This 34th annual conference continues its tradition of providing quality training to professionals working with clients with substance use disorders. Participants can attend a variety of sessions, earn up to 13 hours of credit, and complete their ethics requirements for licensure all in two days! Come and hear our keynote speaker, Chief Thomas Bashore of the Nashville Police Department, who will talk about the HOPE Initiative, a local program that strives to decrease stigma, and offers help for those struggling with a substance use disorder. Concurrent sessions will focus on topics related to credentialing requirements and include trauma and veterans, HIV and Infectious Diseases, pregnancy and addiction, harm reduction, opiate replacement therapy, pain management, and clinical supervision, plus many more. A one-day rate is also offered for those that are unable to attend both days. Sessions will be labelled beginner, intermediate, or advanced to indicate the appropriate audience.

Don’t miss this opportunity to learn new techniques and interventions you can implement upon your return to practice, learn from experts in the field, and network with peers and colleagues.

TARGET AUDIENCE

- Substance Use Professionals
- Social Workers
- Psychologists
- Licensed Professional Counselors
- Marriage and Family Therapists
- Psychiatric and SUD Nurses
- Case Managers and Care Coordinators
- Corrections Officers and Other Criminal Justice Officials
- Behavioral Health Providers
- All other Clinicians and Interested Professionals
The HOPE Initiative was launched on February 9, 2016 and it was and still is the only program in the state of North Carolina of its kind. The program’s purpose is to assist individuals with a Substance Use Disorder in finding treatment and get into recovery. While other programs are centered around opioids, the HOPE Initiative is willing to accept any individual with a Substance Use Disorder. The program allows individuals to come to the Nashville Police Department, turn over any drugs and/or paraphernalia without fear of charges, and start their recovery process. Participants will learn innovative ways to help clients struggling with addiction to access treatment, rather than entering the criminal justice system. Participants will be able to discuss how the criminal justice system and the behavioral health systems intersect and identify ways in which they can connect community resources for those in need of services.
### Substance Use and the Family: Techniques and Interventions

**Shari Sias, PhD**, Associate Professor, Department of Addictions and Rehabilitation Studies, East Carolina University  
**Cheryl Gentile, MS, LPSC, LCAS, CCS, CRC-MAC**, Clinical Director, East Coast Counseling

This presentation will discuss common roadblocks to engaging individuals and their families in substance use treatment, and provide family based techniques to increase client and familial involvement in substance use treatment.

### Current Trends, Research, and Impact of Marijuana Use: Implications for Practice

**Sarah Elizabeth Baker, MS, LCAS-A**, Doctoral Candidate, Department of Addictions and Rehabilitation Studies, East Carolina University

This presentation aims to provide a comprehensive look at the current state of marijuana and its implications for practice. The legalization and changing cultural perception of marijuana use requires an up-to-date synthetization of research including: the psychoactive components of marijuana and their effects, medical use, impact of legalization, and evidence based treatments. With this synthesis of current information, this presentation will also address implications for treatment.

### Harm Reduction Strategies for Clients with Opioid Dependence

**Melissa Larson, BS**, Law Enforcement Assisted Diversion Coordinator (LEAD-C), North Carolina Harm Reduction Coalition (NCHRC)  
**Diannee Carden Glen**, Founder, ekiM For Change and Board President, North Carolina Harm Reduction Coalition  
**Kristin Cain, PhD, LPC, LCAS, CCSOTS**, Program Director, Greenville Recovery Center

This presentation will describe the role of harm reduction in responding to substance use disorders, specifically opioid dependence. The audience will learn about overdose prevention, naloxone access and administration, and the benefits of syringe exchange and medication assisted therapy (MAT). There will be a discussion about the application of harm reduction, including common myths. Participants will learn how to apply harm reduction strategies during client engagement and identify the benefits of several harm reduction strategies, which include naloxone, syringe exchange, and MAT.

### Older Adults and Opioids: Crisis, Risk, and Intervention

**C. Ray Taylor, Ed.D, LPA**, Associate Professor, University of Mount Olive

Older adults are caught in the national opioid use crisis. As a result of long-term painful chronic conditions, older adults are more likely to be prescribed opioid treatment. Emergency room visits by older adults related to opioid overdose or complications due to multiple drug interactions increased by 112% between 2002 and 2014. Older adults make up 25% of long-term users of opioids; thereby, increasing the risk of developing an opioid use disorder. When considering opioid treatment, several issues should be addressed including normal age-related physiological changes, benefits and risks, and evidence-based alternative treatments for long-term pain. At the conclusion of this session, participants will be able to describe commonly used opioids, benefits and predisposing risk factors related to opioid use in older adults, explain age-related changes in older adults that impact their decision to use opioids, discuss with older adults and caregivers various ways to create safe home environments when opioids are prescribed for pain treatment, and examine CDC recommendations for health care providers prescribing opioids.
### Military Veterans and Trauma: It May Not Be What You Think

**Intermediate**

**Jessica Holton, MSW, LCSW, LCAS**, Private Practice  
**Alex Wilson, BA**, Certified Peer Support Specialist, Wake Forest Baptist Medical Center

Posttraumatic Stress Disorder (PTSD) is often overlooked and misdiagnosed. Unfortunately, many individuals who exhibit signs and report symptoms that correlate with PTSD are misdiagnosed with Anxiety Disorders, Neurodevelopmental Disorders, Personality Disorders, Bipolar Disorder, Depressive Disorders, Obsessive-Compulsive Disorder and/or Psychotic Disorders. Additionally, it is assumed that our military veterans who have PTSD experienced combat-related trauma. This session will explain the diagnostic criteria and neuroscience of PTSD while offering a personal perspective on trauma and recovery.

### Women, Substance Use and Pregnancy

**Intermediate**

**Melissa Godwin, MSW, LCSW**, Clinical Assistant Professor, University of North Carolina at Chapel Hill School of Social Work  
**Judith Johnson-Hostler, MA, LCAS**, Coordinator of Perinatal Substance Use Project, Alcohol/Drug Council of North Carolina

This session will give an overview of the prevalence of substance-exposed pregnancies and the impact of known exposure on pregnancy, as well as identify the unique issues for women with substance use disorders, including trauma. Presenters will discuss the components of a comprehensive gender-specific treatment system of care, and describe the treatment resources for pregnant women in North Carolina and how to access these resources. Additionally, the speakers will identify key issues with Medication Assisted Treatment (MAT) for pregnant women with opioid use disorder.

### Medication Assisted Treatment (MAT) in Clinical Practice: What’s it All About?

**Beginner and Intermediate**

**Janice Britt, LPC-S, LCAS, CCS**, Substance Abuse Coordinator, Vidant Medical Center, Behavioral Health Unit  
**Tyler Stocks, BA, CSAC**, East Coast Counseling

We all know about the Opioid Epidemic and how it is impacting people. But, do you know about Medication Assisted Treatment (MAT) and how it helps? In this session, we will discuss the basics of opioid use disorder, define MAT, and discuss medications used in medication assisted treatment, including the benefits, risks, and controversy around Soboxone, Methadone, and Naltrexone. We will identify and discuss best practice for individuals in MAT and how to help those individuals sustain recovery.

### Trends and Treatment of Substance Use Disorders in Adolescents

**Intermediate**

**Stephanie Morell, MS, LPCA, LCAS, CRC, PVE, CDESI**, East Coast Counseling

In this session, participants will learn about the impact that substance abuse has upon childhood and adolescent developmental stages, and the reasons and motivations for why an adolescent may turn to using substances, including biological, mental/emotional, and social influences. Resiliency and protective factors that prevent substance abuse amongst adolescents will also be discussed. Participants will explore the current trends in substance abuse amongst adolescents (e.g., types of drugs, routes of administration, the role of social media/peer pressure), as well as the prevalence of co-occurring Mental Health Disorders (particularly trauma) in this population. Several evidence-based methods for effectively interacting with adolescents throughout the counseling and evaluation process will also be introduced.
Failure is the lack of feedback. Our field has grown exponentially in the past few decades, yet our rate of effectiveness has been stagnant. There is room for improving our competency in many areas of our discipline by improving our ability to assess domains such as treatment outcomes, likelihood of client dropout and deterioration, the therapeutic alliance, the authenticity of informed consent, and our overall effectiveness as clinicians and supervisors.

Competency is a value included within the code of ethics for all our disciplines. One of the most effective means of improving our competency is through systematic feedback processes. This presentation looks at the deficits in our field and explores an ethical mandate to ramp up our methods of providing and receiving feedback to ensure positive treatment outcomes.

This presenter is supported through the partnership between the University of North Carolina at Chapel Hill School of Social Work and the NC AHEC Program.
Advancing Clinical Leadership-Now It’s My Turn

Michael McGuire, MSW, LCSW, LCAS, LMFT, CCS, Clinical Assistant Professor, University of North Carolina at Chapel Hill School of Social Work

Today’s behavioral health agencies increasingly rely on the leadership of clinical supervisors, yet few resources are allocated for this skill acquisition. In this interactive session, you will be able to define leadership, describe your leadership style, list proven leadership tips and techniques, explain the concept of Mindset and how it impacts clinical leadership, examine the role of subconscious biases, utilize an organizational assessment tool, and apply leadership theory and practice in your role as a clinical supervisor.

This presenter is supported through the partnership between the University of North Carolina at Chapel Hill School of Social Work and the NC AHEC Program.

Trauma Informed Yoga and its Benefits for Co-occurring Trauma and Substance Use Disorders

Brittany Egan, MSW, LCSWA, Victim Advocate, Center for Counseling and Student Development, East Carolina University

This session will address various forms of trauma and how experiences of trauma can relate to substance use disorders. We will review aspects of Trauma Informed Yoga and how it can be incorporated into daily practice. Experiential exercises will be used to demonstrate techniques.

Use of Pharmacotherapy in the Treatment of Addictive Disorders

Tom Penders, MD, Staff Psychiatrist, Walter B. Jones Alcohol and Drug Abuse Center

Understanding the role of pharmacotherapy as part of an overall treatment program for substance use disorder treatment will be the focus of this session. You will understand the role of naloxone, buprenorphine, methadone and naltrexone as interventions to assist with mitigating the impact of the epidemic of opioid fatalities and complications. You will be able to discuss the role of medications as part of an approach to smoking cessation. Additionally, the presenter will cover the FDA approved medication for treatment of alcohol use disorder, opioid use disorder and tobacco use disorder, review the evidence for “off-label” use of medication, and present data to demonstrate the lack of efficacy for pharmacotherapy for other substance use disorders such as cocaine use disorder and stimulant use disorder.

Understanding Sexual Assault and Other Forms of Intimate Partner Violence and the Role of Alcohol and Other Drugs

Kathleen “Kat” Bursky, MA, LPC, Victim Advocate, Center for Counseling and Student Development, East Carolina University
Hillary Liles, MSW, LCSW, LCAS, Alcohol and Other Drug Staff Counselor and Assistant Training Director, Center for Counseling and Student Development, East Carolina University

This session will review sexual violence and other various forms of intimate partner violence. Special attention will be given to how alcohol and drug use plays a role in occurrences of sexual violence and the occurrences of substance use in individuals who experience sexual violence.
Advancing Clinical Leadership - Now It’s My Turn

Intermediate to Advanced

Michael McGuire, MSW, LCSW, LCAS, LMFT, CCS

Continued Session—must attend the morning and afternoon session to receive credit

A Primer on HIV and Hepatitis C: Medical Updates and Counseling People Living with Communicable Diseases

All Levels

Jeff Robinson-Thomas, PhD, LPC, LCAS, CRC, Ryan White Program Assistant Administrator and Behavioral Health Services Coordinator, Division of Infectious Diseases, Brody School of Medicine, East Carolina University
Alicia Lagasca, MD, Clinical Assistant Professor, Division of Infectious Diseases, Brody School of Medicine, East Carolina University

This session will provide the attendee with basic information on HIV, AIDS, and Hepatitis C epidemiology, transmission, and treatment. The speakers will review how these viral infections have been impacted by substance use disorders, including the opioid crisis, and mental health disorders. Also provided in this session will be counseling interventions directed at those people living with communicable diseases in the United States. Challenges in working with this population including barriers to care and concomitant mental health diagnoses will be reviewed.

Safety and Security Measures for Clients and Professionals

All Levels

Elizabeth “Gail” Marsal, PhD, Associate Professor and Criminal Justice Coordinator, North Carolina Wesleyan College
Deputy James Marsal, Pitt County Sherriff’s Office

Everywhere we look, it appears that crime is increasing and that violence is becoming more prevalent. This session will explore practical steps that can be taken to identify threats and to plan for the safety and security of ourselves as well as our clients, whether in the office, community or at home. Participants will have the opportunity to begin thinking about a safety plan that works for them.

Alternative Therapy for Chronic Pain

Intermediate to Advanced

Michael Lang, MD, FACP, DFAPA, Clinical Associate Professor, Departments of Psychiatry and Internal Medicine, Director, ECT and TMS Programs, Brody School of Medicine, East Carolina University

In the session, we will evaluate the non-opiate pharmacologic agents for use in chronic pain, discuss clinical health psychology as a viable treatment option, and describe the effectiveness and indicators for specialized interventions. In addition, case examples will be used to demonstrate how to approach using opiate alternatives in clinical practice.
Registration Information

Seating is limited. Please register early to ensure a space.

Online registration available at www.easternahec.net

Registration (received by October 25)
Both Days ................................................................................................................. $190.00
One Day ..................................................................................................................... $125.00

Registration (received after October 25)
Both Days ................................................................................................................. $215.00
One Day ..................................................................................................................... $150.00

Group rates are available for those working in the same agency and who send five or more employees.

The registration fee includes all program materials, lunch on both days, and refreshments. Participants are encouraged to take advantage of the reduced registration fee by registering by October 25, 2018.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

Eastern AHEC Cancellation Policy
• To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity
• NO refunds will be given for cancellations less than one week prior to the activity
• For continuing professional development activities canceled more than one week prior to continuing professional development activity:
  • A $35.00 fee will be deducted from the refund OR
  • The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year
• Substitutions are welcome; advanced notice encouraged

Americans with Disabilities Act

Individuals requesting accommodations under the Americans with Disabilities Act (ADA), should contact the Department of Disability Support Services at (252) 737-1016 (Voice/TTY) at least five business days prior to the conference.

Please bring a sweater or lightweight jacket to ensure your comfort.

If you would like more information on the conference, call Mental Health Education at (252) 744-5215.
Credit

This conference offers **UP to 13.0 hours of credit** for participants attending all sessions.

**Category A-NC Psychology Credit**
This program will provide UP to 13.0 hours of (Category A) continuing education for North Carolina Psychologists. **No partial session credit will be given.**

**Contact Hours**
Certificates reflecting UP to 13.0 contact hours of education will be awarded at the end of this conference.

**National Board for Certified Counselors Credit (NBCC)**
Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

**North Carolina Public School Personnel Renewal Credit (PSPR):**
Certificates for UP to 13.0 contact hours of education will be awarded at the end of this conference.

**Substance Abuse Counselor Credit (SAC)**
Application has been made to the North Carolina Substance Abuse Professional Practice Board for UP to 13.0 hours of Substance Abuse Specific hours.

Handout & Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information. Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Program Location

This conference is being held at the Hilton Greenville located at 207 SW Greenville Blvd. Ample free parking is available in front of and in the rear of the hotel.

Accommodations

A block of rooms has been reserved at the Hilton Greenville for the nights of October 31 and November 1, at the rate of $129.00 per night for a queen or king bed. This special room rate will be available until September 30 or until the group block is sold-out, whichever comes first. Please call the hotel directly at (252) 355-5000 to make a reservation. Please mention the Eastern AHEC Substance Abuse Program/Conference to get this special rate. You may also book directly with this link: