



*Winter
2019*

*Workshop
Schedule*

Client artwork by Melodie Earls from Far West's Art Helps and Heals (AHH!) Program.



ADAMHS

BOARD OF CUYAHOGA COUNTY

ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

*Rev. Benjamin F. Gohlstin, Sr.
Board Chair*

*Scott S. Osiecki
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IMPROVING LIVES THROUGH WELLNESS, RECOVERY AND INDEPENDENCE

TRAINING INSTITUTE

Winter 2019

Workshop Schedule

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IMPORTANT INFORMATION

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 (CPE) to Counselors and Social Workers.

Fees for the ADAMHS Board Training Institute workshops are \$25 per half-day (2-4 hour) session and \$45 for a full-day (5+ hour) session. Occasionally, workshops will be offered free on an as-needed basis per topic. Workshop fees are non-refundable.

The ADAMHS Board is using Eventbrite to process ALL registrations. Payment must be made by credit card. Invoices may be sent to organizations. All workshop participants must be registered and confirmed in advance through Eventbrite. An order confirmation and entrance ticket to the workshop will be emailed through Eventbrite immediately after the registration process is complete. Walk-ups and cash payments will not be accepted.

To register for a workshop, click the link or copy and paste the link into a web browser that is listed at the end of each workshop description. Please note that each session has its own unique link for registering. If you want to attend more than one session, you must register for each session individually through its unique link. **If you are requesting CEUs and/or RCHs, you must provide your license number to complete your registration. Your license number is necessary for the Board to provide information to CEBROKER.** To find out more about CEBROKER visit www.cebroker.com.

Please arrive on time for all scheduled workshops. If you arrive late to a workshop you will not receive a certificate. Partial credit will not be given. In order to receive a certificate of completion, you must be present for the entire workshop.

General Information:

All workshops are held in the Training Institute, located in the ADAMHS Board offices on the 6th Floor of the United Bank Building, 2012 West 25th Street. Free parking is available on a first-come, first-served basis. All visitors must check-in at the blue Parking Attendant Booth located in the lot directly behind the building on West 26th Street. Visitors are to inform the attendant that they are visiting the ADAMHS Board and will be directed to available parking spaces or may receive complimentary valet parking. Please bring the ticket provided to you from the attendant to the ADAMHS Board receptionist for validation. Free and metered parking is also available on the street.

Participants must meet the minimum education level and credential requirements indicated:

OPEN LEVEL	Open to anyone seeking the most basic understanding/awareness of the topic presented.
ENTRY LEVEL	Registrants must be Certified Chemical Dependency Assistants, Registered Applicants for Prevention, Social Worker Assistant or STNA.
INTERMEDIATE LEVEL	Registrant must be a Licensed Chemical Dependency Counselor II, Licensed Social Worker, or Licensed Professional Nurse.
ADVANCED LEVEL	Registrants must be Professional Counselors, Professional Clinical Counselors, Licensed Independent Social Workers, Licensed Chemical Dependency Counselor III's, Licensed Independent Chemical Dependency Counselors, Registered Nurses, a D.O. or M.D. or have a Ph.D. in Psychology, Counseling or Human Services.

If you have any questions, call Carole Ballard, LISW, Director of Training and Education at 216-241-3400 ext. 730 or email ballard@adamhsc.org.

The Ohio Chemical Dependency Professionals Board is now requiring providers to list courses through CEBROKER.

To review the RCH education classifications for the workshops in the brochure, please log on to your CEBROKER account.

Stop, Look, and Listen: Engaging Youth Experiencing Homelessness

Karen McHenry, LISW-S, LICDC

Thursday, January 17, 2019

ADAMHS Board, Buckeye Room

9:00 A.M. to 12:00 P.M.

Intermediate

3 RCH's Provider #50-17837

3 CEU Provider # RCS110677

FEE: \$25

Over 150 teenagers are missing every day in Cuyahoga County, due to unstable housing, staying in unsafe and chaotic homes, or sleeping in places not meant for habitation. Come discover the skills to connect and engage teens. Stop, look, and listen to teenagers to prevent running away behaviors. Examine the history of homeless and missing teens. Many will become victims of trauma, sex trafficking, violence, sexual abuse, and will lack that sense of belonging.

To register for this session, please use Eventbrite. Click this link: <https://winterstoplooklisten.eventbrite.com>

Healing ADD in Adults and Children

John Ward, LCDCIII, CTS

NEW Date: Wednesday, March 30, 2019

ADAMHS Board, Buckeye Room

9:00 A.M. to 4:00 P.M.

Entry/Intermediate

6 RCH's Provider # 50-17837

6 CEU Provider # RCS110677

FEE: \$45

Attention Deficit Disorder (ADD) can affect both individuals and families. If you find that ADD is impacting you, your family, or your clients, then this class will provide an opportunity for you to broaden your understanding of this disorder. We will examine the dynamics of living in an ADD household, explore the different types of ADD, and discuss an effective program for enhancing brain function and overcoming many of the ADD traits that sabotage chances for success in all aspects of living (relationships, work, school, etc.). Both natural and medical treatments for ADD will be explored, as well as, some practical tips for helping ADD children in their educational systems.

To register for this session, please use Eventbrite. Click this link:

<https://marchhealingaddadultschildren.eventbrite.com>

Clinical Documentation: Writing Effective Treatment Plans, Progress Notes and More!

LaToya Logan, LISW-S, ABD, CCTP

Date: Monday, February 4, 2019

ADAMHS Board, Buckeye Room

1:00 P.M. to 4:00 P.M.

Open

3 RCH's Provider # 50-17837

3 CEU Provider # RCS110677

FEE: \$25

Clinical professionals are ethically responsible for meeting the documentation standards of their respective licensing board, as well as, the level of care requirements for insurance. Understanding the requirements for such documents, while writing to reflect the therapeutic details of the session is critical to the success of all clinicians and their respective agency. Learn the key components of clinical documentation standards of treatment plans and progress notes with guided facilitation and case studies.

To register for this session, please use Eventbrite. Click this link: <https://winterclinicaldocumentation.eventbrite.com>

Stress Relief: Learn Tapping

Tijana Coso, BA, MA, Certified EFT

Date: Monday, February 11, 2019

ADAMHS Board, Buckeye Room

9:00 A.M. to 12:00 P.M. or

1:00 P.M. to 4:00 P.M.

****Register for either the morning or afternoon session**

Open

3 RCH's Provider #50-17837

3 CEU's Provider # RCS110677

FEE: \$25/Session

The workshop for this evidence-based practice model will provide information and training that will address and reduce the high levels of vicarious trauma, compassion fatigue, and burnout that service provider's experience. Participants will walk away with more than theory. They will learn and practice the Emotional Freedom Technique/EFT (Also called Tapping), which instantly lowers stress reactions in the body and more importantly rewires the brain to not be triggered in the first place. Clinical trials have shown that EFT rapidly reduces the emotional impact of memories and incidents that trigger emotional distress. This training is highly experiential. Participants will apply EFT to their own circumstances to learn how to apply it to clients. Be prepared to engage at this level for a maximum learning experience and maximum personal benefits. *To register for this session, please use Eventbrite links below:*

Morning session:

<https://winterstressrelieftappingmorning.eventbrite.com>

Afternoon session:

<https://winterstressrelieftappingafternoon.eventbrite.com>

Presenter Information

Karen McHenry, LISW-S, LICDC, serves as program manager of Bellefaire JCB's Homeless Youth Programs, which offer interventions, safety and short term solutions for children and youth who are homeless. Karen joined Bellefaire JCB in 1987. Her initial role was childcare worker, where she developed clinical knowledge and experience supporting high-risk youth and their families. Karen has been recognized for her outstanding assistance to the FBI in connections with its investigative efforts. She is the recipient of the Childcare Worker of the Year Award and the National Direct Service Worker Merit Award from Child Welfare League of America. She has a Bachelor's degree from Kent State University and a Master's degree in Social Service Administration from the Mandel School of Applied Social Sciences. Ms. McHenry is a certified Chemical Dependency Counselor with a clinical endorsement, a Licensed Independent Social Worker and a fire safety educator.

LaToya Logan, LISW-S, ABD, CCTP, is a licensed independent social worker-supervisor (LISW-S) with the Ohio Counselor, Social Work, Marriage and Family Therapist (CSWMFT) Board and a Certified Clinical Trauma Professional (CCTP) with the International Association of Trauma Professionals (IATP). LaToya serves as the Region Director of the National Association of Social Workers – Ohio Chapter (NASW-OH). She is former Co-Chair and active Commissioner for the Cleveland Community Police Commission (CPC). LaToya is also a certified Anti-Oppressive Informed Practitioner, specializing in the use of services and training to deconstruct norms which disempower historically disenfranchised populations. LaToya earned a Bachelor's degree from Michigan State University and a Master's degree from Case Western Reserve University. LaToya has over 10 years of experience as a clinical social worker providing supervision, training and program evaluation. LaToya is a seasoned clinician, specializing in trauma, criminal justice, and crisis management.

Tijana Coso, BA, MA, Certified EFT, is a stress relief expert. She is an educator, coach, and trainer. She offers experiential personal development programs by harnessing one's greatest asset, the power of the subconscious mind using techniques borrowed from neuroscience and the body and ancient science. She is a Tapping expert and has spent the past several years delving into using this evidenced-based technique to help people reduce stress. Tijana is the only Emotional Freedom Technique (EFT) Trainer in the region who offers live trainings with agencies and corporate groups. Tijana earned her Bachelor's degree from The University of Akron and her Master's degrees from The University of Akron and Walsh University.

John Ward, LCDC III, CTS, is a licensed Chemical Dependency Counselor III and a Certified Trauma Specialist. He has been involved in child-welfare/human services in many aspects: as a foster child, adopted child, foster parent, caseworker, supervisor and a teacher/trainer. He specializes in RAD, ADD, and Trauma.

The ADAMHS Board has arranged for the presenters to provide the trainings and/or topics listed in this brochure. While ADAMHS Board staff have taken steps to ensure that the presenters are qualified to offer the topics, the ADAMHS Board of Cuyahoga County assumes no responsibility for workshop content, participant interpretation of the material presented nor the application of the information presented.

Advanced Individual Dialectical Behavioral Therapy

Samantha Mishne, LISW-S, LICDC

Date: Friday, February 15, 2019

ADAMHS Board, Buckeye Room

9:00 A.M. to 4:00 P.M

Open

6 RCH's Provider #50-17837

6 CEU Provider # RCS110677

FEE: \$45

This all day training will introduce participants to the Advanced Dialectical Behavioral Therapy (DBT). Participants will learn what DBT is used to treat, the stages of treatment, the treatment targets and strategies. With the support of role plays, participants will increase their understanding of phone coaching and individual therapy session structure.

To register for this session , please use Eventbrite. Click this link: <https://winteradvanceddbt.eventbrite.com>

From Incarceration to Re-Entry: The Therapeutic Community Model

Lisa Brickner, MS, LICDC

Date: Friday, February 22, 2019

ADAMHS Board, Buckeye Room

1:00 P.M. to 4:00 P.M.

Open

3 RCH's Provider #50-17837

3 CEU's Provider # RCS110677

FEE: \$25

The Therapeutic Community Model is an evidence-based residential treatment approach used in a prison setting. The Therapeutic Community is hierarchical structured phase and incentive based treatment program for both men and women. In the state of Ohio, Therapeutic Communities are represented in six (6) correctional facilities. In the review, a brief scope of the Model will include specific groups, behavioral interventions and metrics that are used for behavioral modification with offenders to increase successful reintegration upon release.

To register for this session, please use Eventbrite. Click this link: <https://winterreentry.eventbrite.com>

Immigration and Cultural Aspects of Refugee Mental Health

Camille Gill, Esq. and Mead Wilkens, LISW-S

Date: Monday, March 11, 2019

ADAMHS Board, Buckeye Room

9:00 A.M. to 4:00 P.M.

Open

6 RCH's Provider #50-17837

6 CEU's Provider # RCS110677

FEE: \$45

The workshop will explore the cultural aspects of refugee mental health that have been garnered in the first three (3) years of work at the Ohio Center for Survivors of Torture. The workshop will define the levels of trauma experienced by refugee within a cultural context, as well as, explore mental health interventions. The workshop will also cover Immigration and define common terms used to refer to immigrant groups and the legal definition of each. Additionally, the workshop will cover common questions about immigrant eligibility for government services such as social security numbers, public benefits, and driver's licenses as well as common issues with accessing these services. Requirements regarding language access under Title VI and where to go if your client is denied services due to language access will be discussed. Finally, changes to immigration law and policy under the new presidential administration, how that may affect the clients your serve, and how you can help will be discussed.

To register for this session, please use Eventbrite. Click this link: <https://winterrefugeementalhealth.eventbrite.com>

**IF YOU CANNOT ATTEND A WORKSHOP
FOR WHICH YOU ARE CONFIRMED,
PLEASE CALL CAROLE BALLARD, DIRECTOR OF
TRAINING AND EDUCATION
AT (216) 241-3400, EXT. 730.**

**No refunds will be provided.
Instead, credit will be provided for
an alternative training session.**

Beyond Cultural Competency, Toward Cultural Advocacy

LaToya Logan, LISW-S, ABD, CCTP

Date: Thursday, March 14, 2019

ADAMHS Board, Buckeye Room

1:00 P.M. to 4:00 P.M.

Open

3 RCH's Provider #50-17837

3 CEU's Provider # RCS110677

FEE: \$25

There have been many iterations of diversity and subsequent initiatives purposed to improve diversity through trainings that raise awareness and provoke meaningful discussions. These discussions are intended to enhance diversity in daily work practice. This belief led to the concept of cultural competence, an assumed comprehensive training on such a complex topic leading many to believe the work is complete. As a result, there has been a lost opportunity to challenge the origins of implicit bias, the application of human inclusion in treatment, and the impact on diagnosing, referrals for treatment, and practice. We will examine diversity and opportunities to move towards inclusivity.

To register for this session, please use Eventbrite. Click this link:

<https://winterbeyondculturalcompetency.eventbrite.com>

New Ethical Dilemmas in the Digital Age

John Ellis, LISW-S, LICDC-CS, ICCS

Date: Monday, March 18, 2019

ADAMHS Board, Buckeye Room

9:00 A.M. to 12:00 P.M.

Open

3 RCH's Provider #50-17837

3 CEU's Provider # RCS110677

FEE: \$25

Advances in technology and the availability/access to the Web are impacting how behavioral health professionals deliver treatment services and what constitutes typical standards of care. In addition, these changes effect ethical issues like therapist self-disclosure, boundary crossings and boundary violations, confidentiality, and informed consent. In 2014, behavioral health professionals face a myriad of new ethical dilemmas, with little guidance from ethical codes that do not address these emerging issues. This presentation will review the current literature regarding new ethical dilemmas related to technology and the Web, and provide guidance and recommendations for behavioral health professionals. Specifically, this workshop will discuss: 1) History of Technology Use in Counseling; 2) Digital Types; 3) Social Media; 4) Therapist Self-Disclosure; 5) Emailing & Texting/Messaging Patients; and 6) Social Media Policies

To register for this session, please use Eventbrite. Click this link:

<https://winterethicaldilemmasdigitalage.eventbrite.com>

Free QPR (Question, Persuade and Refer) Suicide Prevention Training

The ADAMHS Board of Cuyahoga County is providing free QPR Training to people who live and work in Cuyahoga County, and are in a position to recognize a crisis and warning signs that someone may be contemplating suicide.

The trainings are held quarterly at the ADAMHS Board in the Buckeye Room from 4:00 P.M. to 6:00 P.M. on the following dates in 2019:

March 26:

<http://qprmar26.eventbrite.com>

May 9:

<http://qprmay9.eventbrite.com>

August 27:

<http://qpraug27.eventbrite.com>

November 7:

<http://qprnov7.eventbrite.com>

To attend a QPR training, register on Eventbrite using the links above. Registration closes the day before each training. Trainings are limited to 25 attendees.

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Facebook, Twitter, Instagram:
@ADAMHSBOARDCC

Presenter Information

Samantha Mishne, LISW-S, LICDC is an individual therapist to adolescents and adults suffering from a dual diagnosis. She specializes in the treatment of eating disorders using Dialectical Behavioral Therapy (DBT) to target multiple behaviors. Samantha has been The Emily Program for 9 years (Cleveland Center for Eating Disorders for the first 6) collaborating with a multi-disciplinary team including psychiatrists, dieticians, and medical. Samantha has attended multiple intensive trainings in DBT, and has been an adjunct faculty at the Mandel School of Applied Social Sciences at Case Western Reserve University for the last 13 years. Every year, Samantha supervises a social work intern from the Mandel School.

Lisa Brickner, MS, LICDC serves as CompDrug's Program Director for Stepping Stones Therapeutic community located at Grafton Correctional Institution. Ms. Brickner has Master's degree in Criminal Justice from Tiffin University majoring in Forensic Psychology and Addiction Counseling. Ms. Brickner continues her education at Case Western Reserve University pursuing a Master's degree in Social Work. Ms. Brickner has been practicing substance abuse counseling for over ten years. Ms. Brickner has presented research on the topic of the Therapeutic Community at International and Regional conferences. Ms. Brickner is dedicated to helping those in need by recognizing the social and environmental problems resulting from criminal and addictive behaviors.

Camille Gill, Esq. is the Managing Attorney of Cleveland Catholic Charities' Migration and Refugee Services' Immigration Legal Services program. She has worked as an immigration attorney at Catholic Charities since January 2014. She graduated from the University Of Toledo College Of Law in 2008 and has worked exclusively in the nonprofit sector. Throughout her career, she has practiced immigration law and worked on immigrant issues relating to taxes, public benefits, language access, and domestic relations. She is a member of the American Immigration Lawyers Association (AILA), The Cleveland Metropolitan Bar Association, and the Lawyer's Guild for the Catholic Diocese of Cleveland.

Mead Wilkins, LISW-S is the Clinical Director of Migration and Refugee Services at Catholic Charities and is responsible for the clinical development and management of the Ohio Center for Survivors of Torture. This program serves highly traumatized, medically fragile, and at-risk refugees in Northeastern Ohio who meet the legal definition of torture. The focus is on integrated care that is evidenced based. Duties also include supervision of the Preferred Communities Program, oversight of research projects, patient navigation, graduate student field placement and group facilitation.

John M. Ellis, LISW-S, LICDC-CS, ICCS, has almost 33 years of experience in the field of addictions and mental health. His academic and curriculum focus is on healthcare policy/administration, addictions/mental illness, integrated healthcare, evidence based interventions, workforce development, clinical supervision, and technology transfer. Prior to arriving at The University of Akron, his roles included:

- Clinical Director of two (2) Ohio County Mental Health and Addictions Services Boards;
- Provider of direct clinical service for persons struggling with addictions & mental illness in hospital, jail, and outpatient settings;
- Member and former Chair of the Ohio Chemical Dependency Professionals Board.

Current and past responsibilities involved: community planning and needs assessments for community behavioral health needs, establishment of funding priorities, launching local coalitions (e.g. Summit County Opiate Task Force, Lorain County Fatherhood Initiative), implementation and evaluation of evidence based interventions (e.g. CBT, Motivational Interviewing, Strengthening Families, Low-dose buprenorphine with counseling), grant writing, and the efficient and effective coordination of services. Other efforts have included the refinement of State rules related to the delivery of addictions treatment, and the enhancement of community college, four year, and graduate curricula relative to addictions and mental illness.

Winter 2019



Client artwork by Robin DeFleice.

TRAINING INSTITUTE Workshop Schedule
