

COURSE SELECTION WORKSHEET

Use this worksheet to write down your course selections.
Then note the names and numbers for your application.

TRACK ABC (21.75-Hour Courses)

Monday – Thursday during Tracks A B, & C

101.ABC Maine Office of Substance Abuse Co-located Program: Differential Substance Abuse Treatment Cognitive Behavioral Training (RC)

TRACK AB (15.75-Hour Courses)

Monday – Wednesday during Tracks A & B

201.AB Evidence-Based Practice: Motivational Interviewing Intensive (BC/RC)

202.AB Spirituality for the Hard Times (AI)

203.AB Addiction Biology and Psychopharmacology for Co-occurring Disorders (BC/RC)

TRACK A

8.75-hour courses / Mon. - Tues.

301.A Assessment, Treatment Planning, and Documentation (RC)

302.A Cognitive Behavioral Treatment (BC/RC)

303.A Domestic Violence (HS/BC/RC)

304.A Cultural Competency and Latinos/as: Techniques and Strategies that Work (HS/AI)

305.A Dual Diagnosis: Personality Disorders (RC)

306.A Effective Strategies to Engage Families in Treatment (RC)

307.A Foundations for the New Addiction Counselor (BC)

308.A From Conception to Prevention: The Pregnant Woman in Methadone Treatment (AI)

309.A Intro to Behavioral Addictions (AI)

310.A Intro to Relapse Prevention (BC/RC)

311.A Motivational Interviewing for the Criminal Justice Population (RC)

312.A Seeking Safety: An evidence-based practice for trauma and/or substance abuse (RC)

313.A What Every Clinician Should Know about Differential Diagnosis for Co-Occurring Disorders (BC/RC)

314.A Yoga and 12 Step Recovery (AI)

Shared Addiction School and Prevention School Courses:

341.A Promoting Recovery with Recovery Support Services (AI)

342.A Relapse Prevention and the Continuum of Care...Prevention? Treatment? Healthy Living? (AI)

343.A Changing Minds - Changing Lives. Addressing Addiction Outside of Treatment Settings (HS)

Course Categories

- BC-Beginning counselors and those interested in becoming counselors
- RC-Recertifying counselors
- HS-Allied human service professionals and counselors
- PP-Prevention professionals and those interested in learning more about prevention

Instructions

Use this worksheet to assist you in selecting courses. Be sure to refer to the course descriptions on the following pages.

If registering for three workshops: Select one course from each track (A, B, & C) as your first choice.

If registering for one 15.75 hour workshop and one 8 hour workshop: Select your 14.5 hour course from Track AB and select an 8 hour workshop from Track C.

If registering for a 21.75 hour course: Select the course from track ABC. Indicate your course choices on the application located in the centerfold. Please indicate your backup 2nd and 3rd choices in each track.

TRACK B 7-hour courses /Weds.

401.B Counseling the Less Powerful (BC/RC/HS)

402.B Person-Centered Recovery Planning: Using Recovery-Oriented Systems of Care to Support Wellness (BC/RC)

403.B Listening and Interviewing Skills for Addiction Counselors (BC/RC/HS)

404.B HIV Trends and Treatment 2009 (AI)

405.B Etiology and Epidemiology of Addiction (AI)

406.B Integrating Criminal Thinking Education and Chemical Dependency Treatment (BC/RC/HS)

407.B Co-Occurring Treatment for Adolescents (BC/RC)

408.B Brief Approaches to Addictions Treatment (BC/RC/HS)

409.B Assessment and Treatment for the Client with Co-Occurring Disorders (BC/RC)

410.B Developing Effective Strategies for Women in Group Treatment (HS)

411.B Relapse Prevention: "What Works" (BC/RC)

412.B Adapting Services for People with a Range of Cognitive Challenges (AI)

413.B Medication Assisted Treatment (AI)

414.B Integrated Assessment and Case Planning for the Criminal Justice Population (BC/RC/HS)

Shared Addiction School and Prevention School Courses:

441.B Deepening Our Understanding of Culture and Its Integration into Competent Prevention, Intervention, Treatment, and Recovery Work (AI)

442.B Relational Trauma and Addictive Disorders (AI)

443.B Street Drugs And Current Trends: Oxycotin, Ecstasy, Ice, GHB, "Cat", Ketamine, DXM, and Other Synthetics (AI)

444.B Youth Suicide Prevention Gatekeeper Training (PP/BC/RC/HS)

TRACK C 6-hour courses /Thurs.

501.C M.A.T.R.S. Treatment Planning Utilizing the Addiction Severity Index (ASI): Making Data Collection Useful (BC/RC)

502.C Prescription and Over the Counter (OTC) Drug Abuse Across the Lifespan (AI)

503.C Group Work for Novices (AI)

504.C Affirming Treatment for Sexual Minorities (HS)

505.C Confidentiality, Ethics, the Counselor and the Law (BC/RC)

506.C Holistic Functioning Model for Integrated Co-Occurring Treatment

507.C Motivational Interviewing (BC/RC)

508.C Neurobiology of Addiction (BC/PP/HS)

509.C PTSD & Substance Abuse: Understanding Challenges Returning Military Members Experience (HS)

510.C Successful Treatment Outcomes Using Motivational Incentives (RC)

511.C Tension Trauma and Triumph : Helping High Risk Youth Succeed (PP/BC/RC/HS)

512.C The 12 Core Functions of Chemical Dependency Counseling (BC)

513.C The Spirit, Mind, and Body Aspects of Recovery: Utilizing the Humanics Philosophy as a Holistic Approach (AI)

514.C Toward a Recovery Oriented System of Care for Criminal Offenders

515.C Understanding Mental Health Conditions (BC)

516.C Working with Parents of Adolescents Using Behavioral Techniques (BC/RC/HS)

Course Selection Worksheet

Track A Course

First Choice _____

Second Choice _____

Third Choice _____

Track B Course

First Choice _____

Second Choice _____

Third Choice _____

Track C 6 - Hour Courses

The following workshops are scheduled for Track C: Thursday from 9:30 am - 5:00 pm.

501.C M.A.T.R.S. Treatment Planning Utilizing the Addiction Severity Index (ASI): Making Data Collection Useful

Sponsored by the Addiction Technology Transfer Center of New England - Pat Dutton (NH)

The Addiction Severity Index (ASI) is one of the most widely used tools for the assessment of substance-use related problems. It identifies potential problems in six domain areas: medical status, employment and support, alcohol and drug use, legal status, family/social status, and psychiatric status. Addiction counselors in community based treatment centers often administer the ASI, yet often fail to use consumer responses to identify client problems, develop individualized treatment plans, and make appropriate clinical referrals. Treatment program staff may view the ASI assessment as time consuming and not clinically useful. This course seeks to demonstrate the useful information that is gathered by the ASI, and strategies that will transform "paperwork" into integrated clinical processes that can monitor and enhance client retention and treatment outcomes.

OBJECTIVES: Participants will:

1. Examine Addiction Severity Index information for clinical applications and program evaluation activities;
2. Identify differences between program-driven and individualized treatment plans;
3. Gain familiarity with treatment planning including: writing and prioritizing problem and goal statements and developing specific, measurable, attainable, realistic, and time limited (M.A.T.R.S.) objectives and interventions;
4. Define basic guidelines and legal considerations in documenting client status; and
5. Practice incorporating the ASI information in treatment planning and documentation activities.

TARGET AUDIENCE: Addiction counselors, clinical supervisors, and program managers

CONTENT LEVEL: Core to Intermediate

502.C Prescription and Over the Counter (OTC) Drug Abuse Across the Lifespan

Sponsored by the Addiction Technology Transfer Center of New England - Melissa Heinen, MPH (NH)

Over-the-counter (OTC) and prescription (Rx) drug abuse is on the rise. In 2004, poisoning became the second leading cause of death from unintentional injury in the U.S. Nearly all of these deaths resulted from the abuse of prescription and illegal drugs. The number of unintentional poisoning deaths increased 62.5% in the United States from 1999-2004 (210% in Maine, 171% in New Hampshire, 165% in Vermont, 91% in Massachusetts and 25% in Connecticut). The majority of these unintentional poisonings were due to substance abuse overdoses. Many people mistakenly think abusing medicine is safer than abusing illegal drugs. OTC and Rx medications have widespread availability and easy access; thus complicating prevention. Many people do not realize that abuse of medications can be poisonous. Find out more about this growing public health problem and learn what you can do in your community or agency to prevent this epidemic.

OBJECTIVES: Participants will:

1. Understand the epidemiology of medication abuse;
2. Identify medications abused and their health effects;

3. Describe the symptoms associated with different medicines;
 4. Recognize poison center services related to medication abuse; and
 5. Understand the key implications for prevention and treatment.
- TARGET AUDIENCE:** Prevention professionals, treatment professionals and others wishing to learn more about this topic
CONTENT LEVEL: Core to Advanced.

503.C Group Work for Novices

Joyce Anderson, CADC, SAP (VT)

Group therapy is a powerful treatment modality. The power of every group lies in the support and feedback from the clients, as well as the facilitator. We will explore the different ways to conduct groups. This group will provide an understanding of the tools and skills that you have and the best way to use them. The learning method will be by participation in small and large groups as well as a hands on approach to facilitation.

OBJECTIVES: Participants will:

1. Understand the different roles of a facilitator;
2. Explore and identify the different methods of facilitation in groups;
3. Learn how to develop these methods into their own style of facilitation;
4. Experience the large and small group setting; and
5. Practice different facilitation skills.

TARGET AUDIENCE: Novice counselors and other service providers beginning their work with clients in both small and large group settings.

CONTENT LEVEL: Core to Intermediate

504.C Affirming Treatment for Sexual Minorities

Sponsored by the Addiction Technology Transfer Center of New England - Presenter To Be Announced

Based in part on CSAT's "A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgendered Individuals," this workshop will inform participants about appropriate diagnosis and treatment approaches that will help ensure the development or enhancement of effective LGBT-sensitive programs. It will (a) provide an opportunity to examine how heterosexism and phobias related to sexual minorities affect treatment; (b) present statistical and demographic information, prevalence data, case examples and suggested interventions, treatment guidelines and approaches, and organizational policies and procedures that will assist the practitioners and/or managers how to make substance abuse treatment an affirmative experience for sexual minorities.

OBJECTIVES: Participants will:

1. Increase their familiarity with the issues and barriers faced by sexual minorities in need of substance use disorder-related services;
2. Understand the interaction between LGBT issues and substance use and abuse; and
3. Enhance their ability to offer sensitive, affirmative, culturally relevant and effective substance abuse treatment to sexual minorities.

TARGET AUDIENCE: Counselors and Administrators

CONTENT LEVEL: Intermediate to Advanced

505.C Confidentiality, Ethics, the Counselor and the Law

Jacqui Abikoff, LICSW, LADC (NH)

Substance abuse counselors often find themselves involved in court proceedings or other legal issues as a result of their treatment of clients embroiled in civil or criminal matters. This may be by accident or by design. The adversarial nature of the legal system can be both foreign and uncom-

fortable for the counselor who is more accustomed to the supportive and collegial atmosphere of the therapeutic community. Confidentiality is a key component that guides counselor interaction within the legal and criminal justice system and a thorough understanding of the federal laws is key to safe and ethical maneuvering between these systems. This workshop will examine the different roles in which counselors may find themselves within the legal system, the ethical and procedural issues which these different roles demand, and the potential ethical conflicts which may arise as a result. The practical application of the federal confidentiality laws, including CFR 42 Part 2 and HIPAA will be discussed. Effective techniques for dealing with legal efforts to pierce confidentiality as well as for presenting information in court will be explored.

OBJECTIVES: Participants will:

1. Learn to identify the clinical implications of the decisions they make regarding the application of client confidentiality;
2. Understand the different roles the counselor may play when dealing with the legal system;
3. Learn to identify and resolve ethical conflicts that may arise when counselors work with clients involved in the legal system;
4. Understand and reconcile conflicts between HIPAA and Federal Confidentiality Regulations governing substance abuse patient records; and
5. Understand the practical application of the federal confidentiality law as it applies to standard practice, interactions with other agencies and providers and the legal system.

TARGET AUDIENCE: Substance Abuse Counselors

CONTENT LEVEL: Core to Intermediate

506.C Holistic Functioning Model for Integrated Co-Occurring Treatment

Diane Geyer, LCPC, LADC, CCS (ME)

Chemical Dependency and Mental Health Issues impact the whole person. These disorders do not exist in isolation and one disorder does not wait for the other disorder to recover. Both interact together and must be considered together. "Holistic functioning is a psychological theory that maintains that behavior is the result of four components or factors that make up the whole person." (Whittle/ Geyer) Each component (Biological, Emotional Sociocultural, and Spiritual) in the Holistic Functioning Model interacts and impacts the other- just as the mental health condition and chemical abuse or dependency interacts and impacts each condition. Learning to use individual's strengths in any one of these areas can help the individual cope with triggers to use (chemicals-addictive behaviors) or repetitive behaviors triggering mental health symptoms. This approach can assist with relapse prevention of both conditions and help the "whole" individual heal. A clinician who is licensed in either mental health or substance abuse field- or dually licensed can use this model. This approach can also be shared by more than one clinician or by a team. (Geyer/Whittle)

OBJECTIVES: Participants will:

1. Name an example of each of the four model components;
2. Provide an example of helping an individual to use their strengths to help address each of these areas; and
3. Describe the importance of a holistic approach.

TARGET AUDIENCE: Clinicians working in mental health, substance abuse, and co-occurring disorders, and those working with treatment teams

CONTENT LEVEL: Intermediate

507.C Motivational Interviewing

Sponsored by the Addiction Technology Transfer Center of

New England - Alan Lyme, LCSW, CAP, ICADC (FL)

This training will discuss a new effective approach in the treatment of substance abusers and clients with dual diagnosis. Provide participants will have an opportunity to explore creative ways of integrating these approaches into an effective therapeutic intervention - when to use, when not to use motivational interviewing for the resistant client. Motivational Interviewing is a client-centered, evidence based directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

OBJECTIVES: Participants will:

1. Learn the fundamentals of Motivational Interviewing;
2. Explore ways of integrating Motivational Interviewing theories into our treatment approaches;
3. Practice Motivational Interviewing on "challenging" clients through role playing and discussion;
4. Adapt the treatment strategies to different populations;
5. Understand direct approaches you can use within the context of creating an atmosphere of change; and
6. Develop a mindful "observing eye" to notice/sense resistance.

TARGET AUDIENCE: Clinicians

CONTENT LEVEL: Core to Intermediate

508.C Neurobiology of Addiction

Joe Zannella, M.A., LADC (CT)

This workshop will begin with a review of brain structure and neurobiology. The effects of substance abuse and the progression of chemical dependency on the brain will be described. Implications for treatment and client education will be discussed. Current and emerging brain chemistry research will be highlighted.

OBJECTIVES: After completing this course, participants will:

1. Name three effects of substance abuse on the brain;
2. Identify three implications of brain chemistry on treatment; and
3. Discuss two promising new findings in neurobiology of addiction research.

TARGET AUDIENCE: Clinicians and other professionals who wish to learn more about neurobiology, refresh their knowledge, or become updated on current brain chemistry research

CONTENT LEVEL: Intermediate

509.C PTSD & Substance Abuse: Understanding Challenges Returning Military Members Experience

Katherine Neill, LICSW (RI)

The battle may be over, but for many, the struggles have just begun. Returning military members often face bio-psychosocial challenges that undermine established behavioral norms. Community treatment providers are a key link when social networks begin to fray under these pressures. This workshop is designed to examine the specific challenges veterans endure, describe the manifestations of combat related stress and how this may alter an individual's clinical presentation, and identify appropriate assessment and treatment interventions.

OBJECTIVES: Participants will:

1. Explain the nature of combat stress and its impact on returning military members and their families;
2. Describe the mind-body connection and how it relates to posttraumatic stress and other traumatic disorders;
3. Recognize physical and psychological reactions that may be exhibited in response to stress;

- Describe assessment considerations when working with returning military members and their families; and
- Discuss treatment planning considerations for work with returning military members and/or their families.

TARGET AUDIENCE: Clinicians and other human service professionals interested in the topic

CONTENT LEVEL: Advanced.

510.C Successful Treatment Outcomes Using Motivational Incentives

Sponsored by the Addiction Technology Transfer Center of New England - Margaret O'Hagan - Lynch (CT)

Research consistently shows that client motivation for positive behavioral change can be influenced by the use of tangible motivational incentives, also referred to as Contingency Management. This course will provide the National Institute on Drug Abuse and Substance Abuse and Mental Health Services Administration's Blending Initiative product, entitled, "Promoting Awareness of Motivational Incentives (PAMI)". This presentation incorporates examples of successful Motivational Incentive principles and strategies in addiction treatment. Additionally, participants will have an opportunity for further study and skills-based practice in these motivational incentive strategies, such as contingency management, token economies, and vouchers.

OBJECTIVES: Participants will:

- Name two core principles of Motivational Incentives;
- Describe two positive outcomes and lessons learned from the NIDA Clinical Trials Network study, Motivational Incentives for Enhanced Drug Abuse Recovery; and
- Have an opportunity to practice counseling skills using motivational incentives.

TARGET AUDIENCE: Clinicians

CONTENT LEVEL: Intermediate to Advanced

511.C Tension Trauma and Triumph : Helping High Risk Youth Succeed

Lorraine Kaul, MA, MPA, CPP-R (RI)

Our emotions guide us in facing predicaments and tasks too important to leave to intellect alone. Facing traumatic situations, persistence toward goals, dealing with loss all are part of the human challenge. Yet, high-risk youth are often unequipped due to lack of emotional literacy, exposure to basic life skills, mental health, ATOD issues, and a number of other obstacles that block their journey toward healthy adulthood. We, in both the prevention and intervention field, are often frustrated and perplexed why so many smart youth make poor choices that impact them for life. This workshop will weave a tapestry of techniques based on current science using emotional intelligence theory, cultural competence and specific methods for teaching skills to assure transfer to the youths' life experience. This class will model the use of accelerated learning in keeping youth engaged and enhancing learning. We will explore the use of the material in group and in individual coaching/support sessions. A complex problem requires comprehensive helping competencies. Although serious in subject matter, the workshop models it's premise and promises to be interactive and fun!

OBJECTIVES: Participants will:

- Increase awareness of cultural and emotional competence in working with high risk youth;
- Techniques for teaching a variety of life/survival skills aimed at reducing risk and enhancing resilience; and

- Learn about accelerated learning techniques to keep youth engaged and enhance learning.

TARGET AUDIENCE: Clinicians

CONTENT LEVEL: Core to Advanced.

512.C Counseling Fundamentals: The 12 Core Functions of Chemical Dependency Counseling

Sponsored by the Addiction Technology Transfer Center of New England - David Parisi, LICSW, LADC (NH)

This workshop will focus on the twelve core functions of substance abuse counseling. Participants will be shown the value of each function and how they interrelate to each other. Additionally, the 46 global criteria, which fall within the twelve core functions, will be reviewed, clarified and to some degree, simplified. Participants will be given an overview of how these functions are utilized in substance abuse counseling.

OBJECTIVES: Participants will:

- Define the role of the twelve core functions;
- Understand the interrelated aspects of the core functions and global criteria; and
- Develop a better understanding of the core functions in the chemical dependency counseling process.

TARGET AUDIENCE: Substance abuse treatment professionals considering certification and entry level professionals

CONTENT LEVEL: Core

513.C The Spirit, Mind, and Body Aspects of Recovery: Utilizing the Humanics Philosophy as a Holistic Approach

Sponsored by Springfield College, School of Human Services Dr. Susan Langlois (NH) and Dr. Richard D. Davila (FL)

This seminar provides a framework for utilizing the Humanics philosophy (counseling and educating the whole person for service to humanity) to develop the spirit, mind, and body as a holistic approach to recovery. Participants will be exposed to applications that help in recovery to cope with the present (in the now) by using their own creativity to stay in the present and not be affected by past experiences. Also the concepts of service and holistic approaches to self and others will be exposed.

OBJECTIVES: Participants will:

- Get an understanding of an expanded concept of self in the helping process; and
- Gain an understanding of holistic approaches to recovery.

TARGET AUDIENCE: All Interested

CONTENT LEVEL: Core to Advanced

514.C Toward a Recovery Oriented System of Care for Criminal Offenders

Sponsored by the Drug and Alcohol Treatment Association of Rhode Island, in association with a special criminal justice re-entry initiative

A recovery oriented system of care is highly effective in addressing

addiction for the criminal justice population. Using a client-directed approach offers the opportunity to manage and support ongoing recovery. Important components include treatment, aftercare, recovery supports, re-entry planning and case management, as well as assistance with education and employment, housing, and family. Models that offer treatment and supportive services during and after incarceration will be reviewed.

OBJECTIVES: Participants will:

1. Define a recovery oriented system of care and explain why this approach is especially effective with the criminal justice population;
2. Name three important components of a re-entry case plan using this approach; and
3. Describe a successful model that incorporates a recovery oriented system of care with this population.

TARGET AUDIENCE: Clinicians and others who work with criminal justice clients

CONTENT LEVEL: Intermediate

IMPORTANT NOTE: First priority will be given to Rhode Island participants who are working with the criminal justice population; the course will be open to others if space is available.

515.C Understanding Mental Health Conditions

Richard Fisher, LCSW (CT)

This course provides an overview of the signs, symptoms, etiology and course of the most common mental health conditions. It places these conditions within a stress-vulnerability model and uses that model to review roles and strategies to assist people in their recovery. Mental Health conditions co-occurring with substance use disorders will be explored.

OBJECTIVES: Participants will be able to:

1. Name three of the most common mental health conditions and describe signs, symptoms, and etiology; and
2. Describe roles and strategies to assist people with these three conditions in their recovery.

TARGET AUDIENCE: Case managers, outreach workers, counselors, psychotherapists

CONTENT LEVEL: Core to Advanced

516.C Working with Parents of Adolescents Using Behavioral Techniques

Jody Kamon, Ph.D. (VT)

Research indicates that when working with adolescents, family involvement is essential. This workshop will review the range of research guided family interventions available to target adolescent substance use and mental health, provide strategies for engaging caregivers into treatment with their youth(s), and begin to explore how to implement specific techniques when working with caregivers. Participants will have opportunities to practice using some of these strategies.

OBJECTIVES: Participants will:

1. Be familiar with the range of family interventions for use with adolescent clients;
2. Describe key strategies for engaging families into treatment with their youth;
3. Be familiar with core behavior parenting techniques used to address substance use and externalizing problems; and
4. Demonstrate beginning familiarity in using behavioral parent techniques.

TARGET AUDIENCE: Clinicians who are generally familiar with adolescent treatment

CONTENT LEVEL: Core to Intermediate

FOR MORE INFORMATION

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Thank you to New England School of Addiction Studies Co-Sponsors

- Connecticut Department of Mental Health & Addiction Services
- Massachusetts Bureau of Substance Abuse Services
- Maine Department of Health and Human Services, Office of Substance Abuse
- New Hampshire Department of Health & Human Services, Bureau of Drug and Alcohol Services
- Rhode Island Division of Behavioral Healthcare Services
- Vermont Division of Alcohol and Drug Abuse Programs
- New Hampshire Training Institute on Addictive Disorders
- Drug and Alcohol Treatment Association of Rhode Island

Special Thanks!

- To the Planning Committee for the 40th Anniversary New England School of Addiction Studies:
- Bob Bick - The Howard Center
- Leslie Cohen - Addiction Technology Transfer Center of New England
- Karen Crowley - Vermont Department of Health, Division of Alcohol and Drug Abuse Programs
- Lori Dorsey - Rhode Island Division of Behavioral Healthcare Services
- James Gorske - AdCare Educational Institute
- Stephen Gumbley - Addiction Technology Transfer Center of New England
- Joseph Hyde - Drug and Alcohol Treatment Association of Rhode Island
- Gail Link - Connecticut Department of Mental Health and Addiction Services
- Jennifer Parks - Massachusetts Department of Public Health
- Paul MacFarland - Maine Department of Health and Human Services, Office of Substance Abuse
- Lindy Keller - New Hampshire Department of Health & Human Services
- Dianne Pepin - New Hampshire Training Institute on Addictive Disorders
- Diane Potvin - CCAR
- Dick Powell - Vermont Department of Corrections
- Shannon Quinn - New Hampshire Department of Health & Human Services