



# 2015

ANNUAL  
CONFERENCE

APRIL 13-14 SHERATON  
HARRISBURG HERSHEY

PENNSYLVANIA

CERTIFICATION BOARD

# ITINERARY

MONDAY, APRIL 13 & TUESDAY, APRIL 14

## Monday, April 13<sup>th</sup>

### 7:00am–8:00am

- *Continental Breakfast*

### 8:00–9:00am

- *One fine morning with invited addiction expert and international speaker David Mee-Lee, M.D.*
- *Keynote Address: David Mee-Lee, M.D.*

David Mee-Lee is a leading expert in co-occurring substance use and mental disorders with over 30 years' experience in person-centered treatment and program development. He is not your usual psychiatrist, nor is he your usual educator. He writes and speaks in down-to-earth, jargon-free language and makes learning challenging and enjoyable. Audiences consistently express satisfaction with his combination of rich content and practical approach delivered in his engaging style. His down-to-earth upbringing in Australia coupled with his Chinese heritage make for an interesting mix of dry humor and quiet wisdom.

David is a Board-certified psychiatrist and is certified by the American Board of Addiction Medicine (ABAM). David has trained and consulted for hundreds of organizations, ranging from small mental health centers to government departments and national behavioral healthcare companies. David has also authored a number of book chapters and papers in a variety of professional publications. He is Chief Editor of The ASAM Criteria and is the Senior Vice President for The Change Companies®.

Join us for this special full morning of Dr. Mee-Lee for all conference attendees.

### *David Mee-Lee's Keynote Address:*

### **ADDICTION: It Isn't All a Brain Disease—Getting Back to Biopsychosocial**

There is much information about neurobiology, medication assisted treatment, and addiction as a “brain disease”. But what has happened to a biopsychosocial-spiritual perspective of addiction and treatment?

This presentation highlights advantages and disadvantages of addiction as a “brain disease”. It argues for holistic, multidimensional perspectives.

**LEARNING OBJECTIVES –  
In this presentation,  
participants will:**

- 1) *Review the current trends to emphasize addiction as a “brain disease”.*
- 2) *Identify the pros and cons of this perspective and the clinical implications.*
- 3) *Discuss how to bring balance back to understanding and treating addiction.*

**9:00am–9:30am**  
*Coffee Break*

**Morning Session**

**9:30am–12:30pm**

- *Morning Workshop with David Mee-Lee, M.D.*
- *For all conference attendees*

**WHY INTEGRATING  
MENTAL HEALTH AND  
ADDICTION SERVICES  
IS HARD AND WHAT  
TO DO ABOUT IT**

The addiction and mental health treatment fields have arisen from very different roots. There are ideological

and treatment clashes between addiction and mental health that account for the ongoing fragmentation that is aggravated by different training, systems, and funding. In an era of healthcare reform as the system moves from a sickcare system towards health and wellness, this fragmentation does not serve well people with co-occurring mental and substance-related disorders.

This presentation will review the backgrounds of the addiction and mental health fields that create attitudinal and values differences that make integration difficult.

It is designed to help participants focus on ways to build bridges between clinicians, consumers, customers and systems to decrease fragmentation and improve services for clients. Finally, this presentation will identify staff and program changes necessary to integrate services for co-occurring disorders.

**Awards Luncheon:**

**12:30pm–1:30pm**

*The Awards Luncheon  
will Honor the Recipient  
of the 2015 PCB  
Certified Professional of  
the Year Award.*

## Afternoon Sessions 1:30pm-4:30pm

### SEXUALITY RELATED TO ADDICTION & RECOVERY

*Dana Cohen, M.A., M.Ed.*

S-E-X, the first three letters in the word SEXUALITY, are often the only ones noticed. Sexuality is an umbrella term encompassing a complex subject overlooked in many fields, including the field of addiction. Lack of research regarding sexuality and how it is affected during one's addiction and recovery fuels this avoidance. Attempts to research the subject will likely result in articles and books discussing sexual addiction, which is only one aspect underneath the larger sexuality umbrella. The lack of research is reflective of an overall discomfort with the topic among larger society and among clinicians. If we as clinicians are uncomfortable with the topic, how can we expect our clients to openly approach the topic in session? This presentation has a dual purpose; first to examine how an individual's sexuality is impacted during active addiction and recovery. Secondly, it will challenge

clinicians to look at their own level of comfort surrounding this fundamental yet sensitive topic. An interactive exercise used to help clients recognize how their sexuality has been affected during their use and recovery will be demonstrated. Participants will discuss and consider the ways an individual's sexual function, self-esteem, and relationships are impacted during addiction. We will examine how high risk behavior is associated with substance use and the potential outcomes high risk behaviors create for clients. There will be practice and skill building in asking and answering specific questions related to sexuality. Finally, the presenter will offer tips on how to approach this subject with comfort.

### IT TAKES A THEORY TO RAISE A CLIENT; Why Techniques Are Not Enough

*Andrew Nocita, Ph.D., CAAP*

We all receive training to become treatment providers, but once in practice we can easily forget what we learned, and focus more on client outcomes than on what we are doing. Supervision, too, can become more about whether the client is changing than about how the counselor is

developing. It's easy to neglect those theories we learned, in favor of newer, flashier techniques that we hope will be more effective. This training will explore some foundational theories about human behavior and demonstrate why each counselor needs a unified theoretical understanding. We will discuss being theoretically consistent and technically eclectic. We will also explore the role of supervision in both the development of competent and caring counselors, as well as in the recovery of clients working with counselors. Participants will examine their own beliefs about human beings and human behavior and reconsider what help means, within the context of theories. This workshop will use a developmental perspective to think about how people, and recovery, develop over time; and learn how different styles of supervision can make a large difference

not only for counselors, but for the clients they serve. The training is designed for those who already have some foundational knowledge and skill in counseling and who are open to exploring their own deeper thoughts and motives.

## **CO-OCCURRING DISORDER TREATMENT**

*Amanda Hilzer, M.Ed., CAADC*

Integrated treatment that empowers individuals to embrace recovery and sustain long-term healthy change is an achievable goal. This didactic training clarifies DSM-5 criteria changes, identifies best practices when working with individuals with both a mental health disorder and substance use disorder, and gives practical advice for the entire treatment team working with this population. The primary goal of this workshop is to transfer evidence-based knowledge regarding effective, integrated treatment for Co-occurring Disorders (COD) to frontline staff thereby initiating application of the state of the art information and approaches to the treatment of this population while underlining changes in COD diagnostic criteria as outlined in the DSM-5.



## **CURRENT TRENDS IN ADDICTION PREVENTION, INTERVENTION AND TREATMENT**

*Ken Martz, PsyD, CAS*

This workshop will provide an overview of key best practices in the area of prevention, intervention and treatment.

Current trends in drugs of abuse, overdose and recovery will be explored. Participants will also examine the response of the Commonwealth to these emerging trends. Specific topics include evidence-based practice, medication assisted treatment, drug of choice and overdose issues. The workshop goals for participants include: identifying best practices in prevention programming, core elements of effective treatment and an increased understanding of current initiatives in the Commonwealth.

## **MARIJUANA, CANNABIS, THC: WHAT IS IT? WHERE IT'S BEEN, WHERE IT'S GOING; AN OVERVIEW**

*Michael Palladini, RPh, MBA*

Marijuana has been a plant source of medicine for centuries. It has also been a recreational drug in this

country for decades. It has remained a controversial substance throughout its history, attracting strong advocacy as well as divisive regulation and legislation. The current legal status of the drug in the United States is one of contradiction and inconsistency. A lack of scientific data regarding the drug, and the prevalence of historical perception lead to the ongoing debate regarding the usefulness and the harmfulness of this plant. This training will explore the history of the plant's use and its chemical composition and pharmacology. The economic impact of commerce and the legal status and ongoing regulatory changes within states that have accepted medical and recreational use of marijuana will be examined. The discussion of the issues regarding marijuana during this training will address the challenges treatment professionals encounter with this substance.

## **Welcome Reception**

**5:00pm–6:00pm**

• *Light Refreshments  
Provided*

## **DINNER**

*On Your Own*

**Tuesday, April 14<sup>th</sup>**

**8:00am–9:00am**

- *Continental Breakfast*
- *Panel Discussion*

**PANEL DISCUSSION—  
ETHICS: PCB BOARD  
(1 CEU)**

*Thomas Baier, MHS, CADC, CCS*

*Marilyn Stein, MS, CAAP*

*Stephanie Murtaugh, MA, MBA,  
LPC, CADC, CCS, CCDPD, CCJP*

*Jared Young, PsyD, MSW,  
LCSW, CCM, CAADC*

The panel discussion will include descriptions of the recent changes to the PCB Code of Ethical Conduct and how this affects professionals going forward. The presenters will also review common ethical complaints and how to best manage professional conduct to eliminate potential ethics violations with clients.

**Morning Sessions  
9:00am–12 noon**

**10:15am**

- *Break and Exhibits*

**RECOVERY ORIENTED  
COMMUNITY**

*Robert Strauber, CIP, CRS, BS*

The primary goal of the Recovery Oriented Community (ROC) program is supporting lifelong recovery. The ROC was developed to assist individuals and their families by providing recovery resources, education and real time coaching. This workshop will detail all aspects of the therapeutic and clinical relationship for both the patient and their families and provide education and understanding of the origin and implementation of the ROC into the treatment milieu. Participants will learn how tools such as social media, community resources and recovery oriented interventions are utilized in this treatment approach. The workshop will identify the origin of the criteria for the ROC, present the evidence-based data to support the ROC, and teach implementation of the multi-dimensional systems approach for both the individual and their families. The Recovery Oriented Community provides a unique approach for evidence-based practice when engaging the individual and their families in the treatment process through intervention, education, coaching, prevention and mediation.

## THE ETHICS OF TRAUMA INFORMED CARE

*Marilyn Stein, MS, CAAP*

Trauma can be physical, emotional or sexual. It can result from childhood experiences, war or accidents. All trauma has the potential to overwhelm the individual and negatively impact a person throughout their lives without intervention. Service providers who understand the impact of trauma in their own lives and the lives of their clients may experience better outcomes. This workshop helps the caregiver better understand trauma. It also emphasizes the importance of Trauma Informed Care by looking at the whole system to insure that the client is not retraumatized. This training will define trauma from the physical, emotional and environmental perspectives, consider ethical concerns that arise for clients and caregivers related to trauma histories, and discuss boundary issues that negatively impact recovery. We will also investigate and identify supervision and other ethical practices that minimize the potential for retraumatization.

## TREATING THE OPIATE DEPENDENT PREGNANT FEMALE

*Christopher Davis, DO, CAADC*

This training will begin with a review of the epidemiology of our countries opiate epidemic. The connection between having a substance use disorder and how this may result in unplanned pregnancies, prenatal and perinatal complications, and child neglect will be discussed. The various treatment options for the pregnant opiate dependent female including detoxification, Methadone and Buprenorphine maintenance will be reviewed as well as the research on the outcomes with each treatment modality. Coordinating a multidisciplinary approach is essential in treating this special population and barriers to treatment access as well as system wide problems will be explored. Finally, the individual and system wide advantages of screening for a SUD and intervention during pregnancy, as demonstrated by The Early Start Program through Kaiser Permanente, will be presented.





## **I'M A WIFE, I'M A MOM... I'M AN ADDICT?**

*Erin Goodhart, MA, LPC,  
CAADC, CCS, ACRPS and*

*Dorothy Diamond, MA, CADC*

Research suggests that women enter treatment with a more progressed disease. They present to treatment with a unique set of barriers to seeking treatment and an exclusive set of treatment issues that must be addressed through the treatment process. Additionally, women experience unique relapse triggers and relapse prevention needs. This workshop will provide its audience with a better understanding of the primary barriers to treatment, the specific issues that require attention during treatment, and relapse prevention issues specific to this population. This interactive training will include psychoeducational material and practical application strategies of these concepts for treatment providers. Participants will explore interventions that can be used when working with women on an inpatient and/or outpatient basis. This training is appropriate for anyone who works in the addiction treatment field.

## **INTEGRATING PROCESS ADDICTION SCREENING INTO DRUG AND ALCOHOL TREATMENT**

*Jennifer Weeks, PhD, LPC,  
CAADC, CSAT-S and*

*Gregory Krausz, MA, LPC,  
CAADC*

As our knowledge of process or behavioral addictions increases, so does our awareness that many clients with a chemical addiction do not simply have one addiction but also have cross addictions such as sex, gambling, food, or spending. A traditional chemical dependency program that can screen for and recognize these addictions helps to facilitate long term recovery for their clients by identifying and treating all addictive processes. This presentation will address two of these cross addictions: sexual addiction and gambling addiction. In this presentation, attendees will learn the basic principles of sex addiction and gambling addiction. Additionally, the presentation will provide a guide for integrating screening for these addictions into the treatment process. Finally, the presentation will address tips for treatment providers in the integration of these practices based on lessons learned in an outpatient facility.

# RESERVATION INFORMATION

## EXHIBITS OPEN

Monday 7:00am–6:00pm

Tuesday 8:00am–11:00am

## LOCATION

Sheraton Harrisburg-Hershey  
4650 Lindle Rd,  
Harrisburg, PA 17111  
717-564-5511

## HOTEL RESERVATIONS

A block of rooms has been reserved at the Sheraton Harrisburg-Hershey at a special conference rate of \$116 per night. Reservations should be made by contacting the Sheraton at 1.800.325.3535 or online at <https://www.starwoodmeeting.com/Book/PACertificationBoard2015> and must be made by March 20th, 2015 to receive this special rate. Be sure to identify yourself as attending the Pennsylvania Certification Board Conference to receive this special room rate.

*Check-in time is 3:00pm*

*Check-out time is 12 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 one mile from Exit 247 of the Pennsylvania 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, coffee maker, refrigerator, room service, free daily newspaper, and in-room safe. The hotel offers heated indoor and outdoor pools, health club, 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 6:30am until 11pm offering American cuisine in a casual elegant atmosphere.

## REGISTRATION

The attached registration form should be completed and mailed, faxed, or scanned and emailed to:

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

FAX: 717.540.4458

Email: [info@pacertboard.org](mailto:info@pacertboard.org)

Payment must accompany each registration.

Confirmation letters and driving directions will be emailed for all registrations received up to 11 working days prior to the conference.

## CONFERENCE PRICE INCLUDES

*Monday and Tuesday  
Continental Breakfast*

*Keynote Speech and Special  
Morning Workshop with  
Dr. David Mee-Lee for  
all in attendance*

*Conference Breaks*

*Ethics Panel Discussion*

*Monday and Tuesday  
Workshops*

*Awards Luncheon*

*Welcome Reception*

*Registration will be open  
Monday, April 13th at 7:00am  
through 12 Noon on Tuesday,  
April 14th.*

## 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, acceptable up to 10 days prior to the conference, are subject to a \$25 administrative fee. Payments on or after the conference date are subject to a \$25 administrative fee.

## CONTINUING EDUCATION

Certificates of attendance with earned continuing education hours will be emailed to all participants within 10 working days after the participant completes a brief on-line training evaluation for each workshop attended.

Eleven continuing education hours will be awarded for attendance at the entire conference including the panel discussion.

Conference credit hours are also approved through NASW.

# WORKSHOP SELECTIONS

Please check only one workshop within each training session period — all workshops are three hours in duration

## MONDAY, APRIL 13<sup>TH</sup> MORNING WORKSHOP

- ☐ Why Integrating Mental Health and Addiction Services is Hard and What to Do about It

## MONDAY, APRIL 13<sup>TH</sup> AFTERNOON WORKSHOPS

- ☐ Sexuality Related to Addiction & Recovery
- ☐ It Takes a Theory to Raise a Client; Why Techniques Are Not Enough
- ☐ Co-Occurring Disorder Treatment
- ☐ Current Trends in Addiction Prevention, Intervention and Treatment
- ☐ Marijuana, Cannabis, THC: What is It? Where it's Been, Where it's Going; An Overview

## TUESDAY, APRIL 14<sup>TH</sup> MORNING WORKSHOPS

- ☐ Recovery Oriented Community
- ☐ The Ethics of Trauma Informed Care
- ☐ Treating the Opiate Dependent Pregnant Female
- ☐ I'm a Wife, I'm a Mom...I'm an Addict?
- ☐ Integrating Process Addiction Screening into Drug and Alcohol Treatment

# REGISTRATION

*Payment Must Accompany Each Registration*

PCB

298 South Progress Avenue

Harrisburg, PA 17109-4626

Phone: (717) 540-4455

Fax: (717) 540-4458

Email: Info@Pacertboard.org

*Please Print*

Name: .....

Address: .....

City: ..... State: ..... Zip: .....

Phone: .....

Fax: .....

Email: .....

- ☐ Check here to receive registration confirmation and directions by email. An email address must be listed above.

## CONFERENCE FEE SCHEDULE

☐ \$150 Prior to April 1st registration.

☐ \$175 After April 1st.

## METHOD OF PAYMENT:

☐ Visa    ☐ MasterCard    ☐ Discover

☐ Check (payable to "PCB")

Credit Card #: .....

Expiration Date: ...../..... 3 digit code: .....

Print Name: .....

*(as it appears on card)*

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