



HOPE
CONSORTIUM

SUPPORTING
TREATMENT &
RECOVERY IN THE
NORTHWOODS

HOPE Consortium Conference

August 26 & 27, 2019

Nicolet Technical College
Rhineland, WI 54501

Registration Packet

Hotel Accommodations

The 2019 HOPE Consortium Conference will be held at Nicolet Technical College at 5364 College Drive in Rhinelander, WI 54501. Hotel accommodations in Rhinelander are available at:

- Quality Inn: 715.369.3600
- AmericInn: 715.369.9600

Single occupancy rooms are available for **\$82/night** through August 9, 2019. Participants are responsible for making their own lodging reservations. When making your reservation, please ask for the **HOPE Consortium** room block.

Conference Registration

Registration fee is \$50 per participant, non-refundable. The fee includes workshops, materials and meals on August 26 and 27, 2019. Registration fees must be submitted by **August 16, 2019.**

Instructions:

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

[REGISTER – CLICK to Register Online – HOPE Consortium Conference 2019](#)

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 registered 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.* 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.

*Per 2017 Wisconsin ACT 262 enacted April 19, 2018. If you have questions, please contact the Department of Safety and Professional Services to verify.

Continuing Education Hours

Continuing Education Hours (CEHs) for the training are tracked by UWSP Continuing Education and have been applied for endorsement through The National Association of Social Workers and the UWSP Department of Sociology and Social Work using the Certificate of Completion in your folder. Please indicate the sessions you attend, sign the bottom, and retain the white copy as proof for license renewal. NOTE: There is one sheet for each day. Turn in the yellow copy/copies to the registration desk before you leave; they are kept on file at UWSP Continuing Education.

SESSION OVERVIEW: DAY ONE

Monday, August 26, 2019

8:00am - 9:00am Breakfast and Registration

9:00am - 9:15am Welcome & Announcements: Danielle Luther, Project Manager & Greg Nycz, Executive Director, Family Health Center of Marshfield, Inc.

Opening: 9:30am - 10:30am

Welcome:

Ogichidaa Singers | *Brian Jackson, HCAT Behavioral Health Project Director*

Keynote:

Baked and Wired | *Dave Nelson, PhD*

Professional burnout is something we all face in the field of human services. Self-care is paramount to avoid getting a little too baked and wired professionally and personally. Learning how to keep yourself fresh and resilient in the midst of the fires of helping others will be discussed and practiced, with a special emphasis on mindfulness.

Objectives:

- Identify signs of burnout
- Learn a simple mindful strategy that can be applied in most situations
- Have an opportunity to practice a variety of mindful techniques

BREAK 10:30am – 10:45am

SESSION ONE

10:45am – 12:00pm

1. Prescription Drug Monitoring Program (PDMP) Overview for Law Enforcement | *Andrea Magermans*

Hear an overview of law enforcement use of the WI PDMP, highlighting similarities and differences between what law enforcement users and healthcare providers can see.

Objectives:

- Explain how the WI PDMP can be used by law enforcement
- Describe the law enforcement reporting requirement for entering into the WI PDMP
- Express the value of the law enforcement reporting for healthcare decision support

2. Natural Methods for Managing the Anxiety of Withdrawal | Dave Nelson, PhD

Withdrawal from addictive substances brings fear and anxiety to people we serve. Dr. Nelson will share natural and easy strategies to use in assisting individuals to manage their anxiety from physiological discomfort associated with withdrawal. These are easy to teach and practice, and delivered with a hearty dose of laughter and levity.

Objectives:

- Understand the basic strategy of natural anxiety management
- Learn the only cognitive reframe you will need to help your clients refocus and make changes
- Learn and practice a wide variety of anxiety management techniques based on mindfulness, imagery, and humor

3. Drug Trends Related to Marijuana | Sheila Weix, MSN, RN, CARN

Marijuana use is becoming increasingly common across the United States as individual states continue to approve its use for medicinal and recreational purposes. Increasingly, providers outside the field of substance use disorder treatment are telling their patients about marijuana, which can present as a challenge for the substance use disorder treatment provider. In addition, differences in the legal status of marijuana between states (e.g., Wisconsin and Michigan) can influence trends in availability and prevalence of use.

Objectives:

- Understand trends in the use of marijuana regionally, statewide, and nationally
- Appreciate the challenges faced by substance use disorder treatment providers related to marijuana use
- Critically assess claims regarding the use of marijuana for medicinal and recreational purposes

LUNCH 12:00pm – 1:00pm

SESSION TWO

1:00pm – 2:00pm

4. An Introduction to Trauma-Informed Responses for Criminal Justice Professionals | Ashley Drexler

This interactive session is tailored to community-based criminal justice professionals as an introduction to trauma and trauma-informed responses. Participants will learn the impact of trauma on behavior and the interconnectedness of trauma and justice-involved individuals. Additionally, participants will be introduced to how trauma-informed criminal justice responses can help avoid re-traumatizing individuals, increase safety for all, promote recovery, and decrease recidivism.

Objectives:

- Define trauma
- Better understand the impact of trauma on behavior
- Learn what it means to practice trauma-informed responses

5. Wisconsin Prescription Drug Monitoring Program (PDMP) Overview for Providers | Brooke Bartholomew | Andrea Magermans

Learn an overview of how the WI PDMP can be used by providers, highlighting features that make the PDMP an effective tool for clinical decision support, prescribing practice assessment, interdisciplinary communication, and public health analysis. Hear from a provider who uses the PDMP actively to support patient care.

Objectives:

- Explain how the WI PDMP can be used by providers as a clinical decision support tool
- Describe how the WI PDMP can be used as a prescribing practice assessment tool
- Express the value of the interdisciplinary communication component of the WI PDMP for healthcare decision support

6. Gang Activity in the Northwoods | Presenter TBD

The session will focus on how to recognize gangs and will discuss gang activity in northern Wisconsin.

BREAK 2:00pm – 2:15pm

SESSION THREE
2:15pm – 3:30pm

7. Historical Trauma | Presenter TBD

The session will focus on historical trauma and its correlation with substance abuse.

8. The Impact of Scarcity | Tony Iniguez

When our brain and body perceive scarcity, whether it's food, love/relationships, safety, shelter, sleep or recognition, it hijacks our brain's capacity for reasoning and logic. Scarcity impacts our decision making, our mental state, our reward systems, our functional IQ and our capacity to heal. We will explore a simple framework that will help guide individuals from vulnerability and scarcity towards resilience and healing.

Objectives:

- Recognize the impact of scarcity on healthy choices and positive life outcomes
- Recognize that the brain's capacity for learning and healing is affected by our mental state and drive for attainment of basic needs
- Incorporate trauma responsive strategies to meet the brain's need for relationally mediated approaches, to triage basic needs, and to promote healing through a better understanding of neurobiology

9. Drug Trends in Northern Wisconsin | Tony Crum | Tim Gensler

Hear an overview of how to recognize specific drugs, how they are commonly used, and some of the effects a person may exhibit if they are under the influence of these substances.

Objectives:

- Recognize drugs that are trending in the area
- Recognize how these substances are being ingested, manufactured, and delivered
- Recognize the symptoms these substances may cause a person to exhibit

BREAK 3:30pm – 3:45pm

SESSION FOUR

3:45pm – 5:00pm

10. Family Circles 7 Grandfather Teachings | *Brian Jackson | Lisa Schuman*

Learn about the Family Circles Program, which focuses on wellness and identity through the lens of Ojibwe 7 Grandfather Teachings. Hear about lessons learned and how to engage the whole family.

Objectives:

- Learn about culturally responsible teachings
- Use this method as a community engagement model
- Learn about life in Indian Country

11. Living on a Budget | *Michael Larson, PhD | Jean Yeater*

Review basic information about prioritizing spending while living on a budget. Hear about how healthcare is helping to support its patients in achieving success. Learn how you can apply what you learned in your professional career.

Objectives:

- Prioritize bills and plan spending
- Set goals and plan for the future
- Understand the psychological explanation of issues that lead to emotional spending

12. Evidence Based Practices and Collaborative Supervision | *Ashley Drexler*

Participants will gain an understanding of how risk assessments and evidence based practices play a role in offender case management. Basic information will be provided on offender risk scales, criminogenic needs and collaborative treatment strategies. This session is suited for those that provide services to those involved with the criminal justice system.

Objectives:

- Understand the Risk, Need and Responsivity Principle
- Identify criminogenic needs
- Recognize the importance of cross-collaboration to reduce recidivism

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

The SCAODA Listening Session is an opportunity for the State Council to gather input from the general public and/or conference participants on directions for utilization of the Substance Abuse Block Grant funds and programmatic changes. Everyone is invited to attend with questions related to state substance abuse planning and infrastructure. Input will be collected by State Council Representatives and staff.

A light meal and refreshments will be provided.

SESSION OVERVIEW: DAY TWO

Tuesday, August 27, 2019

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

8:30am - 8:45am Welcome & Announcements

Opening Session: 8:45am – 9:45am State Panel Discussion

Governor Tony Evers (invited), Lieutenant Governor Mandela Barnes (invited), Attorney General Josh Kaul (invited), Paul Krupski, Representative John Nygren, and Scott Stokes

Representatives from state leadership positions will talk about substance abuse and their role in helping to develop programs, practices and policies to support communities in reducing opioid abuse and methamphetamine use.

BREAK 9:45am – 10:00am

SESSION FIVE
10:00am – 11:00 am

13. Readiness for Recovery (Recovery POD and Programs) | Julie DeVerney, LSCW | Ashley Drexler | Tammy Duwe | Heather Gehrig Weiss | Richard McCoy | Pasangi S. Perera, MS | Christina Rencontre, PhD | Sara Richie, MS | Randy Samuelson | Patty Thompson | William Weiss | Jay Wentworth | John Young, MS

A majority of the team will be present to talk about the Vilas County Jail program. The Jail has developed a 14 bed male Addiction Recovery POD and an 8 bed female Addiction Recovery POD for inmates that wish to recover from drug and/or alcohol addiction and make a change in their lives. There are many core programs that inmates in the Recovery PODS must attend.

Objectives:

- Define MRT
- Define SMART Recovery
- Understand what a Recovery POD is

14. Supporting the Challenging Client in Recovery | Lorie A. Goeser

This session will offer attendees the opportunity to participate in a discussion on strategies, structure, and interventions to help the challenging client become engaged to take on the tasks for their recovery. Learn about how the challenging client is unique at times in how the symptoms of addiction and their own personality traits can be their best assets for recovery as well as one of the strongest barriers. Focus on the little steps and “not feel like you are drowning” in the process. Practice reframing providers’ thinking for self-care and having balance to assist a client in the journey of recovery.

Objectives:

- Identify two strategies to assist in engagement of the challenging client
- Learn and practice two self-care techniques to use in the work setting
- Learn how to use the treatment plan as a tool with the challenging client

15. Stealing Your Smile: Substance Abuse and Your Teeth | Dr. Kirandeep Kaur | Janis Falesch, RDH | Shari Danielson

Discuss the correlation between oral health and substance abuse and learn about what help we can provide as dental providers. Access to oral care can increase patient confidence through the recovery process to assist in getting back into society by addressing dental needs.

Objectives:

- Understand the impact of substance abuse on oral health
- Learn about resources that dental professionals can provide
- Discuss the role of dental professionals in restoring patient confidence by addressing dental needs during the recovery process

BREAK 11:00am – 11:15am

SESSION SIX

11:15am – 12:15pm

16. Recovery Journey | Becky Boquist | Jeff Frye | Jessica Steinmetz

Listen to a brief overview of the Marshfield Clinic Health System Recovery Corps program and then delve into the personal recovery stories of two local recovery coaches.

Objectives:

- Gain a greater understanding of substance use disorder
- Reduce the stigma associated with substance use disorder
- Learn about MCHS Recovery Corps as a local resource

17. Pee with a Purpose: UDT and Other Assessments to Monitor Treatment Adherence and Progress | Michael Larson, PhD

Review basic information about the techniques used to monitor treatment adherence in substance use disorder treatment. Discuss urine drug testing and other methods (e.g., saliva).

Objectives:

- Learn basic ways to monitor adherence to treatment for substance use disorders
- Understand how to review the results with patients in a motivating and effective manner
- Review basic options including urine and saliva

18. Benefits of Utilizing an Integrated Model of Treatment for Co-occurring Disorders | Katherine Tagalos, LPC, CSAC

With such high rates of co-occurring diagnoses, it is important to provide holistic treatment to meet the needs of the “whole person.” An integrated treatment approach does just that by assessing and concurrently treating one’s individual needs, including mental, physical, and emotional health.

Objectives:

- Explain what integrated treatment model includes
- Why integrated treatment is effective
- Learn about treatment access barriers

LUNCH 12:15pm – 1:00pm

Closing Keynote: 1:00 – 2:15pm

The Dark Storm in the Bright Sky – Substance Use in Rural Wisconsin | Lorie A. Goeser

Substance use in rural areas has become the silent storm that is devastating families, communities and lives. This plague of devastation has engulfed close knit communities when no one was watching. The inherent strength, resiliency and resourcefulness of those living in the rural areas of Wisconsin are the key to addressing this substance use devastation. Teamwork, understanding of substance use recovery, welcoming new paths to recovery, and use of technology are key to the healing and recovery of our rural areas. Hear about how the positives of rural living help keep us grounded to do this healing.

Objectives:

- Identify two key factors in creating the inequalities of rural substance use
- Identify three strengths in rural communities to address substance use
- Practice a grounding exercise related to rural culture

CLOSING & PRIZES 2:15pm – 2:30pm

For questions regarding your registration, please contact UWSP Continuing Education at 715-346-3838 or uwspce-conf@uwsp.edu.

For other questions, contact Danielle Luther, Project Manager, Family Health Center of Marshfield, Inc. at 715-387-9180 or luther.danielle@marshfieldclinic.org.