

50TH ANNUAL

SOUTHWESTERN SCHOOL FOR BEHAVIORAL HEALTH STUDIES • AZSWS.ORG

SWS 2018

CELEBRATING **50** YEARS OF

Education, Evolution & Excellence in Behavioral Health

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IMPACT - SUICIDE PREVENTION CENTER

August 12-16, 2018

JW Marriott Tucson Starr Pass Resort & Spa

Earn up to 36.75 Hours of Continuing Education!



Tucson, Arizona

REGISTRATION INFO & POLICIES

TO ENROLL YOU MUST
REGISTER ONLINE

azsws.org

We encourage you to register early as some sessions are limited by instructor or room size, and popular sessions fill-up fast. You are officially registered when you receive an electronic confirmation, which includes a confirmation number.

PLEASE NOTE: Online registration closes on **Friday 7/27/2018**

CONTACT:

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REGISTRATION RATES

- **4-Day Conference** (Monday - Thursday attendance)
 - Early Bird (Must register by Monday 6/25/2018) **\$445**
 - Regular (If registered after Monday 6/25/2018) **\$495**
- **Single Day** (Must register at this daily rate if not attending the entire 4-day conference) (Pre-Conference is not included in this rate) **\$150**
- **Sunday Pre-Conference** (Choose session 1, 2, OR 3 of Pre-Conference) (Lunch included) **\$175**
- **Sunday Pre-Conference** (Choose session 1, 2 OR 3 of Pre-Conference) + **4-Day Conference** (Monday – Thursday) **\$585**
- **Sunday & Monday Pre-Conference** (12 Hour Clinical Supervision) (Lunch included) **\$250**
- **Sunday & Monday Pre-Conference** (12 Hour Clinical Supervision) + **3 Days** (Tuesday – Thursday) **\$585**
- **Special SWS Luncheon** (Wednesday 8/15/2018) (Attendees will receive 1 hour of continuing education) **\$30**

* On-site registration will incur a \$25 Late Registration Fee.

On-site registration is not guaranteed to be available if the conference sells out.

PURCHASE ORDERS:

If your organization requires the use of a purchase order, please contact Ka'teia Vador for details on the process. **Please Note:** Purchase orders will only be accepted for organizations sending a large group of attendees to the conference. All attendees must be included on a single purchase order. Purchase orders for individual attendees will not be accepted. Individual attendees must register and pay online using a credit card.

CANCELLATION POLICY:

If you cancel your registration by Friday 7/27/2018, your registration fee will be refunded, less a \$50 cancellation fee. There are no refunds for cancellations received after Friday 7/27/2018. Substitutions will be accepted until Friday 7/27/2018. There will be no substitutions after this date. No-Shows are still due and payable in full. SWS reserves the right to provide a substitute instructor or cancel a session if an unanticipated issue arises.

VERIFICATION OF ATTENDANCE & CONTINUING EDUCATION

Licensing boards and governing bodies require verification of attendance in order to award continuing education hours. In order to track these hours, your name badge will be scanned at conference check-in and at the completion of every session you attend. You are required to attend the entire session to receive credit. No partial credit will be given. No exceptions. If you fail to have your name badge properly scanned at the conclusion of each session, credit will not be given after-the-fact. Your Certificate of Attendance will be available to you electronically after the conference.

AVAILABLE CLOCK HOURS OF CONTINUING EDUCATION BY DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6	7	7 + Special Evening Session: 8.75	7 + Special Luncheon: 8	7

Please Note: Continuing education hours are not available for sessions: 26, 83, 90 & 99

CULTURAL DIVERSITY AND ETHICS CONTINUING EDUCATION:

Cultural Diversity Sessions: 2, 8, 20, 23, 44, 46, 48, 59, 62, 66, 74, 94, 100, 102

Ethics Sessions: 2, 6, 19, 33, 57, 65, 75, 93

CONTINUING EDUCATION ORGANIZATIONS



APA: The Training Institute – Southwest Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The Training Institute – Southwest Behavioral Health maintains responsibility for this program and its content. Full attendance is required. No partial credit will be offered for partial attendance. (Sessions with a red asterisk (*) are sponsored by The Training Institute for APA Continuing Education)



NBCC: La Frontera Arizona EMPACT – SPC is an NBCC-Approved Continuing education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (#5823) (Sessions 22, 27, 38, 44, 69, 71 & 81 do not meet NBCC requirements)



NAADAC: La Frontera Arizona EMPACT – SPC is recognized as a NAADAC Approved Education Provider for this conference. (#76002)

NASW AZ: This Conference is approved to offer continuing education by the National Association of Social Workers, Arizona Chapter. (#3194)

SUNDAY, AUGUST 12

PRE-CONFERENCE: 4-OPTIONS

(INCLUDES: 6-HOURS OF CONTINUING EDUCATION; MORNING BEVERAGE SERVICE; & LUNCH)
8:00 AM - 9:00 AM REGISTRATION

9:00 AM - 4:00 PM (LUNCH: 12:00 PM - 1:00 PM)

1

UNDERSTANDING PLAY THERAPY AND SEXUAL ABUSE: THE BASICS*

This workshop will familiarize attendees with the basics of play therapy, including the curative factors of play therapy. Toy selection and how to set up a play room will also be addressed. Attendees will then explore common symptoms and behaviors seen in sexually reactive children. Basic play therapy techniques will be identified and experienced. **Juliet Fortino, MC, LPC, Registered Play Therapist-Supervisor**

2

CULTURAL COMPETENCY & DIVERSITY AND ETHICS IN ACTION*

This action-oriented workshop engages your curiosity and enhances your skills in working within your code of ethics and with diverse populations. Ethically and culturally competent practice starts with knowledge and understanding of principles and our relationship to them. This workshop will review experiential exercises that focus on self-awareness and assessment, the common dilemmas faced in practice with diverse populations, social media, models of problem solving and ethical decision making.

Adena Bank Lees, LCSW, LISAC, BCETS, CP & Marlo Archer, PhD, Licensed Psychologist

3

6-HOUR CLINICAL SUPERVISION*

This session will cover the AZBBHE 6-hour supervisor refresher training requirements. It will include an expansion on the basic core requirements of the AZBBHE specific to supervision. This presentation will include a review of the AZBBHE rules and law changes, and advanced supervisor specific content such as focusing on supervision theories and models, resistance, and evaluation methods when working with less experienced clinicians. The workshop will provide an opportunity to create great synergy working with other experienced supervisors. **Vicki Loyer, PhD, LMFT & Melissa Baker, MS, LMFT**

4

12-HOUR CLINICAL SUPERVISION*

This session will cover the AZBBHE 12-hour initial training requirements to be a clinical supervisor in the State of Arizona. This training is for beginning supervisors or those who need a review of rules and regulations, documentation requirements, and how to interview a potential supervisee, to begin providing supervision for licensure through the AZBBHE. Part two will include advanced supervisor-specific content with an opportunity to create great synergy focusing on supervision theories and models, resistance, and evaluation methods when working with less experienced clinicians.

**THIS IS A 2-PART SESSION. PART 1 IS ON SUN, 8/12 AND PART 2 IS ON MON, 8/13.
TIME: 9 AM - 4 PM EACH DAY (LUNCH: 12 PM - 1 PM EACH DAY).**

Vicki Loyer, PhD, LMFT & Melissa Baker, MS, LMFT

EARLY CONFERENCE CHECK-IN

Sunday, August 12 - 3:30 PM - 5:00 PM

FOR AUGUST 13 - AUGUST 16 ATTENDEES

Location: Hotel Conference Center - Tucson Registration Desk

Save time and avoid the Monday morning rush.

Come by Sunday 8/12/18 to pick-up your registration materials.

MONDAY, AUGUST 13

7:00 AM - 8:00 AM REGISTRATION

8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS

8:15 AM - 10:00 AM GENERAL SESSION

5

BOOST HAPPINESS, LESSEN STRESS AND TAKE CONTROL OF YOUR EMOTIONAL BRAIN IN OUR FAST PACED, MODERN WORLD*

Do you feel overwhelmed by your responsibilities at home and work? Do you worry about being able to do it all? Will adding one more task to your plate cause you to drop everything? We all experience stress - some of it is good and some of it is bad. But chronic stress can destroy our brains and bodies, leading to disease and dysfunction from head to toe. There has been a revolution in our understanding of ways to control and minimize negative, chronic stress thanks to the wonders of brain science. Find out the latest scientific breakthroughs that unlock the secrets to a more balanced, happier life. Get the scoop on how simple, usable, day-to-day techniques can have a dramatic impact on our mental and physical health and why mindfulness is now mainstream brain science.

Marc Milstein, PhD

10:15 AM - 12:00 PM GENERAL SESSION

6

SUICIDE, SOCIAL MEDIA AND SUBSTANCE USE: THE RISK FOR YOUNG ADULTS AND TEENS*

This workshop focuses upon the basic legal and ethical issues related to suicide, social media, and substance use. Participants will review current expert opinion, legal updates and standards of care related to (1) proper use of DSM-5 when diagnosing substance related disorders; (2) updates on relationship between social media and suicide; (3) American Academy of Pediatrics suicide assessment; (4) substance use disorders and the risk of suicide; (5) legal and ethical issues with informed consent and "safety agreements"; and (6) Non-suicidal self injury (NSSI). Literature updates, along with relevant Codes of Ethics will be included in all areas of discussion. **Pamela Harmell, PhD**

1:30 PM - 3:15 PM CONCURRENT SESSIONS - CHOOSE ONE

7

KEEP YOUR BRAIN YOUNG AND LOWER RISK FOR ALZHEIMER'S AND DEMENTIA*

The statistics are staggering. 47 million people have dementia worldwide, and that number is expected to skyrocket to 115 million people by 2050. Recently, we could not scientifically say we could lower our risk of developing Alzheimer's and dementia, but now there is real excitement in this field as we now have science-based understanding on how to lower our risks and keep our brain young. Recent studies estimate that about a third of dementia is preventable. Also, hear the latest breakthrough understanding on how your gut impacts Alzheimer's and dementia as well as memory, mood, anxiety, depression, your weight and aspects of your health we never imagined. The link between your gut and your brain is one of the most exciting, revolutionary, mind-blowing areas of science and medicine today. Unfortunately, some of what is being reported is filled with inaccurate information and marketing that has little to no science behind it. Hear the scoop on scientifically valid, actionable tips to optimize gut/brain health and what is just myth, hype and marketing. Utilize the latest science to keep your brain young. **Marc Milstein, PhD**

8

CULTURAL CONSIDERATIONS WHEN WORKING WITH IMMIGRANT FAMILIES: CHILD MALTREATMENT*

As we become a more multicultural society, psychotherapists face new challenges in assessing child maltreatment. Professionals struggle to understand multicultural child rearing practices within a framework which must include poverty and immigration. A culturally sensitive approach to assessment and intervention is emphasized, including guidelines for working with families from diverse populations. **Pamela Harmell, PhD**

9

CREATING POSITIVE SUPERVISORY RELATIONSHIPS: ASSESSING AND ADJUSTING THE TEMPERATURE OF THE RELATIONSHIP*

Trust and respect are essential in establishing and maintaining a positive supervisor/supervisee relationship. This workshop examines the soft skills side of supervision that contribute to supervisee and client welfare. Participants will explore different approaches to assessment of skill and delivery of feedback that fosters a productive supervisory relationship. Finally, attendees will learn approaches to self-care and managing counter-transference to ensure optimal functioning as a supervisor.

Mandee Bahadar, PhD, LPC & Patricia Kerstner, PhD, NCC, Licensed Psychologist, University of Phoenix Affiliate

10

WORKING WITH THE ANXIOUS CHILD IN THERAPY: PLAY APPROACHES TO HELPING CHILDREN REDUCE ANXIETY*

Worry and fear are common reasons parents bring children into therapy. This session will focus on being able to assess, understand, and talk about the child's anxiety. We will explore practical ideas and approaches for helping clients talk about and cope with various anxieties. Practitioners will leave with concrete tools and techniques they can use in working with anxious children in therapy. **Jennifer Rollins, MC, LPC**

11

COGNITIVE BEHAVIORAL TREATMENT AND JUVENILE SEX OFFENDERS: THE CHANGE PROCESS (PT 1)*

This training is designed to assist participants in understanding the impact thinking patterns, cognitions, social skills and family engagement all have within the context of the change process. The training will assist practitioners to work with juvenile sex offenders (JSO) in providing information on prevalence and characteristics of juvenile sex offenders, an overview of CBT, CBT strategies and information on JSO and the change process. As a result of this training, practitioners will be able learn the following: how thoughts affect behaviors; how internal dialogue drives behavior; how cognitive distortions and thinking errors justify behaviors; how to implement mental correctives for youth; stages of change in a cognitive behavioral framework; interview techniques; why difficult behaviors are difficult to unlearn; that change occurs with time and practice; cognitive behavioral rehearsal skills; and how to improve engagement and motivation enhancement skills.

Lee A. Underwood, PsyD & April R. Crable, PhD

12 THE GUT, BRAIN, PAIN CONNECTION*

This presentation will explore the science and research behind the complex gut brain relationship. Topics will include the impact of nutrient absorption on neurotransmitter creation, the enteric nervous system, and the relationship between the microbiome in our digestive track our mental health and complex pain. The presentation will include a review of digestive disorders and their relationship to mental health. *Maureen Schwehr, NMD*

13 BRIEF INTERVENTIONS USING MOTIVATIONAL INTERVIEWING

The focus of this presentation is on the application of brief interventions to increase the likelihood of change. Specifically, participants will learn and practice how to provide information and increase confidence to help people make health or behavior changes. *Mary Dillon, MA*

14 FORENSIC COMMUNITY TREATMENT: FACTUAL OUTCOMES SUPPORTING MEMBER WELLNESS AND RECOVERY

The presentation will discuss the integration of the forensic component with the evidence based practice of Assertive Community Treatment (ACT) to improve the social determinants of health and member outcomes for SMI members who at high risk for recidivism within the criminal justice system. Further, the presentation will discuss the collaboration between treatment providers and the criminal justice system to provide a unique integrated intervention to help assist members. FACT provides intense wraparound services in a holistic, person centered approach in coordination with probation/parole, thus reducing re-arrests, hospitalization, emergency room utilization, substance use and homelessness. The sustainability, challenges, successes and outcomes of FACT will be reviewed.

*Alisa Randall, MEd in Counseling; Christie L. MacMurray, LMSW;
Julie Wonsowicz, MC, LPC & Shelley Curran, MC, LPC*

15 CREATING SPACE FOR HOLISTIC CARE*

PSA Art Awakenings creates holistic environments for youth grounded in culturally informed practice. Artists are provided a safe space that is founded on the acknowledgment of their individuality, strengths and treatment needs. This presentation explores how therapeutic arts techniques foster culturally-grounded, non-judgmental and self-affirming processes yielding positive outcomes. Session includes an overview of therapeutic art techniques, common goals and review of materials/modalities often used in practice.

Nicole Gordon, LMSW & Stephanie Rozner, MEd

16 HANDLE WITH CARE: HOW TO EFFECTIVELY INTERVENE WITH FAMILIES OF TRAUMATIZED YOUTH (PT 1)*

This presentation will teach participants about the impact of adverse childhood experiences on attachment, child development, and brain development. Participants will learn the value of using active interventions to engage with families of traumatized clients and help repair the brain through positive experiences and connections. Participants will have the opportunity to play and experience several activity-based interventions to use with families and caregivers of high-risk youth. *Christie Greeley, LPC-S & Ragan Aaron, LPC, RPT*

17 TEENAGE WASTELAND: CANNABIS

The most current research and clinical observations of the effects that today's cannabis is having on our youth. *John W. Leggio, MA, LISAC*

18 WHAT IS PANS AND HOW CAN I HELP? (PT 1)*

Dr. Klinger will speak about diagnosis of Pediatric Acute-onset Neuropsychiatric Syndrome (PANS); the biological underpinnings and idiosyncratic response to medications. Dr. Bowen will talk about behavioral treatment of OCD and tics involving habit reversal. Dr. Andrew Gardner will address screening for functional behavior and support strategies. Jessica Jones West will address care coordination of families. *Peter Klinger, MD; Anne Bowen, PhD;
Andrew Gardner, PhD, BCBA-D & Jessica Jones West, MS, RN*

3:30 PM - 5:15 PM CONCURRENT SESSIONS - CHOOSE ONE**19 MULTIPLE RELATIONSHIPS AND BOUNDARY VIOLATIONS: MEET ME AT STARBUCKS***

Psychotherapists practice in a world of ambiguity. There are often no "right" or "wrong" answers to complex human relationship dilemmas. Standard of care is based upon state statutes, case law, professional ethics codes along with instinct and intuition. Confusion results from conflicts between our own values, client values, cultural values, obligations and life experience. Additionally, there are no absolute methods of applying ethical and legal standards to specific situations. *Pamela Harmell, PhD*

20 TREATING TRANSGENDER PATIENTS IN PRIMARY CARE

Many healthy transgender adults will seek medical transition in a primary care office. This presentation details exactly what that patient can expect. If you are the clinician, you will learn what to do for that patient to meet standards of care for both transition hormones and ongoing preventive screening. *Josef Wolf Burwell, MS, PA-C*

21 ACCEPTANCE AND COMMITMENT THERAPY WITH CO-OCCURRING DISORDERS*

This session will give an overview of how the use of the evidence based practice of Acceptance and Commitment Therapy and the SAMHSA Co-occurring model together can give a new approach to helping co-occurring disorders. It will discuss how to use the integration of the stages of change, mindfulness, acceptance, values and willingness to help people become unstuck and progress forward to a vital life. *Cody Morales, LCSW*

22 SALLY'S PLACE: CLINICAL APPROACHES FOR TREATING WOMEN EXPERIENCING PREGNANCY AND ADDICTION

Treating women experiencing pregnancy and addiction requires a uniquely supportive clinical approach. In this presentation, we outline a model that comprises key clinical interventions to allow pregnant women to develop a sober lifestyle and become effective and nurturing mothers. Chief amongst these interventions is creating a baby-friendly culture where mothers simultaneously address their substance use disorder while working to develop healthy attachment to her baby through the prenatal and postpartum stages.

Holly Williamson, MA, LISAC & Carol Lagnese, LISAC

23 RACIAL MICROAGGRESSIONS IN 2018: ASSESSMENTS, IMPLICATIONS, AND APPLICATIONS

This presentation will provide information regarding the definitions of racial microaggressions for people of color, and the subtle, pervasive nature in which they influence thoughts about selves, situations, and institutions. By developing an understanding of racial microaggressions and appropriate measures, professionals will be better able to understand and address levels of institutional and systemic racism in the behavioral sciences. *Christon W. Boxill, MS*

24 COGNITIVE BEHAVIORAL TREATMENT AND JUVENILE SEX OFFENDERS: THE CHANGE PROCESS (PT 2)*

Continuation of Session 11. *Lee A. Underwood, PsyD & April R. Crable, PhD*

25 NEUROBIOLOGY AND CLINICAL APPLICATION FOR OPIATE USE DISORDER*

Opiate use disorder and its Medication-Assisted Treatment (MAT) options will be discussed. *Wen Cai, MD, PhD*

26 A SUCCESSFUL COLLABORATION FOR FAMILY INVOLVEMENT UTILIZING THE PEER DRIVEN RESPITE MODEL AND MOVING FROM HELPLESSNESS TO HOPEFULNESS

"This program saved my life" is how families describe the benefits of participating in this evidenced based program. By attending this presentation you will learn how your organization can implement this model thereby helping families break the cycle from Hopelessness to Hopefulness, from being adversarial to becoming an advocate and from being an enabler to accountability partners. Through education and socialization, families and their loved ones are empowered by working with a Certified Family Support Partner and a Peer Support Specialist which is the cornerstone of the Respite Program ensuring a successful collaboration.

CE credit is not available for this session. *Barbara Di Clemente, BHT, CFSS*

27 SUPPORTING EMOTIONAL GROWTH AND RESILIENCE IN AT-RISK YOUTH THROUGH MINDFULNESS, YOGA AND RESTORATIVE PRACTICES*

Mindfulness-based social and emotional practices can help adolescents cope with stress and adversity, regulate emotions, and make responsible decisions. This presentation will explore the power of combining a trauma informed philosophy with yoga, mindfulness and restorative practices. Participants engage in experiential activities to explore how mindfulness and yoga provide a transformative intervention by creating a culture of wellness and promoting social-emotional development among at-risk youth.

Mary E. Stanton, MEd, MLS, LADAC

28 A DYNAMIC DUO: UTILIZING THERAPISTS AND DIETITIANS IN THE COMPREHENSIVE TREATMENT OF EATING DISORDERS

This workshop will focus on evidence-based "best practices" for detection and treatment of the signs and symptoms of an eating disorder. This workshop will provide guidelines to identify, assess and treat eating disorders for health providers who are often the first line of defense in recognizing signs and symptoms of eating disorders. Topics include how to identify an eating disorder, signs to look for to determine if treatment for an eating disorder is needed, the etiology and epidemiology of eating disorders, the collaborative roles for each member of the treatment team, when to refer to a higher level of care, and basics of nutrition and therapeutic counseling. This presentation will discuss the inevitable metabolic and hormonal changes created from distorted eating behaviors common in eating disorders, connecting how these changes affect physical and emotional progress. Attendees will leave the presentation with a renewed sense of hope and competency in treating eating disorders with an understanding of the impact of early intervention and the power of compassion to support the recovery process.

Caroline Nichols, LICSW & Amy Claire Grisham McMurtie, MS, RD, LD

29 HANDLE WITH CARE: HOW TO EFFECTIVELY INTERVENE WITH FAMILIES OF TRAUMATIZED YOUTH (PT 2)*Continuation of Session 16. **Christie Greeley, LPC-S & Ragan Aaron, LPC, RPT****30 WHAT IS PANS AND HOW CAN I HELP? (PT 2)***Continuation of Session 18. **Peter Klinger, MD; Anne Bowen, PhD; Andrew Gardner, PhD, BCBA-D & Jessica Jones West, MS, RN****TUESDAY, AUGUST 14****7:00 AM - 8:00 AM REGISTRATION****8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS****8:15 AM - 10:00 AM GENERAL SESSION****31 THE INTERSECTION OF PAIN, OPIOIDS AND ADDICTION***

America is a country in pain. Physical pain receives much attention, but often the impact of emotional or spiritual pain is under-emphasized, particularly in discussions regarding the opioid crisis. In fact, physical pain is usually accompanied—and enhanced—by emotional distress. Mel Pohl, MD, a clinical assistant professor in the Department of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine, has focused his career on investigating this connection. Dr. Pohl's work with hundreds of patients has shown the important role that clinicians have in reducing chronic physical pain by using tools such as biofeedback, mindfulness-based stress reduction, and yoga—interventions that often are more effective and have a greater impact on reducing physical pain than traditional opioid-based therapy. Join Dr. Pohl to explore the critical role that behavioral healthcare professionals have in reducing individual suffering and providing non-pharmacologic solutions to address chronic physical pain and turn the tide in the country's opioid crisis. **Mel Pohl, MD**

10:15 AM - 12:00 PM GENERAL SESSION**32 DATA SCIENCE, DIAGNOSIS AND PREDICTION: HOW EMERGING SCIENCE AND INNOVATION WILL CHANGE YOUR CLINICAL PRACTICE IN THE FUTURE***

Groundbreaking findings and innovation in behavioral health are increasingly being driven by disciplines outside of traditional psychology, social work, or other behavioral health sciences. This presentation will provide an overview of the major trends in data science and technology that will transform basic clinical work, such as diagnosis, tracking progress in treatment, and predicting outcomes, including suicide and other life threatening behavior. We will discuss how such transformations are likely to impact (or not) the work of behavioral health, and how savvy providers can prepare for this. **April Foreman, PhD**

1:30 PM - 3:15 PM CONCURRENT SESSIONS - CHOOSE ONE**33 DIGITAL/SOCIAL MEDIA ETHICS FOR CLINICIANS***

Should you Google your patients? Read their posts on Facebook? What about all of the apps on their phones that show their location at your clinical appointment to all of their friends? What privacy settings should you use, and on which apps? What about recommending an app to a client? Digital and social media are rapidly transforming the daily lives of most people. This presentation will help you use basic ethical principles to guide your work with patients in an area of rapidly changing digital and social media landscape. **April Foreman, PhD**

34 BLASTING OFF: THE NEONATAL ABSTINENCE SYNDROME ANNEX (NASA) AT TMC

In April 2016, due to the increase of opiate-exposed and withdrawing newborns at Tucson Medical Center, a multidisciplinary task force comprised of physicians, nurses, therapists, social workers and other specialties developed the Neonatal Abstinence Syndrome Annex (NASA), a separate area for opiate-exposed babies with Neonatal Abstinence Syndrome (NAS). This presentation will discuss the definition of NAS, the baby's journey in the NICU NASA program, the emotional impact that NAS has on the baby and the entire family, and the interventions and education provided to the entire family through the program. **Lori Groenewold, LCSW; Elizabeth Burcin, RNC-NIC, MS & Cami Barr, RNC-NIC, BSN**

35 I WILL DO IT TOMORROW*

Most counselors know that self-care is necessary for maintaining a healthy balance. As helping professionals the concept of self-care is dutifully communicated to clients, yet many counselors find it difficult to put this concept into practice. This workshop will address the pitfalls helping professionals may experience when they make too many withdrawals and not enough deposits in self-care.

Denise Krupp, LPC, LISAC & Tanisha Guy, PhD, LPC, NCC**36 WORKING WITH THE NEXT GENERATION***

This workshop promises to provide participants with the best practice guidelines of working with behavioral health professionals in training. **Kathleen Britton, MC, LPC & Patricia Kerstner, PhD, NCC, Licensed Psychologist, University of Phoenix Affiliate**

37 THE PERSON BEHIND THE NARCISSIST*

This session will touch on the taboo area of treatment for those struggling with Narcissistic Personality Disorder (NPD). The purpose of this session will be to breakdown the diagnosis and expose the behaviors/symptoms. We will also have an open discussion of treatment protocols for treating the disorder, to improve the lives of those struggling with NPD and those that love them. **Cody Morales, LCSW**

38 ADVOCACY IN TRYING TIMES: NEW MESSAGES AND NEW MESSENGERS FOR THE FUTURE

Advocacy for those we serve is our ethical obligation, but we live in trying times when attempting to preserve services for our most vulnerable populations. Come for a frank, interactive discussion about why our old messages aren't working and how we can work together to create new messages and empower new messengers. **Bahney Dedolph, MA**

39 PAPER, PUPPETS AND BOARD GAMES! EFFECTIVE PLAY THERAPY USING WHAT YOU HAVE IN THE ROOM (PT 1)*

We have toys and art supplies in the office and yet our approaches do not always feel thoughtful and effective. Many popular games and activities can be adapted into effective play therapy techniques. This presentation will focus on shifting the way we think about these common materials and developing numerous creative ways to modify such games/materials. Participants will leave with sample techniques for immediate use. **Jennifer Rollins, MC, LPC**

40 DOMESTIC VIOLENCE: ACTION METHODS TO EXPLORE (PT 1)*

This workshop will use action methods to explore introductory issues around domestic violence for those with limited exposure or experience. Please come prepared to meet your fellow attendees and interact meaningfully throughout the workshop. Physical limitations can be accommodated and still provide an interactive learning experience. Please note: AZ Psychologists need 4 hours per renewal period of either domestic violence or child abuse.

Marlo Archer, PhD, Licensed Psychologist**41 THE MICROBIOME & MENTAL HEALTH CONNECTION***

Studies have shown that microbiome influences mood and mental health including illnesses such as PTSD, anxiety, and schizophrenia. This presentation will focus on how to manage the microbiome to influence positive outcomes on emotional wellbeing and mental illnesses through a naturopathic approach. Factors including prebiotics and probiotics will be discussed. Additional alternative supportive modes such as Bach Flower remedies will be included. **Laurie M. Verdier, MA, LPC & Lois M. Eaton, NMD**

42 ENGAGING PARENTS: OVERCOMING PARENTAL RESISTANCE IN CHILD AND FAMILY THERAPY*

Many clinicians know to create lasting therapeutic change in a family, they must get buy-in from the parent(s), but engaging parents in a therapeutic setting can be challenging. Learning to work with parents more effectively increases therapeutic success, decreases cancellations and early termination, and lays the foundation for lasting change in a family. This breakout session will explore the role a parent plays in a family's ability to change and successfully maintain those changes, as well as share strategies to bypass parental resistance and develop a therapeutic alliance that empowers parents and heals families. Attendees will learn strategies to engage parents, overcome therapeutic barriers, and manage common family system challenges to promote successful healing. **Mercedes Samudio, LCSW**

43 METAPHORS IN ACTION: EXPERIENTIAL TECHNIQUES FROM ACCEPTANCE & COMMITMENT THERAPY PRINCIPLES*

Acceptance and Commitment Therapy (ACT) has become the premier approach to address anxiety-related psychological issues. This workshop will be completely experiential in nature as multiple ACT metaphors will come to life through interactive demonstrations. **Samuel S. Lample, LPC-S, CEDS-S & Megan Schwallie, LCSW**

44 APPROACHING MANAGED CARE WITH DIVERSITY AND CULTURAL COMPETENCY

Cultural competency in managed care has a powerful impact on efforts to help individuals achieve optimum health. Culturally inclusive environments for staff ultimately impact relationships with providers and members, which in turn influences the healthcare that members receive. Discussions will include the implementation of federal laws and standards addressing equitable healthcare, and how diversity and inclusion in the workplace lead to success for everyone.

Amy D'Arpino, BSW & Cheyenne Ross, CCEP, CHC, CHPC, CPHQ

3:30 PM - 5:15 PM CONCURRENT SESSIONS - CHOOSE ONE

45 SOCIAL MEDIA, STUDENTS, AND MENTAL HEALTH: THE NUANCED IMPACT OF NEW MEDIA ON THE WELL-BEING OF CHILDREN AND YOUTH, AND HOW YOU CAN USE IT IN YOUR PRACTICE*

Every day the media publishes new stories about social media and mental health. How much is science, and how much is spin? In a rapidly changing social media landscape, it is nearly impossible for research to provide answers at the speed of change. This presentation will help participants identify common "oversimplified" media narratives about social media and mental health, and provide a more nuanced clinical perspective. We will discuss how to conceptualize new media in terms of benefits and potential risks for children and youth, in the context of participants clinical practice. We will look at both low tech and high tech solutions for behavioral interventions for use by youth, parents, and schools. Finally, we will discuss serious gaps in the development of ethics, standards, and practices in this area, and discuss a framework for navigating these issues with parents, schools, and kids. *April Foreman, PhD*

46 A QUEST FOR COMPETENCY: BASIC CONCEPTS FOR WORKING WITH SEXUAL ORIENTATION AND GENDER IDENTITY*

This workshop will explore basic terminology and concepts that are fundamental to working with LGBTQ+ clients. Participants will also engage in a psychodramatic exercise designed to help clinicians better understand transgender and non-binary clients through action. *James Pennington, LPC*

47 A MULTI-DIMENSIONAL APPROACH TO RECOVERY FROM ADDICTION AND CO-OCCURRING CHRONIC PAIN

By themselves, addiction and chronic pain can be debilitating. When combined, they comprise complicated co-occurring disorders that activate each other continuously. Recovery requires moving from avoidance of one's pain (both physical and emotional) to mindful awareness and ultimately acceptance of it, and involves cognitive, affective, physical, and spiritual elements. This workshop presents a non-opioid, multi-modal model of recovery from co-occurring addiction and chronic pain. *Dan Mager, MSW*

48 STRATEGIC COLLABORATION: PARTNERSHIPS TO INSPIRE HEALING THROUGH CULTURALLY FOCUSED OPIOID RESPONSE*

This presentation describes the current nature of chronic pain and opioid addiction impacting Native communities and the importance of community involvement for working toward addressing the opioid epidemic through culturally appropriate, community-focused services. The "Involving Native Stakeholders in Pain Research Efforts (INSPIRE)" project, funded by PCORI, focuses on engaging patients, providers, and other stakeholders in health equity research to address opioid addiction and chronic pain. *Cora Maxx Phillips, MSW & Emery R. Eaves, PhD*

49 MAGICK & PSYCHOTHERAPY: GETTING TO THE ROOTS*

Many people have spiritual practices that compliment their work in therapy. More and more people are rediscovering divination tools and alternative medicines as self-care and empowerment practices. We will discuss the rich cultural history of magickal healers and witch doctors and their influence on modern day Western psychology. We will explore potential benefits and ethical considerations to bringing any of these modalities into your practice. *Kate Kincaid, LPC*

50 NEUROSEQUENTIAL MODEL IN CAREGIVING: AN EVIDENCE BASED APPROACH TO HELPING FOSTER/KINSHIP/ADOPTIVE FAMILIES HELP CHILDREN IN THEIR CARE

Foster/Kinship/Adoptive families have the Herculean task of living with children who have experienced both abuse or neglect in their bio families and the trauma of removal from their families. Working with Dr. Bruce Perry, the Arizona Council has developed a training program for families and the staff who support them to better meet the needs of these children. *Bahney Dedolph, MA*

51 PAPER, PUPPETS AND BOARD GAMES! EFFECTIVE PLAY THERAPY USING WHAT YOU HAVE IN THE ROOM (PT 2)*

Continuation of Session 39. *Jennifer Rollins, MC, LPC*

52 DOMESTIC VIOLENCE: ACTION METHODS TO EXPLORE (PT 2)*

Continuation of Session 40. *Marlo Archer, PhD, Licensed Psychologist*

53 BUILDING SUCCESSFUL, SUSTAINABLE INTEGRATED CARE MODELS*

The Practice Innovation Institute has demonstrated an integrated approach to treating high-needs patients with mental health, substance abuse and physical health needs that can improve access and treatment outcomes and improve reimbursement as well. Different value based reimbursement models are used to support the basic, integrated clinical model. This integrated approach is reviewed, along with the health information exchange (HIE) data and services. In addition, Behavioral Health Integration (BHI), the incorporation of mental health and substance abuse in behavioral counseling, assessment and treatment with primary care services is vital in coordinated care in

Session 53 continued

the United States. Several BHI models have demonstrated effectiveness in improving access to care and treatment outcomes for patients with both physical and mental health disorders. Clinics and health systems recognize the benefits to their patients but are struggling to implement and successfully sustain BHI. During this presentation we will compare different integrative care models with particular consideration of one model - the collaborative care model - based on measures of improved patient care, team-based care, and financial sustainability for the organization. Participants will leave with the tools they need to assess the best model for implementing and sustaining BHI in their practices.

Priya Radhakrishnan, MD, FACP; Don Fowls, MD; Keith Parker, MBA; Giselle B. Mikel, MS & Mily Schroeder, MS, PsyD (ABD), EdD

54 BRINGING PROVIDERS AND THE COMMUNITY TOGETHER TO KEEP LAW ENFORCEMENT OFFICERS AND THEIR FAMILIES WELL

In this session, attendees will learn about an Officer Wellness Day Program that was successful in bringing providers and the community together with a goal of assisting officers to maintain mental wellness. There will be discussion of identification of the needs, sessions provided, and outcome data showing symptom reduction. *Laura Magnuson, MA, MS, LAMFT & Mike Carleton, MEd*

55 NEUROBIOLOGY OF SUBSTANCE USE DISORDER: USING BRAIN SCIENCE TO REWIRE NEURAL PATHWAYS FOR RECOVERY

In this engaging and motivational presentation, we present how to use the latest research results in the field of neurobiology. We explain how addiction develops, how trauma is involved, and how treatment can be redesigned to be much more effective in treating people suffering from SUD and OUD.

Cynthia Miller-Potter, MA, LASAC, CCTP & Liana Condello, MA, LISAC, CCTP

56 SELF-CARE FOR BEHAVIORAL HEALTH PROVIDERS*

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." - The Lorax by Dr. Seuss. You're already caring a whole awful lot for others. How does your self-care, what you do for you, fit into your work? This interactive presentation is for professionals who want to avoid burnout and improve work performance. We will share actionable options for creating a lower stress work environment to improve wellbeing. While work presents many factors we can't control, we'll focus on what you can, such as managing mindset when dealing with coworkers and clients. And, you'll experience a streamlined approach to self-care that increases energy without slowing you down. Let's create a safe setting to explore what it means to excel at work, care for others, and feel good.

David J. McIntyre, BS, MS, PhD, ABPP & Anjanette McIntyre, BA, MPA

5:30 PM - 7:15 PM SPECIAL EVENING SESSION

57 CRUISING THE INTERNET WITH THE AZBBHE - WEBSITES TO GUIDE YOUR INFORMED AND ETHICAL PRACTICE*

Important things are changing at the Arizona State Board of Behavioral Health Examiners. This interactive program will acquaint attendees more fully with the Board's website (and related other sites) to provide key updates and information licensees need to know in order to promote an informed and ethical practice. Topics include changes in the license process and renewals, where to find documentation and supervision requirements, what issues or changes you may need to report to the Board and when, mandatory reporting requirements, producing/retaining/disclosing records, with many resources and tools relating to ethical conduct. *Tobi Zavala, BSW & Faren R. Akins, PhD, JD*

WEDNESDAY, AUGUST 15

7:00 AM - 8:00 AM REGISTRATION

8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS

8:15 AM - 10:00 AM GENERAL SESSION

58 LIFE FINDS A WAY: REVISIONING THERAPY AND RE-SYNCHING OUR PSYCHOLOGY

There are so many traditions and tools for helping, and most are helpful much of the time. However, a new paradigm is emerging. In this Keynote address Steven Hoskinson will reflect on basic principles from a complex systems perspective of human biology. These principles can help make sense of success, and failure, in therapy, and especially trauma work. We begin by understanding what a "self-organizing system" is, and see how helpers can actually shepherd this basic tendency in people. The light at the end of the tunnel—it's the end of trauma. And behind the curtain of our personality, our thoughts and emotions is our neurobiology, and you can watch how the symphony of our organism plays, and meet the Conductor—it's You! *Steven Hoskinson, MA, MAT*

10:15 AM - 12:00 PM GENERAL SESSION**59 CULTURAL COMPETENCY AND CULTURAL RESILIENCE IN WORKING WITH NATIVE POPULATIONS***

Participants will experience a guided simulation exercise focusing on cultural competency challenges through a highly interactive process guaranteed to promote awareness and understanding! Be prepared to "Step Up!" and enjoy being a "Good Relative!" *Clayton Small, PhD*

12:15 PM - 1:30 PM SPECIAL SWS LUNCHEON (1 Hour CE Credit; \$30)**60 COVERT EMOTIONAL INCEST: A GATEWAY TO ADDICTION***

This workshop will combine didactic and experiential learning to define Covert Emotional Incest, identify its traumatic underpinnings and correlation with addiction. You will return to your practice with practical and applicable clinical interventions! *Adena Bank Lees, LCSW, LISAC, BCETS, CP*

1:45 PM - 3:30 PM CONCURRENT SESSIONS - CHOOSE ONE**61 REVISIONING THERAPY: A CLINICAL PROTOCOL**

Building on the ideas presented in the Keynote address, this session will focus on key strategies and interventions that can more rapidly increase a client's resiliency and promote self-regulation. We will learn to attune from the standpoint of the client's biological condition. The Organic Intelligence® maps orient the therapist to see both the more enduring trait of a client's system, as well as the moment to moment changing states. Find out why we teach a carefully honed, normal-looking (free association) conversation in order to see and map the actual condition of a client's system. Attunement, basic goodness and compassion are the ABCs of humans' self-reorganization at the neurobiological level. Lecture, humor, video vignettes and free online access to more learning materials will help open our eyes to the world of our inherent healing abilities. You will leave this session with a new framework, and new tools to use, starting with your next client session. *Steven Hoskinson, MA, MAT*

62 NATIVE HOPE*

Participants will experience the process of the implementation of a culture and resilience based curriculum, "Native HOPE" in the prevention-intervention of suicide and related risk factors among Native youth using a peer-to-peer approach. The process creates a safe and sacred place for learning and incorporates spirituality and healing for participants. The activities are interactive and fun, yet address serious challenges facing Native youth. This curriculum is endorsed by federal and state agencies and tribal leaders as an effective approach for Indian Country that has applicability to the general population. *Clayton Small, PhD*

63 HEALTHY PREGNANCIES, HEALTHY BABIES - NEONATAL ABSTINENCE SYNDROME IN ARIZONA

Introduction to the phenomenon of Neonatal Abstinence Syndrome, best treatment practices for women who are pregnant and have a substance use disorder, what is being done to address NAS currently and what can be done in the future. *Kira Eicher, MPH*

64 AUTISM A TO Z: DIAGNOSIS, COMORBIDITY AND TREATMENT*

This presentation will use cases and videos to review the clinical features and DSM-5 diagnostic criteria for autism. In addition, we will review the differential diagnosis and factors which may make an autism diagnosis unclear. Discussion will include comorbid diagnoses along with potential treatment options. *Catherine Riley, MD*

65 ARE YOU ETHICAL? YOU BET YOUR BBHE LICENSE*

Every day you are in practice you bet your Arizona license that you are on an ethical path. This program is focused to help organize your practice with the Four C's of Ethics = Competence, Consent, Confidentiality, Conflicts. Important topics to be covered include making sure you know if you are governed by HIPAA, documenting collaterals in therapy, what you need to know about releasing children's records, setting up a file for couples or family therapy, dealing with subpoenas, knowing what tests justify withholding records. Come learn helpful hints regarding Board complaints, recognizing the perils of court-related matters, and other valuable tips for recurring practice issues so you stay on track. *Faren R. Akins, PhD, JD & Vera S. Akins, JD*

66 OPIOID DEPENDENCY IN THE INTENDED "GOLDEN YEARS"*

Opioid addiction in older adults is one of the fastest growing health issues. The signs and symptoms are misunderstood by family and health care providers. These include: sleeping little or too much; frequent mobility problems; comprehension and distortion issues; depressed mood; irritability; confusion; treatment from different docs; and forgetfulness. Awareness is the key to cure. Education and treatment needs will be explained for the patient, the family, and providers. *Margarett Jane Fugate, LCSW, LISAC*

67

I CAME WITH GROWNUPS: PLAYFUL AND MEANINGFUL INTEGRATION OF PARENTS INTO A CHILD'S INDIVIDUAL TREATMENT*

Practitioners often struggle to integrate parents into therapy for children. Yet we all know the importance of the role of parents in mental health. This presentation will focus on understanding and expressing the need for parents to be part of the treatment process. In addition, practitioners will leave with concrete tools and techniques they can use when bringing families into treatment. *Jennifer Rollins, MC, LPC*

68

WHEN WILL YOU JUST GROW UP! UNDERSTANDING AND WORKING WITH THE EMERGING ADULT*

This session will explore how best to work with the unique emerging adult (ages 18-25) population by looking at the brain science, social factors, and developmental issues of this highly interesting, albeit challenging population. What makes this group struggle more with substance abuse, mental health, developmental, and other social issues? Participants will learn how this population is unique, including the challenges they face, how best to engage them in treatment and educational processes, and evidence-based practices and treatments found to be most effective. *Beverly Tobiasson, PsyD, LPC & Erin Hopper, MA, LPC, NCC*

69

THE USE OF LABYRINTH WALKING IN ADDICTION COUNSELING (PT 1)

In this experiential presentation, participants will increase their labyrinth literacy by learning where labyrinths come from, why people walk them, how people walk them, and what research demonstrates about their efficacy in addressing problems relating to addictions, mood disorders, and symptoms of PTSD. The group will install a labyrinth together with masking tape, walk it, and process their experience. *Charles Stephen Gillispie, MFA, LISAC*

70

FROM YOUR STREET TO WHAT YOU EAT: ASSESSING AND ADDRESSING THE SOCIAL DETERMINANTS OF HEALTH IN AN INTEGRATED SYSTEM

As the US health care system moves toward integrated care, the need to address the Social Determinants of Health becomes more and more important. This presentation will review how social, economic, and environmental factors impact a person's health, wellness, and quality of life, and how to address these factors in clinical practice. *Jennifer Keogh, MPH & Leon W. Lead, BA*

71

BIKERS AGAINST CHILD ABUSE (B.A.C.A.)

You hear the rumble in the distance. You feel the ground trembling beneath your feet and then you see them: B.A.C.A. This is a community resource that often goes untapped. In this session, we will share success stories of children that have survived and thrived in the face of horrific treatment by others. We will demonstrate that integration of traditional therapy along with B.A.C.A. community support increases the likelihood that a child will disclose their abuse. We will discuss how the whole health of the child is important to restore their self-worth and confidence. *Eric "Pipes" Peterson, BS & Megan "Gem" Mycek, BHT*

72

HEALING THE WHOLE SELF: TREATING DISSOCIATION IN HARMONY WITH EMDR THERAPY (PT 1)*

Contrary to popular opinion, dissociation is not limited to Dissociative Identity Disorder (DID). We all work with clients with complex trauma and dissociation. This highly interactive presentation introduces both EMDR and non-EMDR trained therapists to Structural Dissociation Theory and the treatment of dissociation. Attendees will be introduced to the subtleties of dissociation, as well as its impact on the treatment of complex developmental trauma. *Sarah Jenkins, MC, LPC, CPsychol*

3:45 PM - 5:30 PM CONCURRENT SESSIONS - CHOOSE ONE

73

STABILIZING IN THE BIOLOGY: A PRACTICAL PRIMER (EXPERIENTIAL)

To promote lasting change, therapists need to attune to the biology, and not assume that coaching clients toward positive affect and mindfulness will alone be curative. In this session we will learn and practice together some of the initial conditions for stabilization from the Organic Intelligence (OI) Clinical Protocol. Clinical assessment of a client's trait resiliency will be drawn from OI's orientation and stabilization methods. Participants will be invited to practice together in pairs, in order to learn practical skills, but also in order to get a feel for how this practical support registers in the body-mind. Since the exercises are aimed specifically at mindfulness and stabilizing positive affective states, discomfort related to the exercise is not anticipated. Participation is invited, but not required, and anyone can withdraw from practice at any time. Familiarity with the OI clinical framework, by attending the Keynote address, and/or the breakout session "Revisioning Therapy: A Clinical Protocol" is recommended, but not required. *Steven Hoskinson, MA, MAT*

74 **THE GOOD ROAD OF LIFE (GRL): A CULTURE AND RESILIENCE BASED CURRICULUM ADDRESSING MULTIPLE RISK FACTORS FOR INDIGENOUS POPULATIONS INCLUDING COPING WITH TRAUMA, SOBRIETY, SPIRITUALITY, HEALTHY RELATIONSHIPS, GRIEF-LOSS AND FORGIVENESS***

The Good Road of Life is based upon Dr. Small's dissertation study of Native men's wellness completed at Gonzaga University. A grant from the Administration for Native Americans (ANA) allowed Native PRIDE to create this culture and resilience based curriculum that empowers Native men, women, and youth to make positive changes in their attitude and behaviors, thus breaking multigenerational cycles of behavior and to seek a life of happiness, compassion and generosity and other Native values. Participants will experience this empowering and healing process. This curriculum is endorsed by federal and state agencies and tribal leaders as an effective approach for Indian Country and generalizable to other populations. *Clayton Small, PhD*

75 **ETHICS: WHEN THE GOLDEN RULE IS NOT ENOUGH***

A review of reasons that counselors and therapists enter the profession. A review of transference and countertransference examples and how they may pose ethical breaches. A review of the five principles vital to the establishment of ethics as well as the moral principles to assist in ethical decision making. *Curt Krebsbach, LPC (KS), LCAC (KS)*

76 **ENGAGING DCS INVOLVED FAMILIES**

Bias is something that affects all of us in the way that we engage with others. In this training, participants will explore how bias impacts our ability to engage DCS involved families and will identify strategies for increasing engagement. Participants will engage in discussion about how bias affects our work and develop skills to decrease treatment barriers. Participants will explore strategies for utilizing curiosity and assessment to connect with parents and elicit change. *Sara Dominguez, LAC & Serena Samaniego, LAC, Level II Endorsement in Infant/Early Childhood Mental Health*

77 **WE'VE LOCKED THEM UP, NOW WHAT DO WE DO WITH THEM?***

What happens while inmates are incarcerated and why? This presentation will cover inmate programs available at the Department of Corrections and how they help reduce the likelihood of future victims and recidivism. Attendees will learn about varying treatment approaches and how programs can help keep the community safe.

Amanda Adkins, LPC, NCC & Scott Adams, LASAC

78 **BRIDGING GAPS IN CARE: IMPACTS OF DIRECT LINKAGE POST CRISIS UTILIZATION**

Increasing patient contact by bridging gaps in care after crisis utilization contributes to decreases in over-utilization of these services. Evidence-based guidelines for discharge instruction, when successfully administered, reduce readmission rates in high-risk patients, leading to improved quality of care, more positive health outcomes, and, ultimately, healthcare savings. To improve quality of care, CODAC Health, Recovery and Wellness adopted a strategy to transport patients directly from an inpatient setting to an outpatient setting to meet with a provider, bridging gaps in care and ensuring a safe transition. CODAC has demonstrated increased compliance with outpatient 7-30 day NCQA HEDIS Measures. *Amy Mendoza, MS, NCC & Nicole Huggett, MSW, CPHQ*

79 **HIGH RISK CONTROLLED MEDICATION MISUSE AND ABUSE***

Misuse and abuse of controlled medications has become an increasing problem across the nation. Mortality rate for opioid pain relievers alone continues to be on the rise. The CDC has issued prescribing guidelines for these types of medications, but there are additional steps we may take to assist individuals struggling with this epidemic. We will review current trends of this epidemic and several initiatives that Mercy Care has implemented to identify members as high risk with their controlled medication use and ways to reduce risk level while improving coordination of care.

David Erlich, LCSW, LISAC; Elisa F. Segal, MD & Maria Puerta, RN, BSN, MHA

80 **IS SCREEN TIME RUINING THEIR BRAINS? WHAT THE RESEARCH ACTUALLY SAYS ABOUT KIDS AND TECHNOLOGY***

There's never been a time when the influence of technology was more relevant! Many families are navigating the screen time epidemic without being well-informed consumers. This seminar will review the evolution of screen media usage in diverse families, examine the newest research on the impact of screen media use, and identify tools for professionals to assist children and caregivers in developing healthy screen time limits. *Brandy Baker, PsyD*

81 **THE USE OF LABYRINTH WALKING IN ADDICTION COUNSELING (PT 2)**

Continuation of Session 69. *Charles Stephen Gillispie, MFA, LISAC*

82 **EMOTIONAL AND TRAUMATIC MEMORY: NEUROBIOLOGY AND CURRENT TREATMENT UPDATE FOR PTSD***

Neurobiology of emotional memory and its clinical relationship to PTSD will be discussed and innovative treatment options will be introduced. *Wen Cai, MD, PhD*

83 **P.E.A.C.E. OUT TO TEEN DATING VIOLENCE: KAITY'S WAY**

Kaity's Way will drive home the importance of healthy relationships on all levels of our lives. We begin with the complexity of abuse in teen dating, by sharing Kaity's Story. We will discuss the nuances surrounding red flags, how to safely exit an abusive relationship, what can be done to help, Kaity's Law and conclude with information on our P.E.A.C.E. Right and Responsibilities to obtain and maintain healthy relationships. **CE credit is not available for this session.**

Bobbi Sudberry (Kaity's Mom)

84 **HEALING THE WHOLE SELF: TREATING DISSOCIATION IN HARMONY WITH EMDR THERAPY (PT 2)***

Continuation of Session 72. *Sarah Jenkins, MC, LPC, CPsychol*

THURSDAY, AUGUST 16

7:00 AM - 8:00 AM REGISTRATION

8:00 AM - 8:15 AM WELCOME AND OPENING REMARKS

8:15 AM - 10:00 AM GENERAL SESSION

85 **THE PAIN OF TRAUMA, THE TRAUMA OF PAIN: THE OPIOID CRISIS IS NOT WHAT YOU THINK***

This presentation will provide a neuroscience informed overview of what pain is, from nociceptive pain to neuropathic pain, and to pain for psychological reasons. We'll build on that foundation in a discussion of "How to talk to your patients about pain in a way that engages them in appropriate care." At the end of the session we will take a step back from the addiction narrative, challenge the assumptions that underlie our current approach to the opioid crisis, and build on the first segment of the session to recast the opioid crisis as a trauma crisis, requiring somewhat different resources and a different approach.

Bennett Davis, MD - This presentation is sponsored by Sierra Tucson.

10:15 AM - 12:00 PM GENERAL SESSION

86 **CLINICAL AND NEUROLOGICAL IMPACTS OF SCREEN ADDICTION***

This presentation will provide an understanding of clinical and neurological impacts of screen addiction. *Nicholas Kardaras, PhD, LCSW-R*

1:30 PM - 3:15 PM CONCURRENT SESSIONS - CHOOSE ONE

87 **PROCESS OF RECOVERY***

This presentation will cover the healing process of recovery to include social (environment), vocational (work, school, volunteering, hobbies), physical well-being, mental well-being, emotional well-being, and spiritual well-being. *Bob Pilcher, LCSW, LISAC*

88 **FORWARD-FACING TRAUMA THERAPY: HEALING THE MORAL WOUND (PT 1)***

Trauma therapy for the 21st Century! Learn to safely, effectively and rapidly lessen the symptoms of traumatic stress and help your clients establish a sense of well being and self-efficacy by going forward in their lives. *J. Eric Gentry, PhD, DAAETS*

89 **GROUP THERAPY WITH CHILDREN: A PRACTICAL GUIDE (PT 1)***

Group work with children is exceedingly important and powerful. Learn how to organize and plan for group; structure sessions; plan activities that build group cohesion, explore children's issues, build self-esteem/confidence, and foster cooperative problem-solving. Learn how groups grow and develop. Learn very practical ideas for managing the group and handling behavioral issues. Have fun with children and help them learn social and critical thinking skills. Practice various group leadership skills, and brainstorm specific activities for use in your real-life groups. *Rita E. Silverberg, MEd, LPC (AZ), LMFT (CA)*

90 **INDIGENOUS RESURGENCE THROUGH FOOD-WAYS: RECOVERY FROM HISTORICAL TRAUMA (PT 1)**

An introduction to Western Apache trauma informed culinary arts and restorative indigenous food practices to treat substance use disorder, violence(s) and physical manifestations of historical trauma/unresolved grief in the form of health disparities including addictions, obesity, diabetes, heart disease among indigenous people. This is an action-oriented, solution based approach to recovery. **CE credit is not available for this session.** *Nephi Craig, Executive Chef & Kristopher Bergen, Chef de Cuisine*

91 **SEEING SHADOWS, HEARING WHISPERS: TREATMENT APPROACHES TO FIRST EPISODE PSYCHOSIS (FEP)***

Every year in the United States over 100,000 people experience a psychotic episode. Studies demonstrate that treatment early in the course of a mental illness can lead to better outcomes. The longer the illness is left untreated, the greater the disruption to the person's ability to meet the demands of daily life. However, many people experiencing symptoms of a psychotic illness remain untreated for a significant period of time. This interactive workshop will describe evidence-based treatment components, identify barriers to treatment faced by adolescents and young adults who experience early onset psychosis, and discuss the impact on their lives and those who love them.

Patricia Harrison-Monroe, PhD, Licensed Clinical Psychologist & Gustavo Perez PhD, Licensed Clinical Psychologist

92 **PSYCHEDELIC PSYCHOTHERAPY***

Plant medicines have been used in the treatment of spiritual, psychological ailments for centuries. Psychedelics synthesized in the 50s were all the rage, then they were banned, and now they're making a comeback. The FDA and DEA are now approving psychedelic studies for the first time in decades allowing researchers to examine the benefits of psychedelics in a host of mental and physical illnesses. *Kate Kincaid, LPC*

93 **ETHICAL DECISION-MAKING 101***

Navigating clinical practice ethics can be challenging enough when working with individual adult clients and it can become an ethical and legal minefield when working with children, teens, and families. This seminar will review an ethical decision making model as well as the American Psychological Association, National Association of Social Workers, and American Counseling Association ethical codes as well as federal and state laws that pertain to clinical work with children, teens and families. Most importantly, this seminar will teach and help participants develop risk management strategies they can incorporate into their clinical and business practices. *Yoendry Torres, PsyD*

94 **MICROAGGRESSIONS: SMALL ACTS WITH BIG IMPACTS***

In this interactive session, we will examine Microaggressions -- actions against members of a marginalized group that inflict hurt despite intentions to the contrary. Participants will engage with the presenters and each other to understand what microaggressions are and discuss how they can diminish our work towards inclusion across difference. We will explore the many ways in which microaggressions "show up" in therapeutic settings, how we can prevent and interrupt them. *Michelle Pitot, LCSW, EdD & Liane Hernandez, BA*

95 **COMPASSION FATIGUE***

Compassion fatigue is the normal physiological and emotional reaction to hearing about another person's trauma. This exhaustion creates a limited ability to empathize with others in both our personal and professional lives. In the world of substance use orders, we often see it in our colleagues before we can see it in ourselves. Our interactive workshop will create ways to care for ourselves while still caring for others and develop action plans for self-care and compassion. *Jaime W. Vinck, MC, LPC, NCC, CEIP*

96 **UNDERSTANDING THE BASICS OF BEHAVIORAL INTERVENTION AND FUNCTIONAL BEHAVIORAL ASSESSMENTS***

Have you ever wondered about what goes into extinguishing behaviors? This presentation will give you all the necessary tools to look at problems from a behavioral interventionist stand point. There will be exercises to make sure you are on the necessary track to be able to pick out the components of behavior necessary to solve their problematic presentation. *Leah Rivera Tighe, LPC & Adrienne Sainz Trees, LCSW*

3:30 PM - 5:15 PM CONCURRENT SESSIONS - CHOOSE ONE**97** **GROUP THERAPY WITH CHILDREN: A PRACTICAL GUIDE (PT 2)***

Continuation of Session 89. *Rita E. Silverberg, MEd, LPC (AZ), LMFT (CA)*

98 **EXTENDING CARE BEYOND THE CLINICAL WALLS WITH DIGITAL THERAPEUTICS***

The iCHASM team has demonstrated that meeting the patient in the patient's environment is an effective method to treat Opioid Use Disorder (OUD). Recovery happens everywhere, not just in a clinical environment.

Patricia Cavazos, PhD & Sean Gunderson, BS

99 **INDIGENOUS RESURGENCE THROUGH FOOD-WAYS: RECOVERY FROM HISTORICAL TRAUMA (PT 2)**

Continuation of Session 90. **CE credit is not available for this session.**

Nephi Craig, Executive Chef & Kristopher Bergen, Chef de Cuisine (CA)

100 **WORKING WITH COUPLES AFTER THE WAR IS OVER***

This presentation will highlight some of the effects of combat related PTSD on veterans and their partners. A majority of the training will focus on giving an overview of Integrated Behavioral Couple Therapy (IBCT) which is an evidenced based couple therapy used throughout the VA to work with veteran couples.

Kenneth Dunlap, LCSW

101 **THE PRACTICE AND CLINICAL APPLICATION OF MINDFULNESS***

Mindfulness is paying attention on purpose to the present moment. It is a learned skill that has been shown to help alleviate stress, relieve suffering, and cultivate well-being. Learn how to practice and teach others how to better regulate their inner worlds, how to befriend the thoughts and emotions and sensations that so often dictate how happy and content they feel. We can use our minds to change our brains (to change our minds). And we can help others change their minds, too.

Teri Davis, ND, Certified Instructor of Mindfulness-Based Stress Reduction

102 **COGNITIVE BEHAVIOR THERAPY FOR DEAF, HARD OF HEARING, AND DEAFBLIND INDIVIDUALS WITH LANGUAGE AND LEARNING CHALLENGES**

This presentation will provide skills, interventions, and strategies to mental health professionals who work with Deaf, Hard of Hearing and Deaf/Blind consumers. Professionals will work through each component of the Cognitive Behavior Therapy (CBT) model with specific techniques. Severe language and learning challenges can present a variety of complications in therapy, often warranting spending considerable time with Pre-Therapy to assist clients in understanding the concepts of psychotherapy and their own emotions and thoughts concerning their trauma.

Carolyn Jaedecke, MS, LAC & Lindsay Janes, MS

103 **FORWARD-FACING TRAUMA THERAPY: HEALING THE MORAL WOUND (PT 2)***

Continuation of Session 88. *J. Eric Gentry, PhD, DAAETS*

104 **ADULT THERAPEUTIC FOSTER CARE: A PROVEN TREATMENT MODEL FOR REHABILITATING ADULTS LIVING WITH A SERIOUS MENTAL ILLNESS***

This presentation will describe Devereux's success at serving adults with serious mental illness within a family-based, out-of-home treatment setting. Program administrators and a currently licensed Behavioral Health Therapeutic Home Provider will outline the major components of the service, share their experiences through case studies, and demonstrate through outcomes data the effectiveness of the service. *Paul Davis, LCSW, BCBA, LBA & Pat Ortega, MBA, MSIT*

105 **PARTICIPATING IN INTEGRATED CARE FOR PERSONS WITH CHRONIC HEALTH CONDITIONS***

An in depth look at how a mental healthcare provider can participate in integrated care for persons with chronic health conditions. People with chronic health conditions are more likely to have depression and anxiety, and just as likely to have any other mental health diagnosis. Mental health providers may be on the front lines for motivating clients to seek appropriate care and/or helping them find and receive appropriate care. Research tells us that, even if a person has a really good reason for being depressed (like a physical illness), when we pay attention with good mental healthcare, we can expect significantly improved outcomes.

Maria Iannone, MA, LPC

106 **MAINTAINING PROFESSIONAL BOUNDARIES WORKING IN THE FIELD OF BEHAVIORAL HEALTH**

This session is designed for participants to explore and learn the importance of maintaining professional boundaries working in the field of Behavioral Health. The session is designed to be interactive where participants can discuss different scenarios presented to them and share from their experience around boundaries in the workplace. *Katy Scoblink, CTP, MSc, LISAC*

107 **REACHING IN AND REACHING OUT: THE JJET APPROACH***

The Juvenile Justice Engagement Team is dedicated to working collaboratively with Maricopa County Juvenile Probation Department and other stakeholders in order to improve results for justice involved youth. In this presentation you will learn how to build strong relationships with justice partners, effectively coordinate care for justice involved youth, and apply to your work initiatives that promote better outcomes for both delinquent and dependent youth. *Kim Hemmersbach, LPC*

2018 DISTINGUISHED SPEAKERS

MARLO ARCHER, PHD, LICENSED PSYCHOLOGIST



Dr. Marlo Archer is a licensed psychologist treating kids, teens and families in Tempe. www.DrMarlo.com. Also a certified psychodramatist, Dr. Archer co-founded the Arizona Psychodrama Institute which unites creative individuals from across Arizona under the common mission of teaching Psychodrama, Sociometry, and Group Psychotherapy to organizations, professionals, and students whose practices would be enhanced by using action methods. www.AzPsychodrama.com.

MELISSA BAKER, MS, LMFT



Melissa A Baker, MS, LMFT, is the Clinical Director for the Glendale site of Jewish Family and Children's Service. Melissa is also active in the Arizona Association for Marriage and Family Therapy, currently serving as President, providing supervision education trainings, and participating in local advocacy efforts that relate to the practice of MFTs and behavioral health. Over the last 12 years, Melissa has provided direct service, supervision, and management within multiple community- and facility-based children's programs, and has provided supervision for licensure both within-agency and via contract. Melissa received her Master's from Arizona State University and is an AAMFT Approved Supervisor.

ADENA BANK LEES, LCSW, LISAC, BCETS, CP



Adena Bank Lees is recognized as an energetic presenter and integrative thinker, Adena has been offering premiere services in training, consulting and psychotherapy around the globe for over 25 years. She is a licensed clinical social worker, substance abuse counselor, board certified expert in traumatic stress and certified psychodramatist. Her passion is to utilize action methods in both client treatment and professional training to optimize laughter while learning.

BENNETT E. DAVIS, MD



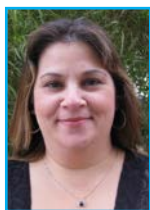
Dr. Bennet E. Davis is the director of the Pain Recovery Program at Sierra Tucson. He is board certified in anesthesiology and pain medicine. Dr. Davis completed his undergraduate work at Stanford University in Stanford, CA, and received his medical degree from Case Western Reserve University in Cleveland, OH. He then trained in orthopedic surgery and anesthesiology at the University of New Mexico and University of California, Irvine. He completed his fellowship in Manchester, England, after finishing residency training. Dr. Davis served as founder and director of the University of Arizona Pain Center from 1995 to 2002, where he was also director of the Pain Fellowship Program and co-founding faculty of the Arizona Cancer Center. In 2002, he and his colleagues founded Arizona's first and only adult pain clinic to achieve American Pain Society Center of Excellence, The Integrative Pain Center of Arizona, which operated as one of the nation's few models for interdisciplinary pain care until November 2017. He is involved in organized medicine as past president of the Pima County Medical Society, and is active on a national level in teaching as medical director for CHC Pain ECHO, a telemedicine teaching program for primary care providers across the nation. He serves on numerous advisory boards for health policy. His latest article, "A New Paradigm for Pain?" was featured in The Journal of Family Practice and provides an updated definition of pain.

APRIL FOREMAN, PHD



Dr. April C. Foreman is a Licensed Psychologist serving Veterans as Suicide Prevention Coordinator for Southeast Louisiana Veterans Health Care System. She also serves as the Suicide Prevention Lead for Veterans Integrated Service Network 16, a region of Veterans Affairs. She is on the Executive Committee for the Board of the American Association of Suicidology. She is passionate about helping people with severe (sometimes lethal) emotional pain, and in particular advocates for people with Borderline Personality Disorder, which has one of the highest mortality rates of all mental illnesses. She is known for her work at the intersection of technology, social media, and mental health, with nationally recognized implementations of innovations in the use of technology and mood tracking. She is the 2015 recipient of the Roger J. Tierney Award for her work as a founder and moderator of the first sponsored regular mental health chat on Twitter, the weekly Suicide Prevention Social Media chat (#SPSM, sponsored by the American Association of Suicidology, AAS). In the recent years this chat has become one of the largest and most active mental health centered social media communities on Twitter. Her dream is to use her unique skills and vision to build a mental health system effectively and elegantly designed to serve the people who need it.

JULIET FORTINO, MC, LPC, REGISTERED PLAY THERAPIST-SUPERVISOR



Juliet Fortino works with Children and Families involved with Department of Child Safety and the various child mental health agencies in the Tucson community in a private practice setting. She has 19 years experience working with child trauma, abuse, attachment, and play therapy. She currently uses play therapy in individual and family therapy to help children heal from their previous traumas. She has extensive experience working with children of all ages, including the 0-5 age group. She speaks locally and nationally on a variety of topics.

PAMELA HARMELL, PHD



Dr. Pamela Harmell is a national lecturer specializing in legal and ethical issues in clinical practice. She is a Professor at the Pepperdine University Graduate School of Education and Psychology and has written extensively in professional publications on ethical practice and has formally studied law. She is the Past President of the Board of Psychology. Dr. Harmell is former Chair of the California State Ethics Committee, is the current Chair of the Los Angeles County Psychological Association Ethics Committee. She served on the Board of Directors of the California Psychological Association and is Past President of the Los Angeles County Psychological Association.

STEVEN HOSKINSON, MA, MAT



Steve Hoskinson is the Founder, CEO and Chief Compassion Officer (CCO) of Organic Intelligence® and the 501(c)(3) nonprofit Organic Intelligence Outreach Institute. Steve created the Human Empowerment And Resiliency Training (HEARTTraining®) based on Organic Intelligence, which is a positive psychology, fractal method known for its implicit exposure approach to trauma. Mindfulness-based, it is used around the world by those engaged in the interpersonal neurobiology, resiliency and recovery fields. Since 1999, Steve has trained thousands of individuals in the helping professions in North America, Europe, Asia, and the Middle East in the art of the compassionate treatment of trauma. As a leader in the Somatic Psychology field, Steve worked as International Training Faculty for the Peter Levine's Somatic Experiencing® Trauma Institute for 17 years and is currently Adjunct Faculty for JFK University's Somatic Psychology program. Steve Hoskinson has graduate degrees in Theology and Psychology, established Hoskinson Consulting, Inc. in 2007 in San Diego, CA, and is a founding member of the Northern California Society for Integrative Mental Health and the International Transformational Resilience Coalition. He also served on the Global Training and Education Council for the Somatic Experiencing Trauma Institute.

NICHOLAS KARDARAS, PHD, LCSW-R



Dr. Nicholas Kardaras is an internationally renowned speaker, one of the country's foremost addiction experts, and CEO and Chief Clinical Officer of Maui Recovery in Hawaii and Omega Recovery in Austin, TX. A former Clinical Professor at Stony Brook Medicine, he has also taught neuropsychology at the doctoral-level, and is the author of "Glow Kids" (St. Martin's Press, 2016), the seminal book on screen addiction as well as well as the author of "How Plato and Pythagoras Can Save Your Life" (Conari, 2011). He has written for TIME Magazine, Scientific American, Psychology Today, the New York Post, Salon and FOX News, and has appeared on Good Morning America, ABC's 20/20, the CBS Evening News, FOX & Friends, NPR, Good Day New York and in Esquire, New York Magazine and Vanity Fair. Considered a leading expert on kids and digital addiction, he's clinically worked with over 1,000 teens during the last 15 years and has been active in advocating that screen addiction be recognized as a clinical disorder akin to substance addiction.

VICKI LOYER, PHD, LMFT



Dr. Vicki Loyer is the CEO/President of Blue Door Psychotherapy Associates, a clinical assistant professor in the Department of Psychiatry at the University of Arizona, and a Subject Matter Expert and Instructor for Graduate Studies at Grand Canyon University. She is an AAMFT Approved Supervisor and current past-president of Arizona Association for Marriage and Family Therapy. She has specialized in the development and dissolution of intimate relationships for over 35 years as a therapist, couples' coach for collaborative divorce, and professor of family studies and family therapy. She is a regular contributing author to the House Calls section of the Desert Leaf, co-author of books on marital relationships, and publishes and presents in the area of Mental Illness and Addiction in Families.

MARC MILSTEIN, PHD



Dr. Marc Milstein specializes in taking the leading science research on human health, productivity, and happiness and presents it in a way that entertains, educates and empowers his audience to live better. His lecture topics range from cutting edge brain science topics such as sleep, memory, stress and emotions to how our DNA and trillions of cells work in concert with our environment to determine our health. He earned both his Ph.D. in Biological Chemistry and his Bachelor of Science in Molecular, Cellular, and Developmental Biology from UCLA. Dr. Milstein has conducted research on topics including genetics, cancer biology, neuroscience, and infectious disease and his work has been published in multiple scientific journals. Dr. Milstein has been quoted breaking down and analyzing the latest research in popular press such as USA Today, Huffington Post and Weight Watchers Magazine. Dr. Milstein can also be seen on TV's "Dr. Oz" show explaining the latest science breakthroughs that improve our life.

MEL POHL, MD, DFASAM



Dr. Mel Pohl is the Chief Medical Officer of Las Vegas Recovery Center (LVRC) and was a major force in developing LVRC's Chronic Pain Recovery Program. He is certified by the American Board of Addiction Medicine (ABAM), and a Distinguished Fellow of the American Society of Addiction Medicine (ASAM). He is a member of the planning committee for ASAM's Annual "Common Threads, Pain and Addiction" Course. Dr. Pohl is a Fellow of the American Academy of Family Practice and a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine. He was elected by his peers for inclusion in Best Doctors in America® from 2009 to present. He is a nationally known public speaker and co-author of:

- Pain Recovery: How to Find Balance and Reduce Suffering from Chronic Pain (Central Recovery Press, 2009).
- Pain Recovery for Families: How to Find Balance When Someone Else's Chronic Pain Becomes Your Problem Too (Central Recovery Press, 2010).
- The Caregiver's Journey: When You Love Someone with AIDS (Hazelden, 1990).
- Staying Sane: When You Care for Someone with Chronic Illness (Health Communications, 1992).

Dr. Pohl is the author of A Day Without Pain (Central Recovery Press, 2008), which won a silver medal from Independent Publisher Book Award in May 2009.

A Day Without Pain, Revised Edition (Central Recovery Press) was published in 2011.

His newest book with Kathy Ketcham is The Pain Antidote, Stop Suffering from Chronic Pain, Avoid Addiction to Painkillers, and Reclaim Your Life, (DaCapo Life Long, 2015). He starred in a special for PBS titled "The Pain Antidote" which aired nationally in 2016.

CLAYTON SMALL, PHD



Dr. Small has been an elementary, middle, and high school principal on reservations and in urban communities. He has been a faculty member at the University of New Mexico, University of Montana, and Gonzaga University. He served as a CEO for Indian Health Services and directed several non-profit organizations. His organization, Native P.R.I.D.E., provides prevention, wellness, healing, and leadership training throughout Indian Country. He has developed prevention programs for the Bureau of Indian Affairs, Indian Health Services, SAMHSA, and the Department of Justice.

Native PRIDE has a contract with the State of New Mexico (CYFD) to have Dr. Small and his staff conduct cultural services including Talking Circles and Sweat Lodges for Native youth incarcerated in Albuquerque, NM.

He has comprehensive knowledge and experience in community mobilization, strategic visioning, Indian education, organizational development, youth leadership, prevention, wellness/healing, team-trust building, cultural competency, and creating positive change.

He is the CEO for the American Indian non-profit, Native PRIDE that has two outstanding culture-based prevention curriculums entitled, Native HOPE and The Good Road of Life that are delivered throughout Indian Country.

He conducts training and facilitation nationally and internationally. His programs offer leadership and hope for American Indian, Alaska Native, and First Nations people.

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