

# 39th Summer Institute on Substance Abuse and Mental Health



# Hope Transcends



*DELAWARE HEALTH AND SOCIAL SERVICES*

*Division of Substance Abuse and Mental Health*

*Always the right time, Always the right place, To get the right service*

**July 26-30, 2010**  
**Embassy Suites**  
**Newark, DE**

Free  
Seats  
Available!!  
see page 16

“Once you choose hope,  
anything’s possible.”  
Christopher Reeves

## 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., and Thurs.)
- 1-Day Workshop = 4.75 (Friday only)
- Evening Session = 3.25 (CPR is In-Service, no CEUs)
- 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.***

- 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 CE credits. 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.

Applications for continuing education units have been submitted to the following boards.  
Check [www.dhss.delaware.gov/si10](http://www.dhss.delaware.gov/si10) for updated information on pre-approved CEUs.

- 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)
- National Certified Gambling Council (NCGC) Approval for select workshops is pending.  
Please direct all questions to the Delaware Council on Gambling Problems at 302-655-3261
- Delaware Board of Examiners of Nursing Home Administrators (NHA)

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

**Cover design:** Floating lanterns can be used to express the journey of one’s hopes and wishes; often words of hope are written on the lantern, to be illuminated by the flame within. The lantern protects the fragile light from extinguishment as the waves of water carry it to new destinations. The hopes written on the lanterns transcend the unknown depths of the waters, in essence: hope transcends.

### 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 39th Summer Institute Welcomes Dr. Dan Gottlieb and Debra Gottlieb-Ewing Presenting the Dr. Mario Pazzaglini Keynote Address: “Hope Transcends”



‘Hope transcends’ is an open-ended statement; hope transcends personal feelings, situations, traumas, experiences, losses, illnesses, and frustrations. Hope is intangible and indefinable and, yet, is the very foundation of recovery. It is the catalyst of the recovery process. The Substance Abuse and Mental Health Services Administration states that hope is a fundamental element of a person’s recovery. The challenge of hope is how to build it, how to enhance it, and how to make it a visible component in an individual’s recovery.

In the Pazzaglini Keynote Address, Dr. Dan Gottlieb and Debra Gottlieb-Ewing, father and daughter team, will present a personal approach to ‘Hope, Hopelessness, and Healing.’ Dr. Gottlieb has many years of experience as a psychologist, a consultant, a trainer, and a speaker. Since 1985, he has hosted “Voices in the Family”, an award-winning mental health call-in radio show aired on National Public Radio (NPR). Dr. Dan will also speak from a personal aspect of hope and healing, as he has experienced severe losses in his life – the loss of his mobility due to a near-fatal car accident and the losses of his sister and parents. Debra Ewing-Gottlieb was a young girl when her father was involved in the auto accident that nearly took his life. She is now the Executive Director of The Brendan Corporation, a sailing program that builds confidence and improves self-esteem for youth with learning differences.

Together, Dr. Dan and Debra will share the cyclical life cycle of emotions that many persons experience when faced with major hurdles - the points in individual’s lives when hopelessness can lead to hope and the resulting healing that takes place. This year’s Summer Institute focuses on the essential role of hope, from an individual and a service provider point of view. Workshops throughout the week will provide additional tools for enhancing and fostering hope, and cultivating a culture of resiliency and empowerment.



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

# Monday 1-Day Workshops

Registration fee includes the Keynote Address and Luncheon



## #1390 Hope in Recovery: The Power of Our Beliefs

Faculty: Ronald Bassman, PhD and Celia Brown

The faculty take us inside their extraordinary journeys of recovery. They challenge the medical community's reliance on pharmaceutical solutions as the only path to healing, and explode the myths of diagnostic certainties and limitations. New insights from consumers, survivors, and ex-patients have been instrumental in developing alternative models of treatment. While recovery is a deeply personal journey, there are many commonalities in all success stories. Participants will explore these similarities and new compassionate models of transformation and recovery. These models will be examined with a focus on creative and flexible person-centered approaches. Contentious topics such as forced medications, choice, and individual rights, will be explored with particular attention paid to one's potential to recover. Participants will have the opportunity to reexamine assumptions, discard beliefs about limitations, and embrace possibilities.

### Learning Objectives:

- Identify what is important and helpful to people in their recovery processes
- Become familiar with new research documenting what is helpful to recovery
- Understand controversy surrounding forced treatments and individual rights
- Examine personal beliefs about the dire prognosis for those with serious mental health conditions
- Be inspired to embrace new possibilities and try alternative models of treatment

## #1389 I Am Not Sick, I Don't Need Help!

Faculty: Xavier Amador, PhD

Poor and partial adherence to treatment presents staggering obstacles to recovery. Increased involuntary hospitalizations, suicide, reduced response to treatment, estrangement, discord between caregivers and providers, criminal behavior, and failure to reach optimal levels of recovery are associated with it. The urgency to implement strategies that optimize the individual's involvement in treatment and recovery has never been greater. The Listen-Empathize-Agree-Partner approach (LEAP) teaches participants a set of evidence-based practices to help individuals, who do not see the need for treatment, become fully engaged in treatment and to actively work with their support system.

### Learning Objectives:

- Develop strategies to build new relationships that focus exclusively on goals that the "patient" perceives
- Define, understand, and address anosognosia
- Discuss how to break down the barriers that keep individuals and stakeholders from functioning as an effective team

## #1392 Audacious Hope: Embracing the Power and the Peril

Faculty: Wendy Edey, RPsych, MEd

Hope, according to research literature, is an essential component of physical and emotional well-being. High hope correlates with success at many things. Hopeful people cope better with pain, illness and stress. Hope can be implicit or explicit, faint or audacious. Each of us has the potential to lead others toward hope. Offered from the perspective of a practitioner who has had thousands of explicit conversations about hope, this workshop examines hope through the dual lens of those who receive services and those who provide them.

### Learning Objectives:

- Locate current hope research in their area of interest
- Distinguish between implicit and explicit expressions of hope
- Increase knowledge on the role of hope in the recovery from co-occurring conditions
- Describe hope strategies recommended by consumers, survivors, ex-patients



This lantern 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



## #1406 The Neurobiological and Psychological Effects of Trauma

Faculty: Tonier Cain; Joan Gillece, PhD; Kevin Ann Huckshorn, RN, MSN, CAP, ICADC; Janice LeBel, PhD

This workshop will examine the neuropsychological impact of trauma on the developing brain and the emotional, physiological and functional sequelae. Trauma and its most severe form, Post Traumatic Stress Disorder, will be defined along with prevalence data reported from mental health, substance use, developmental disabilities, and juvenile justice populations, in addition to the general population. Elements of trauma-informed care will be identified and contrasted with systems of care that are not trauma-informed. Firsthand accounts of re-traumatization experienced within the mental health system will be presented. Prevailing treatment approaches and fundamental practice parameters regarding assessment, preventing restraint, seclusion, re-traumatization, and specific strategies to implement across an array of settings will also be reviewed.

### Learning Objectives:

- Describe the neurobiological and psychological effects of stress and trauma on the lives of individuals
- Analyze the effects of seclusion and restraint within the context of trauma models
- Compare the prevalence of trauma in various public health settings
- Understand links between trauma-informed care approaches and recovery outcomes

This workshop is co-sponsored by DPA/APA for 3.5 credits. See inside cover for details.

## #1399 Ethics: Moral Decision-Making

Faculty: Marna Barrett, PhD

A professional code of ethics is an agreement with the public that balances professional and scientific privilege with responsibility to the welfare of individuals. Ethical standards set by a professional code are often viewed as cumbersome, confusing, and restrictive. Despite having a set of standards, professionals increasingly encounter dilemmas for which they are unprepared - especially in the areas of mental health and substance use treatment. The purpose of this interactive workshop is to provide a framework for understanding why ethical dilemmas often create conflict and how a formal process for decision-making can facilitate an effective resolution. Two models of ethical decision-making will be presented, and then applied to participant case examples. Participants will be encouraged to develop their own model for ethical decision-making.

### Learning Objectives:

- Discuss examples of where professional ethics codes are limited in resolving ethical dilemmas
- Distinguish between “right versus wrong” dilemmas and “right versus right” dilemmas, highlighting the reasons why dilemmas often create interpersonal conflict
- List two models for ethical decision-making that are useful in resolving “right versus right” dilemmas

This workshop is co-sponsored by DPA/APA for 3.5 credits. See inside cover for details.

Hope is the thing with feathers  
That perches in the soul  
And sings the tune--without the words,  
And never stops at all...  
- Emily Dickinson



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# Tuesday & Wednesday 2-Day Workshops



## #1393 Resiliency: Bouncing Back With Power and Smarts

Faculty: Nan Henderson, MSW

This workshop is a motivational boost for anyone struggling with crisis, grief, trauma, and/or stress, or for those who help others overcome these problems. The human capacity to overcome and transcend adversity is emphasized, offering practical suggestions from the research on how people do this. Participants will be able to identify their personal “resiliency builders” and learn how to make them grow. They will take the Resiliency Quiz and discover how to strengthen their ability to overcome whatever adversity they are facing. They will understand their unique personal strengths and why, ultimately, “what is right with them is more powerful than anything that is wrong.” Participants will be able to integrate the strategies presented into their existing professional practice and personal relationships.

### Learning Objectives:

- Recognize, nurture, and utilize the “power of what is right” to transform lives
- Describe and utilize skills that increase resiliency
- Describe the 4 steps to building resiliency, including how to use the Resiliency Wheel
- Develop a plan for overcoming risks and building strengths to use with self and/or others



## #1400 Hope Tools That Make a Difference

Faculty: Wendy Edey, RPsych, MEd

Hope is an intangible concept that is often overlooked in the counseling environment. Hope involves the interaction of feeling, thinking, acting, and relating, and is directed toward a future fulfillment that has personal meaning. Most welcome the presence of hope, though sometimes it goes unnoticed until it is threatened or taken away. Participants will develop hope-enhancing tools and will establish grounding in their own views of hope. Participants will learn how to explore hope with individuals who face tremendous challenges using dozens of conversational and activity tools. This workshop uses a lively hands-on introduction to examine differences between wishes, hopes, and goals.

### Learning Objectives:

- Locate current hope research in their area of interest
- Identify sources of, and threats to, an individual’s hope
- Use tools to explore, activate, and enhance hope
- Negotiate the balance between being hopeful and being realistic

## #1394 Client-Directed and Outcome-Informed (CDOI)

Faculty: Scott Miller, PhD

Participants will receive a thorough grounding in the empirical foundations of CDOI which includes research supporting the common factors, outcome and alliance measures, and feedback. This workshop examines alliance-building skills that cut across therapeutic orientations and diverse client populations. Participants will learn how to use specific outcome management tools to inform and improve treatment and determine overall clinical success rates and to use technology for support and improvement of services. Emphasis will be placed on significantly improving outcomes and retention rates through feedback and deliberate practice, and helping participants apply CDOI skills in their daily practice as clinicians, supervisors, and managers.

### Learning Objectives:

- Name and describe avenues to solicit direct feedback from clients resulting in valid outcome ratings
- Discuss how to use client feedback to inform and direct services
- Plan to implement an alliance measurement strategy
- Choose and practice using your favorite tool for client feedback



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# Thursday & Friday 2-Day Workshops

## #1396 Treating Complex Trauma

**Faculty:** Christine Courtois, PhD, LPC

Complex traumatic stress disorders develop in the aftermath of chronic, cumulative trauma, particularly severe child abuse and neglect. Complex Post Traumatic Stress Disorders (C-PTSD) are associated with relational insecurity and disorganization in primary attachment relationships that often occur prior to the more overt traumatization. The objective of this workshop is to provide an increased understanding of the nature, diagnosis, and treatment of these conditions and disorders, drawing upon recent clinical consensus and empirical findings. This workshop will offer an overview of conceptual advances in understanding complex traumatic stress disorders. Elements of the traumatic stressor and common responses from a developmental/lifespan perspective will be reviewed. Advances in evidence-based treatments, sequencing of treatment and the application of integrative treatment approaches will be discussed.

### Learning Objectives:

- Define complex trauma
- Describe the diagnostic criteria for C-PTSD
- Understand the complex reactions to complex trauma
- Practice sequencing of treatment using integrative treatment approaches

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

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## #1398 Advanced Motivational Interviewing

**Faculty:** Charlotte Chapman, LPC, MAC, CCS, NCC

This workshop is designed for those who have completed at least a 12-hour introductory Motivational Interviewing (MI) skills training and have been practicing MI skills with clients. Motivational Interviewing sounds easy until one tries to use the skills in a consistently effective manner. The process of learning MI requires ongoing skills practice with feedback and coaching. This workshop will provide an opportunity to practice higher level skills such as complex reflections and increase skills in eliciting and responding to change talk. Participants will engage in experiential activities and will leave with a personal learning plan to continue their MI skills development.

### Learning Objectives:

- Identify lower level versus higher level skills of MI
  - Practice how to elicit and respond to change talk
  - Demonstrate complex reflections
  - Create a personal learning plan to further develop skills
- 

## #1402 Money: Financial Realities and Therapeutic Strategies for Problem Gamblers

**Faculty:** Brian Farr, MA, LPC, NCGC-II

This workshop will provide clinically proven, therapeutic tools that support positive changes in the financial behavior of individuals with gambling problems. The impact of money on values, self concept, and sense of safety will be examined. Participants will explore common resistance experienced by counselors when addressing financial issues and will discuss the role and meaning of money in contemporary culture. Participants will receive training materials and exercises for personal use, individual sessions, and group work.

### Learning Objectives:

- Describe the underlying role of money and embedded financial patterns in the lives of individuals in treatment for problem gambling
  - Practice therapeutic techniques and financial interventions that support positive treatment outcomes
  - Increase awareness of one's personal relationship to money, to increase an understanding of others' financial difficulties
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Thursday, July 29, 9:00 am to 4:30 pm and  
Friday, July 30, 9:00 am to 3:00 pm

## Tuesday 1-Day Workshops

### #1403 Skill Building in Recovery: Treatment Plans that Make Sense to Clients

**Faculty: David Mee-Lee, MD**

To empower people in a self change process, the recovery and treatment plan truly becomes the written expression of the therapeutic alliance with the client. The treatment plan and ensuing progress notes should reflect an agreement with the client on goals, strategies, and methods. Clinicians struggle with how to focus and target treatment, how to change old ways of documentation to reflect individualized treatment, and how to effectively engage the client into a cooperative and accountable recovery plan. This workshop will improve participants' knowledge in providing focused, targeted, and individualized treatment. It will provide the opportunity to practice assessment, and translate that into a workable, accountable recovery plan that makes sense to the client.

#### Learning Objectives:

- Apply principles to individualized problems, goals, strategies and progress notes that make sense to the client and relate to what they want
- Demonstrate how to use recovery plans in individual and group treatment as a "living document" that changes depending on outcomes and the client's interests
- Discuss how to document to effectively communicate to clinicians and, most importantly, to the client

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



### #1391 Hope, Resiliency and Possibilities

**Faculty: Ronald Bassman, PhD and Celia Brown**

The aim of this workshop is to inspire participants to think critically and creatively about what is helpful and what hinders people in overcoming the dire predictions associated with mental illness diagnoses. The faculty will present several decades of their own work in which they have collaborated with mental health professionals and individuals who have recovered from serious mental illnesses and transformed their lives. They will challenge the misinformation about what is possible for people using examples from their own lives, the narratives of others, and with an overview of the research. New alternative models of services from other countries will be described, including a discussion of their possible uses in the United States.

#### Learning Objectives:

- Identify misconceptions about serious mental illness and recovery
- Recognize what is helpful and harmful to the person working towards recovery
- Understand the potential value of newer models of recovery

## Wednesday 1-Day Workshops

### #1404 Clinicians are from Mercury, Clients are from Saturn: Strategies to Cope

**Faculty: David Mee-Lee, MD**

Client hostility and resistance occur in many clinical situations. Helping people change has often relied upon seeing resistance as negative client pathology and using strategies that have disempowered and disrespected people. Many clients present to treatment unready to simply follow directions and comply. Assessing what a client wants can be challenging, especially in the context of time pressure, client mistrust, and a variety of clinical presentations. This workshop presents models and methods for assessing and joining with clients presenting challenges, including co-occurring disorders, chronic and persistent behavioral health issues, substance use conditions, domestic violence and treatment adherence difficulties.

Participants will practice engagement skills that can be used in individual and group work.

#### Learning Objectives:

- Apply engagement and collaborative strategies that decrease hostile and resistant behavior
- Develop a treatment contract that expresses empathy and understanding of the client
- Discuss the clinician's personal and professional response to hostility and resistance

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

### #1411 An Antidote to the Hopelessness of Suicide

**Faculty: Mental Health Players and  
C. Karen Covey Moore, DMin**

*Lights! Camera! Action!* The Mental Health Players will be taking center stage, bringing three distinctive, thought-provoking scenes to the audience. Using role play and interactive audience participation, this troupe of volunteer actors will expand awareness and educate about mental health issues, suicide, and grief. Suicide is a public health crisis. It is estimated that for every suicide, there are six survivors of suicide, meaning family and friends who are deeply affected. Participants will become acquainted with the prevalence of suicide and its devastating effects upon our communities. We will reflect on our personal attitudes and beliefs about suicide. Particular focus will be given to the helpful tools that will enable participants to provide support for people coping with the shock and excruciating grief that accompany the loss of a loved one to suicide. Conflicts will be presented through dialogue between actors, with a narrator facilitating audience discussion. Faculty will provide opportunities for small group discussion, dyads and role play.

#### Learning Objectives:

- Recognize the signs and symptoms of suicidal ideation and know how to respond
- Understand the unique nature of suicide grief
- Gain insight into one's own beliefs and attitudes pertaining to suicide



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# Thursday 1-Day Workshops

## #1405 How to Survive and Thrive During Integration and Change

Faculty: David Mee-Lee, MD

Creating a system of care where it is “always the right time, always the right place, to get the right service” can be stressful. Even if everyone agrees with integration, the changes necessary personally, professionally, and programmatically greatly increase the demands on clinicians, supervisors, and administrators. This workshop is designed to help participants survive the difficulties that arise in communication, conflict resolution, and personal coping with integration and system change. Participants will be able to discuss obstacles and strategies to balance personal needs with those of the organization. Attention will be paid to a methodology to convert frustrations directed at personal and team member failures into systems solutions that can empower, encourage hope, and improve personal and team functioning.

### Learning Objectives:

- Identify how change affects us, why conflicts arise, and what underlies the tensions
- Review communication, conflict resolution and coping strategies that promote team cohesiveness and improve self-care
- Describe principles and strategies that enhance both understanding and empathy for another’s position

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



## #1409 Nine Passages on a Journey of Recovery

Faculty: Priscilla Ridgway, PhD

This workshop uses lecture, group discussion, experiential exercises, and stories to explore mental health recovery from the perspective of lived experience. Participants learn the roots of the recovery movement, and the five major shifts this approach demands from providers. It looks at three major domains of recovery: positive sense of self, moving into an active mode, and reclaiming meaningful roles. Each domain involves three major passages on the journey of recovery. Helping practices that support these important passages are described.

### Learning Objectives:

- Describe five shifts the system must make to implement a recovery approach
- Describe three major domains of recovery
- Understand the nine passages that people commonly experience on the journey of mental health recovery
- List practices that staff can undertake to facilitate the personal journey of recovery

# Friday 1-Day Workshops

## #1397 Bridging the Gap Through Clergy Outreach and Professional Engagement (C.O.P.E.)

Faculty: Glen Milstein, PhD

There are over 260,000 religious congregations in the United States. They and their clergy are often de facto providers of mental health care. Recent models promoting collaboration between clergy and clinicians advocate that shared religious values underlie effective working relationships. The C.O.P.E. model was developed and implemented to facilitate continuity of care across a diversity of caregivers. This model introduces and defines the term ‘burden reduction’ for both clinician and clergy. This workshop will explore the application and feasibility of the C.O.P.E program in clinical and faith-based practices.

### Learning Objectives:

- Explain the implications of mental health and substance use conditions and their progressive recovery process for religious communities
- Describe a prevention strategy-based hierarchy of reciprocal collaboration between individuals, clergy, clinicians and families
- Identify activities in congregations that improve and contribute to the well-being of future generations



## #1401 Hope and Pathways to Recovery

Faculty: Priscilla Ridgway, PhD

This workshop explores hope and recovery from the experiences of people in recovery. Participants will gain an understanding of why hopelessness is common prior to recovery, and how hope provides a basic foundation for recovery. We will explore the geography of hope and how hope interacts with time. The workshop will provide strategies that make hope visible in individual lives. Participants will discover how retelling one’s life story from a perspective of hope and resilience can supercharge the recovery journey. A strengths self help workbook is an important tool that people and programs use to advance recovery. The *Pathways to Recovery Workbook* is used to learn about recovery, identify strengths, and set personal goals. Experiential exercises will provide a taste of identifying strengths, exploring individual passions, and making positive changes.

### Learning Objectives:

- Describe a working theory of how hope is rebuilt
- Learn the basics of a strengths-based approach to recovery
- Apply methods for identifying strengths in self and others
- Describe at least three simple actions that help people advance on the personal journey of recovery

Thursday, July 29,  
9:00 am to 4:30 pm

Friday, July 30,  
9:00 am to 3:00 pm



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

# Free Evening Workshops Pre-Registration Not Required

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



**#1395 Fun and Games in Counseling and Group Work**  
Faculty: Wendy Edey, RPsych, Med

“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing,” Charles Schaefer. Counseling and group work ought to be fun. The good news is that it can be. Join us for an introduction to the benefits of making counseling as painless as we can. Hear about cherry pit spitting contests on a bad day, and cartoon collecting as a strategy for improving medication adherence. Get one possible answer to that burning professional practice question: “Is it dangerous to serve blue corn chips to people who suffer from depression?”

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

**#1407 Inside Out: Creating Community-Based Substance Use Prevention Programs**  
Faculty: Cecilia Douthy Willis, PhD

The workshop will focus on helping participants build effective substance use prevention community resources. Participants will learn basic strategic planning steps that will help them assess, develop, implement, monitor, and sustain culturally-competent, community-based substance use prevention programs. Additional emphasis will be placed on collecting and using data effectively to support prevention program efforts.

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



**#1408 Obsessive Compulsive Disorder: From A to Z**  
Faculty: Karen Charles; Howard Isenberg, MA; Barbara Pope, MA, LCSW; and Kathleen Rupertus, PsyD

This educational program is for those interested in learning more about OCD in both children and adults. When one person in the family is diagnosed with OCD, the entire family is affected. While OCD is not curable, it is treatable. Education about OCD, treatment, and family support are key for all involved in order to deal with and gain control over this disorder. Medications and a look at common obstacles to effective treatment will be discussed. How to find an OCD therapist, what you should ask, and community resources for people with OCD and their families will be included.

Thursday, July 29, 7:00 pm to 9:00 pm



**#1410 Finding Hope After Loss**  
Faculty: C. Karen Covey Moore, DMin

In this workshop participants will learn to recognize the many faces of loss and grief, review the process of normal grief, examine the elements of complicated grief, and explore the ways that hope can be grasped and expressed in the healing process. Emphasis will be placed on the importance of Re-remembering, Re-framing and Re-focusing as elements of healing. Participants will have the opportunity to examine their own experiences of loss and grief and be prepared to help others who are grieving. Dyads and group discussion will enable the learning process.



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# Evening Workshops

## Pre-Registration Required and Fees Apply

**Monday Evening, 6:00 pm to 9:30 pm**  
Pre-Registration and \$40.00 Fee

**#1399 Ethics: Moral Decision-Making**  
**Faculty: Marna Barrett, PhD**

A professional code of ethics is an agreement with the public that balances professional and scientific privilege with responsibility to the welfare of individuals. Ethical standards set by a professional code are often viewed as cumbersome, confusing, and restrictive. Despite having a set of standards, professionals increasingly encounter dilemmas for which they are unprepared - especially in the areas of mental health and substance use treatment. The purpose of this interactive workshop is to provide a framework for understanding why ethical dilemmas often create conflict and how a formal process for decision-making can facilitate an effective resolution.

Learning Objectives: see page 3

This workshop is co-sponsored by DPA/APA for 3.5 credits.  
 See inside cover for details.

**Wednesday Evening, 6:00 pm to 9:30 pm**  
Pre-Registration and \$40.00 Fee

**#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. An AED may direct a rescuer to deliver an electrical shock to the victim's heart to reestablish an effective rhythm of its own. Training in CPR and AED skills will enable the rescuer to use all the steps in the cardiac chain of survival.

Hope is faith holding out its hand  
 in the dark of the night.

- George Iles

## Hope Transcends, Translated...

Arabic  
 يخطت لم أن

Greek  
 Ελπίδα ξεπερνά

Hebrew  
 פוה הלעתמ

Hindi  
 उम्मीद है कबिंधन में नहीं बंधा

Hungarian  
 Hope túlmutat

Japanese  
 期待を越えた

Korean  
 희망을 초월

Macedonian  
 Надеж надминува

Persian  
 دیم ارتارف

Serbian  
 Надам превазилази

Spanish  
 Transcends Esperanza

Thai  
 หวัง

Traditional Chinese  
 希望超越

Turkish  
 Umut aşar

Yiddish  
 סדנעססנארט גנוועפאָר

Evening Workshops  
 Pre-Registration Required and Fees Apply

**Xavier Amador, PhD** is a clinical psychologist, Professor at Columbia University, the Founder and Director of the LEAP Institute, and author of eight books, including the national best seller, *I'm Not Sick, I Don't Need Help!* Dr. Amador has been a regular contributor to the Today Show and a featured guest on NBC Nightly News, 60 Minutes, CNN, Dateline, New York Times, Wall Street Journal and others. Dr. Amador was co-chair of the last text revision of the schizophrenia and related disorders section of the DSM IV-TR.

**Marna S. Barrett, PhD** is an Assistant Professor in the Department of Psychiatry at the University of Pennsylvania School of Medicine. Her current studies include investigations of factors predictive of early engagement and attrition in community mental health settings, cultural influences on mental health service use, and the use of a modified motivational interview to increase commitment to treatment. Dr. Barrett supervises psychiatry residents in psychotherapy, teaches the residency ethics curriculum, and maintains a clinical practice where she specializes in the treatment of depression and bipolar disorder.

**Ronald Bassman, PhD**, "Being committed twice for six and then seven months to psychiatric hospitals left me with a diagnosis of chronic schizophrenia. My treatment included: 40 insulin comas, electroshock and massive doses of thiorazine. I recovered, earned my doctorate and became a licensed psychologist." Dr. Bassman is a therapist, consultant, university faculty and advocate. He is chair of The Community Consortium, an organization created to promote the civil and human rights of people with psychiatric disabilities. He is the author of articles and the book, *A Fight to Be: A Psychologist's Experience from Both Sides of the Locked Door*.

**Celia Brown**, a psychiatric survivor, was instrumental in developing the first Peer Specialist civil service title in the country. As President of MindFreedom International, she is their primary representative to the United Nations on the International Convention for the Rights of Persons with Disabilities. Ms. Brown is a founding member of the national People of Color Consumer/Survivor Network and a co-founder of the International Network Towards Alternatives for Recovery.

**Tonier Cain** is a consumer advocate who has spoken nationally on trauma, incarceration, and recovery. She has served as a member of the Maryland Protection and Advocacy for Individuals with a Mental Illness Council and worked as a case manager and Director of Advocacy Services. Ms. Cain is featured in the documentary *Behind Closed Doors: Trauma Survivors and the Psychiatric System*, and she is the subject of a new documentary that will be released in 2010 entitled *Healing Neen*. Ms. Cain has worked as the team leader for the federally-funded National Center for Trauma-Informed Care.

**Charlotte Chapman, LPC, MAC, CCS, NCC** is the Director of Counseling Services at the Women's Center at the University of Virginia. She is an Associate Professor at the Department of Rehabilitation Counseling at Virginia Commonwealth University. She is a member of the Motivational Interviewing Network of Trainers and participates in the N.I.D.A. Clinical Trials. She has twenty-five years experience as a counselor, supervisor and trainer in the substance abuse and mental health field.

**Karen Charles**, who has suffered a lifetime with obsessive compulsive disorder (OCD) since the age of four, is a graduate of the OCD Institute in Boston, MA., the author and presenter of an OCD program, "OCD in the Classroom," an in-service program for all school personnel, to help identify children with OCD, in an effort to facilitate assessment and treatment. Karen openly shares her own story through public speaking in an effort to educate and promote awareness.

**Christine Courtois, PhD, LPC** is an internationally-recognized therapist, workshop leader, speaker, consultant, and specialist in posttraumatic and dissociative conditions. She is Co-Founder and former Clinical and Training Consultant to The Center Posttraumatic Disorders Program in Washington, DC. Dr. Courtois authored *Recollections of Sexual Abuse: Treatment Principles and Guidelines*, *Adult Survivors of Sexual Abuse: A Workshop Model*, and *Healing the Incest Wound: Adult Survivors in Therapy*. She is Associate Editor of the journal *Psychological Trauma: Theory, Research, Practice, & Policy*.

**Wendy Edey, RPsych, MEd** is a counseling psychologist whose work integrates three personal passions: hope, humor and storytelling. She practices and teaches the intentional integration of hope strategies into counseling for people facing illness and complex problems. She is a co-founder of the International Database of Hope Research Literature, a lecturer in educational psychology and is the Director of Counseling at the Hope Foundation of Alberta, a university center for hope studies. Her work is published in the *Canadian Journal of Counselling* and the *Journal of Counseling Psychology Quarterly*.

**Brian H. Farr, MA, LPC, NCGC-II** maintains a private practice in Portland, Oregon. He has extensive clinical experience with individuals and families facing the complex issues of problem gambling. During the 25 years prior to becoming a counselor, he was a founding partner of an investment management firm, owner/manager of a personnel agency, and member/broker at the Chicago Board of Trade. Mr. Farr has an MA in Counseling Psychology from Lewis & Clark College and a BA in History from Stanford University.

**Joan Gillece, PhD** is the Project Director for the National Coordinating Center for the Seclusion and Restraint Reduction Initiative and Project Director for the National Center for Trauma Informed Care. Dr. Gillece developed trauma-informed programs for Tamar's Children, a program serving incarcerated women and their newborns designed to break the intergenerational cycle of despair, poverty, addiction, and criminality. She has provided consultation on developing innovative institutional and community programs.

Every thing that is done in the world is done by hope.  
- Martin Luther

**Nan Henderson, MSW** is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. Her publications are used in more than 25 countries and have been translated into Spanish and Russian. She is co-founder and President of Resiliency In Action, Inc. and is featured on National Public Radio's Talk of the Nation. She has served on the faculty of five universities with an emphasis on substance use conditions; worked as a clinical therapist; and directed youth risk behavior prevention and resiliency implementation programs.

**Kevin Ann Huckshorn, RN, MSN, CAP, ICADC** is Director of Delaware's Division of Substance Abuse & Mental Health. She served as the Director to the Office of Technical Assistance at the National Association of State Mental Health Program Directors and the National Coordinating Center to Reduce and Eliminate the Use of Seclusion and Restraint. Ms. Huckshorn co-authored the book, *Principled Leadership in Mental Health Systems and Programs*.

**Howard Isenberg, MA** is a Regional Director for Holcomb Behavioral Health Systems in Pennsylvania and is the Executive Director of Open Door, Inc. in Delaware and Family Services Association, Inc. in Cecil County, Maryland. He has over twenty-seven years experience operating substance abuse, mental health, and a variety of other human services programs. Mr. Isenberg has a family member in recovery from obsessive compulsive disorder.

**Janice LeBel, PhD** is a licensed psychologist and the Director of Program Management for the Massachusetts Department of Mental Health. She oversees a statewide system of care for youth and leads DMH's nationally-recognized Restraint/Seclusion Prevention Initiative. Dr. LeBel is a member of the National Association of State Mental Health Program Director's teaching faculty to advance trauma-informed care and restraint/seclusion prevention efforts.

**David Mee-Lee, MD** is a leading international expert in co-occurring substance use and mental health conditions with over 30 years experience in person-centered treatment and program development. He is Chief Editor of the *ASAM Patient Placement Criteria* and is Senior Vice President for the Change Companies. He is a board-certified psychiatrist and is certified by the Board of Addiction Medicine.

**Scott D. Miller, PhD** is co-director of the Institute for the Study of Therapeutic Change and originator of the *Talkingcure.com* website. He co-founded the Center for Clinical Excellence, an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavioral health services. Dr. Miller is the author of *Escape from Babel: Toward a Unifying Language for Psychotherapy Practice*, *The Heart and Soul of Change: What Works in Therapy*, and *The Heroic Client: A Revolutionary Way to Improve Effectiveness through Client-Directed, Outcome-Informed Therapy*.

**The Mental Health Players (MHP's)** were formed in 1989 as a program of the Mental Health Association of Maryland. The MHP's primary objective is to help educate and reflect attitudes about mental health and illness. During the past 21 years, many organizations have engaged the MHP's to help their groups talk about diffi-

cult issues including communication, suicide, caring for a disabled family member, loss and growth in aging, alcohol use, and job stress. The troupe is composed of volunteer actors who enjoy performing as well as helping others.

**Glen Milstein, PhD** is a tenured Assistant Professor of Psychology at the City College of New York, and an adjunct Assistant Professor of Psychology in Psychiatry at the Weill Medical College of Cornell University. His bilingual research seeks to improve the continuity of mental health care through a model of Clergy Outreach and Professional Engagement. He has studied clergy, clinicians, consumers and caregivers, as well as interventions to reduce stigma. He is a licensed clinical psychologist.

**C. Karen Covey Moore, DMin** an ordained United Methodist Minister, spiritual director, and bereavement counselor with Delaware Hospice, Inc., is the founder of Chabereth Ministries, Inc., a ministry of spiritual direction and the co-founder of Healing Hearts Ministries: Ministry to Survivors of Suicide. She has presented internationally on the subject of the role of faith in suicide bereavement and prevention. In 2008, she was awarded the Sandy Martin Grassroots Award by Suicide Prevention Action Network; and coauthored the article "Spiritual Direction with Survivors of Suicide" in the September 2009 issue of *Presence: An International Journal of Spiritual Direction*.

**Barbara Pope, MA, LCSW** has been working with clients since 1991 when a high school junior came to her office with the anxious thought: "if I don't write all my letters perfectly something terrible will happen to my family." Since that time Ms. Pope has studied obsessive compulsive disorder extensively and devoted a large portion of her clinical practice to men and women who suffer with this disorder. She teaches at Widener University Graduate School of Social Work.

**Priscilla Ridgeway, PhD** is an Assistant Professor in the Department of Psychiatry at Yale University. Dr. Ridgeway develops and evaluates consumer recovery education programming and has designed an evaluation methodology assessing Elements of a Recovery Facilitating System. Dr. Ridgeway is involved in designing the Recovery Markers Questionnaire, further developing the Recovery Oriented Systems Indicators and the Recovery Enhancing Environment measure. She has learned a great deal through a personal experience of recovery from brain trauma and post-traumatic stress disorder.

**Kathleen Rupertus, PsyD** established The Anxiety and OCD Treatment Center in Wilmington, Delaware in 2005. She has been working with children, adolescents, and adults with OCD and other anxiety disorders since 1995 and she has triumphed in her personal journey to overcome OCD. Dr. Rupertus presents regularly at national conferences and has appeared on television programs discussing topics related to anxiety. She is co-author of the book *Loving Someone with OCD*.

**Cecilia Douthy Willis, PhD**, is the project director of the Strategic Prevention Framework - State Incentive Grant for Delaware. She is a tenured Professor with Springfield College, School of Human Services. Dr. Douthy Willis is a former state director for Substance Abuse Services and has served for more than twenty-five years as a national consultant for SAMHSA.

# 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 through the 27th Institute in 1998. He died on December 5, 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 26, 2010.

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

# Kelley / Pazzaglini Award Nomination Form

## Nomination For Kelley/Pazzaglini Award 39th 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)

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**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)

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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 18, 2010 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  DOE  
 DPA  NAADAC  NBCC  NCGC  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 1-Day Workshops Includes Keynote Address and Luncheon

**MONDAY JULY 26 9:00 am to 4:30 pm**  
 \_\_\_ #1399 Ethics: Moral-Decision Making \$80.00  
 \_\_\_ #1392 Audacious Hope \$80.00  
 \_\_\_ #1389 I'm Not Sick: I Don't Need Help! \$80.00  
 \_\_\_ #1406 Neurobiological and Psychological  
 Effects of Trauma \$80.00  
 \_\_\_ #1390 Hope in Recovery:  
 Power of Our Beliefs \$80.00

**MONDAY Evening 6:00 pm to 9:30 pm**  
 \_\_\_ #1399 Ethics: Moral Decision Making \$40.00

## 2-DAY Workshops

**TUESDAY JULY 27 9:00 am to 4:30 pm &  
 WEDNESDAY JULY 28 9:00 am to 4:30 pm**  
 \_\_\_ #1393 Resiliency: Bouncing Back \$160.00  
 \_\_\_ #1400 Hope Tools That Make A Difference \$160.00  
 \_\_\_ #1394 Client-Directed & Outcome-Informed \$160.00

**THURSDAY JULY 29 9:00 am to 4:30 pm &  
 FRIDAY JULY 30 9:00 am to 3:00 pm**  
 \_\_\_ #1396 Treating Complex Trauma \$160.00  
 \_\_\_ #1398 Advanced Motivational Interviewing \$160.00  
 \_\_\_ #1402 Money: Financial Realities and  
 Therapeutic Strategies for  
 Problem Gamblers \$160.00

## 1-DAY Workshops

**TUESDAY JULY 27 9:00 am to 4:30 pm**  
 \_\_\_ #1403 Skill Building in Recovery \$80.00  
 \_\_\_ #1391 Hope, Resiliency & Possibilities \$80.00

**WEDNESDAY JULY 28 9:00 am to 4:30 pm**  
 \_\_\_ #1404 Clinicians are From Mercury, Clients  
 are From Saturn: Strategies to Cope \$80.00  
 \_\_\_ #1411 An Antidote to the Hopelessness  
 of Suicide \$80.00

**WEDNESDAY Evening 6:00 pm to 9:30 pm**  
 \_\_\_ #787 Heartsaver CPR/AED \$40.00

**THURSDAY JULY 29 9:00 am to 4:30 pm**  
 \_\_\_ #1405 How to Survive and Thrive \$80.00  
 \_\_\_ #1409 Nine Passages on a Journey  
 of Recovery \$80.00

**FRIDAY JULY 30 9:00 am to 3:00 pm**  
 \_\_\_ #1397 Bridging the Gap Through  
 Clergy Outreach and  
 Professional Engagement \$80.00  
 \_\_\_ #1401 Hope and Pathways to Recovery \$80.00

**Total of all registration fees \$** \_\_\_\_\_

**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](http://www.shop.Delaware.gov)
2. Under "Categories" select Conferences.
3. Click on 39th 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](mailto: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 16, 2010**.

#### 3. IN PERSON

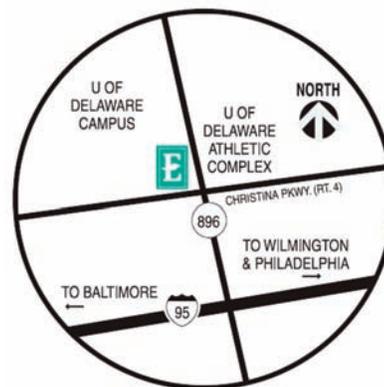
If space is available, walk-in registrations will be accepted with credit card payment only.

#### 4. INTERGOVERNMENTAL VOUCHER

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

### Location

The 39th 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 19, 2010 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. Use the code "Delaware Summer Institute" to receive the conference rate. To make reservations online, visit [www.newark.embassysuites.com](http://www.newark.embassysuites.com) and enter the 3 letter group code **DSI**. Reservations must be made by participants before July 2, 2010 to receive the conference rate. The conference rate includes a daily full cooked-to-order breakfast and evening Manager's Reception.

|                         |                |
|-------------------------|----------------|
| Single/Double Occupancy | \$126 + 8% tax |
| Triple Occupancy        | \$141 + 8% tax |
| Quadruple Occupancy     | \$157 + 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 conference.

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

## **Keynote Address & Luncheon:**

The Keynote Address & Luncheon on Monday, July 26th are included with all registrations for Monday 1-day workshops. The keynote address & luncheon are not available as a separate option.

## **Meals and Refreshments:**

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

|                          |                 |
|--------------------------|-----------------|
| AM & PM Refreshments     | \$1.00 - \$4.00 |
| Breakfast                | \$1.00 - \$9.00 |
| Lunch (Tuesday - Friday) | up to \$8.00    |

## **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](mailto:DSAMH.Training@state.de.us)

## **FREE Faith Based Community Seats**

This Summer Institute will engage clergy by offering free workshops of special interest to leaders in the faith community who want to learn more about how best to support people with mental health, gambling, and/or substance use conditions in their congregations.

For information, contact Nicole Rhoden, at 302-255-9480 or e-mail at [DSAMH.Training@state.de.us](mailto:DSAMH.Training@state.de.us)

## **Exhibitors**

Exhibitor space is available in the atrium of Embassy Suites.

For information, contact Nicole Rhoden, at 302-255-9480 or e-mail at [DSAMH.Training@state.de.us](mailto:DSAMH.Training@state.de.us)

Free Seats  
Available!!

# Week at a Glance

Monday July 26th

Tuesday July 27th

Wednesday July 28th

Thursday July 29th

Friday July 30th

Keynote  
&  
#1399 Ethics: Moral  
Decision-Making  
Page 2

#1393 Resiliency: Bouncing Back  
With Power and Smarts  
Page 4

#1396 Treating Complex Trauma  
Page 5

Keynote  
&  
#1392 Audacious Hope  
Page 2

#1400 Hope Tools that  
Make a Difference  
Page 4

#1398 Advanced Motivational Interviewing  
Page 5

Keynote  
&  
#1389 I'm Not Sick,  
I Don't Need Help  
Page 2

#1394 Client-Directed,  
Outcome-Informed  
Page 4

#1402 Money: Financial Realities and Therapeutic  
Strategies for Problem Gamblers  
Page 5

Keynote  
&  
#1406 Neurobiological and  
Psychological Effects  
of Trauma  
Page 2

#1403 Skill Building  
in Recovery: Treatment  
Plans that Make Sense  
Page 6

#1404 Clinicians are  
from Mercury,  
Clients are From Saturn  
Page 6

#1405 How to Survive  
and  
Thrive During  
Integration and Change  
Page 7

#1397 Bridging  
the Gap Through  
Clergy Outreach  
Page 7

Keynote  
&  
#1390 Hope in Recovery:  
The Power of Our Beliefs  
Page 2

#1391 Hope, Resiliency  
& Possibilities  
Page 6

#1411 An Antidote for  
the Hopelessness  
of Suicide  
Page 6

#1409 Nine Passages on a  
Journey of Recovery  
Page 7

#1401 Hope &  
Pathways  
to Recovery  
Page 7

#1395 Fun and Games in  
Counseling and Group Work  
6:00 pm - 7:00 pm  
Page 8

#1407 Inside Out: Creat-  
ing Community-Based  
Substance Use  
Prevention Programs  
7:00 pm - 9:00 pm  
Page 8

#1408 Obsessive  
Compulsive Disorder  
From A to Z  
7:00 pm - 9:00 pm  
Page 8

#1410 Finding Hope  
After Loss  
7:00 pm - 9:00 pm  
Page 8

#1399 Ethics: Moral  
Decision Making  
6:00 pm - 9:30 pm  
Page 9

#787 CPR/AED  
6:00 pm - 9:30 pm  
Page 9

Legend

Monday One Day Workshops

2 Day Workshops

1 Day Workshops

Evening Workshops

Free Evening  
Workshops

**The 39th Summer Institute was designed  
and developed by:**

Carol Kuprevich, EdD, Director  
James Evans  
Susanne Ingle, MLS, MSIS  
Christopher Knox, MA  
Nina Licht, MS  
Nicole Perefefe, Esq.  
Nicole Rhoden  
Laura Taylor, MA  
Jessica Washer  
Dana Wise  
Liz Zawisza  
John Zuger

**The 39th Summer Institute is dedicated to  
the memory of:**

**Michael T. Kriner and Christopher B. Sturmfels**

These colleagues lost their lives in a vehicle  
accident this past February. Their spirit will  
continue to inspire us as we walk along the  
corridors of education and service delivery that  
they embraced.

Delaware Health and Social Services  
Division of Substance Abuse and  
Mental Health Training Office  
1901 N. DuPont Highway  
Springer Building Room 384  
New Castle, DE 19720

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Funding for this conference was made possible (in part) by grant 1H13SP015994-01 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Social Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

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