



HOPE
CONSORTIUM

SUPPORTING
TREATMENT &
RECOVERY IN THE
NORTHWOODS

HOPE Consortium Conference

August 23 & 24, 2018

**Lake of the Torches Resort & Casino
Lac du Flambeau, WI 54538**

Registration Packet

Hotel Accommodations

The 2018 HOPE Consortium Conference will be held at Lake of the Torches Resort & Casino Lac du Flambeau, WI. Participants are responsible for making their own lodging reservations. Cost of room per night is \$82.00.

Instructions

- Contact Lake of the Torches Resort & Casino at 1-888-599-9200, mention the “HOPE Consortium Conference” block. To receive the room rates noted above, you must book your room by **August 9, 2018.**
- Scholarship recipients should follow the instructions included in award notification.

Conference Registration

Registration fee is \$50 per participant, non-refundable. The fee includes meals and workshops on August 23 and 24, 2018. Registration fees must be submitted by **August 18, 2017.**

Instructions

- Participants must complete the online registration form. Complete one registration form per participant.
- Scholarship recipients should follow the instructions included in your award notification.

[**REGISTER HERE**](#)

Substance Abuse Counselor Continuing Education Credits

Certified substance abuse counselors can earn continuing education credits at the conference. For those certified substance abuse counselors-in training who were previously registered as an alcohol and drug abuse counselor (RADIC I) with the Wisconsin Certification Board, the continuing education credits may count toward the 360 hours required to obtain certification as a substance abuse counselor, only if they have received a total of 100 hours of approved education by March 1, 2007.*

For those individuals who are planning to apply for the substance abuse counselor-in training certificate, continuing education hours may count towards the initial 100 hours required for certification as a substance abuse counselor-in training.

*As per s. RL 161.04 (2) (a) 4., Wis. Admin. Code, Counselor Applications

SESSION OVERVIEW

Thursday, August 23, 2018: DAY ONE

7:30am - 8:30am Breakfast and Registration

8:30am - 9:00am Welcome & Announcements

Opening Keynote: 9:00am - 10:30am Balance Your Conflict

Speaker: Dr. Jody Janati - Trainer/Speaker, Communication Innovation, Duluth, MN

In this keynote address you will learn 101 things to say and do during difficult interactions and how to maintain your personal integrity through effective communication strategies that really work. Learn step by step responses to transform difficult conversations. Multiple techniques will be discussed to ensure you can find your voice, maintain wholeness and go unimpaired while engaging others during difficult interactions. Be cool, calm and collected and set healthy boundaries with others and ultimately find your "Conversation Peace."

Learning Outcomes:

- Use assertive communication as a fair and responsible response.
- Make use of effective assertion models – 101 things to say and do during difficult interactions - step by step guide to effective techniques.
- Identify the imbalance of passive, aggressive and passive/aggressive communication.

AM BREAK 10:30am - 10:45am

SESSION ONE 10:45am - 11:45 am

Speaker Details:
Andrea Magermans

Prescription Drug
Monitoring Program
Managing Director,
Wisconsin Dept. of
Safety and Professional
Services, Madison, WI

I. Overview of Law Enforcement Use of the Wisconsin Prescription Drug Monitoring Program (WI PDMP) | Andrea Magermans

An overview of how the WI PDMP can be used by law enforcement, including law enforcement access of PDMP reports and law enforcement's duty to report to the WI PDMP about suspected overdose incidents, suspected controlled substances violations and reports of stolen controlled substance prescriptions.

Learning Outcomes:

- Explain the process for requesting a Law Enforcement account with the WI ePDMP.
- Describe the process for requesting PDMP reports through a Law Enforcement user account.
- Describe the requirement to report and process for reporting suspected overdose incidents, suspected controlled substances violations, and reports of controlled substance prescriptions to the WI ePDMP.

Speaker Details:
Dr. Jodi Janati

Trainer/Speaker
Communication
Innovation
Duluth, MN

2. Healthy Self Talk = Healthy You! | Dr. Jodi Janati

Grow through it! Drama free communication starts with you. The way you talk to yourself directly impacts how you both behave and interact with others. Examine how your self-talk often creates more drama in your life than is necessary. Learn to reframe your destructive thoughts into solutions-based thinking. Control your thoughts or they will control you. Explore strategies to help change your negative thoughts and go from “you stress” (bad stress) to “eustress” (good stress). Understand how thoughts affect reality and how to work through your anger, fear and stress.

Learning Outcomes:

- Identify personal stress triggers and learn to avoid plugging in to them.
- Understand and apply strategies to defuse negative self-talk.
- Learn strategies to effectively address and eliminate intrapersonal drama.

Note:
Running time
10:35am-11:55am

3. Showing of Documentary *Written Off* & Discussion

Written Off chronicles the life of Matthew Edwards, a young man whose addiction to opioids began at age 15 after being prescribed pain medicine for a minor surgery. His grippingly honest writing reveals the secrets he tried so hard to conceal throughout a decade long struggle to escape addiction. Participants will watch the full documentary and then join together for group discussion.

Learning Outcomes:

- Learn how to aid in the understanding of addiction and realize that behind the addiction, there is a person.
- Foster conversation about the public health crisis related to the opioid epidemic.

Speaker Details:
Michael Larson, PhD

Clinical Psychologist,
MCHS Director of
Scheduled Medication
Policy, Director of
Diversion Prevention,
HOPE Consortium,
Minocqua, WI

4. Urine Drug Testing in Opioid Use Disorder Treatment | Michael Larson

This session will review the nature of urine drug testing within treatment with a focus on interpreting those results and using those results to help with the recovery process.

Learning Outcomes:

- Learn the basic urine testing interpretation overview and objective for urine drug testing and examples to help with the interpretation process.
- Review how urine drug testing can be used to engage the patient in the recovery process including a discussion on how to review results in a positive manner and the philosophy of “peeing with a purpose.”

LUNCH 11:45am - 1:00pm

SESSION TWO

1:00pm – 2:00pm

Speaker Details:
Mark Vander
Bloomen

Chief of Police,
Eagle River
Police Department,
Eagle River, WI

5. Law Enforcement Addiction Assistance Programs for Small Rural Agencies | Mark Vander Bloomen

This session will discuss lessons learned in running a law enforcement addiction assistance program in small towns and rural areas.

Learning Outcomes:

- Identify to identify obstacles to assistance in rural areas, which resources to work with to establish a program and potential pitfalls in establishing a program.

Speaker Details:
Dr. Jodi Janati

Trainer/Speaker
Communication
Innovation
Duluth, MN

6. Professional Communication | Dr. Jodi Janati

Most professionals are faced with difficult interactions where their integrity can be compromised. Explore how to effectively communicate, especially when functioning in the role of a group facilitator or leader. Leading with your assertive voice allows you to be clear and concise across diverse audiences while maintaining a professional tone. You will learn how to balance your personal appeals and better understand how to structure a message that best suits your communication style. Step by step methods for dealing with intense conversation and correcting broken relationships will also be discussed.

Learning Outcomes:

- Learn how to communicate in their most effective, assertive tone.
- Understand how to best frame/outline and deliver a message for an intended audience.
- Apply professional responses that are free from excuses and other disconfirming messages.

Speaker Details:
Flo Hilliard

Hilliard Training &
Consulting,
Stoughton, WI

7. The Science of Recovery | Flo Hilliard

This session will discuss what research shows is working and promising practices for helping clients into and be successful at long term recovery. We will also look at what shows to be working in Medication Assisted Treatment and new ways to look at trauma healing and other emerging trends.

Learning Outcomes:

- Discuss what medication assisted treatments work best in what settings.
- Discuss Recovery Capital and its link to long term recovery.
- Explain the promising practice of Healing Centered Engagement for trauma therapy.

Speaker Details:
Tony Iniguez

Trauma Education
Specialist MCHS
Advocacy Center,
Marshfield, WI

8. Breaking the Cycle: Responses to Adversity that Build Resilience and Promote Healing | *Tony Iniguez*

Our own perceptions and moment-to-moment interactions with those we serve affect their capacity to positively process, absorb and utilize the tools, skills and services we seek to provide. Forming meaningful relationships with people and connecting people to basic survival resources will have the greatest impact on learning, positive mental health, recovery and healthy social emotional development in our communities.

Learning Outcomes:

- Recognize that our innate drive for survival has positive and negative implications on resilience and healing.
- Recognize that personal growth can only begin when our basic needs are predictably met.
- Identify three ways to utilize the power of attachment to facilitate healing and build resilience.

SESSION THREE 2:15pm – 3:30pm

Speaker Details:
Chad D. Verbeten

Assistant Attorney
General, Wisconsin
Department of Justice,
Madison, WI

9. Heroin and Meth Trends and Prosecution | *Chad D. Verbeten* *Shane Heister (invited)*

This session will include a discussion lead by Assistant Attorney General, Chad D. Verbeten, regarding the prosecution of methamphetamine cases and their impact on the criminal justice system. Additionally, Chad will explain the Methamphetamine Prosecutor position, its goals and who he is.

Learning Outcomes:

- Learn about the new Methamphetamine Prosecutor position created by Attorney General Schimel.
- Learn why the position was created and how the position will assist District Attorneys.
- Engage in discussion on the addictive nature of methamphetamine and how it affects society.

Speaker Details:
Dr. Jodi Janati

Trainer/Speaker
Communication
Innovation
Duluth, MN

10. Balance Your Boundaries | Dr. Jodi Janati

Choice, chance and change: the three C's of effective communication. You must make a choice to take a chance or your communication with others will never change. Boundary setting is not about trying to change other people; it is about setting limits and deciding what you are willing to allow. It is your responsibility to communicate your boundary in a respectful manner that is firm and consistent and be willing to enforce it when needed. Learn steps to cultivate healthy boundaries with others and stay on the "grow." You can't change people, but you can change your responses to them. May this process help you find your "conversation peace."

Learning Outcomes:

- Identify mutual interest and experience fair problem solving methods.
- Learn to improve group communication with drama free messages that support a cohesive environment while addressing key issues.
- Set and implement healthy boundaries.

Speaker Details:
Shawn Smith

Co-Founder of the
Alma Institute,
Milwaukee, WI

11. Cultural Reverence within Motivational Interviewing (MI) Communication and Practice | Shawn Smith

Explore the integration of Motivational Interviewing and Cultural Reverence. Leverage your skill in MI as a culturally responsive style of communication. Learn how we, as individual service artists, can communicate in ways that heal, guide and exhibit deep respect for the heritage and values of a served person.

Learning Outcomes:

- Learn the four principles of cultural humility.
- Learn to use active listening skills to explore values.
- Learn how to develop discrepancy to evoke behavior change.

Speaker Details:
Sheila Weix

MSN, RN, CARN,
Director of Substance
Abuse Services,
Family Health Center
of Marshfield, Inc.,
Marshfield Clinic
Health System,
Marshfield, WI

12. Medication Assisted Treatment (MAT): "Why are we giving drugs to someone with a drug problem?" | Sheila Weix

MAT is an evidence-based treatment for opioid use disorder. This presentation will explain the why, the how, the risks and the benefits. Outcome data from a rural MAT program will be presented.

Learning Outcomes:

- Gain an understanding of Medication Assisted Treatment (MAT).
- Learn about guidelines for the use of medication-assisted treatment (MAT) in various populations.
- Appreciate the role that MAT can play in the recovery of an individual with an opioid use disorder.

PM BREAK 3:30pm – 3:45pm

SESSION FOUR

3:45pm – 5:00pm

Speaker Details:
Shawn Smith

Co-Founder of the
Alma Institute,
Milwaukee, WI

13. Criminal Justice Systems within Motivation Interviewing (MI) | Shawn Smith

During this highly experiential workshop, participants will experience a beginning taste of MI, its core components and contextual use with served persons involved in the criminal justice system. Participants will leave with at least one new skill to utilize with those they serve.

Learning Outcomes:

- Be able to learn and understand the spirit of MI.
- Learn to use active listening skill to express empathy.

Speaker Details:
HOPE Consortium
Care Coordinators

HOPE Consortium,
Marshfield, WI

14. Protect Yourself from Control Dramas | HOPE Consortium Care Coordinators

People “get in their way” with others by making them pay attention to them and then elicit a certain reaction from them to make themselves feel fulfilled. The positive feelings gained are won at the expense of the other person. This often causes imbalance and drama in our interpersonal relationships. Learn about common control drama patterns and how to negate them, understand and respond to attempts made to gain influence at your expense, and become aware of that these dramas can lead to understanding and forgiveness.

Learning Outcomes:

- Identify behaviors that cause imbalance interpersonal communication with others.
- Understand and apply strategies to defuse negative behavior patterns.
- Learn strategies to effectively address and eliminate drama.

Speaker Details:
Kristin Iniguez

DO, Director, MCHS
Advocacy Center,
Marshfield, WI

15. When the Smoke Clears: The Effects of Drug Endangerment | Kristin Iniguez

Children living in drug endangered environments are at much greater risk of being exposed to other adversities and are inherently victims of an array of neglect and emotional abuse. The culmination of adversity in many cases leads to poor physical health, emotional health and intellectual health outcomes, effectively lowering the child’s overall trajectory for success throughout their lifetime. Unfortunately, these consequences may go unidentified and unlinked to their respective trauma. Dr. Iniguez explores the effects of insidious environmental and emotional neglect from “caregiving” by an intoxicated parent. Further, she discusses the urgency of recognizing the complex health needs of drug endangered children and importance of providing ongoing comprehensive medical support as part of a multidisciplinary team approach to care.

Learning Outcomes:

- Discuss estimated incidence of drug endangerment and what it looks like in central WI.
- Become familiar with the acute and long term effects of methamphetamine exposure and associated neglect on the developing brain.
- Identify major comorbidities associated with drug endangerment and associated neglect.

Speaker Details:

*Sarah
Diedrick-Kasdorf
Deputy Director of
Gov. Affairs, WI
Counties Association,
Madison, WI*

*Kyle Christianson
Director of Gov.
Affairs, WI Counties
Association,
Madison, WI*

**16. Working with Legislators: Education, Relationships and Advocacy |
Sarah Diedrick-Kasdorf and Kyle Christianson**

Building relationships with your elected officials is a major component of any successful advocacy/education campaign. Once those relationships are fostered, individuals gain the confidence necessary to advocate on behalf of their chosen cause. At this session, you will learn why it is important to build relationships with your legislators as an integral part of an advocacy campaign, as well as learn strategies on how to build and/or strengthen relationships with your elected officials.

Learning Outcomes:

- Learn the importance of communicating with legislators and why it matters.
- Learn strategies to gain confidence in talking to legislators.
- Understand why building relationships with legislators are important.

**SCAODA Listening Session (Optional)
5:15pm - 6:15pm**

SESSION OVERVIEW

Friday, August 24, 2018: DAY TWO

8:00am - 8:40am Breakfast and Registration

8:40am - 8:45am Welcome & Announcements

Keynote: 8:45am – 9:45am State Panel Discussion

Speaker: Attorney General Schimel (invited)

Scott Stokes – Section Chief, Wisconsin Department of Health Services, Bureau of Prevention, Treatment & Recovery

This presentation will provide updates on funding, HOPE 2.0, the vision of the opioid task force and next steps.

SESSION FIVE 10:00am – 11:00 am

Speaker Details:

Katy Burke
Statewide
Problem-Solving Court
Coordinator, Office of
the Director of the State

Emily Nolan-Plutchak
Attorney, Wisconsin
Association of Treatment
Court Professionals

17. WATCP & Problem Solving Courts in the State of Wisconsin | Katy Burke and Emily Nolan-Plutchak

Wisconsin Association of Treatment Court Professionals (WATCP) is a professional organization representing the interests of treatment courts in the state of Wisconsin. The core mission of the WATCP is to reduce substance use, crime and recidivism. Participants will learn the goals of treatment courts, how they function and how a variety of sectors can come together in support of one another.

Learning Outcomes:

- Learn what treatment courts are, the successes and challenges of being a participant within the system, and how prevention professionals can collaborate with treatment courts to support one another.

Speaker Details:

Matthew Felgus, MD,
Addiction Psychiatrist,
Madison, WI

18. It's About the Healing: Opioid Replacement Therapy Is Not Forever, Is It? | Matthew Felgus

Buprenorphine-naloxone compounds save lives. However, once patients are stable on medication-assisted treatment and not using other opioids, what happens long term? They may start having cravings every time we suggest decreasing the dose, or lower to a certain point, and then decompensate trying to lower further. What is driving this and what can we do? Is life-long opioid-replacement therapy the only answer?

Learning Outcomes:

- Understand the necessary components of quality treatment for opioid use disorder.
- Analyze the pros and cons of slowly tapering buprenorphine-naloxone products and the differing perspectives among treatment specialists in the field.
- Describe an incremental method of tapering off buprenorphine-naloxone products in a manner that maximizes success for each individual patient.

Speaker Details:

Michael Larson, PhD

Clinical Psychologist,
MCHS Director of
Scheduled Medication
Policy, Director of
Diversion Prevention,
HOPE Consortium,
Minocqua, WI

19. Paradigm Shift in Chronic Opioid Therapy for Non-Cancer Pain | Michael Larson

This session will be an overview of new prescribing guidelines and current recommendations for chronic opioid therapy for chronic non-cancer pain.

Learning Outcomes:

- Review current CDC and Medical Examining Board guidelines for chronic opioid therapy for chronic non-cancer pain.
- Learn valuable information on why the major paradigm shift has occurred and what it means to patients with chronic pain.
- Review process of educating and motivating patients to reduce their reliance on opioids and also better understand the process of dose reduction.

Speaker Details:

Chris Fitzgerald
Barron County Sheriff

Dave Wilson
Shell Lake Police Dept.

20. kNOW Meth Campaign and Update on Local Strategies | Sheriff Chris Fitzgerald & Chief Dave Wilson

Overview of methamphetamine's impact on small town communities. Learn about resources to address this issue and a summary of what is being done to address this issue.

Learning Outcomes:

- Understand small town perspective.
- Identify what is being done to tackle this problem and what we can do to address the problem better.

AM BREAK 11:00am – 11:15am

SESSION SIX **11:15am – 12:15pm**

Speaker Details:

Morgan Young
Victim Services
Training Office,
Wisconsin Dept. of
Justice (DOJ),
Madison, WI

21. Human Trafficking in Wisconsin | Morgan Young

This session will provide an overview of what trafficking looks like in Wisconsin and how vulnerable individuals become victims. The interplay and exploitation of drug use and addiction will also be discussed as they relate to traffickers and their victims.

Learning Outcomes:

- Improve ability to identify situations of human trafficking.
- Understand the dynamics between trafficker and victim.
- Understand the role that drugs and addiction play in many trafficking situations.

Speaker Details:
Tekia Longstreet

CSAC, ICS,
Rhineland, WI

22. Boundaries and Ethics: Practical Field Application | Tekia Longstreet

Concepts related to boundaries and ethics will be discussed to include: identifying situations and gaining an understanding of the unique responsibility addiction professionals have regarding protection of clients, implementation of best practice by discussing and consulting with other members in the field and identifying ethical dilemmas specific to the rural area of Northern Wisconsin. **Individuals enrolled in this session need to submit two ethical dilemmas that can be discussed and processed through the presentation.**

Learning Outcomes:

- Identify situations and gain an understanding of the unique responsibility addiction professionals have regarding protection of client.
- Apply best practice concepts by reviewing the discussion making model outline in NAADAC.
- Identify ethical dilemmas specific to the field of AODA.

Speaker Details:

Matthew Felgus, MD,

Addiction Psychiatrist,
Madison, WI

23. Substance Abuse & Mental Health: The Interface and How to Negotiate | Matthew Felgus

Does abuse of alcohol and other drugs cause mental health problems or do mental health struggles create a pathway for developing addiction? How do we as clinicians sort this out without getting ourselves tangled up?

Learning Outcomes:

- Identify and describe the mental health conditions commonly co-occurring with substance use disorder.
- Evaluate current gaps in treatment of co-occurring mental health and substance use disorders.
- Describe therapeutic interventions helpful for the treatment of mental health conditions in individuals with substance use disorders.

Speaker Details:

Sue McKenzie

Director, Rogers
InHealth and WISE,
Brown Deer, WI

24. Compassion Resilience: Caring in the Midst of Challenge | Sue McKenzie

How are we filling and re-filling our tanks and those of our colleagues and employees? Explore the concepts of compassion fatigue and resilience through activities that can be brought back to use with staff in your organization. This is NOT just a focus on what individuals can do for themselves. Come prepared to also look at system drivers and learn how to best identify and manage them.

Learning Outcomes:

- Discuss the implications of compassion fatigue on a professional's ability to effectively apply evidence based strategies for people facing complex challenges.
- Explain the role of systemic drivers on compassion fatigue and a process for identifying those that an individual and/or leadership can change and the ones that need to take less focus due to the inability to change.
- Be able to demonstrate application of boundary setting and self-care strategies in both a personal and professional context.

LUNCH 12:15pm – 1:00pm

**Closing Keynote: Recovery Panel
1:00pm - 2:15pm**

**CLOSING & PRIZES
2:15pm – 2:30pm**