

September 9, 2013

Registration Begins: 8 a.m.

Lunch will be served from 12:00 to 1:30

“Seeking Safety” 9 a.m. – Noon and 1:30 p.m. – 4:30 p.m.

Location: Mirabella AB

Kevin Reeder, PhD

Senior Certified Trainer, Treatment Innovations

This session will provide an overview of the evidence-based model, how to implement it, demonstration of a session, role-play practice of a session by attendees, and various video clips and experiential exercises. This training is appropriate to anyone regardless of education and experience level. Participants will leave with all information needed to implement Seeking Safety with clients.

For more information: www.seekingsafety.org

Presenter Bio:

Dr. Kevin Reeder currently serves as the Clinical Coordinator for the Residential Post Traumatic Stress Disorder Program at the Central Arkansas Veterans Healthcare System. He is involved in the planning and provision of treatment for returning Veterans in the program where he provides individual and group therapy. He specializes in posttraumatic stress disorder, substance abuse, and readjustment issues of returning Veterans. Dr. Reeder is a Consultant/Trainer for the Prolonged Exposure Therapy Dissemination Project, National Center for PTSD, a Senior Trainer for Seeking Safety. He is a consultant to the FBI and the Little Rock Police Department in the area of crisis negotiations with Veterans. He has been appointed by the Governor to the Arkansas Psychology Board, and in 2008, he was named is Psychologist of the Year for Hospitals and Medical Centers by the Arkansas Psychological Association.

“Sustainability...Don't Leave Your Future to Chance” 9 a.m. – Noon and 1:30 p.m. – 4:30 p.m.

Location: Mirabella BC

Catherine Thatcher Brunson

Leader Mentor, Community Anti-Drug Coalitions of America (CADCA)

This session will focus on how to develop and carry out a plan that ensures that the coalition's core functions will be supported over the long term and that the coalition's key community initiatives and activities (programs, policies and practices) will continue long after current leaders have moved on. The training will cover topics such as: the four things coalitions must sustain; a six-step planning process for analyzing financial and other needed resources; developing a diversified funding plan based on the principles of Ask, Share, Earn and Charge; and developing an action plan to make contacts and requests for resources.

Presenter Bio:

Catherine Thatcher Brunson currently serves as a Leader Mentor for the National Community Anti-Drug Coalition (CADCA) Institute & and actively trains for the National Coalition Institute. She is the former Executive Director of the Metropolitan Drug Commission in Knoxville, TN. Her primary responsibilities included strategic planning and program implementation, government relations and media development. Brunson led the Metropolitan Drug Commission out of both a relationship and financial debt reducing operating expenses by 76% and took the organization from operating in the red to having a healthy net worth of over half a million dollars. Ms. Brunson was the recipient of the FBI's Community Director's Leadership Award in 2002 and received a Presidential appointment in 2006 to the White House Office of National Drug Control Policy's Drug Free Communities Advisory Commission.

- *This session is TN Certification Board-Prevention Certification approved*

September 10, 2013

Registration begins: 8 a.m.

Greeting and Opening Plenary

[“Prenatal Substance Exposure and its Effects on Brain Development”](#) 9 a.m. – 10:30 a.m.

Location: Mirabella E

Ira J. Chasnoff, MD

President, Children’s Research Triangle

Professor of Clinical Pediatrics, University of Illinois College of Medicine

This session will help professionals understand the complications that may arise when working with children exposed to alcohol or other drugs before birth. Dr. Ira Chasnoff explains the physical and developmental impact of pre-natal drug and alcohol exposure on children as they grow. He will also offer practical intervention ideas and strategies that professionals and parents can use to help children develop to their maximum potential.

Presenter Bio:

Ira J. Chasnoff, MD, is President of the Children's Research Triangle and a Professor of Clinical Pediatrics at the University of Illinois College of Medicine in Chicago. He is one of the nation's leading researchers in the field of child development and the multiple risk factors that affect children's long-term outcome. Dr. Chasnoff's most recent work focuses on community approaches to the integration of behavioral health services into primary health care for children and the occurrence of co-occurring mental health disorders in children who have been prenatally exposed to alcohol, methamphetamine, cocaine, and other drugs or who have suffered emotional trauma early in life. Through this work, Dr. Chasnoff is part of the national effort to define the neurodevelopmental profile of children across the fetal alcohol spectrum.

- *This session is TN Certification Board-Prevention Certification approved*

Morning Breakout Sessions 10:40 a.m. – Noon

[“Clinical Work with Trauma and Substance Use”](#)

Location: Mirabella A

Kevin Reeder, PhD

Senior Certified Trainer, Treatment Innovations

Working with trauma survivors is stressful and can lead to reduced job satisfaction, clinician burnout and compassion fatigue. Through awareness and good self-care these issues can be minimized or avoided. Dr Reeder will talk about issues specific to working with those with histories of trauma and substance use disorders.

Presenter Bio:

Dr. Kevin Reeder currently serves as the Clinical Coordinator for the Residential Post Traumatic Stress Disorder Program at the Central Arkansas Veterans Healthcare System. He is involved in the planning and provision of treatment for returning Veterans in the program where he provides individual and group therapy. He specializes in posttraumatic stress disorder, substance abuse, and readjustment issues of returning Veterans. Dr. Reeder is a Consultant/Trainer for the Prolonged Exposure Therapy Dissemination Project, National Center for PTSD, a Senior Trainer for Seeking Safety. He is a consultant to the FBI and the Little Rock Police Department in the area of crisis negotiations with Veterans. He has

been appointed by the Governor to the Arkansas Psychology Board, and in 2008, he was named is Psychologist of the Year for Hospitals and Medical Centers by the Arkansas Psychological Association.

“Wrap-Around Model of Care” (Part 1 of 2)

Location: Cambridge A

James Rast, PhD

Chief Executive Officer, Vroon VanDenberg

Wraparound is a team-based process that integrates all of the services and supports provided for a youth and family. Dr. Rast will offer a full-day training to educate participants about the principles of wrap-around care and how being involved in wraparound can help service providers from many different areas be more successful in their work with families. This session will also describe how the Theory of Change can help providers engage and support youth and families to long term success. The training discusses the culture of different agencies and providers and how this is brought together through the unified wraparound process.

Presenter Bio:

Dr. Rast has extensive experience in developing programs, systems, program evaluation strategies and tools to assess community-based service implementation. He has been working with children and families in community-based settings for the past 20 years, developing individualized services and systems to support these individualized services. As a system design consultant, Dr. Rast has worked with programs in 27 states and 13 tribal governments to design and develop systems of care. His work has focused on service design, program evaluation, personnel recruitment and management, staff training, and funding for programs. This has included waivers for Medicaid funding, and changes in IV-B and IV-E strategies. In addition, he wrote funded grants for substance abuse prevention, juvenile justice treatment and prevention programs, and family preservation and support to create local family resource centers, education grants to create neighborhood centers, after-school programs and mentoring.

“The Brain, Motivation, and Collaboration: Working Together for a Common Goal”

Location: Mirabella B

Mickey Shuran, EdD

Principal, West Middle School

People often believe that education at school and education at home are two separate entities. In fact, they are directly related and very much dependant on each other. What happens at school can and will directly affect what happens at home...and vice versa. This presentation will focus on three main ideas:

- The Student’s Brain – How do learned materials move from short-term to long-term memory? What does this process have to do with home life? How does stress affect the learning process?
- Motivation – What is intrinsic and extrinsic motivation and why we should not spend too much time on the carrot and stick approach?
- Collaboration – What can organizations do to help each other achieve the common goal of preparing future citizens?

Presenter Bio:

Mick Shuran is a principal at West Middle School in Tullahoma, TN. In his career, he has worked in a variety of settings including: high school teacher, middle school assistant principal, elementary school principal, Pre-K director, and middle school principal.

- *This session is TN Certification Board-Prevention Certification approved*

“Engagement: Back to the Basics”

Location: Mirabella C

Angela Pharris, MSW, LAPSW
Professor of Social Work, Middle Tennessee State University

This seminar will provide participants with skills that will help build rapport, while maintaining a professional working relationship, allowing them to stay connected to the basic skills of engagement and building a healthy, supportive relationship with clients. Topics will include the effective use of questions, exploring difficult topics with clients, and enhancing the tools of listening and reflection. Whether participants are seasoned professionals with years of experience or new to the field, this session will help them reconnect to the core abilities of a helping relationship.

Presenter Bio:

Angela Pharris is a professor of Social Work and Field Education Coordinator at Middle Tennessee State University. Her professional career includes work in mental health court, HIV/AIDS, community mental health and training for the Department of Children Services. Angela teaches courses to both undergraduate and graduate social work students, including course work on Interviewing Skills, Practice and Child Welfare.

“Tennessee’s Legislative Update”

Location: Cambridge B

Steve Petty
Tennessee Commission on Children and Youth

Steve Petty has coordinated legislative activities for the Tennessee Commission on Children and Youth since 1999. He will provide an update of Legislation affecting children and families enacted in the 2013 Legislative Session and what to expect in the January’s 2014 Session. This informative session is vital to professional working with children and families in Tennessee.

Presenter Bio:

Steve Petty has been employed by the State of Tennessee for over 30 years. Prior to his work at the Commission, Steve served as Admissions Coordinator and Treatment Team Coordinator at Crockett Academy and Cumberland House School, the former Children and Youth Programs of the Middle Tennessee Mental Health Institute.

- *This session is TN Certification Board-Prevention Certification approved*

“Keys to Successful Meeting Leadership”

Location: Mirabella D

Bill Rutley, MS
Consultant, Clark Consulting Group

Learn the guiding principles to leading an effective and meaningful meeting in this seminar led by Bill Rutley, a retired Senior Air Force Officer that has conducted countless meetings in the US and abroad, and an experienced consultant that has helped Fortune 500 companies use their resources wisely and effectively.

Presenter Bio:

Bill Rutley has served in many leadership roles, including 25 years in the armed forces, as a Commander and Professor of Aerospace Studies at MIT, and a Principal and Senior Facilitator for Ernst & Young consulting and Cap Gemini Ernst & Young consulting. In addition to teaching military history, National Security Policy and leadership for students from MIT, Harvard, Tufts and Wellesley, he led the creation of a civilian leadership track for MIT. He is presently an independent consultant specializing in program management and facilitation.

This session is TN Certification Board-Prevention Certification approved

12:00-12:30 Break and Get Lunch**Luncheon Plenary****12:30 – 1:30****“Co-occurring PTSD and Substance Abuse”****Location: Mirabella E**Kevin Reeder, PhD **see bio above*

Senior Trainer, Treatment Innovations

People with PTSD and a substance use disorder face many difficulties in their recovery. Compared to those with either diagnosis alone they have more mental health disorders, more legal and medical problems, self harm, suicidal thoughts, difficulties in social and work settings and increased rates of future trauma. The interplay of these co-occurring disorders will be discussed as will options for integrated treatment.

- *This session is TN Certification Board-Prevention Certification approved*

Afternoon Breakout Sessions**1:40- 4:30****“Attachment, Self-Regulation and Competency (ARC) Model” introduction****Location: Mirabella A**

Jon S. Ebert, Psy D

Assistant Professor of Clinical Psychiatry, Vanderbilt University

This session will provide an introduction to the ARC model. ARC is a framework for intervention with youth and families who have experienced multiple and/or prolonged traumatic stress. ARC identifies three core domains that are frequently impacted among traumatized youth, which are relevant to future resiliency. ARC provides a theoretical framework, core principles of intervention, and a guiding structure for providers working with these children and their caregivers, while recognizing that a one-size-model does not fit all. ARC is designed for youth from early childhood to adolescence and their caregivers or caregiving systems.

Presenter Bio

Dr. John S. Ebert is a clinical psychologist and serves as an Assistant Professor in the Vanderbilt Department of Psychiatry. In 2008-2009 he also participated in a faculty appointment in the Robert Penn Warren Center for Humanities in the Vanderbilt University College of Arts and Sciences for a fellowship in New Directions for Trauma Studies. He is the clinic coordinator at the Vanderbilt Center of Excellence, a specialized clinic that assists the state in providing objective, science-based guidance to improve children’s health, behavioral outcomes, and to improve systems serving children. He also provides clinical services in the Vanderbilt Mental Health Center. His clinical responsibilities include

individual therapy, group therapy, family therapy, community consultation, and multi-family group therapy. Dr. Ebert also supervises and trains graduate students, interns and post-doctoral clinical psychology trainees in consultation and psychotherapy activities.

“Wrap-Around Model of Care” (Part 2 of 2)

Location: Cambridge A

James Rast, PhD

Chief Executive Officer, Vroon VanDenberg

**see bio above*

Wraparound is a team-based process that integrates all of the services and supports provided for a youth and family. Dr. Rast will offer a full-day training to educate participants about the principles of wrap-around care and how being involved in wraparound can help service providers from many different areas be more successful in their work with families. This session will also describe how the Theory of Change can help providers engage and support youth and families to long term success. The training discusses the culture of different agencies and providers and how this is brought together through the unified wraparound process.

“Trauma-Informed Care”

Location: Mirabella B

Michael Reynolds, LPC-MHSP

TEAM Recovery Program Manager, Centerstone

The reverberating effects of trauma experiences can challenge a person’s capacity for recovery and pose significant barriers to accessing services, often resulting in an increase risk of coming into contact with the criminal justice system. How Being Trauma-Informed Improves Criminal Justice System Responses is training developed by SAMHSA’s GAINS Center. It examines trauma, the factors that make us more resilient or more vulnerable, and how men and women experience trauma differently. The goal of this training is to increase understanding and awareness of trauma and how it impacts behavior, and to develop trauma informed responses.

Presenter Bio:

Michael Reynolds is a graduate of Freed-Hardeman University with a Master’s of Science in Counseling. He has worked in the behavioral health field for over 12 years. He is a licensed professional counselor with a mental health service provider designation. In 2007, he became the program manager for Centerstone’s first intensive outpatient treatment program targeting individuals addicted to methamphetamine. Currently he is part of Treatment Empowerment and Meaningful Recovery, a collaborative effort between Centerstone and the 12th Judicial District Drug Court.

“Darkness to Light: Steward of Children”

Location: Cambridge B

Heather Kleinfeld, BS

Prevention Specialist, Coffee County Children's Advocacy Center

Stewards of Children is the only nationally available program scientifically proven to increase knowledge, improve attitudes and change child-protective behaviors. This revolutionary program is for any responsible adult who cares about the welfare of children including church groups, day care centers, after school care programs and other youth serving programs. This workshop comes with a *Darkness to Light: Stewards of Children* Interactive Workbook and *Seven Steps to Protecting our Children* Guide. Upon completion, a training certificate will be sent to you from our office after the

conference. **Note: This prevention training is 2.5- 3 hours long. Participants must complete entire training to receive full credit and materials. Training limited to 40 people.**

Presenter Bio:

Heather Kleinfeld has been the Coffee County Children’s Advocacy Center’s Prevention Coordinator since October 2008. She received an Elementary Education degree from Tennessee Technological University. She is currently working in Coffee County’s three school systems educating the children about personal safety. The Coffee County Children’s Advocacy Center serves children who are victims of severe abuse in Coffee County and will soon be expanding to provide medical exams through an Our Kids clinic on site. These exams will be available for children in Coffee, Bedford, Moore, Warren, Franklin and Grundy counties.

“The Long Way Home- PTSD/ Substance Use Problems and the Returning Veteran”

Location: Mirabella C

Kevin Reeder, PhD

Senior Trainer, Treatment Innovations

**see bio above*

Our nation’s military is comprised of men and women who rise to meet tremendous challenges to protect and defend our country. Some of the greatest challenges they face begin when they attempt to return to civilian life. This presentation will illustrate the emotional, interpersonal and behavioral challenges awaiting military and Veteran populations after their service.

“The Mystery of Risk”

Location: Mirabella D

Ira J. Chasnoff, MD

President, Children’s Research Triangle

**see bio above*

This session will present some of the findings from Dr. Chasnoff’s book, including the ill effects of a baby’s exposure to drugs and alcohol while in the womb. Many of the learning and behavior problems seen in children—from poor school performance to patterns of impulsivity often diagnosed as ADHD—are both treatable and preventable. Dr. Chasnoff presents a resounding call for integrated systems of care for high-risk children and their families. This session will discuss methods for applying behavior management and treatment techniques as well.

- *This session is TN Certification Board-Prevention Certification approved*

September 11, 2013

Registration begins: 8 a.m.

Greeting and Opening Plenary

“Introduction of Tennessee’s New Prescription Drug Initiative” 9 a.m. – 9:40 a.m.

Location: Mirabella E

E. Douglas Varney, MS

Commissioner, Tennessee Department of Mental Health and Substance Abuse Services

Presenter Bio:

E. Douglas Varney was appointed Commissioner of the Tennessee Department of Mental Health (TDMH) by Governor Bill Haslam on January 14, 2011. Varney joined TDMH after a 35 year professional career at Frontier Health, a Gray, Tennessee-based community mental health center serving families and individuals affected by behavioral health, substance abuse and intellectual deficit issues. In his post as TDMH Commissioner, Varney serves as leader of the State's public mental health and substance abuse authority, charged with planning for and promoting an array of services from prevention to recovery for all Tennesseans.

“Project Lazarus”**9:40 a.m. – 10:30 a.m.****Location: Mirabella E**

Fred Wells Brason, II

Chief Executive Officer, Project Lazarus

Project Lazarus' goal is to reduce prescription drug abuse and prevent overdoses while continuing to meet the needs of people living with chronic pain. Thanks to the work of Brason and Project Lazarus, overdose deaths are down 69 percent in Wilkes County-from 46.0 per 100,000 to 14.4 per 100,000.

Presenter Bio:

Fred Wells Brason II is the President/CEO of Project Lazarus, a community based opioid overdose prevention model reaching North Carolina and various parts of the USA including US Military and Tribal Groups. Fred is a member of the National Association of Drug Diversion Investigators (NADDI), serves on the Advisory Board for the NC Controlled Substance Reporting System and consults for the North Carolina Medical Society Opioid Death Reduction Task Force. Fred has also served on the FDA scientific workshop committees for the role of Naloxone in Opioid Overdose Fatality Prevention, Assessment of Analgesic Treatment of Chronic Pain and co-chaired the expert committee for the publication of the SAMHSA Opioid Overdose Prevention Toolkit. Mr. Brason received the Robert Wood Johnson Foundation Community Health Leader Award 2012.

- *This session is TN Certification Board-Prevention Certification approved*

Morning Breakout Sessions**10:40 a.m. – Noon****“Introduction to Screening Brief Intervention and Referral to Treatment (SBIRT)”****Location: Mirabella B**

Tim Urban, PhD

Assistant Professor and Clinical Psychologist ETSU

Screening, Brief Intervention and Referral to Treatment (SBIRT) is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Primary care centers, hospital emergency rooms, trauma centers, and other community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

- Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

Presenter Bio:

Dr. Urbin has 36 years of healthcare experience in neuropsychology, behavioral medicine, neurorehabilitation, nursing, health education, and training/supervision. The settings for his experiences include VA and military medical centers, rehabilitation hospitals, general hospitals, and primary care clinics. For the past 26 years, his professional services in neuropsychology have focused on both inpatient and outpatient populations with an emphasis on assisting patients and their families in long term recovery from injury and illness as well as family adjustment to chronic illnesses including dementia. Dr. Urbin is currently an assistant professor in the Department of Family Medicine at the ETSU Quillen College of Medicine. He is a licensed clinical psychologist and completed his formal training in psychology at the University of Illinois and the University of Oklahoma. He is a decorated veteran of both the US Air Force and the Illinois Army National Guard.

“Doing Grounding”**Location: Mirabella A**

Richard Boyd, MSW

TIES Project Coordinator, Centerstone

Most clinicians today have been exposed to the premise of “present-focus” and “grounding” as healthy coping strategies to help people detach from emotional pain. These important mindfulness skills are powerful means to create an environment in which clients are able to use higher order cognitive skills. However, few clinicians have experience walking with clients through the process of increasing mindfulness. In this session, Mr. Boyd will provide concrete strategies for utilizing grounding with clients and will help clinicians practice these important techniques.

Presenter Bio:

Richard Boyd has over 24 years of social work experience. His child welfare experience includes child protective services with the Department of Children's Services and extensive experience working with adults and children that have been diagnosed with serious and persistent mental illnesses. Additionally, he was the Director of the Rape Prevention program for the State of Tennessee Department of Health. He began working as a Professional Development Specialist with Middle Tennessee State University in September 2005. During that time, his training and coaching experience revolved around Pre-Service and In-Service training for DCS staff and resource parent training. Mr. Boyd currently works for Centerstone as the Project Coordinator for the Therapeutic Intervention, Education and Skills Program (TIES) which helps children avoid unnecessary out of home placements due to parental substance abuse. TIES also focuses on family reunification after an out of home placement.

“What’s New for Tennessee’s Prevention Certification?”**Location: Broadlands A**

Bruce Newport

Tennessee Certification Board

Did you know that the Prevention Certification process is adding a new domain? Do you know how this will affect the certification requirements? Are you familiar with the renewal process? Do you know what to expect from the prevention specialist exam? Are you acquainted with the certification upgrading process? These are just a few of the topics to be discussed in this training.

Presenter:

Bruce Newport has served nearly two decades in the field of nonprofit social services and is currently in the position of State Administrative Director for the Tennessee Certification Board (TCB). He received his degree from Auburn University in the field of Mass Communications and a double minor in

Educational Media and Business Marketing. He has always had a passion to help unfortunate men, women and children in his community. Bruce began his social service career as an A&D counselor for homeless young men between the ages of 17-25. As his career progressed Bruce began focusing on development and management. Before accepting his position at the TCB, he served as executive director for a large nonprofit that specialized in assisting homeless families with children. He served a ten-year, distinguished military career as a public affairs and family assistance officer. Bruce is also active in his local community where he served a term on the Smyrna planning commission. He continues to serve as a volunteer with youth related sports and outdoor events.

“Project Lazarus: Comprehensive Community Based Response to prescription drug misuse, abuse, diversion and overdose”

Location: Mirabella G

Fred Brason

**see bio above*

Mr Brason will talk about the phenomenal success of Project Lazarus and ways that this programs successes might be replicated in other communities. This session will show how to create a Community Sector review and engagement with development of strategies, objectives and action plans.

Participants of this session will be able to identify:

- Successful Community Based Overdose Intervention and Chronic Pain Management Implementation
- Define the components of a successful community-based prescription opioid overdose prevention program
- Identify ways in which the Project Lazarus model can be adapted for replication in medical practice and community
- Identify opioid risk and addiction, describe safety measures and effective avenues of treatment
- *This session is TN Certification Board-Prevention Certification approved*

“Motivational Interviewing” (Part 1 of 2)

Location: Mirabella C

James Sacco, LCSW

Certified Motivational Interviewing Trainer

This session is designed to help Addictions Counselors, Health Care Workers, and Social Service Providers build communication skills for working with substance using clients following the counseling skills of motivational interviewing. The course focuses on understanding the method, introduction to the basic skills of MI, and emphasizes using effective listening skills to build motivation to change. The examples and clinical practice in this course deal exclusively with clients who struggle with the abuse of alcohol and other drugs.

Presenter Bio:

Jim Sacco, M.S.W., L.C.S.W. is a trainer and consultant based in Atlanta, Georgia. He provides short and long-term consultation on topics including Motivational Interviewing, teen pregnancy prevention, HIV prevention, and case management. His ongoing clients include the Centers for Disease Control, Duke University, Emory University, and state and local health departments throughout the Southeast. Jim has trained more than 30,000 health care workers since 1986.

“Ethics ”

Location: Mirabella D

Tom Starling, EdD, MDiv, MA

President/CEO of Mental Health America of Middle Tennessee

Drawing from his years of experience, Mr Starling will present an informative and thought-provoking presentation about professional ethics. Upon completing this workshop, participants will be able to:

- Define and distinguish between terms like “virtue,” “ethics,” and “morals.”
- Compare and contrast ethical principles between different professions/licensure

Presenter Bio:

Tom Starling, EdD, MDiv, MA is a Tennessee Supreme Court Rule 31 Listed Mediator with degrees in ethics, theology, psychology, and educational administration. He was a 2011 finalist of the Marvin Runyon Award for Leadership and was recognized in 2012 as a “Health Care Hero” by the Nashville Business Journal. Starling currently serves as President/CEO of Mental Health America of Middle Tennessee, a 67-year-old nonprofit focused on suicide prevention, Alzheimer’s support, workplace wellness, community education, and more. Starling has worked as a Chaplain, has over a decade of experience in university administration and faculty, including teaching ethics and education law at the graduate level. He resides in Murfreesboro, Tenn., with his wife and two children.

12:00-12:30 Break and Get Lunch

Luncheon Plenary

12:30 – 1:30

“Integrating Treatment . . . Making Connections for Recovery”

Location: Mirabella E

Vickie Harden, LAPSW

Senior Vice President for Clinical Services, Volunteer Behavioral Health Care System

This session discusses the importance of an integrated treatment and recovery approach for individuals with co-occurring mental illness and addiction. Individuals with co-occurring psychiatric and substance disorders are increasingly recognized as a population that is highly prevalent in both addiction and mental health service systems. Additionally, they have long been recognized to be “system misfits” in systems of care that have been designed to treat one disorder only or only one disorder at a time. This session will define an approach that emphasizes the importance of a unified partnership that includes families, providers and individuals and ways to bridge the gap between mental health and addictions treatment, using evidence-based treatment approaches. Tips for navigating the treatment system will also be provided.

Presenter Bio:

Vickie Harden currently serves as Senior Vice President of Clinical Services and was Vice President of Children’s Services for Volunteer Behavioral Health for approximately 3 years. Her responsibilities include the oversight and development of specialty programs such as children’s services, alcohol and drug treatment services, residential treatment services and therapeutic foster care. She maintains oversight of approximately 30 grants and contracts providing a variety of programs for consumers. She has over 20 years of experience in direct care, supervision and administration of mental health services, addiction treatment and co-occurring disorders treatment services.

Afternoon Breakout Sessions

1:40 p.m. – 4:30 p.m.

“Screening, Brief Intervention, and Referral to Treatment (SBIRT) 101” (Part 2 of 2)

Location: Mirabella B

Mary Elizabeth Heaney-Garate, LCSW
Chief Clinical Officer, Renewal House

This course will provide an introduction and overview of Motivational Interviewing as utilized as a portion of SBIRT. Participants will be familiarized with core MI skills and be introduced to a variety of techniques that create a favorable climate for clients who are otherwise resistant or reluctant to change. At the end of this workshop participants will be able to: describe the Stages of Change, understand the Principles of MI, identify multiple MI techniques that promote client change, recognize clinician traps that interfere with client change and utilize core MI (OARS) skills

Presenter Bio:

Mary Beth Heaney-Gárate has over 24 years in the field, Ms Heaney-Gárate has spent the last 10 years directing Family Residential Services at Renewal House where mothers and their children recover from addiction together in a transitional housing/therapeutic community environment. Ms. Heaney-Gárate now guides the prevention, early intervention, outpatient treatment, recovery support, housing, and wraparound services for the entire agency. In 2009, Ms. Heaney-Gárate led implementation of the agency’s first federally funded expansion, adding onsite mental health services earning Renewal House its co-occurring capable designation from the State of Tennessee Department of Mental Health and Substance Abuse Services. In 2012, she was the chief architect of a second proposal to the Children’s Bureau which is funding additional services and enhancing the region’s capacity to serve women, children, and families affected by addiction. In 2013 Ms. Heaney-Gárate was nationally recognized as a leader in the field when she was selected to participate in the Women’s Addiction Services Leadership Institute.

“Clinician Self-Care”

Location: Mirabella A

Susan Gillpatrick, Med, LPC, CTS
Board Certified Expert in Traumatic Stress, Centerstone

Taking care of other people every day can take an emotional toll on anyone in the helping fields. Professional helpers can sometimes find themselves over-tired, over-committed and over-burdened. Learning to identify and re-identify our boundaries over time is a crucial means to self-care. Ms Gillpatrick will share concrete strategies to help clinicians return to our own best selves by learning to say no appropriately, focus on our own goals and remember to do all the things that place ourselves first in our own lives.

Presenter Bio:

Susan Gillpatrick, Centerstone Crisis Management Specialist, primarily works in the field with clients in critical incident response situations and in Centerstone’s wellness trainings and presentations. She is a Licensed Professional Counselor, Certified Trauma Specialist, Certified Workplace Conflict Mediator, and Mental Health Service Provider in the state of Tennessee and a National Certified Counselor. Gillpatrick is also a member the American Counseling Association, the Association of Traumatic Stress Specialists, the Tennessee Mental Health Counseling Association, and the Middle Tennessee Employee Assistance Professionals Association.

- *This session is TN Certification Board-Prevention Certification approved*

“Suicide Prevention”

Location: Broadlands A

Christen Thorpe, MA, CRC

Project Trainer/Postvention Specialist Tennessee Lives Count

Suicide has no boundaries, and its effects are widespread. This session will provide audience members with general information about the status of suicide in the United States, and will cover specialty topics such as substance abuse and suicide, youth and suicide, self harming and suicide, as well as survivor issues. The second part of the training will be a QPR training, and upon the completion of this session audience members will be certified in QPR. The **QPR** adult suicide prevention “gatekeeper” training is designed for professionals, and community members. QPR stands for “**Question, Persuade, Refer**” and participants learn to recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life.

Presenter Bio:

As project trainer and postvention specialist, Thorpe delivers suicide awareness training to professionals and community groups involved with youth, and assists in the development of the postvention plan and delivery of postvention to schools. Prior to her work with TLC, Thorpe worked at Ridgeview Institute where she provided daily individual counseling services to youth who engaged in self harming behavior, had suicidal ideation, and had engaged in suicidal behavior. Thorpe led group counseling sessions, taught Dialectical Behavior Therapy skills, co-led weekly family sessions, and created a program of Dialectical Behavior Therapy lesson plans for younger adolescents. Thorpe engaged in research at Georgia State University on child sexual abuse and appropriate trauma-focused therapy as well as researching Animal Assisted Therapy in action for practitioners and its relevance to trauma. Thorpe graduated from Georgia State University with a Master’s of Science in Rehabilitation Counseling, and went on to become a Certified Rehabilitation Counselor. Thorpe holds a bachelor’s degree in Psychology from Auburn University and is a member of the American Counseling Association, and the Rehabilitation Counseling Association, and is certified in Acute Traumatic Stress Management.

“Emerging Substance Abuse Trends”

Location: Mirabella D

Panel Discussion with Scott Reid and Mike Commons

Task Force Officers for the Drug Enforcement Agency

Drug trends throughout the state of Tennessee continue to change. The Drug Enforcement Administration (DEA) works tirelessly to keep up with these changes. In this session, DEA agents will lead a panel discussion regarding the emerging trends of methamphetamine manufacturing and use, the shift from Oxycontin abuse to heroin, and the continued evolution of the synthetic drug culture.

Presenter Bios:

Scott Reid has been a police officer for 17 years and has spent the last 6.5 years working with drug prevention. He has been assigned to the DEA for the past 4 years. During this time he has worked well over 100 methamphetamine labs. In the past 2.5 years Mr Reid has been heavily involved in synthetic drugs. He has executed numerous search warrants in several states related to synthetic drug and has helped numerous local and federal agencies on how to go after synthetic distributors and prosecute them.

Mike Commons has been a Task Force Officer with the Drug Enforcement Administration (DEA) since December, 2006, and he is presently assigned to the Johnson City, Tennessee Post of Duty/Upper East

Tennessee HIDTA Task Force. Prior to being assigned to the DEA, he served five years with the Elizabethton Police Department, two years as a patrolman and three years as a narcotics agent with the First Judicial District Drug Task Force ("1st DTF"). He has been a SWAT Team member for ten years. He is certified by the Tennessee Methamphetamine Task force as a site safety officer as well as clean lab technician. He has been involved with dismantling over 500 methamphetamine labs. As a Task Force Officer, narcotics agent, and as a SWAT Team member he has conducted and participated in numerous investigations involving narcotics, drug trafficking, and drug trafficking related to money laundering. He has become familiar with various codes, slang terms, and other terminology utilized by individuals within the Eastern District of Tennessee and elsewhere to refer to controlled substances, including cocaine HCL, crack cocaine, marijuana, methamphetamine, heroin and prescription narcotics.

“Program Evaluation”

Location: Mirabella G

Deacon Dzierzawski, MS, LICDC, President of Epiphany Community Service

Does evaluation scare you? If so, this session is for you. This session will make process and outcome evaluation practical by focusing what the intent of the action is related to individual behavior outcome and intended community outcomes. This session will provide tools and tips for understanding the intent of evaluation and identifying what to collect to get the most bang for your investment. Participants will: understand the difference process evaluation and outcome evaluation, learn how to create a documentation process to capture work related to intended outcomes, learn how to determine what short term outcomes of their activities should be and will learn how to create an program/community outcomes path.

Presenter Bio:

Deacon has been in the field of prevention, coalitions and evaluation for twenty years. Prior to coming to Epiphany Community Services he served as the Vice President of Community Systems Group Inc. and the Chief Executive Officer of The Community Partnership; He also currently holds the elected office of Councilman in the Village of Swanton, Ohio and is the Chairman of the council’s Safety Committee. Deacon is recognized as an expert in coalition development, evaluation and environmental change and has been recognized as such by the Office of Juvenile Justice and Delinquency Prevention, National Institute of Drug Abuse, National Highway Transportation Administration and the Community Anti-Drug Coalitions of America. He is trainer for the National Coalition Institute of the Community Anti-Drug Coalitions of America. His work has been highlighted in NIDA Notes, received recognition from the National Highway Transportation Safety Administration, and the Ohio Department of Alcohol and Drug Addiction Services. He is a Licensed Independent Chemical Dependency Counselor. He holds a BS in Community Health from Ohio University, a Master’s Degree in Organizational Leadership from Lourdes College and is finishing his Doctor of Executive Leadership at Mountain State University.

- *This session is TN Certification Board-Prevention Certification approved*

“Motivational Interviewing: Changing Addictive Behavior” (Part 2 of 2)

Location: Mirabella C

James Sacco, LCSW

Certified Motivational Interviewing Trainer

**see bio above*

This session is designed to help Addictions Counselors, Health Care Workers, and Social Service Providers build communication skills for working with substance using clients following the counseling skills of motivational interviewing. The course focuses on understanding the method, introduction to the basic skills of MI, and emphasizes using effective listening skills to build motivation to change. The

examples and clinical practice in this course deal exclusively with clients who struggle with the abuse of alcohol and other drugs.

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