



Cultivating a Community of Recovery

THE 10TH ANNUAL SUSAN LI CONFERENCE

July 13 and 14, 2017

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 by 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 13, 2017

8-8:30 a.m.

Registration and Breakfast

8:30-9 a.m.

Main Floor, Rooms 128/158

Welcome and Overview of the Day

Barb Elliott, Fairbanks President and CEO

9-10:30 a.m.

KEYNOTE

Main Floor, Rooms 128/158 | CE credits: 1.5

Toward Better Lives and Stronger Communities

Jim McClelland, Executive Director for Drug Prevention, Treatment, and Enforcement, State of Indiana

This session will include highlights of the state's plan to respond to the opioid epidemic.

10:30-10:45 a.m. - Break

10:45 a.m.-12:15 p.m.

GENERAL SESSION

Main Floor, Rooms 128/158 | CE credits: 1.5

NAS Program

Anthony Sanders, M.D., Rainey Martin, Amy Wire and Donetta Gee-Weiler

Community Health Network has developed a program that continues to show improvements in how maternal substance abuse and NAS is managed and over time decreased. The purpose of this presentation is to highlight key areas of the program to help other healthcare professionals duplicate and assist in care for this population in need.

Participants in this session will:

- Learn the current impact of maternal substance abuse and NAS
- Review the results of the State Pilot Program
- Preview future programming and paths to success

12:15-1 p.m.

Lobby

Lunch Provided

1-2:30 p.m.

GENERAL SESSION

Main Floor, Rooms 128/158 | CE credits: 1.5

Substance Use in The Military: Then and Now

Major Scott Edwards, Ph.D.

This presentation will provide a historical look at substance use in the military environment along with an examination of present day military substance use trends, treatments and initiatives.

Participants in this session will:

- Understand the history of substance use and treatment approaches in the military
- Learn unique aspects of substance abuse in the military culture
- Gain exposure to current trends, treatments and resources related to substance use in the military

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

2:45-4:15 p.m.

BREAKOUT SESSIONS (choose one of two)

CE credits: 1.5 each

Session A

Main Floor, Rooms 128/158

Trauma, Addictions and the Body

Crystal Whitlow, LCSW

This session will include a brief description of ACE study, how trauma contributes to addiction and effects of trauma on the body/illness. Body-mind therapeutic tools to help clients in the moment will also be presented.

Participants in this session will:

- Be able to identify a connection of trauma and illness/addiction through ACE study
- Learn two coping strategies to help clients calm their body during distress/triggers
- Recognize how EMDR therapy techniques can be applied to clients with addictions

Session B

Upstairs, Room 219

Prevention

Holly Homan, LCSW, LCAC

This presentation will review the importance of prevention, different types of prevention and identify ways for communities to provide prevention services to reduce substance use and impact social stigma regarding substance use issues.

Participants in this session will:

- Identify cost benefits to prevention
- Review evidenced based practices
- Raise awareness of how to implement prevention programs into local communities

FRIDAY, JULY 14, 2017

8-8:30 a.m.

Breakfast and Networking

8:30-9 a.m.

Welcome and Opening Remarks

Jennifer Walthall, M.D., MPH, Secretary, Indiana Family and Social Services Administration

9-10:30 a.m.

KEYNOTE

Main Floor, Rooms 128/158 | CE credits: 1.5

Neurobiology of Addiction

Timothy J. Kelly M.D.

Learn how to apply the neurobiological concepts to treat patients who suffer with substance use disorders. Participants will be able to identify intoxication and

withdrawal syndromes of alcohol, opiates and other drugs as well as learn psychosocial and pharmacological interventions for treatment.

Participants in this session will:

- Gain understanding of the neurophysiological aspects of addiction
- Identify the three stages of addictive disease
- Learn how to improve outcomes in the treatment of this brain based disease

10:30-10:45 a.m. – Break

10:45 a.m.-12:15 p.m.

BREAKOUT SESSIONS (choose one of two)
CE credits: 1.5 each

Session A

Main Floor, Rooms 128/158

Hope for the Heartbreak of Addiction

Bruce Perkins

Intervention is a very useful and effective approach for families to take when an addicted loved one does not want to get help. Many times, family members can feel helpless, but there are actually many things they can do that help the situation. In this session, Bruce Perkins will discuss the basic pieces of an intervention, when and why to choose this approach and how to make the situation as successful as possible.

Participants in this session will:

- Learn when an intervention is the appropriate step to take
- Identify what steps need to be taken to get an addict/alcoholic to seek help
- Learn how to build a caring and loving intervention team and how to facilitate a successful and healthy rehearsal
- Identify the principles of a loving and caring intervention
- Learn what happens in an intervention
- Learn how to pick the most appropriate treatment program
- Identify the responsibilities during follow-up care

Session B

Upstairs, Room 219

New Ethical Dilemmas in the Digital Age

Michael D. Allen, LCAC, CADAC IV

The course will explore the ways digital technology is changing how social services are provided. In addition, emerging challenges to protect confidentiality will be identified. This presentation would be great for social workers, addiction treatment and/or prevention professionals and others that are serving individuals with co-occurring psychiatric and substance use disorders.

Participants in this session will:

- Learn the history of technology use in counseling
- Identify digital types of technology
- Understand the impact of social media on clients and ourselves
- Discuss the use of video conferencing for counseling groups and individuals

12:15-1 p.m.

Lobby

Lunch Provided

1-2:30 p.m.

GENERAL SESSION

Main Floor, Rooms 128/158 | CE credits: 1.5

15 Strategies for Engaging the Most Difficult to Reach Adolescent with Substance Use Disorders

Mark Sanders, LCSW, CADC

Participants will leave this workshop with tools that will enable them to increase programmatic retention, decrease premature termination and facilitate change more effectively with difficult to reach adolescents with substance use disorders. A partial list of topics includes: The Use of Naturally Therapeutic Qualities to Engage Difficult to Reach Adolescents in Treatment; 6 Strategic Strategies for Engaging Clients in the First Five Minutes of Contact; How to Turn a Mandated Client Into a Voluntary Client; 15 Strategies for Engaging Adolescents with Substance Use Disorders in Counseling; Strategies to Ensure that Countertransference Does Not Impact Client Engagement and much more.

Participants in this session will:

- Be aware of 6 strategies to engage adolescents with substance abuse disorders within the first five minutes of contact
- Be aware of how to turn a mandated client into a voluntary client
- Be aware of 15 strategies to engage difficult to reach adolescents with substance use disorders

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

2:45-4:15 p.m.

BREAKOUT SESSIONS (choose one of two)

CE credits: 1.5 each

Session A

Main Floor, Rooms 128/158

2017 Medication for Addiction Treatment, What We Have, Why We Use it and Can it Make a Difference?

James Meacham, M.D.

The prevalence of substance use disorders is significant. Like any chronic illness there are effective treatment strategies for substance use disorders, medication can be a valuable part of that treatment. Our use of medication in the treatment of substance use disorders is an area of growing interest among clinicians, patients and families. In our discussion we will attempt to introduce the attendee to the various medications used in treating substance use disorders, discuss the practical application of medication and review some of the evidence for use of medication in treating substance use disorders.

Participants in this session will:

- Learn about the various medications used in treating substance use disorders
- Gain a better understanding of some of the practical nuances to using medication in the treatment of substance use disorders
- Better understand the differences between treatments currently used in opioid use disorder
- Have an understanding about the various medications available for treatment of alcohol use disorder

[Program continues on next page.](#)

Session B

Upstairs, Room 219

Why Does Family Therapy Work in Addictions Treatment?
Jay Harpring, MA, LCAC

An informative panel discussion on the relevance of family therapy work in addiction treatment.

Participants in this session will:

- Be informed of the importance of family therapy work/support in the process of addiction treatment and recovery, helping lower the recidivism rate

- Learn how family contracts can help couples/families in dealing with issues such as trust, ongoing recovery and what action is needed in times of crisis
- Learn from family members who deal with their loved one in and out of treatment, what lengths they have made to not enable their loved one, codependency issues and how they are taking care of themselves in the process

For special needs or accommodations, participants may contact Sara Hastings at 317.572.9350 or shastings@fairbanksd.org.

KEYNOTE SPEAKER

JIM MCCLELLAND

Executive Director for Drug Prevention, Treatment, and Enforcement, State of Indiana

Toward Better Lives and Stronger Communities



On January 9, 2017, Governor Eric Holcomb appointed Jim McClelland to the newly-created position of Executive Director for Drug Prevention, Treatment, and Enforcement for the State of Indiana. Jim reports directly to the Governor and also chairs the Indiana Commission to Combat Drug Abuse. Jim is charged with coordinating, aligning, and

focusing the relevant work of a wide array of state agencies that in various ways touch substance abuse issues directly or are indirectly related to those issues. In addition, he seeks to leverage the state's resources with those of entities in other sectors – business, higher education, health care, philanthropic, and others—to respond as quickly and effectively as possible to the current crisis and to take steps to substantially reduce the likelihood of a similar crisis arising from the abuse of addictive substances in the future.

In 2015 Jim concluded a 45-year career with Goodwill Industries, the last 41 of those years as President and CEO of Goodwill Industries of Central Indiana, based in Indianapolis. During the last decade of his career, Goodwill became heavily involved in efforts to help raise education attainment levels and reduce intergenerational poverty. The organization created a unique high school, The Excel Center, to provide a diploma option for older youth and adults who left school before graduating. Goodwill now operates 11 Excel Centers in Indiana and has licensed the model to numerous groups in other states. In 2011 Goodwill began implementing Nurse-Family Partnership, a highly effective home visitation program for first-time moms in low income households. Goodwill places great emphasis on developing long term relationships and holistic, two-generation approaches, and NFP moms are able to take advantage of education and employment services offered by the organization. Goodwill also places great emphasis on leveraging its strengths and relationships with

those of other organizations in focused ways to increase long term impact in the lives of people and help strengthen communities.

Jim has served on the boards of numerous not-for-profit organizations at local, national, and international levels and chaired several of them. He currently serves on the Dean's Council of the Indiana University Kelley School of Business – Indianapolis, the Advisory Board of the School of Industrial and Systems Engineering at Georgia Tech and the Board of Directors of Building Tomorrow. A native of Florida, Jim earned a Bachelor of Industrial Engineering degree from Georgia Tech and an MBA from the Kelley School of Business at Indiana University.

KEYNOTE SPEAKER

TIMOTHY J. KELLY, M.D.

Neurobiology of Addiction



Dr. Timothy J. Kelly is one of the nation's leading thought leaders and practitioners of addiction medicine. Dr. Kelly graduated from Indiana University School of Medicine in 1979 and is board certified in internal medicine and addiction medicine.

Currently Dr. Kelly practices at Community Health Network, where he provides direct care

and administrative oversight for the Integrated Care inpatient detoxification program and medical-bed consultation throughout the hospital network. He is the principal partner in the private addiction medicine practice called Clearvista Recovery Associates.

Dr. Kelly served terms as president, CEO and medical director at Fairbanks, one of the nation's oldest alcohol and drug treatment centers, from 1979-2014. He is an author and sought-after speaker at local, state and national conferences. Dr. Kelly also offered testimony before the Indiana State Legislature in 2015, which helped to secure passage of several laws that greatly increased treatment options for those suffering from the disease of addiction.