

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

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Tucson, Arizona

# WELCOME TO THE 50TH ANNUAL SOUTHWESTERN SCHOOL FOR BEHAVIORAL HEALTH STUDIES

We are very excited to be celebrating “**50 Years of Education, Evolution and Excellence**” at our conference this year. Who would have thought fifty years ago when the first Southwestern School for Behavioral Health Studies conference was held that we would still be going strong! Those of us who were around back then remember how different the world was. For those that weren’t even born yet, it must be hard to imagine a world without cellphones, internet and easy access to people around the planet. But despite all the changes in the world, people still need and value having good health—both physical and mental. And to this end, the mission of this conference remains despite all the changes in the world. We are committed to continuing to educate those who work to improve the health of individuals and communities. By staying abreast of best practices and breakthroughs in healthcare, we strive to bring the most comprehensive array of sessions to equip service providers and leaders with tools for success.

We are grateful to the many organizations who have sponsored the Southwestern School for Behavioral Health Studies this year, without whom we could not be able to continue the tradition of excellence in programming. We also appreciate our many vendor organizations who enrich our experience through offering vital resource information. Be sure to browse the Exhibitor Booth area and bookstore to learn what is available in your communities.

We also want to thank our Advisory Committee members who help ensure this conference continues to be a successful and rewarding event for all who attend.

Thank you for being here and I hope you enjoy your time at the SWS conference.

*Laura Larson-Huffaker*

Laura Larson-Huffaker, LPC  
Executive Director  
EMPACT-SPC



# 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](http://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](http://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.

## 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, and 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 (HEARTraining®) 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.



# 2018 DISTINGUISHED SPEAKERS

## 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.

## SPECIAL SWS LUNCHEON

Wednesday, August 15th - 12:15 PM - 1:30 PM

## ADENA BANK LEES

LCSW, LISAC, BCETS, CP



### 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 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.

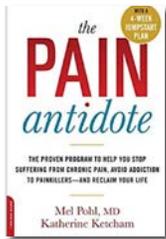
JOIN US FOR A WONDERFUL LUNCH AND EARN ONE (1) HOUR OF CONTINUING EDUCATION CREDIT!

**Cost \$30** Tickets are available for purchase at the Registration Desk until Tuesday, August 14<sup>th</sup> at 12 PM.



# FEATURED BOOK SIGNINGS

Tuesday, August 14, 2018 - 10 AM – 10:15 AM

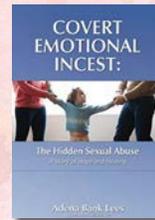


**DR. MEL POEHL**

“The Pain Antidote: The Proven Program to Help You Stop Suffering from Chronic Pain, Avoid Addiction to Painkillers--and Reclaim Your Life”

Wednesday, August 15, 2018 – 1:30 PM - 1:45 PM

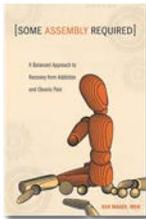
(Directly following the Special SWS Luncheon)



**ADENA BANK LEES**

“Covert Emotional Incest: The Hidden Sexual Abuse: A Story of Hope and Healing”

Tuesday, August 14, 2018 – 5:15 PM – 5:30 PM



**DAN MAGER**

“Some Assembly Required: A Balanced Approach to Recovery from Addiction and Chronic Pain”



**DAN MAGER**

“Roots and Wings: A Guide to Mindful Parenting in Recovery”

Thursday, August 16, 2018 – 12 PM – 12:15 PM



**DR. NICHOLAS KARDARAS**

“Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance”

All book signings will take place in the Conference Bookstore near the Registration Desk.

## 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

<b>SUNDAY</b> 6	<b>MONDAY</b> 7	<b>TUESDAY</b> 7+ <i>Special Evening Session: 8.75</i>	<b>WEDNESDAY</b> 7+ <i>Special Luncheon: 8</i>	<b>THURSDAY</b> 7
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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

### CONFERENCE EVALUATIONS AND CERTIFICATES

Conference attendees will receive an email on the last day of the conference (8/16/18) with a link to complete a post-conference Feedback Survey. The Feedback Survey will be available until Thursday 8/30/18. Upon completion of the survey, your Certificate will be auto-generated and emailed to you immediately. A link to the Feedback Survey will also be available on the homepage of our website at [www.azsww.org](http://www.azsww.org). Attendees who choose not to complete the Feedback Survey will receive their Certificate via email on Thursday 9/6/18.

## 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)

# JW MARRIOTT TUSCON STARR PASS RESORT

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**F** To Starr Pass Golf Club and Catalina Barbeque Co. & Sports Bar (1 mile)

## Resort Map



JW Marriott Starr Pass Resort & Spa  
3800 W. Starr Pass Blvd., Tucson, AZ 85745 | 520-792-3500 | www.jwmarrriottstarrpass.com

## CONFERENCE CENTER MAP



# DAIM LUNCH OPTIONS (LUNCH ON OWN)

- A La Carte Salads/Sandwiches: will be available at \$8 – \$15 depending on the items selected (Available in the Conference Center Area).
- Box Lunches: will also be available and will include a sandwich, chips, and water at \$15 (Available in the Conference Center Area).
- Signature Grill Restaurant: there will be a custom menu available for attendees. Pricing will be posted on the menu.

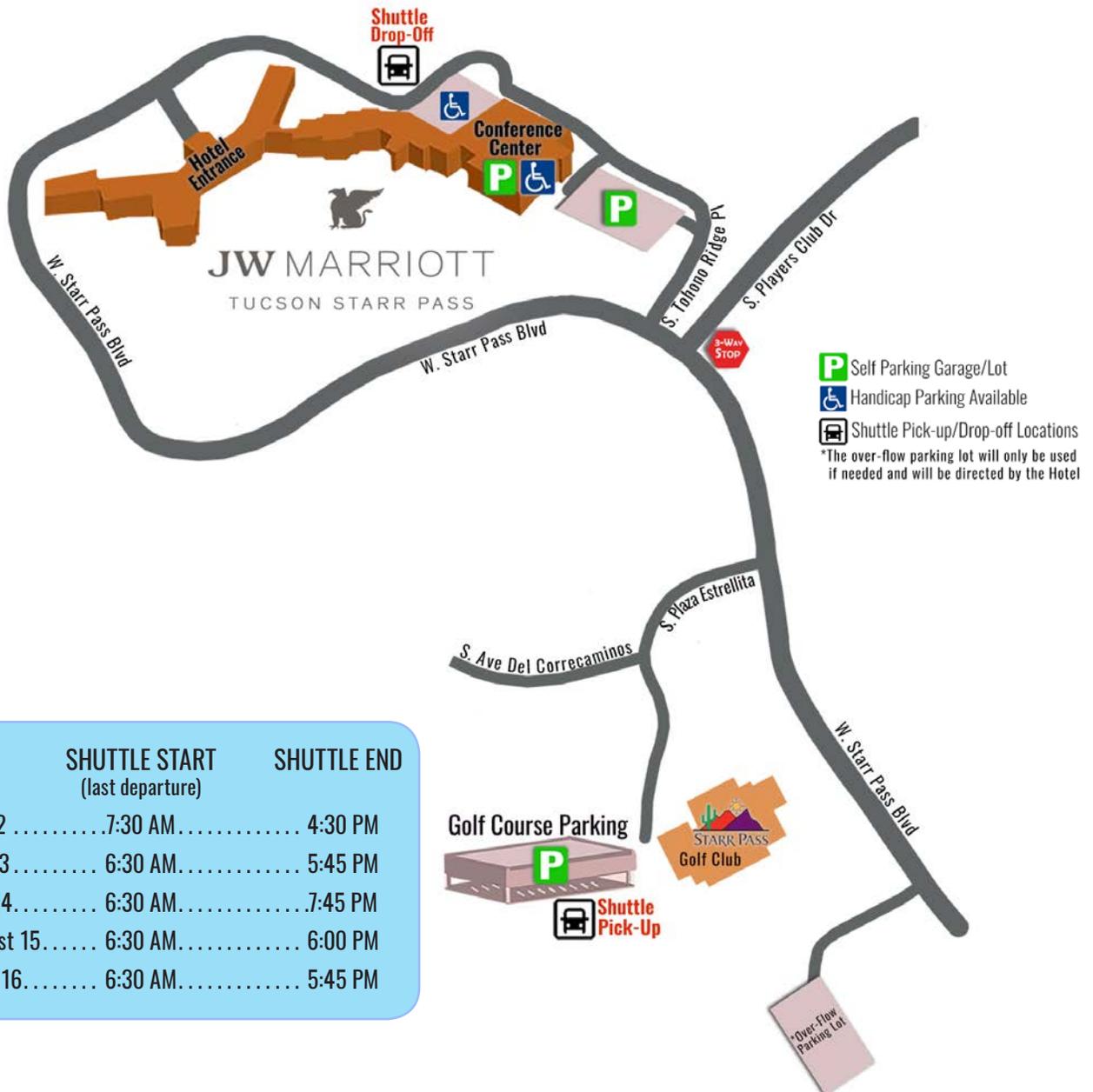
## PARKING INSTRUCTIONS

### PARKING:

Complimentary parking is included with conference registration. Attendees can park in the main self-parking lot near the conference center or at the Starr Pass Golf Course parking lot nearby with complimentary shuttle service provided by the hotel.

### SHUTTLE SERVICE:

The shuttles will run every 7-15 minutes between the Conference Center and the Starr Pass Golf Course parking lot. Please note that the last shuttle departure time will be 30 minutes after the close of the day.



DATE	SHUTTLE START (last departure)	SHUTTLE END
Sunday, August 12	7:30 AM	4:30 PM
Monday, August 13	6:30 AM	5:45 PM
Tuesday, August 14	6:30 AM	7:45 PM
Wednesday, August 15	6:30 AM	6:00 PM
Thursday, August 16	6:30 AM	5:45 PM

# SCHEDULE AT A GLANCE

## SUNDAY, AUGUST 12

### PRE-CONFERENCE: 4 OPTIONS

- 8:00 AM - 9:00 AM REGISTRATION
- 9:00 AM - 4:00 PM (LUNCH: 12:00 PM - 1:00 PM)
- 1. Understanding Play Therapy & Sexual Abuse: The Basics\*
- 2. Cultural Competency & Diversity & Ethics in Action\*
- 3. 6-Hour Clinical Supervision\*
- 4. 12-Hour Clinical Supervision\* (PT 2 - Monday, 8/13/2018)

## MONDAY, AUGUST 13

- 7:00 AM - 8:00 AM REGISTRATION
- 8:00 AM - 8:15 AM WELCOME & OPENING REMARKS
- 8:15 AM - 10:00 AM GENERAL SESSION
- 5. Boost Happiness, Lessen Stress & Take Control of Your Emotional Brain in our Fast Paced, Modern World\*
- 10:00 AM - 10:15 AM MORNING BREAK
- 10:15 AM - 12:00 PM GENERAL SESSION
- 6. Suicide, Social Media & Substance Use: The Risk for Young Adults & Teens\*

- 12:00 PM - 1:30 PM LUNCH ON OWN
- 1:30 PM - 3:15 PM CONCURRENT SESSIONS

- 7. Keep Your Brain Young & Lower Risk for Alzheimer's & Dementia\*
- 8. Cultural Considerations When Working with Immigrant Families: Child Maltreatment\*
- 9. Creating Positive Supervisory Relationships: Assessing & Adjusting the temperature of the relationship\*
- 10. Working with the Anxious Child in Therapy: Play Approaches to Helping Children Reduce Anxiety\*
- 11. Cognitive Behavioral Treatment & Juvenile Sex Offenders: The Change Process (Pt 1)\*
- 12. The Gut, Brain, Pain Connection\*
- 13. Brief interventions using Motivational Interviewing
- 14. Forensic Community Treatment: Factual Outcomes Supporting Member Wellness & Recovery
- 15. Creating Space for Holistic Care\*
- 16. Handle with Care: How to Effectively Intervene with Families of Traumatized Youth (Pt 1)\*
- 17. Teenage Wasteland: Cannabis
- 18. What is PANS & How Can I help? (Pt 1)\*

- 3:15 PM - 3:30 PM AFTERNOON BREAK
- 3:30 PM - 5:15 PM CONCURRENT SESSIONS
- 19. Multiple Relationships & Boundary Violations: Meet Me at Starbucks\*
- 20. Treating Transgender Patients in Primary Care
- 21. Acceptance & Commitment Therapy with Co-Occurring Disorder\*
- 22. Sally's Place: Clinical Approaches for Treating Women Experiencing Pregnancy & Addiction
- 23. Racial Microaggressions in 2018: Assessments, Implications & Applications
- 24. Cognitive Behavioral Treatment & Juvenile Sex Offenders: The Change Process (Pt 2)\*
- 25. Neurobiology & Clinical Application for Opiate Use Disorder\*

- 26. A Successful Collaboration for Family Involvement Utilizing the Peer-Driven Respite Model & Moving from Helplessness to Hopefulness
- 27. Supporting Emotional Growth & Resilience in At-Risk Youth Through Mindfulness, Yoga & Restorative Practices\*
- 28. A Dynamic Duo: Utilizing Therapists & Dietitians in the Comprehensive Treatment of Eating Disorders
- 29. Handle with Care: How to Effectively Intervene with Families of Traumatized Youth (Pt 2)\*
- 30. What is PANS & How Can I help? (Pt 2)\*

## TUESDAY, AUGUST 14

- 7:00 AM - 8:00 AM REGISTRATION
- 8:00 AM - 8:15 AM WELCOME & OPENING REMARKS
- 8:15 AM - 10:00 AM GENERAL SESSION
- 31. The Intersection of Pain, Opioids & Addiction\*
- 10:00 AM - 10:15 AM MORNING BREAK
- 10:15 AM - 12:00 PM GENERAL SESSION
- 32. Data Science, Diagnosis & Prediction: How Emerging Science & Innovation Will Change Your Clinical Practice in the Future\*

- 12:00 PM - 1:30 PM LUNCH ON OWN
- 1:30 PM - 3:15 PM CONCURRENT SESSIONS
- 33. Digital/Social Media Ethics for Clinicians\*
- 34. Blasting Off: The Neonatal Abstinence Syndrome Annex (NASA) at TMC
- 35. I Will Do it Tomorrow\*
- 36. Working with the Next Generation\*
- 37. The Person Behind the Narcissist\*
- 38. Advocacy in Trying Times: New Messages & New Messengers for the Future

- 39. Paper, Puppets & Board Games: Effective Play Therapy Using What You Have in the Room (Pt 1)\*
- 40. Domestic Violence: Action Methods to Explore (Pt 1)\*
- 41. The Microbiome & Mental Health Connection\*
- 42. Engaging Parents: Overcoming Parental Resistance in Child & Family Therapy\*
- 43. Metaphors in ACTION: Experiential Techniques from Acceptance & Commitment Therapy Principles\*
- 44. Approaching Managed Care with Diversity & Cultural Competency

- 3:15 PM - 3:30 PM AFTERNOON BREAK
- 3:30 PM - 5:15 PM CONCURRENT SESSIONS
- 45. Social Media, Students & Mental Health: The Nuanced Impact of New Media on the Well-Being of Children & Youth & How You Can Use it in Your Practice\*
- 46. A Quest for Competency: Basic Concepts for Working with Sexual Orientation & Gender Identity\*
- 47. A Multi-Dimensional Approach to Recovery from Addiction & Co-Occurring Chronic Pain
- 48. Strategic Collaboration: Partnerships to INSPIRE Healing Through Culturally Focused Opioid Response\*
- 49. Magic & Psychotherapy: Getting to the Roots\*
- 50. Neurosequential Model in Caregiving: An Evidence Based Approach to Helping Foster/Kinship/Adoptive Families Help Children in their Care

- 51. Paper, Puppets & Board Games: Effective Play Therapy Using What You Have in the Room (Pt 2)\*
- 52. Domestic Violence: Action Methods to Explore (Pt 2)\*
- 53. Building Successful, Sustainable Integrated Care Models\*
- 54. Bringing Providers & Community Together to Keep Law Enforcement Officers & Their Families Well
- 55. Neurobiology of Substance Use Disorder: Using Brain Science to Rewire Neural Pathways for Recovery
- 56. Self-Care for Behavioral Health Providers\*
- 5:15 PM - 5:30 PM EVENING BREAK
- 5:30 PM - 7:15 PM - SPECIAL EVENING SESSION
- 57. Cruising the Internet with the AZBBHE - Websites to Guide Your Informed & Ethical Practice\*

## WEDNESDAY, AUGUST 15

- 7:00 AM - 8:00 AM REGISTRATION
- 8:00 AM - 8:15 AM WELCOME & OPENING REMARKS
- 8:15 AM - 10:00 AM GENERAL SESSION
- 58. Life Finds a Way: Revisiting Therapy & Re-synchronizing Our Psychology\*
- 10:00 AM - 10:15 AM MORNING BREAK
- 10:15 AM - 12:00 PM GENERAL SESSION
- 59. Cultural Competency & Cultural Resilience in Working with Native Populations\*

- 12:15 PM - 1:30 PM SPECIAL SWS LUNCHEON SESSION
- 60. Covert Emotional Incest: A Gateway to Addiction\*
- 12:00 PM - 1:30 PM LUNCH ON OWN
- 1:45 PM - 3:30 PM CONCURRENT SESSIONS
- 61. Revisiting Therapy: A Clinical Protocol\*
- 62. Native HOPE\*
- 63. Healthy Pregnancies, Healthy Babies - Neonatal Abstinence Syndrome in Arizona
- 64. Autism A to Z: Diagnosis, Comorbidity & Treatment\*
- 65. Are You Ethical? You Bet Your BBHE License\*
- 66. Opioid Dependency in the Intended "Golden Years"\*
- 67. I Came with Grownups: Playful & Meaningful Integration of Parents into a Child's Individual Treatment\*
- 68. When Will You Just Grow Up! Understanding & Working with the Emerging Adult\*

- 69. The Use of Labyrinth Walking in Addiction Counseling (Pt 1)
- 70. From Your Street to What You Eat: Assessing & Addressing the Social Determinants of Health in an Integrated System
- 71. Bikers Against Child Abuse (B.A.C.A.)
- 72. Healing the Whole Self: Treating Dissociation in Harmony with EMDR Therapy (Pt 1)\*
- 3:30 PM - 3:45 PM AFTERNOON BREAK
- 3:45 PM - 5:30 PM CONCURRENT SESSIONS (Experiential)\*
- 73. Stabilizing in the Biology: A Practical Primer
- 74. The Good Road of Life (GRL)\*
- 75. Ethics: When The Golden Rule is Not Enough\*
- 76. Engaging DCS Involved Families
- 77. We've Locked Them Up, Now What Do We Do With Them?\*
- 78. Bridging Gaps in Care: impacts of Direct Linkage Post Crisis Utilization
- 79. High Risk Controlled Medication Misuse & Abuse\*
- 80. Is Screen Time Ruining Their Brains? What the Research Actually Says About Kids & Technology\*

- 81. The Use of Labyrinth Walking in Addiction Counseling (Pt 2)
- 82. Emotional & Traumatic Memory: Neurobiology & Current Treatment Update for PTSD\*
- 83. P.E.A.C.E. Out to Teen Dating Violence: Kaity's Way
- 84. Healing the Whole Self: Treating Dissociation in Harmony with EMDR Therapy (Pt 2)\*

## THURSDAY, AUGUST 16

- 7:00 AM - 8:00 AM REGISTRATION
- 8:00 AM - 8:15 AM WELCOME & 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\*
- 10:00 AM - 10:15 AM MORNING BREAK
- 10:15 AM - 12:00 PM GENERAL SESSION
- 86. Clinical & Neurological Impacts of Screen Addiction\*
- 12:00 PM - 1:30 PM LUNCH ON OWN
- 1:30 PM - 3:15 PM CONCURRENT SESSIONS
- 87. Process of Recovery\*
- 88. Forward-Facing Trauma Therapy: Healing the Moral Wound (Pt 1)\*
- 89. Group Therapy with Children: A Practical Guide (Pt 1)\*
- 90. Indigenous Resurgence Through Food-Ways: Recovery from Historical Trauma (Pt 1)
- 91. Seeing Shadows, Hearing Whispers: Treatment Approaches to First Episode Psychosis (FFP)\*
- 92. Psychedelic Psychotherapy\*
- 93. Ethical Decision-Making 101\*
- 94. Microaggressions: Small Acts with Big Impacts\*
- 95. Compassion Fatigue\*
- 96. Understanding the Basics of Behavioral Intervention & Functional Behavioral Assessments\*

- 3:15 PM - 3:30 PM AFTERNOON BREAK
- 3:30 PM - 5:15 PM CONCURRENT SESSIONS
- 97. Group Therapy with Children: A Practical Guide (Pt 2)\*
- 98. Extending Care Beyond the Clinical Walls with Digital Therapeutics\*
- 99. Indigenous Resurgence Through Food-Ways: Recovery from Historical Trauma (Pt 2)
- 100. Working with Couples After the War is Over\*
- 101. The Practice & Clinical Application of Mindfulness\*
- 102. Cognitive Behavior Therapy for Deaf, Hard of Hearing & Deaf/Blind Individuals with Language & Learning Challenges
- 103. Forward-Facing Trauma Therapy: Healing the Moral Wound (Pt 2)\*
- 104. Adult Therapeutic Foster Care: A Proven Treatment Model for Rehabilitating Adults Living with a Serious Mental Illness\*
- 105. Participating in Integrated Care for Persons with Chronic Health Conditions\*
- 106. Maintaining Professional Boundaries Working in the Field of Behavioral Health
- 107. Reaching In & Reaching Out: The JJET Approach\*

\*Denotes sessions that are sponsored by the Training Institute for APA Continuing Education.

# 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*

# 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

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 tract 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-Moore, 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**
- 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

## 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**

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

**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. *Corax 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

**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**

**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 roll 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 Tobiason, 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**

**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**

**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 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

**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, LPC & 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*

# PRESENTER BIOS

## **RAGAN AARON, LPC, RPT**

Ragan Aaron is a Clinical Therapist at San Marcos Treatment Center, a psychiatric residential treatment center for youth ages 6-17. Ragan completed her Master of Arts in Health Psychology in 2014 with an emphasis in Professional Counseling and Play Therapy. She primarily works with boys ages 6-12 and in addition to play therapy, utilizes sand tray therapy, expressive arts, and experiential interventions such as low and high ROPES activities.

## **SCOTT ADAMS, LASAC**

Scott P. Adams began his career in corrections and behavioral health as a corrections officer in Fordland, MO. He enrolled at Drury University in Springfield, MO and graduated summa cum laude with a Bachelor of Science in criminal justice and psychology. After moving to Arizona he worked as a program coordinator with the SMI population, mental health specialist at the ASH forensic unit, and as clinical supervisor for Crossroads while pursuing his Master of Science degree in addiction counseling. He now provides substance abuse counseling services in the Women in Recovery program at Perryville State Penitentiary in Goodyear, AZ.

## **AMANDA ADKINS, LPC, NCC**

Amanda Adkins is a transplant originally from Seattle, Washington and Programs Manager at the Arizona Department Corrections. She studied forensic science at Tri-State University in Angola, Indiana and mental health counseling at the University of St. Francis in Fort Wayne, Indiana. Dedicated to providing quality services to underserved populations in sunny climates, Amanda has worked in the Department of Corrections for ten years providing sex offender treatment and supervising licensed counselors in the northern region.

## **FAREN R. AKINS, PHD, JD**

Faren Akins is a Psychologist and Attorney licensed in Arizona and California with more than 40 years professional experience. He completed his doctorate in psychology at the University of Arizona graduating Phi Beta Kappa. He earned his law degree with Honors at Santa Clara University. He has taught at the University of Arizona, San Jose State University, and Santa Clara University. He is a published author and has received grants and fellowships. As an attorney he represents clients with licensing board complaints and provides consultation about law and ethics issues. His forensic psychology practice is devoted to work in family and juvenile law matters where he routinely provides evaluations and expert testimony.

## **VERA S. AKINS, JD**

Vera Akins is an Attorney licensed in Arizona and California with more than 38 years of professional experience providing litigation and business legal services. Her law degree is from the University of Santa Clara. Her skill sets include insurance and contract issues, medical records and documentation, along with HIPAA/HITECH. She represents mental health practitioners with Arizona licensing board complaints, provides consultation and presentations about law, ethics, and regulatory compliance, and drafts legal documents.

## **MANDEE BAHADAR, PHD, LPC**

Dr. Bahadar has been faculty with University of Phoenix since January 2013, and in the role of Clinical Director of the Master of Science in Clinical Mental Health Counseling program since July 2014. In this role she serves as clinical supervisor for students in their 10 week Practicum on campus and group supervision for students in their 30 week Internship class with the University. The MSC program is CACREP accredited and complies with state licensure requirements for counselor education. Mandeel received her Bachelor of Arts in Psychology and Religious Studies in 2000 and Masters in Community Counseling in 2003, both from Arizona State University. She completed her Doctorate in Human Services, Counseling specialization through Capella University in January of 2010. Mandeel has been independently licensed by the State of Arizona to provide psychotherapy to individuals, couples, and families since 2004. Her primary focus of specialty is working with individuals living with and affected by HIV/AIDS, the LGBTQ community, and individuals struggling with various addictions.

## **BRANDY BAKER, PSYD**

Brandy Baker is the Co-Founder and Clinical & Training Director at Intuition Wellness Center where she provides therapy to children and families; consults with schools; supervises the clinical team and oversees training programs for professionals and students. Dr. Baker has several years of experience and training working with pediatric populations in schools, residential treatment, community organizations, private practice and more. She currently works with a predominantly bright, talented, and hypersensitive population of children and caregivers persevering through anxiety, depression, phobias, mood dysregulation, ADHD, Autism, giftedness, and peer difficulties.

## **CAMI BARR, RNC-NIC, BSN**

Cami Barr has been working as a NICU nurse at Tucson Medical Center for 31 years. Since 2016, she has been instrumental in developing and improving a specialized area separate from the main NICU that is focused on the unique needs of opioid exposed newborns and their families. "NASA", the Neonatal Abstinence Syndrome Annex is where a dedicated team of nurses work with these babies. Cami has the patience, compassion and non-judgmental attitude to spend countless hours caring for these babies and their families to improve the outcome for this ever-increasing population.

## **KRISTOPHER BERGEN, CHEF DE CUISINE**

Kristopher Bergen is the Chef de Cuisine of Café Gozhóó. Chef assists in daily operations and management of the culinary team providing job skills training in professional culinary arts for Indigenous communities.

## **ANNE BOWEN, PHD**

Dr. Anne M. Bowen is a Professor in the Psychology Dept. at the University of Arizona. She is a licensed clinical psychologist with extensive experience in program evaluation, intervention development, community based participatory research, qualitative data analysis and statistics. Dr. Bowen's research includes developing and implementing recruiting plans, designing and implementing intervention and assessments studies, community based participatory research, qualitative data analysis and statistics. Her primary focus and interest in this process is the application of Health Behavior Change models and theories to facilitate behavior change.

## **CHRISTON W. BOXILL, MS**

Christon is currently a PhD student with ASU's Counseling Psychology Department. Under the direction of former Journal of Counseling Psychology editor, Terence J. G. Tracey, PhD, Christon's primary areas of research include racial microaggressions and their implications in school and workplace settings, as well as educational impacts of new teaching strategies for students of color in English as a Second Language (ESL) courses. In clinical practice, Christon has primarily engaged in community based mental health care and working with underserved and vulnerable populations, with a focus in assessment and substance abuse treatment.

## **KATHLEEN BRITTON, MC, LPC**

Kathleen Britton is the Clinical Program Manager for Grand Canyon University's counseling programs. Kathleen has her degrees from Arizona State University and has worked in behavioral health for over 20 years. In her years in the field she has worked with agencies and educational programs. Her clinical experience is in trauma informed care, high acuity patients and seriously mentally ill. One of her greatest joys is working with counseling students and helping those students realize licensure in their field of study.

## **ELIZABETH BURCIN, RNC-NIC, MS**

Liz Burcin has been an RN for over 35 years, with 32 years in the Neonatal Intensive Care area. She received her BSN from Penn State University and her Masters degree from the University of Maryland. She has been an educator for the past 16 years and has worked at Tucson Medical Center since 2014. She helped with the initiation of the Neonatal Abstinence Syndrome Annex in the TMC NICU.

## **WEN CAI, MD, PHD**

Dr. Wen Cai is a board certified psychiatrist. He is Chief Medical Officer for La Frontera Arizona. He holds both an MD and PhD in Neuroscience. His professional interests are in medical management, PTSD research, and addiction psychiatry, particularly opiate addiction treatment.

## **MIKE CARLETON, MEd**

Mike Carleton is the Peer Support Lead for Tempe Police Department. He has over 18 years of experience in law enforcement. He is currently the Sergeant of the Gang Unit and serves on the board for Arizona Gang Investigators Association.

## **PATRICIA CAVAZOS, PHD**

Dr. Patricia Cavazos is a clinically-trained licensed psychologist who has been involved in biomedical research for over 10 years. Her research is focused on understanding how policy and social media shape health risk behaviors of young people. In addition to her research, she is also a dedicated Associate Professor and the Director of WUSM's Mentored Training Program in Clinical Investigation where she promotes the career development of junior faculty and postdoctoral fellows.

## **LIANA CONDELLO, MA, LISAC, CCTP**

Liana is a dynamic, performance-focused professional, offering comprehensive experience in clinical management, program development, technical support, case management, regulatory compliance, and patient assessment. Adept at building long-term productive relationships with personnel and executives; resolving clinical issues; and optimizing productivity. Recognized as a highly effective and motivated leader and team player; armed with keen attention to detail and well-defined communication, analytical, multitasking, organizational, and problem-solving aptitudes. Equipped with unwavering commitment to the highest standards of professional and personal service across mental health, geriatric, and addiction/recovery fields.

## **APRIL R. CRABLE, PHD**

Dr. April Crable is a licensed professional counselor in several states and is a certified sex offender treatment provider in the state of Virginia. She serves as the Director of Field Studies with Walden University and has held several university and clinical management positions in the treatment of adolescent girls with co-occurring mental health, trauma and substance use concerns and consults with Vyne Education and conducts training activities throughout the country. She is the CEO of a private practice specializing in online counseling services.

## **NEPHI CRAIG, EXECUTIVE CHEF**

Nephi Craig is a White Mountain Apache Executive Chef of 20 years domestic/international experience. Craig founded the Native American Culinary Association in 2000. Chef Craig has seven (7) years of continuous sobriety which informs his work as the Nutritional Recovery Program Coordinator at Rainbow Treatment Center and Executive Chef of Café Gozhóó on the White Mountain Apache Tribe. Chef Craig provides therapeutic culinary sessions for inpatient, outpatient clients with substance use disorder and as community outreach services.

## **SHELLEY CURRAN, MC, LPC**

Shelley Curran is a Licensed Professional Counselor and the Director of Crisis, Cultural, Prevention, & Court Programs for Mercy Maricopa Integrated Care which is the Regional Behavioral Health Authority (RBHA) for central Arizona. She has worked for over 20 years with justice-involved persons in the public mental health system. Part of her role at Mercy Maricopa is to oversee the Court Services and Jail Diversion Teams which include mental health professionals who work as a bridge between clients, families, and the criminal justice system. Shelley has presented on the topic of multi-system collaboration at local and national venues including the annual conferences of the American Probation and Parole Association, National Council for Behavioral Health, Arizona Public Defenders Association, and Arizona Problem Solving Courts. Shelley is a founding member of the Arizona Mental Health and Criminal Justice Coalition and has been inducted into the Fellows Network at the Center for Juvenile Justice Reform at Georgetown University.

## **AMY D'ARPINO, BSW**

Amy is the AZ Cultural Diversity Specialist for Health Net/Cenpatico Integrated Care. She participates on local community and state-wide focused committees that have priorities to eliminate physical and mental health disparities for underserved populations. She has presented workshops at state and national conferences. Amy is a member of the Human Rights Campaign's Parents for Transgender Equality Council, a coalition of the nation's leading parent-advocates working for equality and fairness for transgender people. She is Co-Chair of the Let's Get Better Together Conference, which focuses on LGBTQ health. Amy is a strong advocate for change & for anyone in need.

## **TERI DAVIS, ND, CERTIFIED INSTRUCTOR OF MINDFULNESS-BASED STRESS REDUCTION**

Dr. Davis is licensed as a naturopathic physician and certified as a Mindfulness-Based Stress Reduction (MBSR) teacher; licensed to practice medicine by the State of Arizona, and certified to teach MBSR by the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

## **PAUL DAVIS, LCSW, BCBA, LBA**

As the Director of Foster Care Services, Paul Davis is responsible for all of Devereux's foster care operations state-wide. Paul's career in foster care began in 1998 with a focus on both traditional and treatment/therapeutic foster care programming. Paul has previously worked as a case manager, clinician, and program administrator in community-based and residential settings across the behavioral health continuum. Paul has presented at numerous conferences throughout the United States on such topics as the intersection of Positive Behavior Support and Therapeutic Foster Care, clinical interventions for positive client transitions, and creating a welcoming and affirming foster care organization.

## **BAHNEY DEDOLPH, MA**

Bahney Dedolph joined the Arizona Council of Human Service Providers staff in January 2013 as the Policy Analyst and is currently the Deputy Director. Bahney received her Bachelor's degree in Applied Behavioral Sciences (an NASW approved undergraduate Social Work degree) with an emphasis in Direct Practice and Women's Studies from George Williams College, Master's degree in Sociology with a minor in Anthropology from Texas Tech University, and post graduate certificate in Social Work practice from the University of Denver. Bahney's work experience runs the gamut from direct practice to systems advocacy to program management and supervision working in child welfare, domestic violence, and behavioral health settings. Having read the autobiography of Jane Addams at a very young age, Bahney has always considered herself honored to be a Social Worker walking in the very large footsteps of the founder of Hull House.

## **BARBARA DI CLEMENTE, BHT, CFSS**

Barbara is the Director of In-Home Adult Respite services for Peers and families. She provides family support for all PSA sites in 7 counties across AZ. Barbara has implemented policy measures for AHCCCS as well as being instrumental in developing the Family Standardization Curriculum for Family Peers to be Certified in Family Peer Support. Barbara sits on numerous SMI Advisory and QM committees for Adults and has delivered presentations for ASU, SW Behavioral Health Studies Conference, NATCON 18 and SAMHSA. She has also attained the Clinical Trauma Specialist for Families certification in addition to teaching MHFA and facilitating NAMI support groups and the Guild.

## **MARY DILLON, MA**

Mary Dillon holds a Master's Degree in Clinical Psychology. Her counseling experience includes working in inpatient, community outpatient and addiction treatment settings and she has managed her own private practice. Ms. Dillon found her counseling passion in 2001 when she started working with people to help them figure out how to quit tobacco. That's when she started learning the effectiveness of Motivational Interviewing (MI) for helping people with health behavior changes. Motivational Interviewing is defined as a collaborative, goal-oriented style of communication with particular attention to the language of change, designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. Miller, W. and Rollnick, S. (2013). *Motivational Interviewing*, 3rd Edition. New York: Guilford Press. In 2008, Ms. Dillon attended and was certified by the Motivational Network of Trainers (MINT) and developed a successful Motivational Interviewing Training business. She has provided customized training in Motivational Interviewing for thousands of healthcare professionals. She has been employed by Cenpatico Integrated Care of Arizona for the past 3 years as subject matter expert and trainer in Motivational Interviewing.

## **SARA DOMINGUEZ, LAC**

Sara Dominguez is a Licensed Associate Counselor working as a therapist at Pathways of Arizona, and has eight years of experience in the behavioral health field. She works with children and families primarily in the treatment of trauma, and enjoys developing creative approaches to healing. She has been trained as a Child Parent Psychotherapist, a dyadic treatment modality for treating trauma for children from birth to 5. This training has strengthened her ability to remain curious, which has led to increased joining with families and the ability to affect change on a systems level. She enjoys learning from each individual and family, and utilizes these collective strengths in her work.

## **KENNETH DUNLAP, LCSW**

Kenneth has almost 10 years as the Family Therapy Coordinator at the Tucson VA. The focus of his time at the VA is seeing couples and families of veterans. Mr. Dunlap has 33 years of experience working with couples and families. He has worked in a variety of settings including in-home family therapy as well as in outpatient clinics. For 23 years, Mr. Dunlap worked in community behavioral health focusing on children, youth and families.

## **LOIS M. EATON, NMD**

Dr. Eaton received her Bachelor of Arts Degree from Antioch College, Masters of Science at Connecticut Central State University, and Doctor of Naturopathic Medicine at Southwest College of Naturopathic Medicine. Her private practice has been in Prescott, AZ for the past 13 years. She has been on the NAZCARE Board of Directors since 2005, serving adults with serious mental illness. Dr. Eaton is passionate about educating patients to empower them to make relevant choices regarding their care. Dr. Eaton's therapies include but are not limited to: Nutrition, Botanical Medicine, Acupuncture, Bio-Feedback, Homeopathy, Bio-oxidative Therapy, Cold Laser, Hormone Balancing, Bach Flower Essences, Chronic Diseases, and Autoimmune Diseases.

## **EMERY R. EAVES, PHD**

Dr. Eaves is a medical anthropologist whose previous research has focused on the lived experience of chronic pain, including self-medication and self-management of pain conditions, as well as alternative therapies for managing chronic pain. She has expertise in qualitative and mixed methods research and analysis. Dr. Eaves has conducted research on addiction, barriers to treatment adherence, and cultural influences on health management and disclosure. Dr. Eaves is co-lead on the PCORI-funded "Involving Native Stakeholders in Pain Research Efforts (INSPIRE)" Project

# PRESENTER BIOS

## **KIRA EICHER, MPH**

Kira received her MPH from The University of Southern California in 2017 and began volunteering as an AmeriCorps Member in Tucson, Arizona. Her AmeriCorps position includes creating a curriculum on Neonatal Abstinence Syndrome and providing professional trainings across the state of Arizona.

## **DAVID ERLICH, LCSW, LISAC**

Mr. Erlich serves as the behavioral health manager for Mercy Care Plan providing oversight to behavioral health utilization management, behavioral health coordination between Mercy Care Plan and the Regional Behavioral Health Authorities and other acute health plans, and Pharmacy Lock-In Program. Mr. Erlich has been working with individuals and families with behavioral health needs, at various levels of care, since 1995. His experience includes substance abuse and mental health psychotherapy, community-based case management, behavioral health utilization management, and program development and implementation. He is a Licensed Clinical Social Worker and Licensed Independent Substance Abuse Counselor in Arizona and a Licensed Master Social Worker in Michigan.

## **DON FOWLS, MD**

Dr. Fowls is a nationally known psychiatrist and health care consultant who provides consulting services for managed care, provider based and IT organizations. He is President of Don Fowls & Associates based in Scottsdale AZ. After completing his residency in psychiatry at UCLA, Dr. Fowls practiced psychiatry in Southern California for 10 years. He is the behavioral health physician advisor for Practice Innovation Institute, a Transforming Clinical Practice Initiative (CMS grant). He developed a large, behavioral health group practice and a provider-sponsored managed behavioral health organization that managed over 500,000 members. He was Chief Medical Officer and Executive Vice President of Business Development at Value Options and its parent company FHC Health Systems for eleven years. He then joined Schaller Anderson Inc. as Executive Vice President, business development, and President and CEO of its behavioral health subsidiary. Particular areas of interest are the health reform, integration of medical and behavioral health, payment reform, and management of high needs populations.

## **MARGARETT JANE FUGATE, LCSW, LISAC**

M. Jane Fugate has worked in the field of social work, mental health services and education for over 4 decades, helping others understand themselves and those around them. Moving from agency and private practice in Florida to Arizona, she worked for Glendale Behavioral Health, level 1 crisis hospital for 8 years in the field of mental health and higher education. She received the "Life Time Achievement Award" in 2011, and works in her field of counseling and substance abuse treatment at Terros Health as a clinical supervisor for clinicians on their way to advanced license. Mrs. Fugate was awarded Terros Health "Empowerment" employee in 2018. She has held double licenses in Social Work and Addiction Counseling in FL and AZ.

## **J. ERIC GENTRY, PHD, DAAETS**

Dr. Gentry is an internationally recognized leader in the study and treatment of traumatic stress and compassion fatigue. His Ph. D. is from Florida State University where he studied with Professor Charles Figley—a pioneer of these two fields. In 1997, he co-developed the Accelerated Recovery Program (ARP) for Compassion Fatigue—the world's only evidence-based treatment protocol for compassion fatigue. In 1998, he introduced the Certified Compassion Fatigue Specialist Training and Compassion Fatigue Prevention & Resiliency Training. These two trainings have demonstrated treatment effectiveness for the symptoms of compassion fatigue and he published these effects in several journals. He has trained over 200,000 professionals. Dr. Gentry was original faculty, curriculum designer and Associate Director of the Traumatology Institute at Florida State University. In 2001, he became the co-director and moved this institute to the University of South Florida where it became the International Traumatology Institute. In 2010, he began the International Association of Trauma Professionals. He is currently the co-owner and vice president of the Arizona Trauma Institute/Trauma Institute International. Forward-Facing Trauma Therapy: Healing the Moral Wound, a landmark text for re-imaging trauma treatment, was published in 2016. In 2005, Hogrefe and Huber published Trauma Practice: Tools for Stabilization and Recovery—a critically acclaimed text on the treatment of traumatic stress for which Dr. Gentry is a co-author. The Second Ed. was released in 2010 and the Third Ed. in 2015.

## **CHARLES STEPHEN GILLISPIE, MFA, LISAC**

Charles is an active member of the Labyrinth Society. He has published research articles describing his work with labyrinths and addiction counseling in Labyrinth Pathways. Charles has installed labyrinths in four different mental health facilities in the state of Arizona and created a "labyrinth literacy" curriculum to help clients gain a deeper connection to this form of walking meditation. He is currently employed at Cottonwood Tucson.

## **NICOLE GORDON, LMSW**

Nicole has 20 years of experience with a foundation rooted in art and social change. It is with these foundations that she seeks to assist individuals, youth, families, and team members to create change using eclectic methods which at times include humor, various art forms and other evidenced based practice techniques. As a graduate of Western Kentucky University and the Temple University School of Social Administration, Nicole has worked in a variety of behavioral and public health settings, including as a consultant facilitating cultural diversity workshops, community based initiatives and workshops. Nicole connects art with not only healing, growth and development, but also as a tool of individual and community social justice, and transformation and consciousness raising while helping individuals and families seek their path of recovery.

## **CHRISTIE GREELEY, Med, LPC-S**

Christie Greeley is currently the Director of Clinical Services at San Marcos Treatment Center (SMTC), a 212-bed psychiatric residential treatment center for youth ages 6-17, located in Central Texas. Her career serving youth got underway in 2000 with a two-year teaching stint in North Carolina via the AmeriCorps program Teach For America. Upon returning to Texas, she completed her Masters in Education Psychology at the University of Texas at Austin in 2006. She has worked in the counseling field ever since, providing mental health services via schools, homes and private practice prior to beginning with SMTC in 2013.

## **LORI GROENEWOLD, LCSW**

Lori Groenewold received her Master's in Social Work from Arizona State University. She is a Licensed Clinical Social Worker. She has worked in the Neonatal Intensive Care Unit (NICU) at Tucson Medical Center (TMC) for almost 4 years. She has been a medical social worker for over 25 years. She has expertise in working with opioid parents and their babies. She is an active founding member of the Poly-Substance Abuse in Pregnancy and Newborns (PAPN) task force, which provides education and promotes collaboration throughout the county. She helped with the initiation of the Neonatal Abstinence Syndrome Annex in the TMC NICU. She embraces substance exposed babies and their caregivers with compassionate, evidence-based care that can change the course of their entire lives.

## **SEAN GUNDERSON, BS**

Sean Gunderson is a founding partner of iTether Technologies, a digital health company, located in Phoenix, Arizona. iTether Technologies has developed an innovative behavioral change platform with a focus on improving quality of care through the delivery of digital treatment for patients and the collection of evidence-based outcomes for service provider organizations in the addiction recovery, behavioral health, and community corrections domains.

## **TANISHA GUY, PHD, LPC, NCC**

Dr. Tanisha Guy is the Lead Counseling Instructor at Grand Canyon University for the master in mental health counseling program, she is a speaker, licensed professional counselor and transformation coach. Dr. Guy received her bachelor degree from Dillard University in psychology, her master's degree from Xavier University of Louisiana in mental health counseling and has an earned doctorate degree in counselor education and supervision with an emphasis on marriage and family therapy from Saint Mary's University of San Antonio. She is a Board Certified Licensed Professional Counselor-Supervisor, National Certified Counselor, and is the CEO of Specialized Transformation Counseling & Consulting.

## **PATRICIA HARRISON-MONROE, PHD, LICENSED CLINICAL PSYCHOLOGIST**

Dr. Harrison-Monroe is Associate Professor and Vice Chair for the Department of Psychiatry, University of Arizona. She is responsible for the development of educational initiatives supporting mental health awareness and stigma reduction on a local and statewide basis. She also oversees the Early Psychosis Intervention Center, which provides clinical services to individuals in the early stages of psychotic illness. Dr. Harrison-Monroe maintains a private practice and is a frequently invited guest speaker on topics including multicultural counseling, child development, as well as public healthcare policy and its effect on at-risk populations. She serves on numerous Boards. Prior to moving to Tucson, she was Assistant Commissioner with the New York City Department of Mental Health. She holds a doctoral degree from Columbia University, New York.

## **KIM HEMMERSBACH, LPC**

Kim's passion, as a therapist, has been helping young people at risk to improve their well-being, instill hope, and find their inner confidence. She obtained her Bachelor's degree in Psychology from Winona State University in Minnesota and her Master's degree in Counseling from University of Wisconsin-Whitewater. She began her career by providing court-ordered individual and family counseling services to juveniles on probation and their families. In 2005, she went on to work as a clinical court liaison for the Regional Behavioral Health Authority. She developed and spear headed the inception of the Juvenile Justice Engagement Team starting with ValueOptions, continuing her work with Magellan, and presently with Aetna. In building relationships with juvenile justice and court administration, Kim has earned a mutual respect that spans into the child welfare system and the provider community. She is multi-system competent. Kim has connected countless young adults and families to services while promoting a platform of advocacy for clinically sound services while supporting family voice and choice.

## **LIANE HERNANDEZ, BA**

E. Liane Hernandez, Community Outreach & Education Director, is a convener who seeks to create space for individuals and organizations to do the work of community building. Trained as an art historian, chef, and anthropologist, she is a student of the questions of what is community, who gets to participate and how. Previously she served as Community Life Director at YWCA's Frances McClelland Community Center and led YWCA's advocacy work. She sits on the Pima County Women's Commission and was a member of the Tucson Voices OpEd Project 2016.

## **ERIN HOPPER, MA, LPC, NCC**

Erin Hopper is the Residential Treatment Liaison for the Pima County Superior Court Adult Probation Department. She received her masters degree in Counseling Psychology from Pacific University. She has more than a decade of experience in a wide variety of settings including inpatient, outpatient, in-home, legal, and non-profit. She has also worked with multiple populations to include adults, children, families, those with disabilities, those involved with the legal system, addictions, and mental health. She is currently responsible for assessing and monitoring probation involved adults recommending and coordinating appropriate levels of treatment. She is also an Adjunct Faculty at The University of Phoenix teaching in the psychology field and serves as a member of the Air National Guard.

## **NICOLE HUGGETT, MSW, CPHQ**

Nicole Huggett is the Director of Population Health and a Certified Professional in Healthcare Quality at CODAC Health, Recovery & Wellness. She works closely with interdisciplinary teams to gather, analyze, and utilize program data related to process improvement and outcomes, and creates reports for all levels of stakeholders. She has a background as a consultant in evaluation, research, and strategic planning, which leverages her strong project management skills. Nicole also has experience as a Master's Level Social Worker (MSW, Arizona State University, 2011), and she has a certification in child welfare. This experience, along with her expertise in data visualization and utilization, are the basis for her work in data-driven decision-making.

## **MARIA IANNONE, MA, LPC**

Maria Iannone is a licensed professional counselor at the Arizona Hemophilia and Thrombosis Center (AzHTC) in Tucson, Arizona. She treats adults, children, and families. She also does research on depression and resiliency. Maria is trained in the use of EMDR and DBT therapies, both effective for treating patients with a history of trauma, depression, and anxiety. Maria draws from both her clinical experience and 30 years of biomedical research experience.

## **CAROLYN JAEDECKE, MS, LPC**

Carolyn received her Bachelor of Science in Psychology with double minors in Deaf Studies and Family Studies from the University of Arizona. She also received the Master of Science Degree in Counseling from California State University, Northridge in June 2004. Carolyn worked in a variety of programs for Arizona's Children Association for eight and a half years in Tucson (In-Patient Substance Abuse Teenage Program, Therapeutic Foster Care Program, and Sexual Abuse and Trauma Program). Since December 2013, she has been the Program Director of Client Services for the Community Outreach Program for the Deaf. Carolyn is a Licensed Professional Counselor (LPC).

## **LINDSAY JANES, MS**

Lindsay Janes is currently working as the Program Coordinator for substance abuse, domestic violence, general mental health, and criminal justice populations at Community Outreach Program for the Deaf. She received an undergraduate degree in chemistry from the University of Arizona. She also received her Master of Science Degree in School Counseling from University of Arizona. She is in the process of obtaining her LAC. She was recently appointed as DV Advocate for the Deaf Survivors in Tucson, Arizona.

## **SARAH JENKINS, MC, LPC, CPSYCHOL**

Sarah Jenkins is an EMDRIA Approved EMDR Training Provider, EMDRIA and HAP Approved EMDR Consultant, and Equine Assisted Therapist in private practice in Tempe, Arizona. A trauma and dissociation specialist and EMDR therapist for over fifteen years, Sarah's expertise includes providing consultation/trainings on the application of structural dissociation theory, EMDR, and the treatment of complex trauma. Sarah's EMDRIA Approved EMDR Basic Training also provides additional curriculum on dissociation and the treatment of complex trauma. A highly sought after public speaker, Sarah has spoken at numerous national and international conferences including EMDRIA, EMDR Canada, and EMDR Europe.

## **JENNIFER KEOGH, MPH**

Jennifer Keogh serves as Cenpatco Integrated Care's Health and Wellness Program Development Specialist. In this role she is responsible for the facilitation of Cenpatco's Population Health and Disease Management Programs. Previously Jennifer worked in a community behavioral health center, providing integrated case management and wellness coaching to individuals living with co-occurring serious mental illness and chronic health conditions. Trained as a health educator, Jennifer is passionate about wellness, health equity, and serving underserved and vulnerable populations.

## **PATRICIA KERSTNER, PHD, NCC, LICENSED PSYCHOLOGIST, UNIVERSITY OF PHOENIX AFFILIATE**

Dr. Patricia L. Kerstner is an AZ licensed psychologist, a national certified counselor and an AZBBHE listed supervisor. Until June, 2017, Dr. Kerstner chaired the CACREP-accredited Master of Science in Counseling/Clinical Mental Health Counseling program as well as undergraduate psychology and human services program at the University of Phoenix. She stepped down as chair and changed her role to a core faculty in the clinical mental health counseling program. Long active in national professional organizations, such as the American Counseling Association and the Association for Counselor Education and Supervision, she has held appointments and elected positions in state, regional and national roles. Dr. Kerstner is a member of the Counseling Academic Review Committee of AZBBHE and long-serving member of the SWS conference advisory board. Her areas of expertise are ethics, supervision, and program development.

## **KATE KINCAID, LPC**

Kate is a licensed professional counselor, activist and educator with a small private practice in Tucson, AZ specializing in counseling gender and sexual minorities, and people in alternative relationship models (non-monogamy/polyamory). She has experience presenting at conferences and festivals across the country. Her personal and professional beliefs are informed by feminism and social justice, seeing much of the dis-ease in our lives as rooted in a response to a broken system that is then pathologized and stigmatized.

## **PETER KLINGER, MD**

Dr. Peter Klinger is fellowship faculty in the Child and Adolescent Psychiatry Division, as well as the Lead Psychiatrist at the Early Psychosis Intervention Center (EPICenter) and the Children's Post-infectious Autoimmune Encephalopathy (CPAE) Clinic, both are the first programs of their kind in Arizona. Dr. Klinger is also a practicing general Child and Adolescent Psychiatrist focused on Family Systems therapeutic interventions.

## **CURT KREBSBACH, LPC (KS), LCAC (KS)**

Dr. Krebsbach has been with Valley Hope Association since January 1978. During that time he has held various titles including; Counselor Trainee, Counselor, Senior Counselor, Community Relations Specialist, Program Director, Regional Supervisor, and Director of Training. Currently, Dr. Krebsbach is working on the development of a leadership academy for Valley Hope Association.

## **DENISE KRUPP, LPC, LISAC**

Denise Krupp has been working in the counseling field for 29 years specializing in addiction and domestic violence. Denise is a full time instructor in the counseling program for Grand Canyon University and continues to do contract work in addictions and domestic violence. Denise believes that people can and do want to change. After seeing the miracles of change and healing of addicts and domestic violence victims as well as offenders, has inspired the research in this area and a voice for this population.

## **CAROL LAGNESE, LISAC**

Carol Lagnese is a Licensed Independent Substance Abuse Counselor and Program Supervisor with the National Council on Alcoholism and Drug Dependence (NCADD). She has been with NCADD since 2003 where she started as a Case Manager and Intake Clinician. Presently, Carol manages the pregnancy and addiction programming at NCADD. Carol has spent 25 years working in the behavioral health field, much of which working directly with the pregnant and addicted population. Carol is in recovery and uses her past and present experience, strength and hope to motivate and relate to the women who come through the doors at NCADD.

# PRESENTER BIOS

## **SAMUEL S. LAMPLE, LPC-S, CEDS-S**

Samuel S. Lample is the owner and Executive Clinical Director of Thrive Therapy and The Way Recovery located in Phoenix, Arizona. He has been a professional counselor for nearly 20 years. He specializes in the treatment of eating disorders, OCD and chemical dependency. He is a member of IAEDP and the IOCDF and is particularly interested in the integration of spirituality and psychology.

## **LEON W. LEAD, BA**

Leon Lead is a lifelong learner who takes pride in helping others improve their quality of life. Leon serves as a Manager of Program Initiatives for a Centene Health Plan in Arizona, charged with providing integrated care for members with behavioral health needs. In his role, Leon and his team are creating a platform for a comprehensive approach to addressing Social Determinants of Health. Leon has a wide-ranging resume which includes experience in both the public and private sectors. Leon has served in many capacities over the past 16 years in the fields of behavioral health, education, justice, and child welfare.

## **JOHN W. LEGGIO, MA, LISAC**

John Leggio has over 40 years of experience in treating adolescents, adults and families. He is most known for his work in addiction treatment. John completed a Bachelor of Science Degree in Psychology with a Sociology Minor at Western Illinois University. He then obtained dual Masters Degrees in Clinical and Experimental Psychology at Bradley University. He has founded and developed multiple substance abuse psychiatric inpatient and outpatient programs in the Tucson area. John is currently the Founder, Director and Chairman of the Board of The Mark Outpatient Clinic. He has been featured across the media, has delivered countless presentations and once had his own radio show called "Head Shop your Cerebral Cathedral".

## **CHRISTIE L. MACMURRAY, LMSW**

Christie MacMurray is the Seriously Mentally Ill (SMI) Services Administrator overseeing services and outpatient Providers for approximately 29,000 members in Maricopa County. Prior to her current role, she was the Senior ACT Manager with Mercy Maricopa. While in this role, Mercy Maricopa's FACT teams won the 2017 Most Innovative Medicaid Managed Care Best Practice and Most Innovative Behavioral Health Best Practice Awards from the Institute of Medicaid Innovation. Christie is a Licensed Master Social Worker and also has her graduate degree in Criminal Justice from Arizona State University. Christie has been a part of the Maricopa County Regional Behavioral Health Authority (RBHA) since 2005 when she began her work as an Area Clinical Supervisor and also has served in a Clinical Director role where she oversaw the services for 1,500 SMI members. Christie has significant knowledge and experience of the SMI Network and has been working in the behavioral health field for over 20 years starting in Massachusetts working with adults with developmental disabilities.

## **DAN MAGER, MSW**

Dan Mager has nearly twenty years of post-Master's experience as a psychotherapist and clinical director in a wide range of behavioral health and addiction treatment settings. He is the author of "Some Assembly Required: A Balanced Approach to Recovery From Addiction and Chronic Pain" and "Roots and Wings: Mindful Parenting in Recovery", and blogs for Psychology Today.

## **LAURA MAGNUSON, MA, MS, LAMFT**

Laura Magnuson is a licensed associate marriage and family therapist who has worked in the behavioral health field for the past 15 years. While employed at Aurora Behavioral Health, she brought providers and the community together to facilitate an officer wellness day. She is currently employed by Cigna and continues to respond to community needs related to behavioral health.

## **CORA MAXX PHILLIPS, MSW**

Ms. Phillips (Navajo) is an expert in cross-cultural translation, cultural sensitivity, and cultural ethnography. She serves as a member of the advisory council for the Native American Cancer Prevention Program (NACP) and as a cross-cultural translator and consultant for local and national organizations involved in outreach related to a range of health issues impacting American Indian people in northern Arizona. Ms. Phillips is also a consultant and policy advisor for the Dine' Hataali Association, and a former Social Services Director for the Navajo Nation. Ms. Phillips is co-lead on the PCORI-funded "Involving Native Stakeholders in Pain Research Efforts (INSPIRE)" Project.

## **DAVID J. MCINTYRE, BS, MS, PHD, ABPP**

Dr. Dave McIntyre is a Clinical Psychologist who helps behavioral health providers improve their clinical effectiveness through enhancing their mental skills. Before starting a psychology practice, Dr. McIntyre worked 30 years as an active duty psychologist serving in the US Air Force and the US Public Health Service. During his service in the USAF he provided performance psychology skills training to USAF Fighter Pilots, Flight Crews and Emergency Response Teams. As an officer in the USPHS he worked with the Indian Health Service, Federal Bureau of Prisons, and the Division of Immigration Health Services. He led behavioral health response teams responding to national and international disasters such as the Indonesian Tsunami, Hurricane Katrina, Hurricane Ivan, the Sandy Hook School Shooting, and suicide cluster responses to Indian country. After a successful career helping underserved populations and professionals working in high-stress environments, Dr. McIntyre founded Behavioral Science Consulting LLC where he advises organizations and teams how to decrease provider burnout by improving psychological resilience. Dr. McIntyre enjoys cycling, traveling with his wife of thirty years to watch their three sons play baseball, playing with his grandchildren and a good cup of coffee. Dr. McIntyre is available to conduct workshops, provide organizational consultation and team training. You can reach him at his website [www.behavioralscienceconsulting.org](http://www.behavioralscienceconsulting.org).

## **ANJANETTE MCINTYRE, BA, MPA**

Angie McIntyre is a Self-Care and Relationship Mediator who supports the underserved, public providers, and givers of all ages and stages to beat burnout, defeat exhaustion, gain energy, and claim their wellbeing. Angie has a BA in Education and a Masters in Public Administration. Before starting her consulting business, Angie worked as an educator, public administrator and community volunteer, specializing in family and human development. As an insightful problem-solver, Angie now teaches her clients how to be supported and vibrant in their body without sacrificing their values as they work for the greater good. Angie is a baseball fan and grateful runner. She lives with her husband of thirty years, their teen son, a one-eyed rescue dog, and a fat cat. She's the proud mom to three ace adults, one superb son-in-law, and two gorgeous grandkids.

## **AMY CLAIRE GRISHAM MCMURTIE, MS, RD, LD**

Amy Claire is a registered and licensed dietitian for Castlewood at The Highlands Treatment Center for Eating Disorders and the USA Wheelchair Rugby Paralympic Team. Amy Claire believes in a non-diet, "all foods fit" approach to normalized, healthful eating. Honoring both nourishment from and enjoyment of food are equally essential for physical and mental health. Food is fuel in many regards to a healthy, wholehearted life. She is a member of the Academy of Nutrition and Dietetics and Behavioral Health Nutrition (BHN) and Cardiovascular, and Wellness Nutrition (SCAN) groups.

## **AMY MENDOZA, MS, NCC**

Amy Mendoza, is the Vice President for Utilization Management at CODAC Health, Recovery & Wellness. She is a licensed therapist specializing in trauma, brief-solution-focused intervention, EMDR, and cognitive behavioral therapy. She is currently enrolled in the Doctorate of Behavioral Health Management program through Arizona State University. She is affiliated with several organizations including the AzHEC (Health Current) Health Information Exchange Clinical Advisory Council, and Tucson Metro Chamber of Commerce Emerging Leaders Council. In addition to her clinical and administrative work, she has been a CARF surveyor for over 10 years providing consultation that assists health and human service providers internationally.

## **GISELLE B. MIKEL, MS**

Giselle Mikel is a Senior Practice Transformation Consultant with the Practice Innovation Institute. She is an expert in the clinical workflow process and for nearly 20 years she has addressed the challenges faced by clinicians, administrators and support personnel in the transformation process. Ms. Mikel is also a certified EHR implementation specialist. She has guided physicians in diverse clinical specialties through the adoption and successful implementation of electronic health record software and staff workflows. As Sr. Transformation Consultant, Ms. Mikel works with behavioral health groups, primary care groups and specialty groups as they pursue transformation goals for their practices.

## CYNTHIA MILLER-POTTER, MA, LASAC, CCTP

After a two year sabbatical studying the neurobiology of trauma, Cynthia has developed a medical model for the treatment of trauma-based illness, including substance use disorder, addiction, and suicidality. She has extensive experience developing clinical treatment programs for behavioral health based on current evidence-based practices, the neurobiological research of Dr. Allan Schore, and well-researched integrative therapies. Cynthia has explored and experienced first hand the nature of healing practices in Europe, Canada, Australia, China, Hong Kong, Thailand, Belize, Peru, Tahiti, and the Amazon. Research supports using integrative healing methods is most successful in the activation of the right limbic system, that is neurobiology significant in treating SUD. Cynthia has designed and delivered workshops, seminars, and presentations around the world. She is an effective and motivating public speaker.

## CODY MORALES, LCSW

Cody Morales has 12 years of experience in social service. She has been the clinical director for several programs throughout her career. She is trained as a Dialectical Behavioral Therapist and Acceptance and Commitment Therapist, and she specializes in working with personality struggles. Cody has a passion for mentoring clinicians and is a board approved clinical supervisor. She has become a frequent speaker throughout Arizona, speaking on acceptance in behavioral health. Cody joined El Paso Family Mentoring and Counseling Services, as their first Clinical Director. It is her passion to support and clinically grow this budding agency and its clinicians.

## MEGAN "GEM" MYCEK, BHT

Gem is a Behavioral Health Technician with Pathways of Arizona. She has worked with "high needs" children for the past 5 years. Early in her career she recognized a gap in services. Knowing there had to be more ways to assist and empower children with the trauma of abuse, Gem joined B. A. C. A. in 2014, and soon became a full patched member. Gem's goal is the ultimate safety of children.

## CAROLINE NICHOLS, LCSW

Caroline received her Master of Social Work degree, with a concentration in Mental Health, from the University of Alabama and is a Licensed Independent Clinical Social Worker in the State of Alabama. Caroline has previous experience working with individuals with eating disorders at the residential and partial hospitalization levels of care. She also has extensive experience working with issues related to PTSD, addiction, co-dependency, chronic pain management, self-harm, suicidality, family dynamics and personality disorders. She has specialized training in Dialectical Behavior Therapy, Cognitive Processing Therapy, Prolonged Exposure Therapy and is a Level II Trained EMDR therapist. She currently serves as the Hospitality Co-Chair for the Alabama Chapter of International Association of Eating Disorder Professionals (IAEDP). Caroline employs a wide variety of therapeutic modalities to treat the whole person and is committed to empowering clients in developing a "life worth living."

## PAT ORTEGA, MBA, MSIT

Pat Ortega has over 20 years of experience working in human services with a passion for social justice and healing. Having a strong belief that no single approach works for everyone, Pat feels it is critical to match specific therapeutic placements and services that will allow individuals to believe in themselves, strengthen their relationships and community connections, and find healing in order to live healthy and happy lives. Pat's professional passions have led him to Devereux where since 2014 he has led the therapeutic foster care program serving adults living with a serious mental illness.

## KEITH PARKER, MBA

As CIO, Mr. Parker is responsible for all information system functions at Health Current, which include core HIE services, as well as population health and data analytics. Mr. Parker joined Health Current in November 2016 and has over 30 years of experience in healthcare. His area of expertise is in health information technology implementation and use, process improvement, along with change management methodology and implementation in healthcare. He holds undergraduate degrees in business administration, economics and an MBA from Saint Martin's University.

## JAMES PENNINGTON, LPC

James Pennington is a trauma therapist trained in EMDR therapy, DBT, psychodrama, and EFT. In addition to their work as a therapist, they have worked as a consultant training other clinicians on how to better serve LGBTQ+ clients, and have presented at several national conferences. They currently operate their own private practice in Omaha, Nebraska serving the LGBTQ+ community.

## GUSTAVO PEREZ, PHD, LICENSED CLINICAL PSYCHOLOGIST

Dr. Gustavo Perez is Clinical Assistant Professor at the Department of Psychiatry, College of Medicine at the University of Arizona. He is the lead psychologist at the Early Psychosis Intervention Center (EPICenter) where he provides direct care to community members and supervises program development. Prior to joining the faculty, Dr. Perez provided clinical services to justice-involved youth at the Pima County Juvenile Detention Center. There, he focused on developing alternative programs to incarceration and reduction of disproportionate minority contact. His clinical interests include recovery from complex trauma and early psychosis intervention. Dr. Perez currently serves as a volunteer consultant for the Catholic Diocese of Tucson. He holds a doctorate degree from the University of Texas at Austin.

## ERIC "PIPES" PETERSON, BS

Pipes has been a crusader for abused children for the past 15 years. He is the International President for Bikers Against Child Abuse (B.A.C.A.). Pipes oversees B.A.C.A. chapters in 48 states and an additional 14 countries, with chapters developing in an additional 8 countries. Pipes found his true calling in 2003 when he began working with B.A.C.A. whose only mission is to empower children to not feel afraid of the world in which they live. B.A.C.A. will empower 10,000 children this year.

## BOB PILCHER, LCSW, LISAC

Bob Pilcher is an AZ native. His family has been in Bisbee since 1959. He is a Vietnam Era Vet, Helicopter Crew Chief in the US Navy. He received his Bachelor of Arts, Psychology from the University of AZ (2003) and his Masters of Social Work: AZ State University (2005). He is a Licensed Clinical Social Worker (LCSW) and a Licensed Independent Substance Abuse Counselor (LISAC). He began working for the Southern AZ VA Health Care System Tucson, AZ in 2005 as an Addiction Therapist. In 2008, he became the SATP Social Worker assigned to Detox. Then in 2009, he became a Social Worker/Addiction Therapist at the VA Outpatient Clinic in Sierra Vista, AZ. In 2010, as a Social Worker at the Sierra Vista VA clinic, he began the HUD VASH program (Section 8 Housing for Homeless Veterans) for the Sierra Vista/ Cochise County area. Today he continues to provide services to Veterans in the HUD VASH program. He also provides substance abuse treatment and Veteran's Justice Court services to Veterans living in Sierra Vista and throughout Cochise County.

## MICHELLE PITOT, LCSW, EDD

Dr. Michelle Pitot earned her MSW from UW-Madison and her Doctorate in Multicultural Education from the University of San Francisco. She has worked in clinical services and education throughout her career, has presented at numerous conferences, and is an adjunct faculty member at the University of Arizona. Dr. Pitot has worked with her staff at the YWCA of Southern Arizona to provide trainings on unlearning racism to literally thousands of community members through events, workshops and social media. Dr. Pitot consistently challenges herself to listen to and learn from the lived experiences of others as she works for social justice.

## MARIA PUERTA, RN, BSN, MHA

Maria is an alumnus of Seton Hall University in New Jersey where she received her bachelors of science in nursing. She also holds a master's in health administration from the University of Phoenix. Maria is a wife and mother of two daughters. She has over 30 years of experience in nursing care management and education. Her focus has always been in the Medicaid industry at the local and state levels providing interventions for at risk women and children. Maria is Manager for Mercy Care's Maternal Child Health Care Manager program. She formed the first Medicaid care management neonatal abstinence syndrome (NAS) program in the state of Arizona. The care management program provides culturally and linguistic member specific interventions to high risk pregnant women with Opioid Use Disorder (OUD) and their infants using an integrated approach to care.

## ALISA RANDALL, MEd IN COUNSELING

Alisa Randall is the Adult System of Care Administrator for Mercy Maricopa, overseeing the delivery of services for adults determined to have a serious mental illness (SMI) and general mental health/substance use (GMHSU). Mercy Maricopa is the Regional Behavioral Health Authority for Maricopa County and parts of Pinal County in Arizona. As the Adult System of Care Administrator, Alisa is responsible for the contractual, clinical and operational oversight of a provider network that offers outpatient services to members including behavioral health clinics, outpatient services, housing, employment, physical health integration, substance use treatment and services available to adults who do not qualify for Medicaid. Alisa has worked in behavioral health in Maricopa County for 19 years in a variety of roles, including direct care, clinical management, and within the Regional Behavioral Health Authority. Prior to joining Mercy Maricopa, she was responsible for one of the largest clinics in the SMI network. Alisa received her master's degree in education, with an emphasis in counseling, from Northern Arizona University.

# PRESENTER BIOS

## CATHERINE RILEY, MD

Dr. Riley is a Clinical Assistant Professor of Pediatrics in the University of Arizona Department of Pediatrics. She holds a bachelor's degree from Indiana University, a master's degree in education from Western Maryland College, and a doctoral degree from Mayo Medical School. She completed a fellowship in developmental behavioral pediatrics at The Children's Hospital of Philadelphia. She teaches in the UA medical school in both the basic science and the clinical medical curricula. The majority of her time is spent clinically evaluating and diagnosing children with developmental and behavioral concerns (especially autism).

## LEAH RIVERA TIGHE, LPC

Leah Rivera-Tighe is a Tucson native and graduate from Sunnyside High School. She pursued a bachelor's degree from Northern Arizona in Community Health Promotion with a minor in Biology. Leah obtained a Master of Science degree in Community Mental Health Counseling in 2014. Leah has been practicing as a Clinician with La Frontera and providing behavior intervention for the past eight years, and completing functional behavioral assessments for the past four years, with the DDD population with both SMI and GMH designations. Leah became a Behavior Intervention Coach through Dr. Dave Harvey's training in 2012.

## JENNIFER ROLLINS, MC, LPC

Jennifer Rollins works in a full time private practice dedicated to working with children and their families. Jennifer's current work focuses on helping children, youth and young adults who have experienced trauma and those who struggle with healthy attachments. Training includes play therapy, sand tray therapy, sexual assault, adoption, Birth-to-5, parent-child relationship and EMDR. Jennifer has a 7-year background of working with families in various social service agencies and supervising a trauma therapy program for all ages of victims of crime.

## CHEYENNE ROSS, CCEP, CHC, CHPC, CPHQ

Cheyenne Ross is the Arizona Market Vice President of Compliance & Regulatory Affairs with Centene Corp. Health Plans in Tempe, Arizona representing Bridgeway Health Solutions, Cenpatico Integrated Care and Health Net plans providing coverage for over 500k Arizona lives. Cheyenne has over 17 years of experience in compliance programs. Cheyenne graduated from Arizona State University with a degree in Communications and from the University of Phoenix with a Masters in Management. Cheyenne maintains several certifications including Certified Compliance & Ethics Professional (CCEP), Certified Professional in Healthcare Quality (CPHQ), Certified in Health Care Compliance (CHC) and Certified Healthcare Privacy Compliance (CHPC). Cheyenne is responsible for regulatory oversight, board governance and serves as a liaison between the health plan and regulators. Cheyenne currently services on the board of directors and teams for several organizations including: The Greater Phoenix Go Red Executive Team, Arizona Diversity Council Board President, Greater Phoenix Chamber of Commerce Insurance and Health Care Committee Member, the Arizona Compliance & Ethics Council Board Secretary, Connect Board Director Boys and Girls Clubs of Metropolitan Phoenix.

## STEPHANIE ROZNER, MEd

Stephanie, a Michigan native, comes to PSA Art Awakenings with a passion for art therapy and experience working with youth in early childhood education, adventure education and peer grief support groups as well as art therapy and arts in healthcare services for adults in hospitals. After receiving her Bachelor of Science degree in Art Therapy from Bowling Green State University, Stephanie completed her Master of Education in Art Therapy from Wayne State University. She is honored to be a part of the youth program to guide youth in artistic therapeutic interventions and bear witness to their emotional expression and healing through art.

## ADRIENNE SAINZ TREES, LCSW

Adrienne Trees has been working in behavioral health for 12 years. She is a Tucson native. She received her Master's from Arizona State University and bachelor's from The University of Arizona. She was trained in Behavioral Intervention from Dr. Harvey in 2012. She also carries training in EMDR, DBT, BI, Sex Trafficking and ACT. Currently she works for La Frontera as both a Clinician and the Associate Director of Therapy Services for children and adults. She also maintains a small private practice.

## SERENA SAMANIEGO, LAC, LEVEL II ENDORSEMENT IN INFANT/EARLY CHILDHOOD MENTAL HEALTH

Serena Samaniego is a Licensed Associate Counselor and is a Therapist and Clinical Manager for Pathways of Arizona. Serena has 10 years of experience in the field of Infant and Early Childhood Mental Health and Trauma Informed Care. She is trained in Child Parent Psychotherapy and is certified in Trauma Focused CBT. She also carries a Level II Endorsement in Infant/Early Childhood Mental Health. Serena's professional interests include helping children and families who have experienced trauma reconnect with hope and resiliency as well as promoting the importance of trauma aware communities.

## MERCEDES SAMUDIO, LCSW

Mercedes Samudio is a parent coach, speaker, and bestselling author who helps parents and children communicate with each other, manage emotional trauma, navigate social media and technology together, and develop healthy parent-child relationships. Mercedes started the #EndParentShaming movement as well as coined the term Shame-Proof Parenting – using both to bring awareness to ending parent shame. You can read more about her parenting expertise at <http://shameproofparenting.com>.

## MILY SCHROEDER, MS, PSYD (ABD), EDD

Mily Schroeder is Government Relations & Compliance Administrator for Mercy Care's Practice Innovation Institute (Pii). Dr. Schroeder served as Network Development Administrator for Mercy Maricopa Integrated Care, Regional Director for Mountain Health & Wellness, and Social Science Area Content Chair for University of Phoenix. She is a contributing author to "The use of Cocoa and Cupuacu Byproducts in Industry, Health and Gastronomy". Schroeder publishes extensively on the association of severe mental illness to dietary habits, and use of psychotropic medications. Her particular interest is in the management of psychiatric inpatient re-admission rates among Hispanics suffering from severe mental illnesses.

## MEGAN SCHWALLIE, LCSW

Megan Schwallie is a cofounder of the Adolescent OCD IOP at the Doorways Counseling Center in Phoenix. A graduate of the School of Social Service Administration at the University of Chicago, Mrs. Schwallie has professional experience working with children, adolescents, and young adults presenting with a wide range of social and mental health difficulties. She is a member of the IOCDF and is a graduate of the first Pediatric Behavior Therapy Training Institute (Fall of 2013). She is presently conducting research to complete her doctoral dissertation on the affects of OCD on family systems.

## MAUREEN SCHWEHR, NMD

Maureen Schwehr serves as Sierra Tucson's Director of Integrative Services. Her department provides a unique combination of physical and mental health support for residents. Dr. Schwehr oversees a team of experienced and talented staff whose services include naturopathic medical consults, acupuncture, physical therapy, chiropractic services, massage therapy, shiatsu, zero balancing, somato-emotional release, and craniosacral therapy. In addition to supervising staff, she works one-on-one with residents to help them determine the root cause of their problems. Focus is given to nutritional status and hormonal balance, supporting biochemical pathways that help the body function more effectively. Dr. Schwehr holds a doctorate in Naturopathic Medicine from Bastyr University in Seattle, Washington. Past experience includes a position as the Medical Director at Mirasol, a residential eating disorder facility. As part of the Sierra Tucson staff, she has the opportunity to be part of a truly integrative team that provides a unique, empowering perspective for residents.

## KATY SCOBLINK, CTP, MSc, LISAC

Katy Scobl原因 serves as Director of Recovery Communities for Old Pueblo Community Services. Katy has over 14 years of experience working in the field of addiction in Criminal Justice as well as in both private and state agency settings. She has provided Clinical Supervision for individuals for the past 7 years. Katy received her BSc in Psychology and Counseling from The University of Surrey, London, England. She continued her studies and received her MSc in Addiction Psychology and Counseling from London South Bank University/PROMIS Treatment Recovery Center, England. In year 2 of her MSc she received the 'PROMIS' award for outstanding performance and application in her studies. In March 2016 Katy became a Certified Trauma Practitioner and in July 2016 a Certified trainer in Trauma and Structured Sensory Interventions Katy is Licensed as an Independent Substance Abuse Counselor through the Arizona Board of Behavioral Examiners, and is an approved Clinical Supervisor through this same body.

## ELISA F. SEGAL, MD

Dr. Segal is Physical Health Medical Director for Mercy Maricopa Integrated Care and Mercy Care Plan. Board certified in family medicine, much of her 16+ year clinical career was spent in urgent care, where she had a great deal of experience treating pain as well as exposure to substance abuse disorder, and has been leading the joint opioid initiative: A Prescription for Change since May, 2016. Dr. Segal is the author of the white paper, A Prescription for Change, and the If at First You Don't Prescribe and Power Over Pain booklets which are being used as part of Mercy's larger academic detailing and marketing plan to educate the public on the evidence that shows that opioids are not the most successful tool in the pain management armamentarium. She has been a featured speaker and panel participant at multiple statewide and national summits as well as an active member of the governor's goal council on opioids. She is very honored to have the chance to share her perspectives on the importance of public education on evidence-based management of pain.

## RITA E. SILVERBERG, MEd, LPC (AZ), LMFT (CA)

Rita Silverberg, M. Ed. in Counseling & Guidance, U of A 1977, has worked in Child & Family services for over 40 years. She is a current LMFT in CA & LPC in AZ. She served a large multi-service child welfare/mental health agency in Sacramento, CA for 20 years, then several agencies in Tucson in a variety of capacities. With extensive management & clinical supervision experience, Rita also provided family, individual and group therapy (weekly children's groups for 10+ years). Retired from full-time work, she maintains a small practice of counseling, training & consultation.

## MARY E. STANTON, MEd, MLS, LADAC

Mary Stanton is the Regional Director of Amity Foundation New Mexico, providing whole-person treatment and wellness services for disenfranchised women, children and families. She has 30 years combined experience in education, counseling, curriculum development, community organization, and administration. Stanton has implemented innovative and effective services for marginalized, ethnically diverse populations with histories of addiction, abuse, exploitation, trauma, violence, and mental health challenges. Stanton has received intensive training in Mindfulness-Based Cognitive Therapy, co-authored and published articles, presented nationally and internationally on the therapeutic benefits of Mindfulness-Based Practices, and has adapted Mindfulness Practices for at-risk children and youth.

## BOBBI SADBERRY (KAITY'S MOM)

Bobbi SADBERRY shares her daughter's story in an effort to put an end to teen dating violence and promote healthy relationships. In 2009 she participated in the passage of Kaity's Law, so those in dating relationships are protected under the law in Arizona. Bobbi's a member of the S.H.A.R.E. committee and Speakers' Bureau of the Arizona Coalition to End Sexual and Domestic Violence and serves on the Order of Protection Task Force as well as the West Valley Domestic Violence Fatality Review Team. Bobbi has received many awards and accolades over the years for her service to the community.

## BEVERLY TOBIASON, PSYD, LPC

Beverly Tobiason is the Clinical Director for Pima County Juvenile Court Center. She received her doctorate in psychology from the University of St. Thomas and her master's degrees in community counseling and rehabilitation counseling from St. Cloud State University. She has 25 plus years of community mental health experience providing individual, group, and family psychotherapy, assessment, program development, clinical supervision and consultation for children, youth, and families in outpatient, inpatient, day treatment, and in-home settings. She is currently responsible for assuring court involved youth are receiving research-based mental health treatment services and assists in evaluating the effectiveness of those services. She also provides oversight for the trauma responsive practices initiative at the court.

## YOENDRY TORRES, PSYD

Yoendry Torres is a bilingual licensed clinical psychologist. He obtained his doctorate degree in clinical psychology (Psy. D.) with advanced training in family systems from The Chicago School of Professional Psychology. As the co-owner of Intuition Wellness Center, Dr. Torres provides individual and family therapy to adolescents and adults, conducts psychological evaluations and teaches Taekwondo.

## LEE A. UNDERWOOD, PSYD

Dr. Lee Underwood is a licensed clinical psychologist in several states and is a certified sex offender treatment provider in the state of Virginia. He serves a clinical consultant with SequelCare of Arizona and supports their program for the treatment of juveniles with sexual behavior. He also serves as a tenured faculty for Regent University, School of Psychology and Counseling. He has published two books and over 70 journal articles in the area of adolescent development and juvenile sex offending.

## LAURIE M. VERDIER, MA, LPC

Laurie M. Verdier, Clinical Director of NAZCARE, received her Bachelor's Degree at the University of Arizona and Master's Degree in Counseling/Psychology at Prescott College, and is an Arizona Licensed Professional Counselor. Laurie has worked in community behavioral health the past 21 years and has been a Reiki Master since 1999. She is a Mental Health First Aid Instructor, a trained Lifestyle Coach for the CDC National Diabetes Prevention Program "My Weigh to Prevent Diabetes," and has been a CDSMP facilitator. Laurie's approach to working with people integrates traditional such as cognitive behavioral therapy and alternative modes such as Reiki, essential oils, and gemstones.

## JAIME W. VINCK, MC, LPC, NCC, CEIP

As only the second woman in Sierra Tucson's 34-year history to hold the facility's top leadership position, Jaime was recently named chief executive officer. Previously, as chief operations officer and chief clinical officer, she led strategic initiatives to improve clinical quality and advance Sierra Tucson's specialized treatment services. As a result, Sierra Tucson gained national recognition, with the 2016 Organizational Achievement Award, the highest award bestowed by NADAAC, the Association for Addiction Professionals. Prior to Sierra Tucson, Jaime's work focused on helping thousands of families break the grip of addiction in their lives both in private practice, where Jaime was an independently licensed clinician and nationally certified counselor, and at Journey Healing Centers, where she held various positions including dual residential therapist, family education therapist, outpatient services director, and corporate clinical director. Jaime is also the founder of Hoofprints to Healing™, an equine psychotherapy program targeted at addressing the emotions underlying addiction. An industry advocate, she speaks nationally on such trending topics as Compassion Fatigue and Provider Resilience, The Mature Adult Treatment Experience, and The Importance of Collaboration When Treating Co-occurring Disorders. Jaime holds a bachelor's degree in employee relations from Michigan State University; a master's degree in professional counseling from Ottawa University; and is currently enrolled in the Doctor of Behavioral Health Program at Arizona State University.

## HOLLY WILLIAMSON, MA, LISAC

For 20 years, Holly has been a practicing substance abuse counselor. She has worked in several different behavioral health settings, including residential, outpatient, and prison programming before joining NCADD. Her specialty includes the provision of gender and population specific programming. She has a particular interest in trauma informed care and in the prevention and treatment of violence against women and other marginalized groups. As clinical director, she seeks to provide meaningful and comprehensive programming for the populations served at NCADD, while also facilitating an engaged clinical supervision dynamic to support and enhance the clinical team that supports the NCADD population.

## JOSEF WOLF BURWELL, MS, PA-C

Josef Burwell has been practicing medicine for 24 years, and as a transgender man, is aware of how important it is to have well informed, capable and professional clinicians for our community. He founded Peacework Medical in 2000, and this non profit has served the underserved in 7 countries, currently including transgender immigrants in Phoenix. He is a veteran of the US Army.

## JULIE WONSOWICZ-MOORE, MC, LPC

Julie Wonsowicz-Moore is a Licensed Professional Counselor. Julie received her Master of Counseling degree from the University of Phoenix. Julie has been working in the behavioral health and substance abuse field in Arizona for over 15 years. Julie's experience is well rounded and diverse. Julie has worked with all populations including children, adolescents and adults. She has worked with the general mental health, substance abuse and seriously mentally ill populations. Julie has worked directly with individuals and families, as well as in administrative capacities. Julie's takes a trauma informed care approach when working with patients, as well as with staff. She believes it is important for the staff to be healthy, as so they can provide the utmost quality care to patients, families and the community. Julie currently works at Community Bridges as the Senior Director of Clinical Services where she oversees several programs statewide including 3 Forensic Assertive Community Treatment teams and 2 Assertive Community Treatment teams.

## TOBI ZAVALA, BSW

Tobi Zavala was appointed as the Executive Director of the Arizona Board of Behavior Health Examiners three years ago after first serving four years as Interim Executive Director, Deputy Director, Assistant Director and Compliance Officer. In her earlier career she was the Director of a non-profit organization. She is a graduate of Arizona State University where she received a Bachelor of Social Work.

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