



Fairbanks
Experts in addictions. Focused on recovery.®



The Eighth Annual Susan Li Conference

Mental Health and Addiction: Where Do They Meet?

► **July 16 and 17, 2015**

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.fairbankscd.org/susan-li-conference.

CONFERENCE SCHEDULE

Thursday, July 16 and Friday, July 17, 2015

THURSDAY, JULY 16, 2015

8-8:30 a.m.

Registration and Refreshments

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

Welcome and Overview of the Day

Barb Elliott, Fairbanks Interim President and CEO

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

KEYNOTE

Are You Prepared? The Future of Addiction Treatment in America

Mark Sanders, LCSW, CADC

Individuals and organizations that are unprepared for the future will become extinct. This workshop will outline contextual changes in key areas that will influence the future of addictions treatment, including: integration of mental health and addiction; new evidence-based practices; the new healthcare initiative; new partnerships; new funding streams; the growth of recovery mutual aid groups; the need for recovery industries; recovery schools; new recovery research; the use of technology in recovery; and substance use trends and the economy. Emphasis will be placed on strategies for preparing for the future.

Participants in this session will:

- Gain insight into changes which will influence the future of addiction treatment
- Learn strategies to prepare for new ways to address addiction treatment delivery
- Gain strategies on the value of recovery engagement for success

Noon-1 p.m. Main Floor, Rooms 128/158 | CE credits: .75

Lunch Provided

Addiction and Mental Health Special Interest Panel

As you enjoy lunch, join our panel of experts and learn from David Berman, Director of the Depression and Bipolar Support Alliance of Indiana and Director of Development of Mental Health America of Indiana; Tobyn Linton, Assistant Director of Adult Services at Fairbanks Hospital and James Ramer, Chairman of the FSSA/DMHA Consumer Council for Indiana.

Participants in this session will:

- Gain a better understanding of the relationship addiction and mental health facilities have with each other
- Learn the next steps Indiana is taking through advocacy to improve mental health and addiction treatment and care

1-2:30 p.m. Main Floor, Rooms 128/158 | CE credits: 1.5

Relationship Detox: Helping Chemically Dependent Clients Develop Healthy Relationships in Recovery

Mark Sanders, LCSW, CADC

Relationship issues are the leading cause of relapse among chemically dependent clients. In this interactive, skill-building presentation, participants will receive tools that will enable them to help their clients develop healthy relationships in recovery. Learn about the characteristics of healthy relationships and characteristics of addictive relationships, the impact of abandonment on the development of emotional intelligence and approaches to modeling healthy relationships for clients through the engagement and termination phases of counseling.

Participants in this session will:

- Gain Awareness of 10 characteristics of healthy relationships
- Understand 10 characteristics of addictive relationships
- Learn 10 strategies to help clients develop healthy relationships in recovery

OR

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

Experiential Holistic Approaches to Wellness

Have you ever wondered how to enhance wellness and help your clients reduce their anxiety? If so, you will have the opportunity to experience first-hand the benefits of a number of holistic treatment modalities such as Acu Detox, massage, yoga and Reiki. You will receive information for your own self care as well as clients as you experience these holistic options. During each 90-minute session (1-2:30 p.m. or 2:45-4:15 p.m.), you will be asked to select three 20-minute sessions. Sign-ups for each holistic treatment are on a first come, first serve basis. In addition, there will be learning stations for you to visit between your treatment experiences.

A designated waiting area will be available between sessions. Volunteers will assist with consents and room locations.

Participants in this session will:

- Learn how easy it is to incorporate Reiki, yoga practice and other holistic options for self and others
- Develop an understanding about the spiritual component of Reiki, health benefits of yoga and the benefits of wellness opportunities
- Gain insight into the benefits of these practices by experiencing brief holistic treatments

Experiential Stations

(sign up in advance)

Reiki

Yoga

Acu Detox

Massage

Learning Stations

(visit at your leisure)

Crystals

Essential Oils

Mindfulness-Meditation

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

2:45-4:15 p.m. Main Floor, Rooms 128/158 | CE credits: 1.5

Logo Therapy in the Treatment of Addictions and Co-Occurring Disorders

Mark Sanders, LCSW, CADC

Logo therapy was developed by the renowned psychiatrist Victor Frankl, who was a concentration camp survivor. Its purpose is to increase clients' hope and to help them find a sense of purpose in their suffering. This interactive, skill-building workshop utilizes principles from logo therapy to help chemically dependent clients recover. Topics covered include: the 10 things that give life meaning and purpose; the use of logo therapy principles to increase hope in chemically dependent clients; purpose as a protective factor against relapse; and the use of principles from logo therapy to help chemically dependent clients identify their life purpose in recovery.

Participants in this session will:

- Gain knowledge of the principles of logo therapy
- Become aware of how to use principles of logo therapy to instill hope in chemically dependent clients
- Understand how to use logo therapy to help clients recover

OR

2:45-4:15 p.m. Upstairs, 219 | CE credits: 1.5
Experiential Holistic Approaches to Wellness (This is a repeat of an earlier session)

See the 1-2:30 p.m. listing for a full description of this session.

FRIDAY, JULY 17, 2015

8-8:30 a.m.

Breakfast and Networking

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

KEYNOTE

Neuroscience, Addiction and Recovery

Jesse Viner, MD

This keynote presentation reviews recent neuroscience research which informs an understanding and approach to addiction. This research both contributes to changes of some prior perspectives and confirms the wisdom of 12-step recovery within a comprehensive developmental neurobiological model.

Participants in this session will:

- Gain knowledge about recent neuroscience research regarding vulnerabilities for addiction
- Learn about a developmental neurobiological approach for treatment of addiction
- Understand the neurobiological wisdom of 12-step recovery

10-10:15 a.m. - Break

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

General Session

Dirty Words and Damaging Messages: Keys to Addiction and Recovery

Scott Watson, MA, LCAC

Families and clinicians alike are familiar with terms like enabling, co-dependency, family secrets, and boundaries, as well as "hitting rock bottom." In this session, you will learn what these and what other terms mean and how these words impact families, clinicians and the culture of addiction AND recovery.

Participants in this session will:

- Develop a working knowledge of common terms in addiction and recovery
- Articulate some ways families keep themselves from recovery through key messages and behaviors
- Recognize new ways to identify and modify ways that contribute toward addiction in the family

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

Cultural Diversity and Competency: It's About Who YOU Are
Misty Resendez, PhD

Communication with patients can be improved and patient care enhanced if providers can bridge the divide between the culture

of treatment and the beliefs and practices that make up patients' value systems. These may be based on ethnic heritage, nationality of family origin, age, religion, sexual orientation, disability, or socioeconomic status. Every treatment encounter provides the opportunity to have a positive effect on the patient relationship. Providers can maximize this potential by learning more about cultural sensitivity and awareness in the delivery of treatment.

Participants in this session will:

- Gain knowledge about their own biases and prejudices
- Learn about the biases and prejudices which exist in the addictions/mental health profession
- Enhance their cultural communication skills

Session B: Main Floor, Room 158

Advancing Recovery Support in Indiana: PEERs Recovery
Kim Manlove

While benefiting from a strong presence of 12-step recovery organizations, Indiana has lacked a comprehensive and coordinated statewide Peer Recovery Support Services (PRSS) infrastructure to enable individuals and organizations to more effectively achieve their recovery goals. PRSS are social vehicles for recovery and are designed and provided by peers who have gained both practical experience in the process of recovery and the wisdom of how to sustain it. Join Kim Manlove to learn how IAIC has partnered with other public and private behavioral health agencies, faith-based organizations, and community and privately-funded support organizations to deploy PRSS throughout the state of Indiana.

Participants in this session will:

- Learn about integration of cultural and linguistic competency in recovery training activities
- Gain knowledge about encouragement and support for consumer engagement in self-advocacy and peer leadership training as a feeder for peer recovery coach for training and consumer participation in local and state policy activities
- Learn how to promote the use of PRSS in integrated primary care and behavioral health settings

Session C: Upstairs, Room 219

The Painful Truth: Mindful Treatment of Chronic Pain and the Warning Signs of Emerging Addiction
Bill Anderson

This presentation will focus on the vast number of overlaps between the treatment of chronic pain and assessment for addiction as well as additional strategies for identifying high risk clients and developing appropriate treatment plans for those which experience chronic pain yet are also at high risk for developing co-occurring chemical dependency.

Participants in this session will:

- Gain a better understanding of chronic pain conditions which if not appropriately assessed for, monitored or treated may result in a treatment plan in which those individuals predisposed for addictive behavior are more likely to become dependent on substances
- Learn what warning signs or early assessment tools can be used in order to better understand what patient population and profile is most high risk for developing this type of co-occurring disorder
- Develop a broader knowledge of the types of resources available to individuals treating patients with emerging or long standing physical pain issues

2-2:15 p.m. - Break

2:30-4 p.m.

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

Session A: Main Floor, Room 128

**Generations and Perspective
Robby Slaughter**

Today's professionals must learn to communicate with people of all ages. Productive organizations embrace diverse experiences in their workplace, their clients and community partners. Learn to understand and collaborate successfully with Boomers, Gen-Xers, Millennials and more so you can be more effective in your workplace and in understanding those you serve.

Participants in this session will:

- Learn how age, collective experiences and cultural identities inform our viewpoint on work and society
- Be able to identify common areas of fiction between generations
- Develop tools for managing and communicating outside of your own generation

Session B: Main Floor, Room 158

**Beyond Facebook and Twitter; Using Social Media to Promote Behavioral Health
Molly Burns**

The use of social media, such as Facebook and Twitter, among behavioral health providers continues to grow. Numerous agency and private practice providers have successfully communicated their message through the use of this tool. There are many positive outcomes from utilizing social media, however there

are also negative examples of social media use. Positive and negative examples of social media campaigns will be reviewed and strategies for designing a social media campaign and avoiding ethical dilemmas will be discussed. Learn the basics about HIPPA regulations to maintain confidentiality for clients when using social media. *This session will provide one ethics CE of the 1.5 provided.*

Participants in this session will:

- Gain knowledge of popular social media platforms and learn who is using which platform to seek information
- Learn strategies for promoting HIPPA compliant health and wellness through social media
- Learn the importance of social media policies and how to write a policy to safeguard client/patient privacy

Session C: Upstairs, Room 219

**ED 101: Understanding and Addressing Eating Disorders
Margaret Nagib, PsyDm**

During this presentation, Dr. Nagib will discuss the different types of eating disorders, and how to recognize the signs and symptoms. She will review stages of progression, treatment options and strategies, as well as various levels of care.

Participants in this session will:

- Learn how to identify and recognize the signs and symptoms of eating disorders
- Learn major treatment needs and recommend appropriate next steps to help the individual
- Learn when and who to refer for treatment

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 sdlay@fairbankscd.org.

**KEYNOTE SPEAKER
MARK SANDERS, LCSW, CADC**



Mark Sanders is a member of the faculty for the addictions studies program at Governors State University. He is an international speaker in the addictions field, whose presentations have reached thousands throughout the Caribbean Islands, Europe, Canada and the United

States including Youth Outreach, Wisconsin Department of Corrections, Nashville Public School System, Northwestern Hospital Stone Institute of Psychiatry, Hazelden Foundation and several branches of the United States Armed Forces.

Mark is an author of four books and numerous articles and manuals. Two of his stories were published in the New York Times best-selling book series, "Chicken Soup for the Soul." Programs presented in his workshops are being implemented throughout the world.

**KEYNOTE SPEAKER
JESSE VINER, MD**



Following his education at Yale, The Chicago Medical School, Northwestern University Medical School Psychiatry Residency and The Chicago Institute for Psychoanalysis, Dr. Viner has over three decades of experience applying the knowledge of psychiatry and psychoanalysis to the

challenge of creating meaningful and pragmatically effective treatment programs.

He is on the faculty of the Chicago Institute for Psychoanalysis, where he also served seven years on the Board of Trustees, an Assistant Professor of Psychiatry at Northwestern Feinberg School of Medicine. Dr. Viner is a Distinguished Life Fellow of the American Psychiatric Association.

Dr. Viner created Yellowbrick in recognition of the specialized needs of emerging adults and their families, and the necessity for a treatment system that addressed the unique challenges of the transition into adulthood.