Roads to Recovery ’13: A Journey Beyond Medicaid

Cleveland, Ohio
Cleveland Airport Marriott Hotel West 150th
Monday, September 16, 2013

Registration Brochure
Register by: August 30, 2013

Sponsored by:
Check your maps and make your way to Roads to Recovery ‘13: A Journey Beyond Medicaid! This conference will be held Monday, September 16, 2013, at the Cleveland Airport Marriott Hotel at West 150th Street and I-71, in Cleveland, Ohio.

Who Should Attend?

The Roads to Recovery ‘13: A Journey Beyond Medicaid! agenda offers a variety of information and inspiration for:

- Individuals living with mental illness or mental health issues
- Individuals in recovery from addictions
- Family members and friends of people living with mental illnesses and addictions
- Mental health providers; alcohol, drug and other addiction treatment/prevention providers; social workers; counselors; RN/LPN's, psychologists; psychiatrists and students

What Will You Learn?

The agenda is full of topics that will take you on a journey well beyond Medicaid, including social anxiety, internet addiction, gambling addiction, the role of faith traditions, opioid abuse, creating a stable foundation for recovery, eliminating stigma and even a debate on medical marijuana.

Speakers include knowledgeable national, statewide and local speakers such as:

- **Dr. Kevin Sabet**, Director of the Institute on Drug Policy at the University of Florida and a consultant working with governments and non-governmental organizations, the media and other organizations on a wide range of drug policy issues. Areas of specialization include evidence-based drug prevention, treatment, and law enforcement (both domestic and international), as well as the impacts of drug legalization and medical marijuana. He is also a regular columnist at thefix.com and a blogger at HuffingtonPost.

- **Kathy Leichter**, from New York City is a Documentary Film Producer and Director, Fundraising and Outreach Consultant, Media Activist and the founder of Two Suns Media. Her film Here One Day, is a haunting, beautiful documentary that explores the effect of bipolar disorder and suicide on her family.

- **Dr. Robert J. Fitrakis**, a Political Science Professor in the Social and Behavioral Sciences Department at Columbus State Community College, where he won the Distinguished Professor Award in 2012. He is Legal Counsel for the Ohio Rights Group, an organization advocating for legalization of medical marijuana and the industrial use of hemp.

The Keynote Address, Plenary Session, Special Institute Sessions and Workshops support these overall conference goals:

- Illustrating successful mental health and addiction recovery models and best practices.
- Practice successful mental health and addiction treatment approaches for individuals and professionals.
- Describing how to establish trusting relationships among individuals, family members, and providers to foster recovery.
- Demonstrate to the public that personal recovery from mental illness and addiction is possible.

Note: While presenters on this agenda have been requested and/or confirmed to present, the times, topics and presenters may change.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 A.M.</td>
<td>Registration Opens</td>
</tr>
<tr>
<td>7:30 A.M. – 5:00 P.M.</td>
<td>Marketplace &amp; Exhibits</td>
</tr>
<tr>
<td>8:00 A.M. – 8:30 A.M.</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30 A.M. – 8:45 A.M.</td>
<td>Welcome &amp; Program Introduction</td>
</tr>
<tr>
<td></td>
<td>Presenter: William M. Denihan, Chief Executive Officer,</td>
</tr>
<tr>
<td></td>
<td>ADAMHS Board of Cuyahoga County</td>
</tr>
<tr>
<td>8:45 A.M. – 9:45 A.M.</td>
<td>Keynote Address:</td>
</tr>
<tr>
<td></td>
<td>Medical Marijuana Project SAM - A Smart Approach for Community Success</td>
</tr>
<tr>
<td></td>
<td>This opening keynote address will provide participants with the knowledge to know the difference between smoked versus non-smoked marijuana for medical purposes and understand how medical marijuana has worked and not worked in a few states in the U.S.</td>
</tr>
<tr>
<td></td>
<td>Presenter: Kevin A. Sabet, Ph.D. Co-Founder, Project SAM (Smart Approaches to Marijuana) Assistant Professor, University of Florida</td>
</tr>
<tr>
<td>10:00 A.M. – 10:45 A.M.</td>
<td>Medical Marijuana You Decide: A Debate</td>
</tr>
<tr>
<td></td>
<td>This lively debate will help you make your own decision about medical marijuana. You will hear the pros and cons of medical marijuana; explore the proposed policies and laws concerning medical marijuana in the State of Ohio and evaluate proposed policy positions on the legalization and decriminalization of medical marijuana.</td>
</tr>
<tr>
<td></td>
<td>Presenters: Kevin A. Sabet, Ph.D. Co-Founder, Project SAM (Smart Approaches to Marijuana) Assistant Professor, University of Florida</td>
</tr>
<tr>
<td></td>
<td>Robert J. Fitrakis, Ph.D. Political Science Professor, Social and Behavioral Sciences Columbus State Community College, Columbus Legal Counsel for the Ohio Rights Group advocating for legalization of medical marijuana and the industrial use of hemp</td>
</tr>
<tr>
<td>11:00 A.M. – 12:30 P.M.</td>
<td>Workshops – Session I:</td>
</tr>
<tr>
<td></td>
<td>Special Institute Session Part I: (Participants must attend Part I and Part II)</td>
</tr>
<tr>
<td></td>
<td>Criminal Minds. Criminal Behaviors.</td>
</tr>
<tr>
<td></td>
<td>Despite a sharp decline in the violent crime rate in the U.S. since the mid-1990’s, the falling criminal rate raises more questions than answers. The gap between perception and reality has never closed. The majority of Americans continue to believe the nation’s crime problem is getting worse; 68% say there is more crime than a year ago and 56% report being fearful of criminal victimization. This Special Institute will explore in-depth causation to include biology, risk factors, types of violence and psychiatric disorders associated with criminal behavior; and discuss evidence-based intervention strategies.</td>
</tr>
<tr>
<td></td>
<td>Presenter: Paul Martin, DO, Consultant/Trainer, Cleveland</td>
</tr>
<tr>
<td></td>
<td>Special Institute Session Part I: (Participants must attend Part I and Part II)</td>
</tr>
<tr>
<td></td>
<td>Employment and Recovery: A Glimpse Inside the Workplace</td>
</tr>
<tr>
<td></td>
<td>What is the modern day workplace and what does it mean to individuals with mental health and addiction challenges and the professionals who work with them? People in recovery CAN enter or re-enter the workforce if the environment is understood and a you can adapt accordingly. Workplace survival; realistic expectations of the employer-employee relationship and individual career planning will be discussed. Some content of this Special Institute will be based on “Artful Work” by Dick Richards; a book that encourages “entirely new ways of thinking about the work we do, and the organizations that contain our work.”</td>
</tr>
<tr>
<td></td>
<td>Presenter: Alisa Smedley, Re-Entry Employment Coordinator, One Stop Career Center, Montgomery County Correctional Facility, Boyds, Maryland</td>
</tr>
</tbody>
</table>
**Special Institute Session Part I**: (Participants must attend Part I and Part II)

**Scribbles, Circles, Scheme: What Children Tell Us Through Their Art**
Children's scribbles and drawings are more than just simple play. Art is an indicator of cognitive, emotional and behavioral development and can be used to express a variety of dynamic indicators. This Special Institute will take you through the developmental theory and illustrate how art can be used as a symbolic language during various interventions.

Presenter: Kathleen M. Kern-Pilch, MA, ATR-BC, LPC-S, HLM, Cleveland

**Social Anxiety: A Hidden Disorder**
The Andrew Kukes Foundation for Social Anxiety is pleased to present a comprehensive look into this debilitating disorder. Approximately, 12% of the US population will suffer from Social Anxiety at one point in their lives. It is the 3rd most common mental health condition in the USA! Social Anxiety can create many barriers in relationships, work, and school. It is an illness that crosses all socio-economic and cultural lines. It is often misdiagnosed since it is often accompanied by depression and substance abuse. In fact 40-45% of individuals suffering from social anxiety have a substance abuse diagnosis. We know on average that individuals suffer for 10 years before seeking treatment allowing the co-morbid illnesses to effect more and more of their lives. The foundation works with experts across the country to bring the latest in information from research and practice into both public and practitioners hands.

Presenter: Dr. Amy Przeworski, Assistant Professor of Psychology, Case Western University, Cleveland

**The Perfect Whatever Drug: Collaborative Approach to Addressing Opiate Abuse**
The misuse of prescription opiate pain medication has emerged as an epidemic impacting all age groups. As policy changes were introduced to address the misuse of prescription opiate pain relievers, Ohio has seen a dramatic increase in overdose deaths linked to heroin abuse. Identifying points of intervention for public education and treatment is essential to creating a population based approach to dealing with this epidemic. This session will use local and state data set to increase attendee’s awareness on the risk factors associated with opioid abuse and what local initiatives are available to help those dealing with addiction.

Presenters: Dr. Thomas Gilson, Cuyahoga County Medical Examiner, Cleveland

Vince Caraffi, R.S., MPH, Cuyahoga County Board of Health, Cleveland

**Robby’s Voice – Break the Silence**
Rob’s talk consists of his family’s story. It is the story of a handsome, energetic, fun loving young man named Robby, who became a victim of addiction. Robby’s addiction began with prescription pain killers and quickly led to heroin as it is cheaper and easier to access. Rob’s commentary outlines the current statistics on abuse and availability in Ohio and is supported by information provided by the Attorney General’s Office, The Cuyahoga County Board of Health’s Opiate Taskforce, as well as local law enforcement. Information on changes in behavioral patterns, signs and progression of addiction, the effect of drugs on the brain as well as local, community and national resources are detailed for parents and guardians.

Presenters: Rob Brandt, President

Bob Brandt, Executive Vice President

Robby’s Voice, Cleveland

**Key to Resiliency & Long Term Recovery**
Where does the hope lie with severe mental illness? It can be easy to overlook the power of resilience, connections, and hope when faced with mental illness, yet these can be key for long-term recovery. This workshop provides best practices for recovery and resilience for consumers, family caregivers and providers from a consumer and family caregiver’s perspective. Workshop participants will learn about tapping into the power of personal connections, choice and purpose for long-term recovery; recovery skills and medication management; coping strategies for family caregivers; and insights into programs and services that best support resiliency in consumers and caregivers.

Presenters: Sakeenah Francis, Mental Health Advocate, Speaker, Author, Cleveland

Anika Francis, Training Specialist, Author, Yoga Therapist, Atlanta, Georgia
Creating Your Personal Health & Wellness Plan: Small Changes Make A Big Difference

Part of being healthy mentally requires being healthy physically. It involves setting a plan towards eating right, focusing on exercising and having wellness encompass your whole person into being healthy.

Presenters: Joelyn M. Morgan, Health & Wellness Coach, Columbus, Ohio

Empowerment through Effective Communication and Relationship Building: How to Work with Your Psychiatrist or Psychiatric Nurse Practitioner

This workshop promises to be fun, cathartic, and insightful! Participants will walk away learning something they can apply at their next prescriber’s appointment! Katie and Jason will share their experiences from the points of view of a consumer and a prescriber. They will share tips on ways to improve communication including improving working relationships with prescribers and improved medication monitoring skills;

Presenters: Jason Lai, MS, Psychiatric Nurse Practitioner, Community Counseling Services, Bucyrus, Ohio
Katie Feick, Mental Health Consumer Advocate, Columbus, Ohio

Positive Psychology Plus Coaching and the Resilient Client: Use of Positive Psychology and Basic Coaching Techniques to “Unstick” the “Stuck” Client.

Understanding the new Positive Psychology and Coaching techniques will help clinicians and clients realize their potential for lasting fulfillment and authentic happiness. Participants will develop a basic understanding of Positive Psychology and application; learn guiding principles of highly effective coaching and understand how positive emotion, strength, and virtue = resilience

Presenter: Regina Spicer, MSSA, LSW, LICDC-CS, Certified Life Coach, Transitional Housing, Inc., Cleveland

Workshops – Session I (continued):

Plenary Session:

Documentary Filmmaking as a Way to Reduce Stigma: A Presentation by Filmmaker Kathy Leichter on Her Latest Film, Here One Day.

Nationally known documentary filmmaker Kathy Leichter will discuss the impact that mental illness and suicide had on her family and tell us how making a movie helps a family heal after a suicide.

Presenter: Kathy Leichter, Director/Producer, Family Member, New York City

Special Institute Session Part II: (Participants must attend Part I and Part II)

Criminal Minds, Criminal Behaviors

Despite a sharp decline in the violent crime rate in the U.S. since the mid-1990’s, the falling criminal rate raises more questions than answers. The gap between perception and reality has never closed. The majority of Americans continue to believe the nation’s crime problem is getting worse. 68% of Americans say there is more crime than a year ago and 56% report being fearful of criminal victimization. This Special Institute will explore in-depth causation to include biology, risk factors, types of violence and psychiatric disordered associated with criminal behavior; and discuss evidence-based intervention strategies.

Presenter: Paul Martin, DO, Consultant/Trainer

Special Institute Session Part II: (Participants must attend Part I and Part II)

Employment and Recovery: A Glimpse Inside the Workplace

What is the modern day workplace and what does it mean to individuals with mental health and addiction challenges and the professionals who work with them? People in recovery CAN enter or re-enter the workforce if the environment is understood and a you can adapt accordingly. Workplace survival; realistic expectations of the employer-employee relationship; and individual career planning will be discussed. Some content of this Special Institute will be based on Artful Work by Dick Richards; a book that encourages “entirely new ways of thinking about the work we do, and the organizations that contain our work.”

Presenter: Alisa Smedley, Re-Entry Employment Coordinator, One Stop Career Center, Montgomery County Correctional Facility
Special Institute Session Part II: (Participants must attend Part I and Part II)

**Scribbles, Circles, Scheme: What Children Tell Us Through Their Art**

Children’s scribbles and drawings are more than just simple play. Art is an indicator of cognitive, emotional and behavioral development and can be used to express a variety of dynamic indicators. This Special Institute will take you through the developmental theory and illustrate how art can be used as a symbolic language during various interventions.

Presenter: Kathleen M. Kern-Pilch, MA, ATR-BC, LPC-S, HLM

**Finding Reality within Your Resources: Facing Addiction Issues in Permanent Supportive Housing**

Developing and sustaining Permanent Supportive Housing for people who experience chronic homelessness and complex psychosocial barriers is a challenging endeavor. The reality of addiction disorders in such housing programs challenges individuals, individuals' families, social support providers, clinicians and property managers to find a common ground within available resources. This panel presentation will present multiple perspectives on how to effectively address addiction issues in permanent supportive housing. The panel represents homeless outreach, Housing First program management, addiction treatment, and property management. This interactive workshop will use case studies, empirical data, and evidence-based practices to illustrate best practices.

Presenters:
- Diane M. Waite, LISW-S, BCD, HUD-VASH, Social Worker
- Cailen Haggard, LISW-S, C-SWHC, Supervisory Social Worker
- Jason Myers, LISW-S, LICDC-CS, BCD, Intensive Outpatient Program Team Leader
- Louis Stokes Cleveland VA Medical Center, Cleveland
- Keith Stahl, LISW-S, Director of Residential Services
- Community Support Services, Inc., Akron, Ohio

**Dancing Mindfulness: Recovery Through the Art of Movement & Mindful Practice**

Dancing Mindfulness is a practice developed by clinical counselor Dr. Jamie Marich that incorporates evidenced-based elements of clinical mindfulness, psychodrama, and spiritual practice, using the coping skill of dance/exercise as the primary modality for accessing their benefits. Movement offers a powerful adjunct to what traditional psychotherapy can provide and must enter our professional discussion about assisting client access to coping resources in the community. Participants will experience the seven elements of the Dancing Mindfulness practice for themselves (breath, sound, body, story, mind, spirit, and integrated experience), obtain information on how body-based coping skills are optimal for treating trauma and/or addiction, discuss how integrative mindfulness approaches can help clients, and access information/best practices on referring clients to movement-based resources. Connections between the traditional principles of addiction recovery and mindfulness attitudes will also be discussed.

Presenter: Jamie Marich, Ph.D., LPCC-S, LICDC-CS, Warren, OH

**Here One Day Screening**

Join Filmmaker Kathy Leichter for a screening of her film Here One Day, a haunting, beautiful documentary that explores the effect of bipolar disorder and suicide on her family. There will be time for questions and answers.

Presenter: Kathy Leichter, Director/Producer, Family Member, New York City

**Treatment of Internet Addiction Disorder (IAD)**

We are learning more about process addictions in which a central rewarding mechanism is related to a behavior and not to a chemical. We already know how to treat gamblers and food addicts. However, the advancement of technology creates new challenges that gained the attention of mental health professionals. We will present reSTART, a successful IAD inpatient treatment program developed in Redmond, WA, and discuss arguments for treating IAD like other behavioral addiction disorders and present specific assessment tools and psychotherapy programs.

Presenters:
- Jaroslaw Richard Romanik, PhD, LISW-S, LICD, Mandel School of Applied Social Sciences of Case Western Reserve University, Cleveland
- Hilarie Mitchell Cash, Ph.D, LMH co-founder and co-CEO of reSTART Fall City, Washington
Mind, Body and Spirit: Creating a Stable Foundation for Recovery
There are many non-pharmacological wellness options that consumers can implement to create a stronger treatment program and recovery. These include diet, exercise, sleep, art, music, spiritual practice, and meditation. This workshop combines hands on experience of wellness activities with research and stories of lived experience.
Presenter: Rev. Katie Norris, M.Div, Executive Director, Carolyn L. Farrell Foundation for Brain Health, Rocky River, Ohio

Don’t Talk…Don’t Trust…Don’t Feel: Growing up with an Addicted Parent
Alcohol and other drug abuse can take an enormous toll on families. It may be a factor in two-thirds of all substantiated cases of abuse and neglect. This class will explore the dynamics of growing up in a home where one of the primary caregivers is abusing substances or is addicted. Roles children take on to meet their needs and bring balance to their family will be examined. Referencing the powerful documentary: Alternative to Slitting Your Wrist; this workshop examines issues of co-occurring depression and a triumphant pathway to recovery.
Presenter: Brian D. Lowery, MPA, LSW, CDCA, Educational Coordinator, Lowery Training & Associates, Cleveland

Drugs of Abuse: New Drugs and New Uses for Old Drugs
Learn about new street drugs like Bath Salts, K2/Spice and Pump-It Powder; as well as new uses for old drugs - some that are not bad - like Ketamine Infusions and Psilocybin for cancer-related anxiety.
Presenter: Christina M. Delos Reyes, MD, Cleveland
Associate Professor, Department of Psychiatry, UHCMC
Chief Clinical Officer, ADAMHS Board of Cuyahoga County

Designing and Rebuilding a Behavioral Health Data System to Support the Evaluation of Publicly Funded Treatment and Prevention
Under Ohio Revised Code 340, county boards were established to provide for alcohol, drug addiction, and mental health services and serve as the planning agencies for the county or counties in their service districts. In contracting with a program a board shall consider the cost effectiveness of services provided by the program and the program’s quality and continuity of care. This presentation reviews the challenges of the Cuyahoga, Franklin and Hamilton boards faced in designing a standard behavioral health data collection and reporting system for program evaluation use for Non-Medicaid services - known as SHARES. Expect a lively discussion between the audience and panel members where the panel members will explain their decisions for the proposed system design and the challenges they have and expect to continue to face in the implementation of the new system.
Presenters: John Garrity, Ph.D., Director of Quality Improvement, Evaluation and Research; Alcohol, Drug Addiction, and Mental Health Services Board of Cuyahoga County, Cleveland

Yoga for Anxiety and Depression
Yoga is as much about the mind as it is the body. Yoga offers many practical tools that can empower people to manage their mental health. This workshop presents research findings on therapeutic yoga practices that improve mood, reduce stress and anxiety, and counter depression. Learn about the yogic approach to mental wellness, therapeutic yoga practices for anxiety and depression, and basic yoga postures and breathing practices that can help rewire emotional responses and the nervous system. No mats or yoga experience required. This workshop incorporates lecture, basic breathing practices, and simple yoga postures that can be done seated.
Presenter: Anika Francis, Training Specialist, Author & Yoga Therapist, Atlanta, Georgia
Workshops – Session III (continued):

From the Streets to a Road of Recovery: My Personal Story -- The Truth About Me and the Hidden Truth About You
Renee Jones will share her personal story of how the stigma of mental illness and addictions can hurt; but also shares how to overcome the stigma and support others to do the same. She will use her book “Mama Ain’t Teach Me That” as a basis for this workshop.
Presenter: Renee Jones, Associate’s in Human Services, C.D.C.A, Cleveland

Alumni-Operated Long-term Sustainability Model for Addiction Recovery: Presentation of the Edna House
Nine years ago, the Edna House opened its doors to help women in Cleveland recover from addiction without regard to their ability to pay. Beginning with a business model that resembled the story of loaves and fishes, the Edna House has now served over 600 women and their families and has an active alumni association of nearly 200 active, sober women. Both presenters are former clients of the Edna House, and are now employed as directors of the facility. A major part of the teachings of the Edna House call for community involvement, and their alumni have consistently stepped up to the plate. They serve as walking testimonials to the success of the program, as well as being an inspiration to current residents, fellow alumni, and the community at large. This workshop will give an overview of the program, brief personal stories from both presenters and a generous allotment of time for questions and answers.
Presenters: Andrea DeBiasio, Executive Director and Recovered Alumna
Judi Sparano, LCDCIII, Program Director and Recovered Alumna
The Edna House for Women, Inc., Cleveland

Gambling: The Silent Addiction
Find out why gambling is the silent addiction, hear about gambling statistics and learn about gambling, co-morbidities and treatment modalities.
Presenter: Jennifer Clegg, MSW, LSW, NCGC-II/BACC, OCPS-II
Gambling Program Supervisor, Recovery Resources, Cleveland

Stress/Anxiety Management for Helper and Client; Why and How: A Psycho-physiological Approach to Facilitating Healthy Growth and Better Progress in Clients, While Reducing Illness and Burnout in Providers of Mental Health and Other Services
Several basic aspects of stress and anxiety management will be covered in a very user-friendly and hands-on way, to help both professional helpers and utilizers of mental health and substance abuse services to better understand and manage stress and anxiety. Causes and effects of un-managed stress on mental and physical health and life skills and productivity will be discussed. Specific strategies along with practice of several relaxation techniques will be practiced.
Presenter: David B. Berenson, M.S., LSW, Wellness Specialist, and School Psychology Staff, PSI Associates, Inc., Cleveland

CET: An EBP That Improves Social Cognition, Vocational Success & Physical Health
Cognitive Enhancement Therapy (CET), an evidence-based practice improves cognitive skills and social cognition for persons recovering from mental illnesses. During 48 once-a-week sessions of computer exercises, social cognition groups and individual coaching, clients learn how to be socially wise and vocationally effective. CET groups average 85% attendance and graduation rates. Lessons learned from 12 years of disseminating CET will be presented.
Presenter: Ray Gonzalez, MSW, ACSW, LISW, Executive Director, Center for Cognition and Recovery, Cleveland

Competently Addressing the Faith Traditions of the Chemically Diagnosed Client
This workshop provides a religious/spiritual perspective concerning addiction and recovery and is designed for the professional chemical dependency counselor, social worker, therapist, and faith professional. Spiritual assessment requirements, and the DSM-5 diagnostic criteria for clinical impairment concerning Religious/Spiritual problems will be explored. It will further explore referring trends of treatment centers to 12 step meetings, implications for referral, the legal findings concerning the religious nature of 12 step groups, and the apparent blocks to effective professional referrals.
Presenter: Reverend Karell T. McDaniel, LICDC, Founder and Executive Director/Senior Chaplain of Life Recovery Ministries, Cleveland
In Our Own Voice: Living with Mental Illness

In Our Own Voice is a unique recovery education presentation that offers hope and provides insight into the recovery now possible for people with mental illness. IOOV is often a transformative experience for presenters, who are empowered by giving voice to their struggles and successes. Presenters cover issues they frequently face while living with mental illness as they delve into the following topics: Dark Days, Acceptance, Treatment, Coping Skills and Successes, Hopes and Dreams.

Presenters: Sakeenah Francis, Mental Health Advocate, Speaker, Author, Cleveland
Darryl Haase, Mental Health Advocate, Cleveland

Their Voices Matter: Homeless Citizens in the Schools

A political advocacy service unit was given at a public middle school in Cleveland, Ohio. Homeless citizen advocates were paired up with seventh graders. This project was an example of how to incorporate special populations into the community to foster understanding and compassion for special populations. Insight and strategies for implementing your own bridge of understanding into your community will be discussed and explored. This project is an example of promoting understanding of addiction, and mental health issues within the community.

Presenters: Erin Dweik, MEd. RD/LD - Outreach Coordinator
Case Western Reserve University School of Medicine
Department of Psychiatry, Division of Child Psychiatry, Cleveland

Trauma-Informed Peer Advocacy and Support

What does it mean for a system to be trauma informed and what is the relevance of that to advocacy and peer support? Trauma informed advocacy and peer support simply means that the advocacy and peer support provided are informed by an understanding of trauma and traumatic stress, and how those things impact people emotionally, behaviorally, psychologically, physically and socially. This workshop provides an overview of trauma and its effects, and strategies for being more trauma informed. The perspective of a former psychiatric patient, advocate and peer support specialist will be shared. The goal of this workshop is to raise consciousness and help advocates and peer supporters become more aware of the issues of trauma experienced by most of their clientele. This workshop will also provide some tools to help identify trauma, to help create systems change and to help individuals overcome the effects of trauma. Some focus will be given to discussion of the relevance of trauma to advocates and advocacy and peer supporters.

Presenter: Patrick Risser, Ashland, Ohio

Vocational Rehabilitation Public and Private Partnership (VRP3)

This workshop will provide information about a program that provides employment assistance for people with mental health disabilities and/or alcohol and drug addiction. The ADAMHS Board Vocational Rehabilitation Public and Private Partnership (VRP3) program is a collaborative project among federal, state, and county agencies and local non-profits. The program provides services to help eligible people with disabilities prepare for, find and maintain competitive employment. These services may include mental health and alcohol and other drug (AOD) treatment.

Presenters: Elizabeth Little, MA, Ed.S., MRC, CRC, Vocational Rehabilitation Supervisor
James Wright, ABD, MA, M.Div, Vocational Rehabilitation Coordinator
Jewish Family Service Association (JFSA), Cleveland
Tracee Ingram, LSW, Vocational Rehabilitation Supervisor
Catholic Charities, Cleveland
Maureen Masterson, LSW, LPN, Manager of Employment and Vocational Services, The Employment Alliance, Recovery Resources, Cleveland
Roads to Recovery ’13 Conference Specifics

Hotel Amenities:
The Marriott Cleveland Hopkins Airport hotel includes 372 guest rooms with lush carpeting, stylish décor, upgraded bathrooms, refrigerators, 37-inch flat screen TVs and Marriott plug-in technology. The hotel also offers an indoor pool and 24-hour fitness center.

Hotel Reservations:
Conference attendees must make their own hotel reservations by calling the Marriott Cleveland Hopkins Airport at 216-252-5333 or 1-800-228-9290. When making your reservations, mention the ADAMHS Roads to Recovery Conference to get the conference room rate of $119 per night for single, double, triple or quad occupancy. Rooms must be reserved by August 26, 2013, to receive the special room rate.

Transportation & FREE Parking:
Attendees of the Roads to Recovery Conference should make their own travel arrangements. The hotel offers plenty of FREE parking. The hotel is about a 15 minute drive from Downtown Cleveland, and is near the RTA Red Line Rail West 150th/Puritas Station.

Meals:
The Roads to Recovery Conference $100 registration fee includes breakfast, lunch, and afternoon snack.

Consumer Scholarships:
Your local mental health board or provider may be offering consumer scholarships for the conference registration fee and/or hotel. Please contact your board or provider directly.

CEUs:
The Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board of Cuyahoga County is an approved provider through the Ohio Chemical Dependency Professionals Board and the Ohio Counselor, Social Worker, Marriage and Family Therapist Board offering Recognized Clock Hours (RCH) to Chemical Dependency Professionals as well as Continuing Professional Education hours (CPE) to Counselors, and Social Workers, and has awarded 7.75 CPE/RCHs for this conference.

The Ohio Department of Mental Health & Addiction Services is approved by the Ohio Psychological Association – MCE Program to offer continuing education for psychologists. The Ohio Department of Mental Health & Addiction Services #311334820 maintains responsibility for this program.

OhioMHAS is an approved provider of continuing education for the indicated professional disciplines and awards the following credits listed to the right.

All attendees must attend the entire conference and complete an evaluation form for each session attended and an overall conference evaluation form to receive CEUs. All attendees must list the last four digits of their social security number or license number on the Training Report form.

* Psychologists MUST list license number on Training Report form.

CEUs Provided through ADAMHS:

<table>
<thead>
<tr>
<th>SOCIAL WORK/COUNSELOR</th>
<th>RCS110677</th>
<th>7.75 CPEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEMICAL DEPENDENCY PROFESSIONALS</td>
<td>06-1315-17VPN-CPSD</td>
<td>7.75 RCHs</td>
</tr>
</tbody>
</table>

CEUs Provided through OhioMHAS:

<table>
<thead>
<tr>
<th>RN/LPN</th>
<th>OBN 003 92-1694CO</th>
<th>7.75 contact hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCHOLOGY*</td>
<td>311334820-1109CO</td>
<td>7.75 MCEs</td>
</tr>
</tbody>
</table>

* Psychologists MUST list license number on Training Report form.
Registration Information!!

Registration Fee: $100

Register at Eventbrite: http://roadstorecovery13.eventbrite.com

Due to limited capacity, only 375 registrations will be accepted to the ADAMHS Board of Cuyahoga County Roads to Recovery ‘13: A Journey Beyond Medicaid conference on Monday, September 16, 2013. A separate registration must be completed for each person attending.

The ADAMHS Board of Cuyahoga County is using Eventbrite to manage ALL registrations to the conference. When registering, payment can be made by credit card or check. Organizations may register individuals with a purchase order and be invoiced.

All conference participants must be registered and confirmed in advance through Eventbrite. An order confirmation and entrance ticket to the conference will be e-mailed through Eventbrite immediately after the registration process is complete. Walk-ups and cash payments will not be accepted.

When you are registering on Eventbrite, you will be required to select ONE workshop that you wish to attend from each of the three sessions. You will automatically be registered for the Keynote and Plenary addresses.

If you are a person living with mental illness and/or addictions, scholarships may be available. Please contact Vicki Roemer, Conference Assistant, at 216-241-3400, ext. 809, or via e-mail at roemer@adamhscc.org.

Any questions, feel free to contact Tonya Birney, Conference Training Officer, at 216-241-3400, ext. 813, or via e-mail at birney@adamhscc.org, or Scott Osiecki, Conference Director at ext. 814, or osiecki@adamhscc.org.
Roads to Recovery ’13:

A Journey

Beyond Medicaid

Cleveland, Ohio
Cleveland Airport Marriott Hotel

September 16, 2013
Register Now!!

Registration Fee: Only $100