



Fairbanks
Experts in addictions. Focused on recovery.®



The Seventh Annual Susan Li Conference

Defining the Times: Substance Use Disorders in Teens and Young Adults

► July 17 and 18, 2014

Fairbanks Recovery Center
8102A Clearvista Parkway
Indianapolis, IN 46256

Join Fairbanks and other experts in the field of addiction treatment and recovery for this annual two-day conference for professionals and students. The Susan Li Conference is designed to provide insight and education about the most relevant and evidence-based topics to support and educate those providing treatment and recovery services.

The conference honors Susan N. Li, a licensed clinical social worker and mental health therapist with over 35 years of clinical and administrative experience in mental health and substance abuse disorders. Susan was recognized for her many contributions to these fields at the 2008 Susan Li Conference luncheon. The Susan Li Conference is made possible via a donation to Fairbanks in honor of Susan's continuing contributions to the field of addiction.

To register, visit www.fairbanksd.org/susan-li-conference.

CONFERENCE SCHEDULE

Thursday, July 17 and Friday, July 18, 2014

THURSDAY, JULY 17, 2014

8-8:30 a.m.

Registration

8:30-9 a.m. Main Floor, Rooms 128/158

Welcome and Updates on the Affordable Care Act (ACA)

Mark Monson, Fairbanks President and CEO

9 a.m.-Noon Main Floor, Rooms 128/158 | CE credits: 3.0

KEYNOTE*

Ready, Set, Go: Helping Teens Transition into Adulthood

Janice Gabe, LCSW, CAC, New Perspectives of Indiana, Inc.

Young adults have often been a lost population in therapy and in our culture. They do not fit into treatment models for adolescent or adult therapeutic programs and little attention has been given to their specific developmental needs. Parents are typically confused about how to transition in to parenting this age group. This presentation will provide the participants with valuable information on effective treatment to launch young adults successfully into the future.

Participants in this session will:

- Understand the emotional, cognitive and social development of older teens and young adults
- Learn strategies to assist families to successfully transition their children into young adulthood
- Learn to guide clients through a launch sequence that involves ten emotional and behavioral tasks young adults must complete
- Gain effective strategies to address substance abuse patterns of young adults

Noon-1 p.m. Lobby

Lunch provided

1-4:30 p.m. Main Floor, Rooms 128/158 | CE credits: 3.0

Afternoon Intensive*

CBT and DBT with Teens and Young Adults

Janice Gabe, LCSW, CAC, New Perspectives of Indiana, Inc.

The use of Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) with clients is an effective therapeutic approach. Attendees will learn how to apply these techniques to a wide range of clinical issues including substance abuse, relapse prevention, anxiety, depression and borderline personality characteristics.

Participants in this session will:

- Develop an understanding of the developmental challenges of utilizing CBT and DBT with teens and young adults
- Learn specific adaptations of DBT "on" CBT related to this population
- Be provided a step-by-step intervention approach designed to assist teens and young adults in developing healthy responses to situations, thoughts, feelings, interpretations and actions

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*Sessions with an asterisk are under consideration for IPA approval.
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OR

1-2:30 p.m. Upstairs, Room 219 | CE credits: 1.5

General Session*

The Recovery High School & Collegiate Recovery Programs—

A Unique Resource for Student Recovery & Life Success

Rachelle Gardner, MA, Hope Academy COO and Association of Recovery Schools Board Chair

Gale Stone, MA, Ed, Hope Academy Principal

Mary Jo Rattermann, PhD, Research and Evaluation, LLC

Sigurd Zielke, D.Min., Hope Academy Clinical Specialist

Successful completion of high school is the necessary launching point for a successful transition into the college years.

Research shows how sobriety in high school and college years is associated with successful transition into young adulthood.

A team of experts will explore how relapse impairs learning and then the impact of alcohol and marijuana use on learning and launching into adulthood.

Participants will gain insight into how a traditional school model may tend to have a blind eye or zero tolerance response to substance abusing students.

Recovery schools and collegiate recovery program approaches and outcomes will be reviewed.

Participants in this session will:

- Gain a new resource for substance-impacted high school and college age students
- Understand the role, assets and positive impact of recovery schools for substance-impacted youth
- Review studies showing the relationship between youth/young adult substance use and impaired learning, school failure, drop out and developmental deficits which impair successful launching into young adulthood
- Learn how to use a recovery school and/or collegiate program to provide adequate addiction, behavioral and developmental services

2:30-2:45 p.m. - Break

2:45-4:15 p.m.

Breakout Sessions (choose one) | CE credits: 1.5 each

Session A: Upstairs, Room 219

Young Adult Panel on Failure to Launch

Brad Trolson, MS, Fairbanks Adolescent Recovery Coach

A panel of young experts will discuss their individual histories and where they failed to launch successfully into young adulthood.

What interrupted their journey into adulthood? How did they get back on track and what challenges were faced? Learn from a panel of young experts as they tell their stories of recovery.

Participants in this session will:

- Obtain firsthand knowledge of experiences of young people in recovery
- Understand the interruptions in development which may contribute to substance use
- Gain insight into how to assist other young people in recovery

Session B: Main Floor, Rooms 128/158

***Adolescent Tele-Health Treatment of Substance Abuse:**

Removing Barriers to Care

Dan Brown, LCAC, LMFT, LCSW, Aspire Indiana,

Lead Clinician for Addiction Services

Based on the model at Aspire Indiana, the opportunities, benefits and challenges of tele-health services—primarily for adolescent substance abuse treatment—will be explored. Tele-health for individual, group and family therapy will be discussed. Topics to be addressed include: evidence-based practices used, issues of confidentiality, the technology employed, client acceptance, reimbursement and outcomes. Learn about the therapist's experience and how this is different than face-to-face therapy.

Participants in this session will:

- Gain knowledge regarding the advantages and benefits of tele-health in treating addictions
- Understand the disadvantages and challenges of tele-health
- Learn about the specific model of tele-health at Aspire Indiana

Optional evening activities will be available after the conference on Thursday. Details will be provided in announcements.

Tour and light refreshments are available at Hope Academy, the recovery high school at Fairbanks.

The Anonymous People will be shown in the Fairbanks Recovery Center.

FRIDAY, JULY 18, 2014

7:30-8:30 a.m. Upstairs, Room 219

12 Step Recovery Yoga (optional but encouraged)

8:30-10 a.m. Main Floor, Rooms 128/158 | CE credits: 1.5

KEYNOTE*

Indiana's Response to the Prescription Drug Abuse Epidemic

Greg Zoeller, JD, State of Indiana Attorney General

Gregory Pachmayr, JD, Indiana Board of Pharmacy Director

Steve McCaffery, JD, Mental Health America President and CEO

Tim McClure, JD, Medicaid Fraud Control Unit Deputy Attorney General and Deputy Director

Palmer MacKie, MD, Indiana University School of Medicine, Assistant Professor of Clinical Medicine

This session is an overview of the Prescription Drug Abuse Task Force and description of the five committees. The strategies implemented to educate physicians about best practices in prescribing opioids and pain management. New prescribing rules for physicians and the implications for day-to-day practice will be discussed. Information on how INSPECT can be a valuable clinical tool in assisting physicians with opioid prescribing will be offered. Other Task Force initiatives related to treatment and drug take back programs will be provided. Information regarding how law enforcement is collaborating with regulatory agencies in diversion investigations will be discussed.

Participants in this session will:

- Recognize how prescribers can use the toolkit as a guide for compliance with the rules governing the prescribing of opioids
- Understand the relationships between the medical community, law enforcement and government entities in regard to the prescription drug abuse epidemic
- Learn the initiatives that the task force has taken to legislatively combat the prescription drug epidemic and to create more treatment resources

10-10:15 a.m. - Break

10:15-11:45 a.m. Main Floor, Rooms 128/158 | CE credits: 1.5

General Session*

Recovery Parenting in a Generation Me World

Christine Turo-Shields, LCSW, LCAC, Kenosis Counseling

Findings from the largest intergenerational research ever conducted indicate that today's youth are more self-assured, self-confident, narcissistic and entitled. A study of 1.3 million respondents spanning six decades found the "Generation Me" youth of today are tolerant, confident, open-minded and ambitious but also cynical, depressed, lonely and anxious. This workshop explores the impact that this "Generation Me" mentality has on recovery principles of accountability, honesty, need for structure, delaying gratification, etc. Additionally, parenting styles and mindsets must change in order to understand and support ongoing recovery in their "GenMe" teens and young adults.

Participants in this session will:

- Learn about the positive and negative characteristics of "Generation Me"
- Explore the impact of relationships with the "Generation Me" mentality (i.e. family, church, school, 12-step recovery, etc)
- Understand the clinical implications that may increase relapse, including depression, anxiety and stress as well as internal vs. external focus of recovery
- Receive recommendations for how to best communicate with and support recovery for "GenMe" individuals

11:45 a.m.-12:30 p.m. Lobby

Lunch provided

12:30-2 p.m.

Breakout Sessions (choose one of three) | CE credits: 1.5 each

Session A: Main Floor, Room 128

The Risks and Relationships Between Sexting, Sexual Behaviors and Alcohol Use Among Teens and Young Adults*

Melissa Cyders, PhD and **Ally L. Dir, MS**, Indiana University - Purdue University, Indianapolis

Social media and mobile technology are becoming an integral part of everyday life, especially among adolescents and young adults. This presentation addresses relationships between alcohol use, sexual risk-taking and sexting as well as the potential risks and negative outcomes associated with these behaviors.

Participants in this session will:

- Understand relationships between sexting and other mobile communication, substance use and sexual risk-taking among adolescents and young adults
- Gain an understanding of how adolescents and young adults interpret sexts and other mobile messages, and examine differences in interpretations in the context of alcohol use
- Learn about attempts to intervene on such risk behaviors in adolescents using mobile technology

Session B: Main Floor, Room 158

Connected Parents, Thriving Kids, Imago Therapy*

Kim DiNuzio, LCSW, LCAC, Counseling Associates

This presentation will provide an overview of Imago Parenting (Harville Hendrix). Imago is different from many other parenting programs because it is a "how to be" versus a "how to" program. Imago parenting offers an opportunity for parents to develop a deeper understanding of themselves and their children, deepen the connection between them and their children, empower their children and experience their own growth.

Participants in this session will:

- Learn how to move parents from reactive parenting to conscious parenting
- Learn the Imago Dialogue Process-M.O.V.E. (Mirror / Over & over / Validate / Empathize)
- Gain an understanding on how to teach parents to H.O.L.D. (Hear what's being said / Offer understanding / Limit with love / Determine options) the connection with their children

Session C: Upstairs, Room 219

Hope and Healing-Suicide Prevention and Support for Survivors of Suicide*

Christine Turo-Shields, LCSW, LCAC, Kenosis Counseling
Judy Proctor, Survivor of Suicide and Board Member, American Foundation for Suicide Prevention Indiana Chapter

This session will focus on suicide prevention and address the impact of those who have lost their battle to mental illness through death by suicide. For those who have lost a loved one to suicide, the trauma in their lives is devastating. Explore the mental health issues, emotional trauma and the spiritual perspective of healing for survivors with particular focus on Post-Traumatic Growth. A glimpse into Eye Movement and Desensitization Reprocessing (EMDR) as a trauma therapy for survivors will be provided.

Participants in this session will:

- Gain knowledge of how to create a "world without suicide"
- Focus on clinical interventions to assist clients who struggle with suicidality
- Identify resources to support survivors of suicide
- Learn how to increase Post-Traumatic Growth by boosting areas of resilience

2-2:15 p.m. - Break

2:15-3:45 p.m.

Breakout Sessions (choose one of three) | CE credits: 1.5 each

Session A: Main Floor, Room 158

Art Therapy and Adolescent Addiction

Eileen Misluk, MPS, ATR-BC, LPC, LMHC, Herron School of Art and Design, IUPUI, Visiting Clinical Assistant Professor

This presentation will focus on defining art therapy and explaining the role of art therapy in the treatment of addictions. It will focus on the development of personal and adaption of universal symbols in the role of adolescent development and Erikson's crisis stage of "Identity vs. Role Confusion". These concepts will be directly applied to use in art therapy with the adolescent addiction population as a treatment model.

Participants in this session will:

- Be able to define art therapy
- Be able to explain the role in symbol formation and identity in adolescents
- Understand the benefit of art therapy in addiction treatment

Please note APA rules and Fairbanks require continuing education credit can be given only to those who attend the full session and complete evaluations for each session. Those arriving to a session more than 15 minutes after the start time or leaving early will not receive CE credits. Partial credit will not be given. Thank you for your understanding and cooperation. Sessions with an asterisk* are under consideration for IPA approval.

Session B: Main Floor, Room 128

Lesbian, Gay, Bi-Sexual and Transgender Issues in Addiction Panel

Jay Harpring, MA, LCAC, Fairbanks Adult Counselor
Cos Raimondi, LCSW, LCAC, Indiana Counseling Associates, LLC

A panel of young experts will discuss their individual histories in coming out in treatment as members of the LGBT community. How did they disclose this in a group setting and what challenges were faced? Hear from professionals who work with LGBT clientele and the interventions they utilize in promoting a safe and open arena for change.

Participants in this session will:

- Gain insight into the challenges facing the young LGBT individual related to "coming out"
- Obtain information on treating LGBT with addictions
- Understand the dynamics of unhealthy behaviors which can lead to addictive behavior

Session C: Upstairs, Room 219

Family Engagement in the Recovery Process

Michael Ferguson, Ferguson Behavioral Health Consulting, Executive Director and Founder

This session will discuss strategies to help move families into the recovery process while their loved one is in residential treatment. In addition, information regarding ways to intervene on family member's codependency and help the family engage in a parallel process of learning, growth and their own recovery will be presented.

Participants in this session will:

- Learn how to approach family members about seeking their own help and working through the idea that "this is their problem"
- Gain information on the language and strategy to talk a family through the long-term recovery process
- Discuss different options available to family members to engage in their own therapeutic process while their loved one is in treatment, such as workshops, family programs, 12-step support and individual/group therapy

A block of hotel rooms has not been held for the conference. Hotel options can be found at www.fairbankscd.org.

For special needs or accommodations, participants may contact Susan Day at 317.572.9401 or sday@fairbankscd.org.



KEYNOTE SPEAKER
Janice Gabe, LCSW, CAC

Janice Gabe has over 30 years of experience working with teens and families. She specializes in the treatment of clinically complex teens with a variety of co-occurring disorders. Ms. Gabe has authored a number of books and videos for parents and teens. She resides in Indianapolis and is recognized as one of the country's leading experts on the needs and issues facing young people and their families.