

Up to 33 CEs Awarded by NAADAC



Daryl Shorter
MD



Allison 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



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THE SYMPOSIUM SCHEDULE



SATURDAY, JANUARY 24, 2026		2:00-3:30pm	SESSION I - Early Arriver
8:30-4:30pm	* PRE SYMPOSIUM *		
	Empowering Choice through Harm Reduction <i>Room-Homestead</i> Rachel Fowler, MS, APTD, RCPF 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		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 Culture of Silence: The Hidden Wounds of Male Survivors of Childhood Sexual Abuse <i>Room-Skyline</i> Kevin Taylor, MA, LPC, NCC Integrity in Action: Documentation and Billing Best Practices for Peer Professionals <i>Room-Homestead</i> Alejandro Castro, MA, LPC, LAC, ATP, EMDR-Certified Implementing SAMHSA's 2024 Final Rule: Challenges and Outcomes for Opioid Treatment Programs <i>Room-Santa Fe</i> Dr. Hillary Tamar, MD, FASAM
SUNDAY, JANUARY 25, 2026		3:30-3:45pm	SOCIAL BREAK <i>Exhibit Hall</i>
7:30-8:30am	* SPANISH SERIES * HORARIO DE SESIONES		
	Manejando la espiritualidad cultural (curanderismo), el trauma, y la recuperacion transpersonal <i>Room-Cathedral Rock</i> Alejandro Castro, MA, LPC, LAC, ATP, EMDR-Certified		
	Rompiendo el ciclo: Normalización intergeneracional de la adicción en familias latinas <i>Room-Cathedral Rock</i> Perla Durán, MA, LPC, NCC		
	La Recuperación y el impacto a la fe en los Latinos: manejando el rechazo, vergüenza, y polarización dentro de la fe <i>Room-Cathedral Rock</i> Perla Alvarado, MA, LPC		
	Si Hace Calor, Una Pa’ Refrescar: Narrativas culturales, interpretación AUDIT y evaluación del SUD en comunidades latinas <i>Room-Cathedral Rock</i> Edwin Ruiz, MA, LPC, NCC, EFCT & EMDR Trained		
10:45-12:15pm	Reduciendo la reincidencia y el estigma a traves de estrategias clinicas de conducta cognitiva utilizando patrones de emociones personales <i>Room-Cathedral Rock</i> Karina Olivas, MA, LPC	3:45-5:15pm	SESSION II 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
2:00-3:30pm			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 Wholehearted Journey to Ethics and Compliance <i>Room-Santa Fe</i> Maeve O’Neill, MEd, LPC-S, CHC, EdD Candidate
3:45-5:15pm		5:40-7:00pm	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
SUNDAY, JANUARY 25, 2026		7:00-8:30pm	SESSION III
1:00-4:00pm	HOSPITALITY SUITE <i>Room-Noctua</i> <i>Hosted by Kipu</i>		AI in Mental Health: the Good, the Bad, and the Dangerous <i>Room-Skyline</i> Rachel Wood, PhD, LPC
1:30-5:30pm	EXHIBIT HALL OPEN		
1:30-5:00pm	NAME BADGE PICK UP AND ON-SITE REGISTRATION OPEN		

<div>  <h1>THE SYMPOSIUM SCHEDULE</h1>  </div>	
MONDAY, JANUARY 26, 2026	10:45-12:15pm SESSION VI
<div>7:30-8:30am</div> <div> 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 Excellence in Practice: Cultivating Professionalism in the Peer Recovery Coach Workforce <i>Room-Homestead</i> Rachel Fowler, MS, APTD, RCPF Hatha Yoga – Mindful Movement & Stillness <i>Room-Balanced Rock</i> Casey Fernau, CPFS, APRS, QBHA, RYI </div>	<div> Impact of the Current Political Climate on LGBTQ+ Mental Health <i>Room-Constellation 3&4</i> Andy Sethi, MA, RN, LPC, LAC </div>
<div>8:00-11:00am</div> <div> HOSPITALITY SUITE <i>Room-Noctua</i> Hosted by Zia Recovery Center </div>	<div> Trends and Updates in Stimulant Use <i>Room-Skyline</i> Jason Beaman, D.O., M.S., M.P.H., FAPA 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 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 </div>
<div>8:30-8:45am</div> <div> MORNING COFFEE <i>Exhibit Hall</i> Hosted by Pikes Peak Winter Symposium </div>	<div> Cycles of Change: Transforming Perspectives Through Story, Spirit, and Thought <i>Room-Cathedral Rock</i> Cro Schutz, SMART facilitator, CAT candidate </div>
<div>8:30-5:30pm</div> <div> EXHIBIT HALL OPEN </div>	<div> LUNCH BREAK (on your own -OR- Lunch Presentation) </div>
<div>8:30-5:30pm</div> <div> NAME BADGE PICK UP AND ON-SITE REGISTRATION OPEN </div>	<div> 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 </div>
<div>9:00-10:30am</div> <div> SESSION V Substance Use, Trauma, and Human Trafficking: What Providers Need to Know <i>Room-Constellation 3&4</i> Kara Napolitano, MS, MA </div>	<div> HOSPITALITY SUITE <i>Room-Noctua</i> Hosted by Problem Gambling Coalition of Colorado </div>
<div> 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 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 The “Support Crew” of Addiction Recovery: Sleep, Nutrition, and Movement <i>Room-Santa Fe</i> Nicole Gordon, MS, ADDC 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 </div>	<div> 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 </div>
<div>10:30-10:45am</div> <div> COFFEE BREAK <i>Exhibit Hall</i> Hosted by Southwest Labs </div>	<div> Cannabis Induced Psychotic Disorder <i>Room-Skyline</i> Dr. Honor Ashbaugh, MD 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 </div>



<div>  <h1>THE SYMPOSIUM SCHEDULE</h1>  </div>	
<div> <div> 3:30-3:45pm </div> <div> Establishing Human Connection in a Virtual World <i>Room-Cathedral Rock</i> Megan Hauschulz, MSW, LSW, LAC </div> </div> <div> <div> 3:45-5:15pm </div> <div> SOCIAL BREAK <i>Exhibit Hall</i> SESSION IX 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 </div> </div> <div> <div> 5:15-7:00pm </div> <div> 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 The Grit & The Golden Ticket <i>Room-Homestead</i> Dë Waldron, CPFS Men with Eating Disorders: The Art and Science of Assessment, Engagement and Treatment <i>Room-Santa Fe</i> Jon Jasper, M.Ed., LPC The Body as Compass: An Embodied Approach to Clinical Supervision <i>Room-Cathedral Rock</i> Lateka Salley, LCSW, LAC, SEP </div> </div> <div> <div> 7:00-8:30pm </div> <div> DINNER BREAK (on your own) SESSION X Clinical Approaches to LGBTQ+ Recovery from Religious and Spiritual Trauma <i>Room-Skyline</i> Nick Norman, LICSW Candlelight Yoga and Sound Bath <i>Room-Constellation 1&2</i> Malissa Fantanarosa, ERY-T 200 Open AA/Self-Help Recovery Group <i>Room-Santa Fe</i> </div> </div>	<div> <div> 8:30-5:30pm </div> <div> EXHIBIT HALL OPEN NAME BADGE PICK UP AND ON-SITE REGISTRATION OPEN 9:00-10:30am SESSION XII KEYNOTE Leading Together: Collective Action for Colorado's Resilience and Well-Being <i>Room-Constellation</i> Colorado Attorney General Phil Weiser </div> </div> <div> <div> 10:30-10:45am </div> <div> Regulate, Relate, Restore: Polyvagal Tools for Transformation <i>Room-Skyline</i> Jill Krush, MS, LPC, CAS, TEP COFFEE BREAK <i>Exhibit Hall</i> Hosted by Capture RCM Operations </div> </div> <div> <div> 10:45-12:15pm </div> <div> SESSION XIII Intervening at the Intersection: Integrated Strategies for Suicide Prevention in Addiction Treatment <i>Room-Constellation</i> Dr. Daryl Shorter, MD </div> </div> <div> <div> 12:15-2:00pm </div> <div> Enhancing Family Engagement and Healing through Storytelling in Virtual and Hybrid Programs <i>Room-Skyline</i> Michael Barnes, PhD, LAC, LPC Spirituality - The Missing Link <i>Room-Homestead</i> Shane Hudson, MS, MSHCT Steve Aronson The Science Behind Microdosing Psilocybin and Why it Matters for Mental Health <i>Room-Santa Fe</i> Charity Mills, LPC, LIMHP </div> </div> <div> <div> 2:00-3:30pm </div> <div> LUNCH BREAK -AND- EXHIBIT HALL NETWORKING HOURS SESSION XIV Internal Family Systems (IFS): A Neurospiritual Pathway for Healing Addiction <i>Room-Constellation</i> Kimberley L. Berlin, LCSW </div> </div> <div> <div> 8:30-8:45pm </div> <div> Nutritional Psychiatry: Exploring an Additional Approach to Clinical Care <i>Room-Skyline</i> Amanda Nahas-Wilson, MSN, APN, AGPCNP-BC, PMHNP-BC Counseling Compounded Grief from Losing a Loved One in Active Addiction or Recovery <i>Room-Homestead</i> Matt Louzon, MA, LPC, CMIIT Healing Together: The Power of Community <i>Room-Santa Fe</i> Elizabeth Farris, LCSW, LAC </div> </div>
<div> TUESDAY, JANUARY 27, 2026 </div>	
<div> <div> 7:30-8:30am </div> <div> 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 Meditation with John Bruna <i>Room-Skyline</i> John Bruna, M.Ed, CADC </div> </div> <div> <div> 8:30-8:45pm </div> <div> MORNING COFFEE <i>Exhibit Hall</i> Hosted by Zia Recovery Center </div> </div>	



THE SYMPOSIUM SCHEDULE



3:30-3:45pm

SOCIAL BREAK *Exhibit Hall*

3:45-5:15pm

SESSION XV

**Passive Participation to Ownership:
Embedding Mindfulness and
Intentional Living in Recovery**

Room-Constellation

John Bruna, M.Ed., CADC

**Metabolic Psychiatry and GLP-1s: A
New Frontier in Addiction Treatment**

Room-Skyline

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

**From Treatment to Transformation: A
Conscious Approach to Clinical Care**

Room-Homestead

TJ Woodward

**Using AI Thoughtfully: Practical
Documentation & Workflow Strategies
That Reduce Clinician Burnout and
Improve Patient Outcomes**

Room-Santa Fe

Dr. Edisa Shirley, PhD, LMHC

5:15-7:00pm

DINNER BREAK (on your own)

7:00-8:30pm

SESSION XVI

**Sexualized Drug Use: What It Is and
How to Compassionately Treat It**

Room-Skyline

Stephen A. Sbanotto, MS, LPC, CSAT-S,
CMAT, RAE, RACS

**Yin Yoga – Deep Tissue & Joint
Strength**

Room-Balanced Rock

Casey Fernau, CPFS, APRS, QBHA, RYI

WEDNESDAY, JANUARY 28, 2026

7:30-8:30am

SESSION XVII - Early Riser

**Opioid Crisis for First Responder and
Medical Practitioners**

Room-Skyline

Dr. Daniel J. Crampton, PsyD
Dr. Ann Rush Crampton, PhD

**In Her Shoes: The Cinderella Story of
Women and Children in Substance Use
Treatment**

Room-Homestead

Amber Ellis, MA, LAC
Anne Hellstrom, M.S.Ed., LPC

8:30-8:45am

MORNING COFFEE *Exhibit Hall*

Hosted by Pikes Peak Winter Symposium

8:30-12:00pm

EXHIBIT HALL OPEN

8:30-1:30pm

**NAME BADGE PICK UP AND ON-SITE
REGISTRATION OPEN**

9:00-10:30am

SESSION XVIII

**Beyond the Behavior: Attachment,
Trauma, and Treatment Engagement
with High-Risk Youth**

Room-Constellation 3&4

Riley Cochran, MA, LPC, LAC, CGP, CCTP-II, IFS Level I

**Here to Help: The Value of Public
Health's Seat at the Table**

Room-Skyline

Michelle Boscia, M.S., CPS, CPH
Emma Bernick

**Opioids & Modernized Access to
Medications for Opioid Use Disorder
in Colorado**

Room-Homestead

Ryan Mueller, M.Ed, LPC, LAC

**Affirming Safety: Healing Trauma in
LGBTQIA+ Mental Health Care**

Room-Santa Fe

Dmitra Danilenko-Dixon, MA, LPC, MCC

10:30-10:45am

SOCIAL BREAK *Exhibit Hall*

10:45-12:15pm

SESSION XIX

**Naming Generational Strengths and
Providing Help with Systemic Trauma**

Room-Constellation 3&4

Jasmyne Kettwick, LMFT, CSST, RPT-S

Unmasking Neurodiversity

Room-Skyline

Julianne Cusick, MA, LMFT

**Evolving Care for Treatment Resistant
Depression**

Room-Homestead

Dr. Sebastian Schnellbacher, D.O., MPH,
FAPA, FAAFP

**Give Me New Eyes: Ethical and Meta-
Ethical Reflection**

Room-Santa Fe

Bill Anderson, CAS

12:15-1:30pm

LUNCH (on your own -OR- Lunch & Learn)

12:30-2:00pm

SESSION XX

**LUNCH & LEARN: Transforming
Documentation: From Pitfalls to Best
Practices (\$35)**

Room-Constellation 1&2

Myia Papper, LMHC, NCC



Check the website
or app for our
most updated
schedule.





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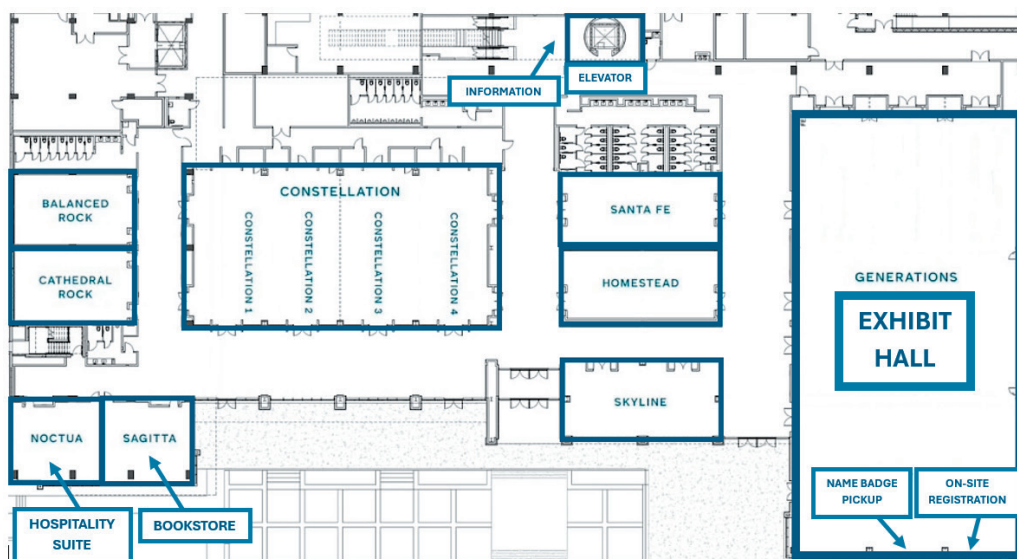


- Search for “Cvent” in the app store or download the Cvent Events app with the QR code on the left.
- Type “51st Annual Winter Symposium” in the app’s search bar and click to download the event.
- Once in the event, you can browse the app and Log In to update your personal schedule.

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!

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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 CE 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 CE**



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.



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