



ADAMHS

BOARD OF CUYAHOGA COUNTY

ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Eugenia Cash, LSW, MSSA, CDCA
Board Chair

William M. Denihan
Chief Executive Officer



Roads to Recovery '15: *Destination Recovery*

Cleveland, Ohio
Cleveland Airport Marriott Hotel West 150th
Monday, September 21, 2015

Registration Brochure

Register by: September 4, 2015



September 21, 2015
Register Now !!

Check your maps and make your way to **Roads to Recovery '15: Destination Recovery!** This conference will be held **Monday, September 21, 2015**, at the **Cleveland Airport Marriott Hotel at West 150th Street and I-71**, in Cleveland, Ohio.

Who Should Attend?

The **Roads to Recovery '15: Destination Recovery** agenda offers a variety of information and inspiration for everyone, especially as Ohio has begun its transformation to a Recovery Oriented System of Care:

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

What Will You Learn?

The agenda is full of real-life situations that you may encounter on the road to recovery, including behavioral addictions, aging, spirituality, roles of peer supporters, dealing with difficult behavior, opiate addiction and pregnancy and the importance of crisis nurseries.

Speakers include nationally, statewide and locally recognized speakers such as:

- **Alex Sheen**, the founder of *because I said I would*, the international social movement and nonprofit dedicated to the betterment of humanity through promises made and kept. Sparked by the loss of his father, Alex began sending promise cards to anyone who requested them at no cost. Since his father's passing on September 4, 2012, *because I said I would* has sent over 2.3 million promises cards to over 150 countries. Alex's commitment to the betterment of humanity has inspired millions around the world. The story of his promises have been shared throughout social media and international news, including CNN, ABC World News with Diane Sawyer, TODAY Show, Good Morning America and many other programs.
- **Stephen Sroka, Ph.D.**, an internationally recognized speaker, trainer, author, teacher and educational consultant on health education, sex, drugs, violence, bullying, suicide, prevention, school safety, mental health, brain-based learning, at-risk students and alternative education, juvenile justice, parenting, dropout prevention and leadership building for schools and communities. Dr. Sroka went from growing-up in poverty to appearing on Oprah Winfrey, speaking at the President's White House Conference on School Safety, and being written about in newspapers including *USA Today*. He worked full-time to get his family off welfare before entering college. He learned how to deal with the challenges of being ADHD and dyslexic. His childhood disabilities and experiences offered unique opportunities that helped him become a better person and educator.
- 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.
 - Practicing 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.
 - Demonstrating that personal recovery from mental illness and addiction is possible.

Note: While presenters on this agenda have been confirmed to present, the times, topics and presenters may change.

Roads to Recovery '15 Agenda

Monday, September 21, 2015

7:30 A.M.

Registration Opens

7:30 A.M. – 3:30 P.M.

Marketplace & Exhibits

8:00 A.M. – 8:45 A.M.

Breakfast

8:30 A.M. – 8:45 A.M.

Welcome & Program Introduction

Presenter: William M. Denihan, Chief Executive Officer,
ADAMHS Board of Cuyahoga County

8:45 A.M. – 9:45 A.M.

Keynote Address:

because I said I would:

Some of the world's greatest problems could be solved if society had a greater sense of commitment. We don't always need miracles; sometimes we just need people to do what they say they were going to do. This opening keynote address will provide participants with an understanding of promises through stories of commitment from the pages of history, and how promises are made, kept and broken.

Presenter: Alex Sheen, Lakewood, Ohio
Founder, *because I said I would*

9:45 A.M. – 10:00 A.M.

Promise Wall

Now that you know the importance of a promise, it's your turn! The Promise Wall is an interactive moment where attendees can make a commitment to post on the wall for others to read.

Presenter: Alex Sheen,
Founder, *because I said I would*

9:45 A.M. - 12:30 p.m.

The Video Room

After understanding the deep impact that commitments have on our lives and our character, participants will have the opportunity to record videos of promises to promote accountable and inspire others to fulfill promises.

10:15 A.M. – 11:45 P.M.

Workshops – Session I:

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

Human Trafficking & Beyond

The workshop explores the different types of missing persons, analyzes the profiles and vulnerability factors of victims, recruitment and grooming tactics used by traffickers of both sexual trafficking and labor trafficking, as well as the terminology and rules associated with the pimping subcultures, and provides tips on how to identify and interact with victims. Legislative changes in both Ohio and the nation will be discussed.

Presenter: Tanisha L. Knighton, Ph.D., Garfield Heights, Ohio

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

Behavioral Addictions: Understanding Gambling, Pornography, Compulsive Shopping and Gaming Addictions

Behavioral addiction, much like substance addiction, is the habitual drive to continue an action even to the detriment of health and happiness. Individuals with behavioral addictions continue to repeat actions that are harmful to their bodies and/or happiness, often losing relationships, employment, and their overall health in the process. Each of these activities is practiced on some level by almost everyone but they become addictions rather than recreation when it becomes an obsession that gets in the way of other healthy activities. This presentation will discuss the role of the addictive brain and how the Internet contributes to the development of behavioral addictions.

Presenter: Chris Tuell, Ed.D., LPCC-S, LICDC-CS, Mason, Ohio
Clinical Director of Addiction Services, Faculty,
University of Cincinnati Department of Psychiatry

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

Role of Peer Supporters in Mental Health and Addiction Recovery

The key to peer support is the relationship between the supporter and the person receiving support. A trusting safe relationship is based on acceptance, empathy, being culturally sensitive and promoting hope, dignity and respect. Participants will explore the Role of Peer Supporters in Mental Health and Addiction Recovery and learn about the job definition and designation within an organization, as well as the qualifications needed to become a Peer Supporter in Ohio. The benefit, sustainability and integration of peer supporters with clinical staff within Peer Run and Recovery Community Organizations will also be discussed.

Presenters: Jack Cameron, MPA, Executive Director, Ohio Empowerment Coalition, Columbus, Ohio
Donna Conley, MBA, LSW, Executive Director, Ohio Citizens Advocates for Addiction Recovery, Columbus, Ohio
Meghan McNeil, LSW, Associate Director, Ohio Empowerment Coalition, Columbus, Ohio

Crisis Nurseries as Support for Children & Caregivers Affected by Mental Health & Substance Abuse

Receive an overview of the Providence House crisis nursery program offering children's shelter and care, case management, and parent support services. Learn how this program supports parents experiencing mental health and/or substance abuse and achieves family preservation, stability, and self sufficiency.

Presenters: Emily Shurilla, LISW-S, Program Director, Providence House
Ashley Kurz, LISW-S, Advocacy Manager, Providence House
Cleveland, Ohio

Relationship Recovery from Mental Illness, Addiction & Incarceration

Mental illness, addiction, and/or incarceration have been issues that have become more prevalent in families and communities. More often than not, the family unit is damaged due the circumstances of one individual suffering from the disorder(s). The goal of this workshop is to educate and demonstrate proven strategies for couples seeking to re-establish bonds that were damaged due to the symptoms and/or the behaviors of those suffering from mental illness, addiction and/or incarceration.

The objectives covered will include increasing awareness and strategies for overcoming trauma, re-establishing trust, and improving communication within relationships affected.

Presenters: Tanya Middleton, MA ,LPCC-S LICDC SAP,
Solstice Counseling & Consultation Services LLC,
South Euclid, Ohio
Alicia Pascoe ,MA, LPC,
Family Pride, Chardon, Ohio

Mental Health & Aging

The presenters will outline special considerations that need to be taken into account when assisting elderly clients coping with mental illness. Such considerations include increases in physical health issues, transitions from hospitals and institutional settings to the community, life transitions, isolation, depression, and increased suicide risk. Solutions for assisting with these special considerations will be presented.

Presenters: Ben Miladin, LISW-S, Cuyahoga County
Division of Senior and Adult Services, Cleveland, Ohio
Kasha Januszewski, RN,
Visiting Nurse Association of Ohio, Cleveland, Ohio

NADA Treatment for Stress Reduction, Outpatient Detox and Relapse Prevention (including Opiates)

The NADA (National Acupuncture Detoxification Association) protocol is useful for stress reduction, detoxification and relapse prevention with special emphasis on opiates. NADA is also useful for PTSD, disaster relief, perinatal, dual diagnosis, mental wellness self help, and sickle cell crisis applications. NADA is a low cost Integrative Medicine technique using ear acupressure or acupuncture provided in a group setting and is easily

10:15 A.M. – 11:45 P.M. Workshops – Session I (continued):

added to existing programming. NADA has been used widely in the United States and internationally for 35 years. History and abundant research will be presented via lecture, video and live demonstration. This relaxing yet focusing treatment will be made available to participants.

Presenters: Ruth W. Ackerman, Ph.D., L.C.S.W. ADS, RT., Cleveland, Ohio
Judith Morey RN, BC-HN, ND, ADS, NBCR.,
Natural Wellness and Healing, Inc., Madeira, Ohio

Working with African American Males: Treating Trauma, Aggression & Apathy

There is a high number of African American adolescent males involved in criminal activity prior to the age of 13, which has a significant impact on the community. Many of these young men have a unique experience that often leads to maladaptive behavior and are evaluated as apathetic or uncaring. This workshop will re-frame their experiences from a trauma perspective, develop clinician's ability to assess apathy and respond to it therapeutically. Participants will learn how to assess and respond to apathy, as well as how shame influences behavior in order to effectively engage youth, build a therapeutic relationship, and impact change.

Presenter: LaToya Logan, ABD, MSSA, LISW-S, Cleveland, Ohio

Participant Engagement & Introduction to Motivational Interviewing (MI)

Motivational Interviewing (MI) is a collaborative conversation style for strengthening a person's own motivation and commitment to change. This workshop will introduce the audience to the philosophical roots and essential constructs of MI. Participants will learn about the foundational aspects of the Trans-theoretical Model (Stages of Change) and how motivational interventions fit within this context. They will learn to utilize person-centered approaches to identify and reinforce language in favor of change in employment services for individuals with mental illness or co-occurring mental health and substance use disorders. The skills taught will be intended to help Individual Placement and Support -Supported Employment staff help clients make changes in their lives as well as enhance any intrinsic motivation for work. Agency staff benefit from the use of MI by more effectively engaging participants.

Presenter: Deana Leber-George, MEd, PCC-S Consultant and Trainer,
Center for Evidence-Based Practices at Case, Cleveland, Ohio

Healing Spiritual Abuse: Trauma-Informed Solutions for Enhancing Recovery

Spiritual abuse is not just relevant for those who have been members of cults---it is a very real condition that often occurs in individuals who have been abused, or who struggle with addiction issues. In this workshop, theories of spiritual abuse and approaches to understanding it are explored through pastoral, developmental, and clinical lenses. Generally defined as the use of God or religion as tools to gain power and control by the abuser, spiritual abuse is one of the most overlooked forms of abuse in clinical settings; however, the willingness to address it will give clinicians added insight into many of their clients and how to more effectively and holistically address treatment. Case studies, personal reflection, and other critical thinking activities will help participants understand how the construct of spiritual abuse is relevant to clinical practice and apply this knowledge to assessment and treatment planning.

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

Art Journaling's Visual Voice in Trauma Intervention

This hands-on workshop will explore the use of art journaling as a safe, contained space for processing emotional expression, promoting self care, and sharing ones personal narrative and intentions. Content will include themes and the benefits of art journaling as a visual voice and means of trauma intervention with survivors. Participants will engage in creating their own mini art journal with mixed media to identify and support their own professional self-care practices and intentions related to working with trauma & loss issues.

Presenter: Gretchen M. Miller, MA, ATR-BC, CTC-S, Registered Board Certified Art
Therapist & Certified Trauma Consultant, Lakewood, Ohio

12:00 P.M. – 12:30 P.M. Lunch

12:30 P.M. – 1:30 P.M.

Plenary Session:

The Power of One-The New Rx for Recovery: Relationships

If you can't relate, everything you do is more difficult on the Road to Recovery. This session is a high-energy, motivational, multimedia presentation that is research-driven and reality-based. Cutting-edge research, humor and inspiring real-life stories are integrated to facilitate learning about recovery and mental health to get well and stay well. The importance of relationships, social-emotional learning, and mental health will be stressed and the challenges of building relationships: communication, collaboration, culture competence and caring will be addressed. Honesty, humor and hope will be offered and it can change your life. Change is inevitable, growth is optional. You have the Power of One to change the future. Let's start today!

Presenter: Stephen R. Sroka, Ph.D., President, Health Education Consultants
Adjunct Assistant Professor, School of Medicine,
Case Western Reserve University, Cleveland, Ohio

1:45 P.M. – 3:15 P.M.

Workshops – Session II:

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

Human Trafficking & Beyond

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Columbus, Ohio
Donna Conley, MBA, LSW, Executive Director, Ohio Citizens Advocates
for Addiction Recovery, Columbus, Ohio
Meghan McNeil, LSW, Associate Director, Ohio Empowerment
Coalition, Columbus, Ohio

Integrating Medication-Assisted Treatment (MAT) for Opioid Use Disorders into Behavioral and Physical Healthcare Settings

Medication-assisted treatment (MAT) includes three different medications that may be used in the treatment of opioid use disorders, namely naltrexone, methadone, and buprenorphine. These medications are usually most helpful when combined with medical and psychosocial treatments. However, there are many barriers to

1:45 P.M. – 3:15 P.M.

Workshops – Session II (continued):

integrating MAT into current behavioral and physical healthcare settings, mainly encompassing workforce, insurance, and structural reasons. This workshop provides an overview of the three medications used in MAT, and reviews strategies and lessons learned in integrating MAT into mental health, addiction, and physical healthcare settings. Participants will be encouraged to create a beginning plan to address barriers to MAT integration in clinical settings.

Presenter: Christina M. Delos Reyes, MD, Medical Consultant,
Center for Evidence-Based Practices at Case, Cleveland, Ohio

Motivational Interviewing: Preparing Clients for Change

Counselors, social workers and other practitioners are frequently challenged by an individual's lack of motivation to change negative behaviors, which are causing distress in their life. This is particularly true in the case of those who are struggling with substance use disorders. Motivational Interviewing (MI) is an evidence based counseling style which adopts a brief intervention format, using critical elements that serve as catalysts for motivation and change. MI addresses how to strengthen client intrinsic motivation to change and reduce ambivalence. This workshop serves as an introduction to MI and gives attendees the basic tools necessary to incorporate this intervention into their practice.

Presenter: Brian D. Lowery MPA, LSW,
Lowery Training Associates, Cleveland, Ohio

Question, Persuade, Refer (QPR) Suicide Prevention Training

Question, Persuade, Refer (QPR) teaches three simple steps that anyone can learn to help save a life from suicide. Participants will be taught to recognize the warning signs, clues and suicidal communications of people in trouble and how to act vigorously to prevent a possible tragedy.

Presenters: Rick Oliver, LPCC-S, Director of Crisis Services,
Jane Granzier, Associate Director of Crisis Services,
FrontLine Service, Cleveland, Ohio

Special Considerations for Effective Evidence Based Practice (EBP) Team Leadership

Effectively led teams are a critical tool in successful organizations. Whether teams are managing the implementation of innovations or providing direct care, it is necessary for team leaders to appreciate and understand the challenges of how cohesive, high functioning teams work. This workshop will explore leadership challenges, strategies to overcome those challenges, and assist in creating a plan for individualized professional development

Presenters: Deana Leber-George, MEd, PCC-S, Consultant and Trainer,
Center for Evidence-Based Practices at Case, Cleveland, Ohio

Eye Movement Desensitization and Reprocessing (EMDR) as a Complement to Addiction Treatment: Updates and Insights

Eye Movement Desensitization and Reprocessing (EMDR) is viable psychotherapy for the treatment of trauma and stressor-related disorders. Several major organizations have endorsed EMDR in practice guidelines as an efficacious treatment for Post Traumatic Stress Disorder (PTSD). This workshop is designed for those not presently trained in EMDR and wanting to receive a thorough orientation about how the therapy works and how it can be used in various levels of the addiction treatment process. Common misconceptions are also addressed. You will also receive information to help you decide if further EMDR training is for you. EMDR approach to trauma and bilateral stimulation will also be taught.

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

Zzz's to Health: Supporting Sleep for Better Functioning

Chronic sleep deprivation, even as little as one hour less sleep per night, has been associated with depression, anxiety, substance abuse, risk-taking, aggression, bullying, sports injuries, diabetes, and more. Given that the most common sleep disorder is a lack of awareness, there is much we can do to intervene in this vital determinate of health. This workshop will educate clients and professionals on sleep needs through the lifespan, the most common barriers to sleep, the effects of chronic sleep deprivation and the ways to support healthy sleep.

Presenter: Stacy Simer, MSSA, LISW-S, SAP, Chair, Sleep Committee
for the Ohio Adolescent Health Partnership

1:45 P.M. – 3:15 P.M.

Workshops – Session II (continued):

Reconnection to Life-Dissociation in the Outpatient Female Abuse Population

The treatment of dissociation will be discussed using Ms. Jones' life experiences a phase-oriented approach and an integration of psycho-dynamic and trauma theory concepts. Overarching principles of treatment for female dual clients will be explored and each phase will be explained in terms of major goals and specialized interventions. Common impasses and dilemmas will be discussed. Examples, role play and didactic information will be used.

Presenter: Renee S. Jones, Author, BS, C.D.C.A., Speaker of HOPE,
Cleveland, Ohio

Situational Recovery: Developing the Course

Situational Recovery: Developing the Course is a therapeutic concept designed to provide clients and clinicians a framework that will assist with navigating a client's recovery process by enabling them to recognize that a client's recovery is strengthened as their level of commitment and competence is developed.

Presenter: Shariee L. Sims, MACPC, LPC, LICDC, ICADC, Program Manager:
Addiction, Corrections, and Treatment (ACT) Program,
Arlington, Virginia

3:15 P.M. – 3:30 P.M.

Refreshment Break

3:45 P.M. – 5:15 P.M.

Workshops – Session III:

25 Free Brain-Based Strategies to Help Travel the Road to Recovery

Experience an opportunity to "share and care" with a conversation about the ideas addressed in the plenary session, as well as 25 free brain-based strategies to help the whole person -- socially, physically, mentally, emotionally and spiritually on the road to recovery. This workshop will explore barriers that hamper mental health and addiction recovery efforts. Suggestions based on research and reality will be offered, such as the use of creativity, stress management, nutrition, exercise, storytelling, learning styles, circadian rhythms, motivation and humor. An innovative teambuilding activity will be demonstrated. You will leave with 25 free brain-based strategies ready to use tomorrow.

Presenter: Stephen R. Sroka, Ph.D., President, Health Education Consultants,
Adjunct Assistant Professor, School of Medicine,
Case Western Reserve University, Cleveland, Ohio

Addiction & Recovery: A Bio-Psycho-Social Perspective

Recovery is a process of change through which individuals improve their health and wellness. This workshop will use the disease model of addiction as the basis for understanding addiction through a bio-psycho-social framework. Just like a diabetic is not a bad person because he/she has diabetes, a person living with an addiction also has a disease. In this workshop, participants will gain an awareness of the addicted person as an individual with an illness who is capable of recovery and develop an understanding of the process and efficacy of recovery from addiction. The presenter will share her journey through both mental health and addiction recovery and give hope that recovery is possible.

Presenter: Juanita Hivner, LCDC III, Recovery Unit Supervisor,
Windsor Laurelwood Center for Behavioral Medicine

The BeST Kind of Help: Tools and Tips for Schizophrenia Recovery

*The purpose of this workshop is to provide clients of mental health services with a free copy of *The BeST Kind of Help: Tools and Tips for Schizophrenia Recovery*, a publication developed by individuals with lived experience of recovery from schizophrenia, and opportunities to learn which tools or tips the authors find most helpful to their recovery and why. Participants will be able to identify two interactive tools or tips they would like to try in their daily lives.*

Presenters: Karen Curlis, LSW, Advocate, Akron, Ohio; Fred Frese, Ph.D.,
Psychologist & Advocate, Akron, Ohio; Lisa Marie G., Peer Mentor,
NAMI of Greater Cleveland, Akron, Ohio; Carol Harwood,
MSEd; Manager, Communications/Development, BeST Center,
Rootstown, Ohio; Carla M., Advocate, Akron, Ohio; Ron Rett, Executive
Director, NAMI Summit County, Akron, Ohio; Linda R., Advocate,
Akron, Ohio

Recovery Is Beautiful

Find out about Ohio's exciting "Recovery Is Beautiful" movement and the work that is being done to move towards a Recovery-Oriented System of Care. Details about the development of the "Recovery Is Beautiful" BluePrint and the progress and plans to continue expanding the roll-out of this BluePrint throughout the state will be shared.

Presenter: Dontavius Jarrells, Community Engagement and Advocacy Administrator,
Ohio Association of County Behavioral Health Authorities,
Columbus, Ohio

Health & Wellness in Peer Support

Stress has detrimental effects on our mental and physical health and we know that reducing stress makes life more enjoyable. Learning to manage stress and living an enjoyable life are two separate issues that involve varying and overlapping skills. Attendees will hear the explanation, benefits and recommendations about physical health and how it relates to mental health, as well as the different types of stress (i.e. Eustress – good stress and Distress – not so good stress). The Hedonic Treadmill, defining individual goals and how to reach happiness will be discussed. Peer Supporters will especially benefit from this workshop.

Presenter: Jody Morgan, CHHC, CPS MH/A, Director of Consumer Affairs,
Ohio Empowerment Coalition, Columbus, Ohio

Spirituality and Mental Health Recovery

A client's spirituality is often one of the most important issues in counseling clients, but it is also the issue that is often the least addressed by the counselor. Research demonstrates that acknowledging and understanding a client's spiritual framework is vital to the therapeutic relationship, and helping a client explore their own spirituality can be beneficial. This workshop will review the relevant research about client's spirituality and also provide a tool that will assist the client in exploring their own spirituality.

Presenter: Chivonna Childs, PhD, Psychology Resident,
Portage Path Behavioral Health, Akron, Ohio

Housing Training: Integrated Stage-wise Approaches for People with Mental and Substance Use Disorders

Substance use and abuse affects a person's mental health and behavior in many ways. It is important for housing staff to realize how the short and long term effects of substance use influence cognition, emotional regulation, and subsequent behaviors of residents. This workshop provides an introduction to the effects of substance use on mental disorders, behavior change concepts and methods to assess change readiness, and identifying stage appropriate, person-centered interventions. Increasing knowledge and skill levels of housing providers can improve providers' effectiveness in delivering services to clients participating in an array of housing settings.

Presenter: Deana Leber-George, MEd, PCC-S, Consultant and Trainer,
Center for Evidence-Based Practices at Case, Cleveland, Ohio

Opiate Addiction and Pregnancy

MetroHealth has been providing care for pregnant women with opiate dependence for over 10 years. The Mother and Child Dependency Program is a multidisciplinary wrap-around program that surrounds the patient with medical and psychosocial services to support the best possible outcomes for her and her baby. Effects of opiate use during pregnancy, options if you become pregnant while using opiates or medication-assisted treatment, and an overview of how prenatal care, labor, and delivery are managed will be discussed. The effects of opiate dependence on a newborn and what a new mom can expect once the baby is born will be examined. The importance of maintaining good physical and mental health and some success stories will also be shared.

Presenters: Jennifer Bailit, MD, MPH; Deepak Kumar, MD; Mansi Ng,
The MetroHealth System, Cleveland, Ohio

3:45 P.M. – 5:15 P.M.

Workshops – Session III (continued):

Dealing with Difficult Behavior? Assert Yourself Here!

On the road to recovery individuals will most likely encounter people (i.e. friends, family, co-workers, etc.) who display difficult behavior. People in recovery must be mindful of triggers, goals of difficult behavior and how his/her recovery may be impacted. The focus of this interactive workshop will be to learn the differences between communication styles through discussion and role play scenarios. The goals of difficult behaviors in action will also be reviewed. Strategies on how to be assertive and techniques to deal with difficult behavior displayed by others will be shared.

Presenters: Tiffany M. Darby, Ph.D., LPCC-S, Clinical Supervisor;
Catherine Posendek, MSW, LISW, Program Administrator,
Catholic Charities Diocese of Cleveland, Cleveland, Ohio

Vocational Rehabilitation

Local and national research on the success of vocational rehabilitation will be shared and illustrated by personal experiences of people living with mental health issues that have returned to employment. Vocational resources and services that are available to residents of Cuyahoga County living with mental health challenges, the special vocational needs of clients and the impact of employment on the recovery process will be examined.

Presenter: Cynthia Beard, Recovery Advocate, Highland Hills, Ohio

5:15 P.M. – 6:00 P.M.

CEU Conference Evaluation

Roads to Recovery '15 Conference Registration Information

Registration Fee: \$100

Register at Eventbrite: <http://roadstorecovery15.eventbrite.com>

Due to limited capacity, only 370 registrations will be accepted to the ADAMHS Board of Cuyahoga County *Roads to Recovery '15: Destination Recovery on Monday, September 21, 2015*. 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 in Cuyahoga County, \$10.00 registrations may be available. Please contact Vicki Roemer, Conference Assistant, at 216-241-3400, ext. 809, or via e-mail at roemer@adamhsc.org.

Any questions, please contact Tonya Birney, Conference Training Officer, at 216-241-3400, ext. 813, or via e-mail at birney@adamhsc.org; Katie Boland, Conference Planning Officer, at ext. 812, or boland@adamhsc.org, or Scott Osiecki, Conference Director, at ext. 814, or osiecki@adamhsc.org.

Note: No refunds will be issued.



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 BOARD OF CUYAHOGA COUNTY
 ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Roads to Recovery '15 Conference Specifics



Cleveland Airport Marriott Hotel
 4277 West 150th Street
 Cleveland, Ohio 44114
 1-800-228-9290
 216-252-5333

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 \$122 per night for single, double, triple or quad occupancy**. Rooms must be reserved by September 1, 2015, 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.

Client Scholarships:

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

CEUs:

The Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board of Cuyahoga County's Training Institute 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 (CEUs) to Counselors and Social Workers, and Social Workers, and has awarded 7.75 CEU/RCHs for this conference.

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| SOCIAL WORK/ COUNSELOR | RCS110677 | 7.75 CEUs |
| CHEMICAL DEPENDENCY PROFESSIONALS | 06-1517-17PVN-CPSD | 7.75 RCHs |



All attendees must attend the entire conference and complete an evaluation form for each session attended on the overall conference evaluation form to receive CEUs.



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