

Up to 33 CES Awarded by NAADAC



Daryl Shorter
MD



Alison Harden
MS, CPFS, NCPRSS, RCPF



Amanda Nahas-Wilson
MSN, APN, AGPCNP-BC, PMHNP-BC



Alejandro Castro
MA, LPC, LAC, ATP, EMDR-CERTIFIED



Hillary Tamar
MD, FASAM



Jamie Glick
LCSW, LAC, ICGC-I

51st Annual Winter Symposium

Addictive Disorders,
Behavioral Health and Mental Health

Sunday, January 25 - Wednesday, January 28
2026



HOTEL POLARIS.

(719) 886-1100

KEYNOTE
Attorney General
PHIL WEISER

**Leading Together: Collective
Action for Colorado's
Resilience and Well-Being**



Tuesday, January 27, 9:00am

PLATINUM SUPPORTER



Connect - Advocate - Educate

GOLD SUPPORTERS



**Pikes Peak
Winter
Symposium**

THE SYMPOSIUM SCHEDULE

SATURDAY, JANUARY 24, 2026		2:00-3:30pm	SESSION I - Early Arriver
8:30-4:30pm	<p>PRE SYMPOSIUM</p> <p>Empowering Choice through Harm Reduction <i>Room-Homestead</i> Rachel Fowler, MS, APTD, RCPF</p> <p>The Business of Business: Ethically Building Your Behavioral Health Private/Small/Group Practice <i>Room-Skyline</i> Dr. Mita Johnson, EdD, NCC, LPC, ACS, LMFT, LMFT-S, LAC, MAC, SAP, BCTHP</p>		<p>Beyond Blood Glucose Control, Glucagon-like-Peptide-1 Receptor Agonists in Alcohol Use Disorder <i>Room-Constellation 3&4</i> Katie Chamberlain, PharmD Ethan Stortz, MD</p>
SUNDAY, JANUARY 25, 2026			<p>Culture of Silence: The Hidden Wounds of Male Survivors of Childhood Sexual Abuse <i>Room-Skyline</i> Kevin Taylor, MA, LPC, NCC</p>
			<p>Integrity in Action: Documentation and Billing Best Practices for Peer Professionals <i>Room-Homestead</i> Alejandro Castro, MA, LPC, LAC, ATP, EMDR-Certified</p>
			<p>Implementing SAMHSA's 2024 Final Rule: Challenges and Outcomes for Opioid Treatment Programs <i>Room-Santa Fe</i> Dr. Hillary Tamar, MD, FASAM</p>
			<p>SOCIAL BREAK <i>Exhibit Hall</i></p>
			<p>SESSION II</p>
			<p>Aging and Addiction: The Unrealized Dynamics of Getting Older <i>Room-Constellation 3&4</i> Dr. Mita Johnson, EdD, NCC, LPC, ACS, LMFT, LMFT-S, LAC, MAC, SAP, BCTHP JJ Johnson, BS, LADC, LADC-S, SAP, ICS</p>
			<p>Flying with Precision: Applying Formal Instruction Models from Aviation to Clinical Skills Training in Mental Health <i>Room-Skyline</i> Troy Thompson, MA, LPC, LAC, NCC</p>
			<p>Wholehearted Journey to Ethics and Compliance <i>Room-Santa Fe</i> Maeve O'Neill, MEd, LPC-S, CHC, EdD Candidate</p>
			<p>WELCOME RECEPTION <i>Room-Constellation 1&2</i> Meet and greet for all attendees. Join us for opening remarks, complimentary hors d'oeuvres, and live music</p>
SUNDAY, JANUARY 25, 2026		7:00-8:30pm	<p>SESSION III</p> <p>AI in Mental Health: the Good, the Bad, and the Dangerous <i>Room-Skyline</i> Rachel Wood, PhD, LPC</p>
1:00-4:00pm	HOSPITALITY SUITE <i>Room-Noctua</i> Hosted by Kipu		
1:30-5:30pm	EXHIBIT HALL OPEN		
1:30-5:00pm	NAME BADGE PICK UP AND ON-SITE REGISTRATION OPEN		





THE SYMPOSIUM SCHEDULE



MONDAY, JANUARY 26, 2026		10:45-12:15pm	SESSION VI
7:30-8:30am	SESSION IV - Early Riser Bridging the Trust Gap: Strengthening Clinical-Referral Partnerships in Behavioral Health <i>Room-Skyline</i> Gina de Peralta Thorne, MS Grace Filiss		Impact of the Current Political Climate on LGBTQ+ Mental Health <i>Room-Constellation 3&4</i> Andy Sethi, MA, RN, LPC, LAC
	Excellence in Practice: Cultivating Professionalism in the Peer Recovery Coach Workforce <i>Room-Homestead</i> Rachel Fowler, MS, APTD, RCPF		Trends and Updates in Stimulant Use <i>Room-Skyline</i> Jason Beaman, D.O., M.S., M.P.H., FAPA
	Hatha Yoga – Mindful Movement & Stillness <i>Room-Balanced Rock</i> Casey Fernau, CPFS, APRS, QBHA, RYI		When Everyone Does Their Work: Trauma-Informed Family Coaching in Addiction Treatment <i>Room-Homestead</i> Allison Harden, MS, CPFS, NCPRSS, RCPF Raymond T. Shelton, NCPRSS
8:00-11:00am	HOSPITALITY SUITE <i>Room-Noctua</i> <i>Hosted by Zia Recovery Center</i>		Twelve Step Facilitation (TSF) for the 21st Century and How We Effect Change <i>Room-Santa Fe</i> Marty Ferrero, M.A., LADC, CADC-II, CCS
8:30-8:45am	MORNING COFFEE <i>Exhibit Hall</i> <i>Hosted by Pikes Peak Winter Symposium</i>		Cycles of Change: Transforming Perspectives Through Story, Spirit, and Thought <i>Room-Cathedral Rock</i> Cro Schutz, SMART facilitator, CAT candidate
8:30-5:30pm	EXHIBIT HALL OPEN		
8:30-5:30pm	NAME BADGE PICK UP AND ON-SITE REGISTRATION OPEN		
9:00-10:30am	SESSION V Substance Use, Trauma, and Human Trafficking: What Providers Need to Know <i>Room-Constellation 3&4</i> Kara Napolitano, MS, MA	12:15-2:00pm	LUNCH BREAK (on your own -OR- Lunch Presentation)
	Unpacking Privilege and Developing Cultural Humility in the Therapy Space <i>Room-Skyline</i> Philippe Marquis, MA, LPC, LAC, DVCS Erin Gazelka, JD, MA, LPC, LAC	12:20-1:50pm	SESSION VII LUNCH PRESENTATION: The Durable Mindset: Training and Maintaining Resilience, Performance, and Well-Being for Mental Health Providers (\$55) *Must be pre-registered <i>Room-Constellation 1&2</i> Dr. Dillon Small, PsyD
	Beyond Oversight: Advanced Approaches to Supervising Peer Recovery Staff <i>Room-Homestead</i> Dr. Mita Johnson, EdD, NCC, LPC, ACS, LMFT, LMFT-S, LAC, MAC, SAP, BCTHP Teri Smith, CAS	1:00-4:00pm	HOSPITALITY SUITE <i>Room-Noctua</i> <i>Hosted by Problem Gambling Coalition of Colorado</i>
	The “Support Crew” of Addiction Recovery: Sleep, Nutrition, and Movement <i>Room-Santa Fe</i> Nicole Gordon, MS, ADDC	2:00-3:30pm	SESSION VIII Modifiable Factors for Advancing Brain Health for Those with Mental Health and Addiction Needs <i>Room-Constellation 3&4</i> Dr. Arwen Podesta, MD, DFASAM, DFAPA
	Building a Seamless Mental Health Continuum of Care for Colorado Youth & Families: Strengths, Challenges, and Statewide Solutions <i>Room-Constellation 1&2</i> Jessica Hawks, PhD Lauren Eckhart, PsyD		Cannabis Induced Psychotic Disorder <i>Room-Skyline</i> Dr. Honor Ashbaugh, MD
10:30-10:45am	COFFEE BREAK <i>Exhibit Hall</i> <i>Hosted by Southwest Labs</i>		The Art of Boundaries: Discovering Our Passion as Peer Coaches <i>Room-Homestead</i> Sparkle Lindsay, MSIO, BA, CPFS, RCP-F, CRR
			Restoring Humanity: Transforming Youth Treatment Through Connection and Culture <i>Room-Santa Fe</i> Dr. Marissa Prince, PhD, LPC



THE SYMPOSIUM SCHEDULE

	Establishing Human Connection in a Virtual World <i>Room-Cathedral Rock</i> Megan Hauschulz, MSW, LSW, LAC		EXHIBIT HALL OPEN NAME BADGE PICK UP AND ON-SITE REGISTRATION OPEN SESSION XII
3:30-3:45pm	SOCIAL BREAK <i>Exhibit Hall</i>		
3:45-5:15pm	SESSION IX		KEYNOTE Leading Together: Collective Action for Colorado's Resilience and Well-Being <i>Room-Constellation</i> Colorado Attorney General Phil Weiser
	Rapid Ascent: The Growing Influence of Sports Betting and What Clinicians Should Know <i>Room-Constellation 3&4</i> Jamie Glick, LCSW, LAC, ICGC-I		
	Be Like Water: Adaptive Approaches to Working with Offenders and Individuals in Addiction Recovery <i>Room-Skyline</i> Rob Archuleta, PhD, LAC, CPSII, CPT Stacey Samaro, PsyD	10:30-10:45am	Regulate, Relate, Restore: Polyvagal Tools for Transformation <i>Room-Skyline</i> Jill Krush, MS, LPC, CAS, TEP
	The Grit & The Golden Ticket <i>Room-Homestead</i> Dë Waldron, CPFS	10:45-12:15pm	COFFEE BREAK <i>Exhibit Hall</i> <i>Hosted by Capture RCM Operations</i> SESSION XIII
5:15-7:00pm	Men with Eating Disorders: The Art and Science of Assessment, Engagement and Treatment <i>Room-Santa Fe</i> Jon Jasper, M.Ed., LPC		Intervening at the Intersection: Integrated Strategies for Suicide Prevention in Addiction Treatment <i>Room-Constellation</i> Dr. Daryl Shorter, MD
7:00-8:30pm	The Body as Compass: An Embodied Approach to Clinical Supervision <i>Room-Cathedral Rock</i> Lateka Salley, LCSW, LAC, SEP		Enhancing Family Engagement and Healing through Storytelling in Virtual and Hybrid Programs <i>Room-Skyline</i> Michael Barnes, PhD, LAC, LPC
	DINNER BREAK (on your own)		
	SESSION X		Spirituality - The Missing Link <i>Room-Homestead</i> Shane Hudson, MS, MSHCT Steve Aronson
	Clinical Approaches to LGBTQ+ Recovery from Religious and Spiritual Trauma <i>Room-Skyline</i> Nick Norman, LICSW		The Science Behind Microdosing Psilocybin and Why it Matters for Mental Health <i>Room-Santa Fe</i> Charity Mills, LPC, LIMHP
	Candlelight Yoga and Sound Bath <i>Room-Constellation 1&2</i> Malissa Fantanarosa, ERY-T 200	12:15-2:00pm	LUNCH BREAK -AND- EXHIBIT HALL NETWORKING HOURS
8:30-9:30pm	Open AA/Self-Help Recovery Group <i>Room-Santa Fe</i>	2:00-3:30pm	SESSION XIV
	TUESDAY, JANUARY 27, 2026		
7:30-8:30am	SESSION XI - Early Riser The Crucial Role and Impact of Clinical Parent Coaching in Treating Adolescents and Young Adults Who Are Navigating Substance Use and Co-Occurring Disorders <i>Room-Homestead</i> Ben Mushlin, LCSW, DBT-LBC, CTT2, CARC		Internal Family Systems (IFS): A Neurospiritual Pathway for Healing Addiction <i>Room-Constellation</i> Kimberley L. Berlin, LCSW
	Meditation with John Bruna <i>Room-Skyline</i> John Bruna, M.Ed, CADC		Nutritional Psychiatry: Exploring an Additional Approach to Clinical Care <i>Room-Skyline</i> Amanda Nahas-Wilson, MSN, APN, AGPCNP-BC, PMHNP-BC
8:30-8:45pm	MORNING COFFEE <i>Exhibit Hall</i> <i>Hosted by Zia Recovery Center</i>		Counseling Compounded Grief from Losing a Loved One in Active Addiction or Recovery <i>Room-Homestead</i> Matt Louzon, MA, LPC, CMiT
			Healing Together: The Power of Community <i>Room-Santa Fe</i> Elizabeth Farris, LCSW, LAC

THE SYMPOSIUM SCHEDULE

3:30-3:45pm	SOCIAL BREAK Exhibit Hall	8:30-12:00pm	EXHIBIT HALL OPEN
3:45-5:15pm	SESSION XV	8:30-1:30pm	NAME BADGE PICK UP AND ON-SITE REGISTRATION OPEN
	Passive Participation to Ownership: Embedding Mindfulness and Intentional Living in Recovery <i>Room-Constellation</i> John Bruna, M.Ed., CADC	9:00-10:30am	SESSION XVIII Beyond the Behavior: Attachment, Trauma, and Treatment Engagement with High-Risk Youth <i>Room-Constellation 3&4</i> Riley Cochran, MA, LPC, LAC, CGP, CCTP-II, IFS Level I
	Metabolic Psychiatry and GLP-1s: A New Frontier in Addiction Treatment <i>Room-Skyline</i> Amanda Nahas-Wilson, MSN, APN, AGPCNP-BC, PMHNP-BC		Here to Help: The Value of Public Health's Seat at the Table <i>Room-Skyline</i> Michelle Boscia, M.S., CPS, CPH Emma Bernick
	From Treatment to Transformation: A Conscious Approach to Clinical Care <i>Room-Homestead</i> TJ Woodward		Opioids & Modernized Access to Medications for Opioid Use Disorder in Colorado <i>Room-Homestead</i> Ryan Mueller, M.Ed, LPC, LAC
	Using AI Thoughtfully: Practical Documentation & Workflow Strategies That Reduce Clinician Burnout and Improve Patient Outcomes <i>Room-Santa Fe</i> Dr. Edisa Shirley, PhD, LMHC		Affirming Safety: Healing Trauma in LGBTQIA+ Mental Health Care <i>Room-Santa Fe</i> Dmitra Danilenko-Dixon, MA, LPC, MCC
5:15-7:00pm	DINNER BREAK (on your own)	10:30-10:45am	SOCIAL BREAK Exhibit Hall
7:00-8:30pm	SESSION XVI	10:45-12:15pm	SESSION XIX
	Sexualized Drug Use: What It Is and How to Compassionately Treat It <i>Room-Skyline</i> Stephen A. Sbanotto, MS, LPC, CSAT-S, CMAT, RAE, RACS		Naming Generational Strengths and Providing Help with Systemic Trauma <i>Room-Constellation 3&4</i> Jasmyne Kettwick, LMFT, CSST, RPT-S
	Yin Yoga – Deep Tissue & Joint Strength <i>Room-Balanced Rock</i> Casey Fernau, CPFS, APRS, QBHA, RYI		Unmasking Neurodiversity <i>Room-Skyline</i> Julianne Cusick, MA, LMFT
	WEDNESDAY, JANUARY 28, 2026		Evolving Care for Treatment Resistant Depression <i>Room-Homestead</i> Dr. Sebastian Schnellbacher, D.O., MPH, FAPA, FAAFP
7:30-8:30am	SESSION XVII - Early Riser		Give Me New Eyes: Ethical and Meta-Ethical Reflection <i>Room-Santa Fe</i> Bill Anderson, CAS
	Opioid Crisis for First Responder and Medical Practitioners <i>Room-Skyline</i> Dr. Daniel J. Crampton, PsyD Dr. Ann Rush Crampton, PhD	12:15-1:30pm	LUNCH (on your own -OR- Lunch & Learn)
	In Her Shoes: The Cinderella Story of Women and Children in Substance Use Treatment <i>Room-Homestead</i> Amber Ellis, MA, LAC Anne Hellstrom, M.S.Ed., LPC	12:30-2:00pm	SESSION XX
8:30-8:45am	MORNING COFFEE Exhibit Hall Hosted by Pikes Peak Winter Symposium		LUNCH & LEARN: Transforming Documentation: From Pitfalls to Best Practices (\$35) <i>Room-Constellation 1&2</i> Myia Papper, LMHC, NCC



Check the website or app for our most updated schedule.





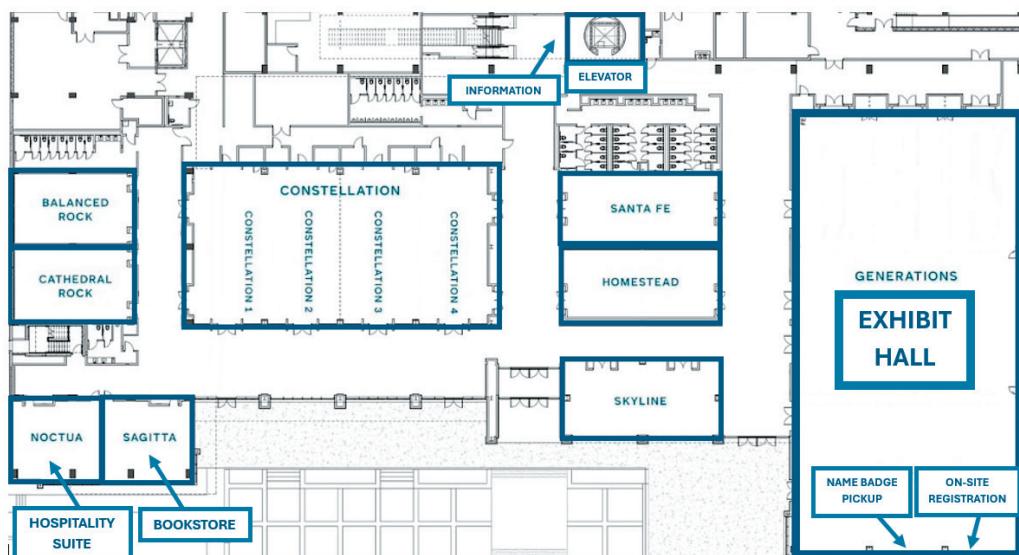
DOWNLOAD THE EVENT MOBILE APP



- Search for “Cvent” in the app store or download the Cvent Events app with the QR code on the left.
- Type “51st Annual Winter Symposium” in the app’s search bar and click to download the event.
- Once in the event, you can browse the app and Log In to update your personal schedule.

The Event Mobile App allows you to:

- View the Schedule
- Access Presentation Details
- View Maps and Locate Exhibitors
- Network
- Receive Notifications
- Evaluate Sessions and Presenters (required to obtain CEs)



GENERAL INFORMATION

The 51st Annual Winter Symposium is an exciting and fun educational experience held in Colorado Springs, Colorado. Each year the Winter Symposium brings together a distinguished faculty to address the issues of treatment, recovery, and research in the addictions, mental health, and behavioral health fields. 1,400 participants attended the 2025 meetings and expo. The Winter Symposium provides intensive, advanced clinical training as well as focused interaction between faculty and participants. The skill building and learning experiences that our faculty provides to attendees each year are truly exceptional.

CANCELLATIONS & REFUNDS

Registration cancellation will be subject to a \$100.00 fee. All cancellations after December 31, 2025 will be subject to loss of the entire registration fee.

ACCREDITATION

The Winter Symposium has been approved for 33 hours of Continuing Education Credit by the National Association of Alcoholism and Drug Abuse Counselors (NAADAC), The Association For Addiction Professionals. We are also approved to offer 16 CEs by the Colorado Providers Association (COPA). These are CEs for Peer & Family Specialists.

Behavioral Health Service Providers can complete this Symposium for Continuing Education Credits. Check with your professional regional, state or national credentialing association. Attendees can complete Ethics Focused Education and Training at the 2026 Winter Symposium.

Please indicate if you have any need for auxiliary aids or special assistance services.

NOTE: This brochure is based on the best available knowledge at the date of publication 1.20.26. Pikes Peak Winter Symposium reserves the right to make changes in the dates, times and appearances of speakers as conditions may warrant.



SYMPOSIUM PURPOSE & CORE LEARNING OBJECTIVES

The purpose of the 51st Annual Winter Symposium includes improving health professional attendee's evidence-based diagnostic/assessment, treatment, knowledge and practice skills specific to reducing and/or eliminating health care provider care gaps and facilitating integrative care related to a broad spectrum of addictive disorders, behavioral health and mental health disorders. Attendees completing the full Symposium will be able to identify 5 or more evidenced-based diagnostic/assessment measures, treatment interventions, practice gap reduction measures and integrative care interventions including psychotherapies, psychosocial treatments, medical and psychotropic care, self-help care and adjunctive care interventions for persons manifesting the broad spectrum of disorders and conditions included in this educational program.

Special Thanks to Our 2026 Educational Supporters!

— PLATINUM —



Connect - Advocate - Educate

— GOLD —



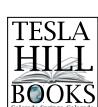
COLORADO
Department of Corrections



— SILVER —



— CLASSIC —



BOOKSTORE HOSTED BY TESLA HILL BOOKS





PRE SYMPOSIUM WORKSHOPS

SATURDAY, JANUARY 25, 2026 | 8:30AM-4:30PM



EMPOWERING CHOICE THROUGH HARM REDUCTION

Rachel Fowler, MS, APTD, RCPF

This presentation introduces participants to the principles and practice of harm reduction, exploring its historical roots, its relationship to stigma, and the importance of advocacy in promoting equitable care. Attendees will gain an understanding of how recovery coaching and peer support operate within these frameworks—grounded in guiding principles such as self-advocacy, multiple pathways to recovery, autonomy, and strength-based practice. **6 CEs for the CPFS**



THE BUSINESS OF BUSINESS: ETHICALLY BUILDING YOUR BEHAVIORAL HEALTH PRIVATE/SMALL/GROUP PRACTICE

Dr. Mita Johnson, EdD, NCC, LPC, ACS, LMFT, LMFT-S, LAC, MAC, SAP, BCTHP

Participants will explore how to launch a sustainable and ethically grounded practice that meets both regulatory, client, and community needs. Participants will look at state and federal compliance requirements, including HIPAA, 42 CFR Part 2, and clinical documentation standards.

Participants will also learn how to define their service scope, integrate ethical and evidence-based care, establish referral and billing processes (including Medicaid and private insurance), and design policies that promote client safety, confidentiality, and equitable access. **6 Ethics CEs**



LUNCH PRESENTATION (\$55)

MONDAY, JANUARY 26, 2026 | 12:20PM-1:50PM



THE DURABLE MINDSET: TRAINING AND MAINTAINING RESILIENCE, PERFORMANCE, AND WELL-BEING FOR MENTAL HEALTH PROVIDERS

Room-Constellation 1&2 *Must be pre-registered

Dillon Small, PsyD

Mental health and addiction-treatment providers are consistently navigating emotional fatigue, workplace complexity, and caseload acuity. This presentation introduces The Durable Mindset — a practical, research-informed performance-psychology framework designed to help clinicians sustain excellence, well-being, and impact in demanding environments. The session provides actionable skills backed by performance psychology, resilience research, and clinical science — giving practitioners tools they can use immediately in therapy rooms, team meetings, supervision, and personal wellness.



LUNCH & LEARN (\$35)

WEDNESDAY, JANUARY 28, 2026 | 12:30PM-2:00PM



TRANSFORMING DOCUMENTATION: FROM PITFALLS TO BEST PRACTICES

Room-Constellation 1&2 *Must be pre-registered

Myia Papper, LMHC, NCC

Clinical documentation often determines whether patients receive the treatment days they need or face costly denials. This presentation provides practical strategies to strengthen documentation and demonstrate medical necessity. Participants will explore common pitfalls such as vague goals, lack of progress, and missing barriers, and learn to replace them with individualized, measurable, and clinically sound notes. Through real-world examples and narrative techniques, attendees will discover how strong documentation protects revenue, improves compliance, and ensures patients receive the full continuum of care.

