt of the award, and recognition of receipt during the Institute Awards Ceremony on Monday, July 25, 2011.

Questions should be directed to the Training Office at (302-255-9480)

Kelley / Pazzaglini Award Nomination Form

Nomination For Kelley/Pazzaglini Award 40th Summer Institute



See the opposite page for a description of characteristics to be considered in nominating for this Award. Use one form per nominee.

Please Print or Type:

NAME: _____

Individual being nominated for award.

NOMINEE JOB TITLE: _____

NOMINEE AGENCY/PROGRAM: _____

HOW DOES THE NOMINEE EXEMPLIFY THE CRITERIA AND HIGH STANDARDS OF THIS AWARD: Based on the criteria listed on the opposite page, why is this person being nominated? (Use attachment if additional space is needed)

THREE OR MORE EXAMPLES of how the individual exemplifies personal/professional excellence and their commitment to professional development and practice: (Use attachment if additional space is needed)

Attach/include documentation to support this application. Resume/Curriculum Vitae would be helpful.

NAME OF NOMINATOR: _____

NOMINATOR TELEPHONE: _____ **NOMINATOR TITLE(S):** _____

NOMINATOR AGENCY: _____

NOMINATOR ADDRESS: _____

THANK YOU for taking the time to acknowledge the importance of recognizing our colleague's work.

To be considered, nominations must be submitted on this form by Friday, June 17, 2011 to:
Kelley / Pazzaglini Award Committee • Division of Substance Abuse and Mental Health Training Office
Springer Building • 1901 N. Dupont Highway • New Castle, DE 19720 • 302/255-4450 (fax)

Mail in Registration

Last Name: _____ First Name: _____ Disabled: Yes No
 Business Phone: (____) _____ Home Phone: (____) _____ Gender: Male Female
 Business Address: _____ City: _____ State: _____ Zip: _____
 Organization: _____ Title: _____
 E-mail Address: _____

Highest Grade Completed: (Circle One): 12/GED AA LPN RN BA/S MA/S MSW PH/MD

Ethnicity/Culture (Circle One): African American Alaskan Native Asian American Caucasian
 Hispanic Native American Pacific Islander Other

Do you request any of the following services? Sign Language Interpreter Oral Interpreter Other

I will be applying for CE credit with: APA CEAP CRCC DBN DCB DPA
 DOE NAADAC NBCC NASW NHA PT

How did you hear about this year's Summer Institute? (Circle One)

Web E-Mail Media(radio,print,TV) Brochure Co-Worker Employer/Supervisor Other

MONDAY Workshops

Day workshops Includes Keynote Address and Luncheon

MONDAY JULY 25 9:00 am to 4:30 pm

____ 1472 EBP: Foundation of Recovery \$80.00
 ____ 1474 Building Trauma Informed Culture \$80.00
 ____ 1476 Improving Outcomes: FASD \$80.00
 ____ 1480 Treating Inappropriate Sexual Behavior \$80.00
 ____ 1482 Peer Support Specialists \$80.00

MONDAY Evening 6:00 pm to 9:30 pm

____ 1464 Ethics: Prevention Profession \$40.00

2-DAY Workshops

TUESDAY JULY 26 9:00 am to 4:30 pm &

WEDNESDAY JULY 27 9:00 am to 4:30 pm

____ 1465 Using Neurochemistry \$160.00
 ____ 1468 M. H. Issues in Sexually Abusive Youth \$160.00
 ____ 1477 Substance Abuse Prevention \$160.00

THURSDAY JULY 28 9:00 am to 4:30 pm &

FRIDAY JULY 29 9:00 am to 3:00 pm

____ 1462 Integrated Treatment Practice \$160.00
 ____ 1469 Assessing Sexual Behavior in Youth \$160.00
 ____ 1478 Building An Effective Coalition \$160.00

1-Day Workshops

TUESDAY JULY 26 9:00 am to 4:30 pm

____ 1456 Recovery: Myths, Mountains \$80.00
 ____ 1457 Trauma and Co-Occurring \$80.00

TUESDAY Evening 6:00 pm to 9:30 pm

____ 1461 Ethics, Trauma & Self-Disclosure \$40.00

WEDNESDAY JULY 27 9:00 am to 4:30 pm

____ 1458 Clinicians & Clients Different Planets \$80.00
 ____ 1460 Recovery Relationships \$80.00

WEDNESDAY Evening 6:00 pm to 9:30 pm

____ 787 Heartsaver CPR/AED \$40.00
 ____ 1470 Ethics: Sexual Offending \$40.00

THURSDAY JULY 28 9:00 am to 4:30 pm

____ 1459 Stump the "Shrink" \$80.00
 ____ 1488 WRAP: Healing Trauma of Abuse \$80.00

THURSDAY Evening 6:00 pm to 9:30 pm

____ 1463 Ethical Decision-Making \$40.00

FRIDAY JULY 29 9:00 am to 3:00 pm

____ 1490 Unlocking Suicidal Secrets \$80.00
 ____ 1495 Homelessness & Traumatic Stress \$80.00

Total Registration \$ _____
Check Number _____

Registration & Payment

4 EASY Ways to Register!

1. For Credit Card registrations, use this online registration process.

1. Go to: www.shop.Delaware.gov
2. Under "Categories" select Conferences.
3. Click on 40th Summer Institute
4. Select the requested workshops.
5. Make your purchase using a Visa, Mastercard or Discover credit card.
7. An email will be sent to the address you provided to confirm that the transaction has been completed.
8. If you have questions, call 302-255-9480 or email dsamh.training@state.de.us.

2. US MAIL

Complete registration form on brochure page 14. Mail registration & payment (check or money order only) to:

DSAMH Summer Institute
1901 N. DuPont Hwy.
Springer Bldg. Rm. 384
New Castle, DE 19720

Make check payable to:
DSAMH Summer Institute

Registrations will not be confirmed until the check has cleared. The deadline for payments by check is **July 15, 2011**.

3. IN PERSON

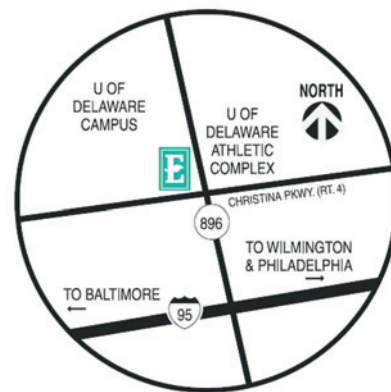
If space is available, walk-in registrations will be accepted with credit card payment only.

4. INTERGOVERNMENTAL VOUCHER

For State agencies, an IV payment method is possible. Call 302-255-9406 for assistance.

Location

The 40th Summer Institute will be held at Embassy Suites Hotel Newark/Wilmington South in Newark, Delaware. Embassy Suites is easily accessible by car (I-95), train (Amtrak Station, Wilmington), or air (Philadelphia Airport).



Directions

1-95 South: Take Delaware Exit 1B (Route 896 North), make a U-turn at 4th traffic light.

1-95 North: Take Delaware Exit 1 (Route 896), make first left on Route 896 North, make U-turn at the 4th traffic light.

Address:

Embassy Suites Hotel Newark/Wilmington South
654 South College Avenue
Newark, DE 19713

General Information

Cancellation - No Show - Refund Policy

Registrants who do not cancel and do not attend forfeit all fees paid. Cancellations must be received in writing at the DSAMH Training Office by **July 18, 2011** to request a refund. Cancellations after that date are not eligible for a refund.

Accommodations

To reserve a room at the Embassy Suites Hotel Newark/Wilmington South, located at 654 S. College Avenue, call 302-368-8000 or 800-EMBASSY. Ask for the “DE Health & Social Service” block to receive the conference rate. To make reservations online, visit <http://bit.ly/summerinstitute2011>. Reservations must be made by participants before July 3, 2011 to receive the conference rate. The conference rate includes a daily full cooked-to-order breakfast and evening Manager’s Reception.

Single/Double Occupancy	\$109 + 8% tax
Triple Occupancy	\$124 + 8% tax
Quadruple Occupancy	\$139 + 8% tax

Disability Accommodations

Designated handicapped parking is available at the hotel. To request other disability accommodations, contact the DSAMH Training Office at least 4 weeks in advance of the Institute.

302-255-9480 (voice) 302-255-4450 (fax)

Keynote Address & Luncheon:

The Keynote Address & Luncheon on Monday, July 25th are included with all registrations for Monday 1-day workshops. The keynote address and luncheon are not available as separate options.

Meals and Refreshments:

Embassy Suites will have food available for individual purchase at the following rates:

AM & PM Refreshments	\$2.00 - \$4.00
Breakfast	\$2.00 - \$11.00
Lunch (Tuesday - Friday)	up to \$9.00

Exhibitors:

Exhibitor space is available in the atrium of Embassy Suites.

For information, contact Nina Licht, at 302-255-9480 or e-mail at DSAMH.Training@state.de.us

“..... innovation (is) the
vital spark of all human change,
improvement and progress”
~Ted Levitt

FREE Consumer/Client Seats

A limited number of seats are available for persons who receive services for mental health, gambling, and/or substance use conditions and who are Delaware residents.

For information, contact Nina Licht or Laura Taylor at 302-255-9480, or e-mail at DSAMH.Training@state.de.us

Week at a Glance

Monday July 25th	Tuesday July 26th	Wednesday July 27th	Thursday July 28th	Friday July 29th
Keynote & 1472 EBP: Foundations of Recovery Page 2	1465 Using Neurochemistry Page 4		1462 Integrated Treatment Practice Page 5	
Keynote & 1476 FASD Page 2	1477 Substance Abuse Prevention Page 4		1469 Assessing Problematic Sexual Behavior Page 5	
Keynote & 1480 Treating ISB Page 3	1468 M. H. Issues in Sexually Abusive Youth Page 4		1478 Building an Effective Coalition Page 5	
Keynote & 1474 Trauma Informed Culture Page 2	1457 Trauma & COD Page 6	1458 Clinicians & Clients On Different Planets Page 6	1459 Stump the "Shrink" Page 7	1490 Suicidal Secrets Page 7
Keynote & 1482 Peer Specialists Page 3	1456 Recovery: Myths, Mountains & Miracles Page 6	1460 Recovery Relationships Page 6	1488 WRAP: Healing the Trauma of Abuse Page 7	1495 Homelessness & Traumatic Stress Page 7
1481" 20 Minutes" Film & Disucssion 7:00 pm - 9:00 pm Page 8	1494 Mindfulness 7:00 pm - 9:00 pm Page 8	1471 What Do You Want? 7:00 pm - 9:00 pm Page 8	1489 Intro WRAP 7:00 pm - 9:00 pm Page 8	
1464 Ethics: Prevention 6:00 pm - 9:30 pm Page 9	1461 Ethics: Trauma & Self-Disclosure 6:00 pm - 9:30 pm Page 9	787 CPR/AED 6:00 pm - 9:30 pm Page 3		
		1470 Ethics: Offenders 6:00 pm - 9:30 pm Page 9	1463 Ethical Decision Making 6:00 pm - 9:30 pm Page 9	

LEGEND

Monday Workshops	2 Day Workshops	1 Day Workshops	\$ Evening Workshops \$	Free Evening Workshops
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The 40th Summer Institute was designed and developed by:

Carol Kuprevich, EdD, Director
James Evans
Christopher Knox, MA
Nina Licht, MS
Landa Lindgren

Nicole Perefege, Esq.
Laura Taylor, MA
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