



PCB

Annual Conference 2011

APRIL 11&12, 2011
SHERATON HARRISBURG HERSHEY



TREATMENT & COMMUNITY RECOVERY

TOGETHER WE MAKE A DIFFERENCE



monday april 11

7:30-8:30 A.M.

CONTINENTAL BREAKFAST | NETWORKING AND VIEWING EXHIBITS | FIRST OPPORTUNITY TO VISIT OUR WIDE ARRAY OF EXHIBITS AND NETWORK WITH OTHER PROFESSIONALS

KEYNOTE ADDRESS 8:30 – 9:30 A.M.
– ALAN MARLATT, PH.D.

Dr. Alan Marlatt is Professor of Psychology and Director, Addictive Behaviors Research Center, Department of Psychology, University of Washington. He received his Ph.D. in clinical psychology from Indiana University in 1968. He has conducted pioneering research in the areas of harm reduction, brief interventions and relapse prevention. In addition to over 200 journal articles and book chapters, Dr. Marlatt has published several books in the addiction field including *Relapse Prevention (1985; 2005)*, *Assessment of Addictive Behaviors (1988; 2005)*, *Harm Reduction (1998)*, *Brief Alcohol Screening and Intervention for College Students (BASICS): A Harm Reduction Approach (1999)*, and most recently, *Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide (2010)*.

Dr. Marlatt's keynote address is entitled: Mindfulness-Based Relapse Prevention in the Treatment of Addictive Behaviors.

morning TRAININGS 9:30 A.M. – 12:30 P.M.

COFFEE BREAK AND VIEWING EXHIBITS AT 10:45 A.M.

A FRAMEWORK FOR PROCESS AND OUTCOME TRACKING WITHIN A RECOVERY-ORIENTED SYSTEM OF CARE

JONATHAN SCACCIA, MS

Developing and implementing recovery-based interventions is a challenge for community-based treatment centers given the wide range of domains that holistic recovery planning is theorized to cover. A novel, consumer-driven intervention to improve engagement as a method of improving overall recovery outcomes was developed by a large co-occurring treatment provider and will be highlighted during this training. Participants will learn about the process by which recovery indicators were selected and methods by which additional criteria might be chosen. Also highlighted will be the use of the collaborative methods by which joint process and outcome tracking systems that were used to monitor the progress of consumer recovery and effectiveness of group counselor interventions.

EFFECTIVE ENGAGEMENT STRATEGIES FOR ADOLESCENTS WITH CO-OCCURRING DISORDERS

JEB BIRD, M.Ps.Sc., CAC DIPLOMATE/CCDP DIPLOMATE

Approximately 5 to 9% of adolescents in the US have serious mental illness and there are no standardized treatment interventions that constitute integrated treatment for adolescents with co-occurring addictive and mental disorders. This training will provide participants with an understanding of the definition of co-occurring disorders, three effective treatment/intervention strategies will be discussed, a clear and concise understanding of how providers respond to co-occurring issues in adolescents will be highlighted and participants will leave with an understanding of the key dynamics to family systems and several engagement and intervention strategies.

FAMILY GROUP DECISION MAKING IN THE FIELD OF SUBSTANCE ABUSE

MARY LYNN LASALVIA-KEYTE, MRPYC, CAC/CCDP AND ELIZABETH SMULL, MRPYC, CAC

Agencies and professionals in PA began employing family group decision making in 1999 and since then the process has become widely used in the child welfare system. The focus of this training will be on the process of family group decision making and how it can benefit families dealing with substance abuse. This training will provide participants with a familiarity of family group decision making and how the Commonwealth has been utilizing this process. Further, participants will gain an understanding of the family group decision making process from start to finish. Discussion will occur on the importance of family and extended family participation in the treatment of people struggling with addiction and on how family group decision making is analyzed and can be an effective process when working with families involved in substance abuse.

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LOVE AND ROMANCE ADDICTION

JENNIFER WEEKS, PH.D., LPC, CAC DIPLOMATE

This workshop will help families and practitioners with the concepts critical to working with clients dealing with addictive relationships. Clinicians will learn how to diagnosis love and romance addiction in clients through the behavioral characteristics often associated with love and romance addiction. The role of biology and culture will be discussed as it relates to the formation and sustaining of unhealthy relationships. Resources for helping clients dealing with these issues will be provided as well.

THE BRAIN AS AN OBSTACLE FOR RECOVERY

CHRISTOPHER DAVIS, DO, CAC DIPLOMATE

This training will review the neurobiology of addiction in a way that will be clinically relevant. The role of the “reward pathway” in the development and maintenance of addiction will be presented. Brain alterations as a result of chronic drug and alcohol use and its impact on treatment and the recovery process will be addressed. Denial and techniques to work through it will be discussed. Participants will also gain a better understanding of neurological treatment. Screening for cognitive impairment using the mini-mental status exam and how to work with the cognitively impaired client will also be presented.

AWARDS LUNCHEON 12:30 - 1:30 P.M.

THE AWARDS LUNCHEON WILL HONOR THE RECIPIENTS OF THE 2011 PCB CERTIFIED PROFESSIONAL OF THE YEAR AWARD AND THE PRESIDENTS AWARD.

afternoon TRAININGS 1:30- 4:30 P.M.

SODA BREAK AND VIEWING EXHIBITS AT 2:45 P.M.

BEYOND 12-STEP GROUPS: UTILIZING DEVELOPMENTALLY APPROPRIATE STRATEGIES TO ENHANCE ADOLESCENT RECOVERY SUPPORTS

RICHARD JONES, MA, CAC/CCS/CCDP

Mutual support groups are a standard and essential part of the long-term recovery process. Responsible organizations look to maximize these community resources and encourage active client involvement. Evidenced-based practices have been developed to “standardize a treatment based on a 12-step philosophy.” This training will explore the issue of utilizing developmentally appropriate strategies in addressing the need for positive social/recovery supports. Participants will learn to think creatively in this area in hopes that new and productive avenues can be identified. Highlights will include the unique issues related to adolescent 12-step group involvement, alternatives that will fill the need for new and positive peer influences, skill-based resources and curriculums that can help an adolescent nurture new and positive social groups, approaches which support client/counselor collaboration in aftercare planning and the role of the recovery coach.

BUPRENORPHINE: WELCOMING THE NEW DRUG TO TREATMENT

MICHAEL PALLADINI, RPH, MBA, CAC

This training will provide an overview of the basic pharmacology of buprenorphine and opiates and will present this class of drugs from a chemical and clinical viewpoint. Prescribing practices and challenges, misuse and abuse of buprenorphine and an update on current trends will be presented. The training will also provide participants with a thorough understanding of buprenorphine as a drug, how it is used in treatment, and how it is being assimilated into the mainstream culture of drug use. Participants will learn how buprenorphine relates to other medications, become familiar with the terminology and parameters of medication assisted treatment using buprenorphine, to identify proper patient selection criteria for buprenorphine treatment and how buprenorphine is abused and its prevalence.

MULTIDIMENSIONAL FAMILY THERAPY FOR SUD ADOLESCENTS

MARY POLLOCK, MA, LPC, CCDP DIPLOMATE, MAC

MDFT has been scientifically proven to be an effective adolescent drug and alcohol treatment approach and has been recognized as one of the most effective interventions for adolescent substance abuse approved by the US Department of Health and Human Services. This training will focus on the challenges and successes in bringing this model to Pennsylvania as well as the process of program development, collaboration, training, fiscal solvency and licensure. Several cases will be presented demonstrating this model in action. Participants will learn the basic principles of MDFT, the role of training and supervision in providing MDFT, the process used to initiate MDFT and learn how to identify both the strengths and challenges inherent in this program.

UNDERSTANDING SELF-INJURIOUS BEHAVIOR

LESLIE TEN BROECK, LCSW

This presentation will focus on clients who utilize self-injury as a coping tool. Participants will learn what self-injury is and what it is not and how to distinguish between self-injury and suicidal behavior and the various forms that self-injury takes. Understanding why patterns of self-injury develop and the risk factors/triggers will also be discussed. Lastly, participants will learn how to effectively respond to clients who self-injure, identify general approaches, gain an understanding of self-injurious behavior and physical intervention and identify therapeutic techniques.

UTILIZING A POSITIVE PEER APPROACH TO THE TREATMENT OF DIFFICULT PATIENTS

MICHELLE MALONEY, MS, LPC, CAC DIPLOMATE AND TOM DEITZLER, CAC/CCS/CCJP/CCDP

In today's sandwich society, many parents are struggling with the care of their children and their own parents. When addiction is added to this dynamic, the family system struggles at even more alarming rates. This is particularly the case with young adults, specifically young adult males. Many of these young men feel the same "sandwich struggle;" the struggle between adolescence and adulthood. This training will focus on using a positive peer approach to the treatment of the young adult male population, ages 19-25. The use of Vorath and Brendtro's *Positive Peer Culture* will be explored. This population can be challenging as they struggle for independence, but many have not been able to individuate from their family of origin. Topics including the family's impact will be discussed as this is found to be imperative to the treatment of the young men. The effective use of rituals and metaphors will also be discussed along with practical treatment plan ideas such as relapse prevention strategies.

WELCOME RECEPTION 5:00-6:00 P.M.

LIGHT REFRESHMENTS AND PUNCH

VIEW EXHIBITS AND NETWORK

DINNER ON YOUR OWN

tuesday april 12
8:00-9:00 A.M.



CONTINENTAL BREAKFAST, NETWORKING AND VIEWING EXHIBITS

morning TRAININGS 9:30 A.M. – 12 NOON

COFFEE BREAK AND VIEWING EXHIBITS AT 10:15 A.M.

GAMING: THE NEW ADDICTION? EXPLORING THE WORLD OF ALTERNATE REALITY

STEPHANIE ROY, BS

Young people are spending increasing amounts of time on gaming and surfing the Internet. Some studies have linked violent video games to various undesirable conduct and thought patterns including increased aggression and violent tendencies. Additional behaviors include moodiness, withdrawal, school and academic problems, and disengagement from family and friends. Becoming educated about this current trend will enable participants to learn ways to assist students struggling with the problem of gaming addiction. Participants will also become acquainted with the world of alternate reality through the introduction of factors that define the culture of gaming, exploring excessive gaming implications that may affect an individual's pro-social community engagement, create health concerns, and spawn negative social behaviors. Lastly, participants will learn ways to assist students struggling with the problems that may be associated with compulsive video game playing.

MIXED MEDIA: CREATIVE WAYS TO ENHANCE THERAPY

MARTHA THOMPSON, PSY.D., LPC, CAC DIPLOMATE

This training will introduce creative ways to expand and enhance the everyday therapeutic experience through the use of popular media and activities. Topics covered will be music, movies, the Internet and various other techniques to supplement the work of our field. Individual, family and group therapeutic activities will be offered throughout this session. Opportunities to discuss and practice some of these activities will be integrated into the training. Participants will increase their familiarity with techniques to introduce popular media; develop an increased confidence with using supplemental techniques to enhance therapy; review specific activities that will provide participants with new tools to add to their existing therapeutic techniques.



tuesday april 12

OPIATE DEPENDENCY, ITS TREATMENT, AND CONTROVERSIAL ISSUES

CHRISTOPHER DAVIS, DO, CAC DIPLOMATE

This training reviews current trends in opiate and opioid use including prescription drug use and illicit drug use. The difference between physical dependency, addiction and abuse will be discussed. How opiates affect the reward pathway, neurotransmitter levels and receptors is presented. The medical complications from opiate and IV drug use will be discussed. The process of detoxification from opiates and different techniques are presented. Current controversies of opiate maintenance therapy, its pros and cons, will also be discussed.

THE 12-STEP RECOVERY PROCESS

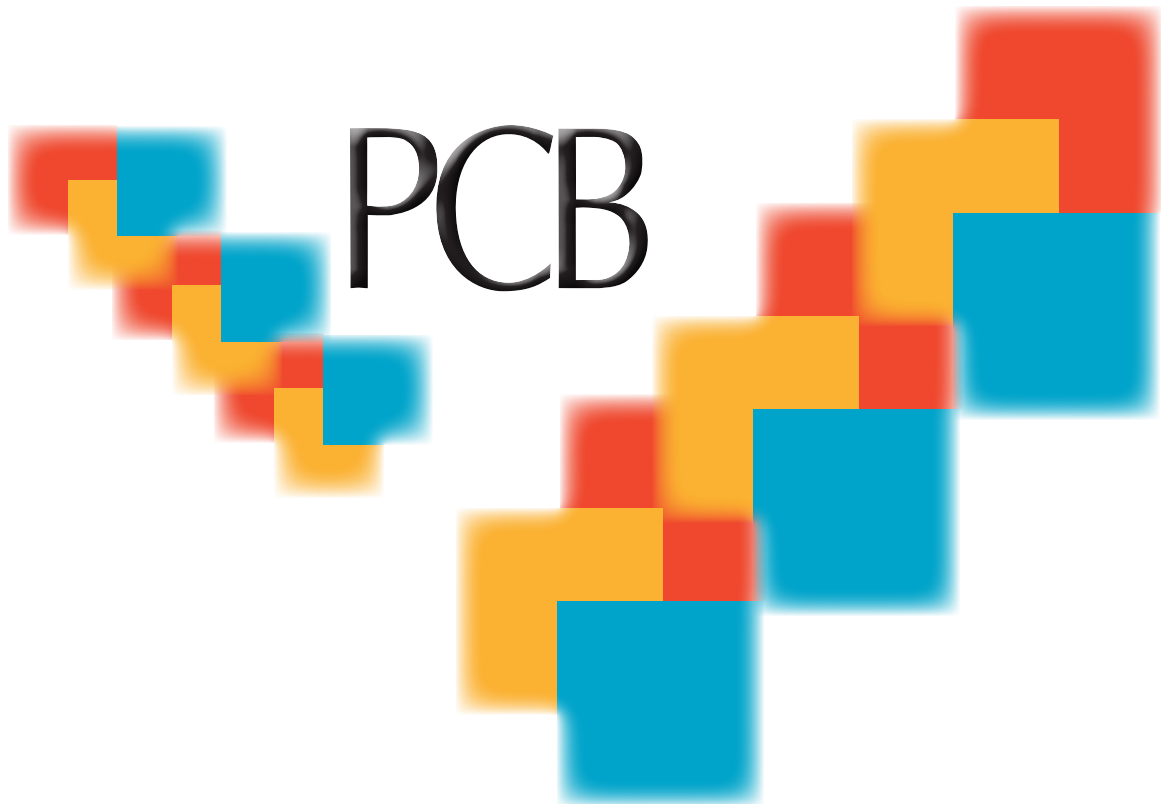
FRED REIHL, MA, LCADC & PATRICIA REIHL, MPA, LPN, LCADC

This training will present the 12 steps as a process of recovery. The related activities are the steps which build one upon the other to produce a specific outcome. The outcome is a spiritual awakening which can be defined as a change in perception of how an individual fits in the world. A comparison of the relapse process to the recovery process will be made and conclusions as to similarities and differences will be drawn by participants. A desired outcome objective will be established for each step. Participants will be encouraged to join in establishing a range of goals to be achieved as well as evaluation criteria for each step. Three innovative approaches to teaching staff and clients will be presented.

THE MYTHS AND FACTS OF SUBSTANCE DEPENDENCE: AN OVERVIEW

JOHN MASSELLA, Ed.D., LPC, CCS/CCDP

This is an introductory training geared for those clinicians new to the field of addiction treatment as well as other health professionals wishing to learn about alcohol/drug use disorders, the myths that fuel patient, family and friends' denial and the interventions used that may impact those close to or affected by the substance use. Participants will leave with a basic understanding of substance abuse and dependence, of addiction as a disease and the theories of etiology, an awareness of the progression of the illness, the effect addiction has on the client, workplace and the family, the powerlessness and unmanageability associated with the abuse, and the process of treatment and recovery.



EXHIBITS OPEN

Monday 7:30 A.M. – 6:30 P.M.
Tuesday 8:00 A.M. – 11:00 A.M.

LOCATION

Sheraton Harrisburg-Hershey
4650 Lindle Road, Harrisburg, PA 17111
717.564.5511

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HOTEL RESERVATIONS

A block of rooms has been reserved at the Sheraton Harrisburg Hershey at a special conference rate of \$97.00 per night. Reservations should be made by contacting the Sheraton at 1.800.325.3535 or online at www.starwoodmeeting.com/Book/PCB and must be made by March 17 to receive this special rate. Be sure to identify yourself as attending the PA Certification Board Conference to receive this special room rate.

CHECK-IN TIME IS 3:00 P.M.

CHECKOUT TIME IS 12:00 NOON

The Sheraton Harrisburg Hershey is an upscale, full-service hotel making it one of the finest hotels in the Harrisburg area. The hotel is situated 1 mile from Exit 247 of the PA Turnpike and conveniently located next to Interstates 81, 83 and 283. A brand new shopping/dining area sits directly behind the hotel.

Guest Rooms

The Sheraton Harrisburg Hershey offers 348 guest rooms equipped with radio/alarm clocks, television with Internet access, in-room movies, iron and board, hairdryer, coffeemaker and refrigerator, room service, free daily newspaper, and in-room safe. The hotel offers heated indoor and outdoor pools, a health club, a game room, and complimentary self-parking.

Dining

The Sheraton Harrisburg Hershey offers Dog and Pony, a specialty restaurant for breakfast, lunch and dinner, open daily from 6:30 A.M. until 11:00 P.M., offering American cuisine in a casual elegant atmosphere.

REGISTRATION

The attached registration form should be completed and mailed to:

PCB, 298 S. Progress Avenue, Harrisburg, PA 17109

Payment must accompany each registration.

Confirmation letters and driving directions will be mailed or e-mailed for all registrations received up to 10 working days prior to the conference.

CONFERENCE PRICE INCLUDES:

- Monday & Tuesday Continental Breakfast
- Monday Keynote Speech
- Monday & Tuesday Workshops
- Monday Awards Luncheon
- All Breaks
- Access To Exhibits
- PCB Approved Education
- Conference Give-A-Ways



The PCB Registration Desk will be open Monday, April 11 from 7:00 A.M. through 12 NOON on Tuesday, April 12.

Cancellations/Refunds/Changes

Written refund requests, acceptable up to 10 days prior to the conference, are subject to a \$25 administrative fee. Written substitute attendee requests, received prior to the conference, are subject to a \$25 administrative fee. Payment received on or after the conference date is subject to a \$10 administrative fee.

Continuing Education

Certificates of attendance will be distributed at the conclusion of the conference.

Keynote address and all workshops are PCB Approved and suitable for use toward initial certification or recertification for all credentials offered by PCB. Ten (10) hours will be awarded for attendance at the entire conference.

Email info@pacertboard.org
www.pacertboard.org

registration FORM

PAYMENT MUST ACCOMPANY EACH REGISTRATION

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CHECK HERE TO RECEIVE REGISTRATION CONFIRMATION AND DIRECTIONS BY EMAIL. EMAIL ADDRESS MUST BE INCLUDED ABOVE.

CONFERENCE FEE SCHEDULE

\$150.00 PRIOR TO APRIL 1 REGISTRATION
\$175.00 AFTER APRIL 1

Please check one (1) workshop each for Monday morning, Monday afternoon and Tuesday morning.

MONDAY, APRIL 11 - MORNING WORKSHOPS

- A Framework for Process and Outcome Tracking Within a Recovery-Oriented System of Care
Effective Engagement Strategies for Adolescents with Co-Occurring Disorders
Family Group Decision Making in the Field of Substance Abuse
Love and Romance Addiction
The Brain as an Obstacle for Recovery

MONDAY, APRIL 11 - AFTERNOON WORKSHOPS

- Beyond 12-Step Groups: Utilizing Developmentally Appropriate Strategies to Enhance Adolescent Recovery Supports
Buprenorphine: Welcoming the New Drug to Treatment
Multidimensional Family Therapy for SUD Adolescents
Understanding Self-Injurious Behavior
Utilizing a Positive Peer Approach to the Treatment of Difficult Patients

TUESDAY, APRIL 12 - MORNING WORKSHOPS

- Gaming: The New Addiction? Exploring the World of Alternate Reality
Mixed Media: Creative Ways to Enhance Therapy
Opiate Dependency, Its Treatment, and Controversial Issues
The 12-Step Recovery Process
The Myths and Facts of Substance Dependence: An Overview

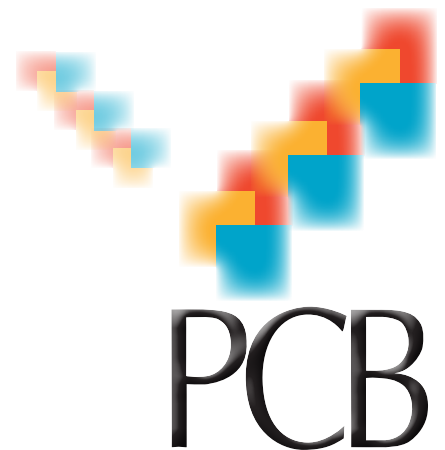
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