

IABH CONFERENCE WORKSHOP PROPOSALS

Monday, August 29, 2022

Pre-Conference Sessions 1:00 pm – 4:15 pm

Effective Use of Boundaries in Clinical Settings: A Clinical Approach

Presenter(s): Chaz Franke

Boundaries are an essential part of every functioning relationship, and they are the cornerstone of any clinical encounter. For many of the people we serve they have never experienced a safe relationship with predictable boundaries and role clarity. This training will focus on the application of boundaries and role clarity in creating effective clinical encounters. Our ethical obligation to boundaries only strengthens the ability to fully lean into creating safe spaces for our clients. In this training we will look at the clinical application of boundaries, effective strategies for communicating boundaries without creating fear or threat, and the effective use of supervision and support in understanding the clinical role of boundaries in treatment. Boundaries are the foundation we work from as helping professionals, and it is imperative that we find ways to remain within the role we fill while still maintaining self-compassion and preventing exposure to moral injury and burnout.

Staying Focused. Managing the Unmanageable

Presenter(s): *Sonia DuBose*

Affected by the Pandemic (1st hour)

- Loss of job
- Benefits
- Husband

Both my husband and I lost our jobs in early 2020. It is unfortunate that we weren't educated enough to have an appropriate saving plan for such an emergency like the one that we went through. However, what I am grateful for is that we have come from the bottom to where we were therefore, we put our heads together to find a way to "survive." So, there was my husband and I playing the "survival of the fit is" game again.

Our resources started to dry out or became limited. It was either pay this or that. Thank goodness for Medicaid and Snap benefits. Oh, and with my husband his Medicare. However, there were times that we couldn't pay the copay of medications that weren't covered. Life started to weigh down on us. My hubby even spoke about going back to our old ways, but I reminded him how far we have got and that this is a test from God, and we will not fail Him. Trust in Him. So, we sat back down and did another budget cut. This time we couldn't keep up with the life insurance policy so we let it go so that we can pay two bills instead. "We can pick back up once we get back right." We chuckled. Little did we know that it wasn't the case.

A few months later my husband of 21 years passed away and there we were like millions begging for support to bury my great king and father of 7. Although he was in peace, he was buried 4 hours late due to lack of funds. That event taught me a great lesson. Never gamble with life insurances because no one knows their expiration date. I was distraught!

Major Come Back (2nd hour)

- Support Network
- Education
- Psychotherapy
- Professionalism
- Writing about the experience

Events like the one I went through made me understand that I was not alone. My support network was very active w me and made sure that I was finding a way to adapt to this new "life." I feel like I finally took off the training wheels off the new bike. Because the last one I was riding was 27 years old. I am looking at life through new lenses and it was with the help of my children, grandchildren, my extended family, and my former and current co-workers. Not to mention my spirituality helped tremendously. I will discuss how I found a way to work with

my loss and continue my journey in this world as my husband will wait for me in the world, we call eternal life. My personal life and it's struggles, my educational journey along the way of my stages of grief, and my professional success this far!

What Will Lie Ahead (3rd hour)

- Future objectives
- Advocacy
- Focus
- Self-control
- Achieve

The third hour will focus on future objectives. How to advocate for what have passion for instead of staying symptomatic (ie: depressed, anxiety, isolated).

- Focus on the importance of life and your footsteps.
- How to have self-control even though one will have “one of those days”.
- Lastly, how to continue to achieve your goals and dreams and still honor your loved one.

Tuesday, August 30, 2022

Concurrent Session 1 – 10:15 am – 11:15 am

Pushing the Boundaries of Success: How to Get the Most Out of Clinical Supervision

Presenter(s): *Courtney Kibble and Mary McClure, Governors State University*

All too often, supervision seems to take on a primarily administrative focus. In order to combat this, we need to establish a clear understanding of the full purpose and scope of the supervisory relationship. To help meet this challenge, this session provides an overview of foundational knowledge in best-practice supervision objectives from the perspective of both supervisors and supervisees, at any developmental stage. The use of case scenarios and role-play as a means of providing experiential learning in this educational process will be demonstrated. Finally, we will review guidelines for establishing written goals for supervision sessions, as well as means of documenting and providing feedback on the supervision process.

Open Forum with SUPR Prevention Director Rafael Rivera (part 1)

Presenter: *Rafael Rivera, Deputy Director, IDHS/SUPR Bureau of Prevention Services*

Join IABH and Deputy Director of SUPR's Bureau of Prevention Services, Rafael Rivera, for an overview of the Prevention System as well as an open forum for questions from the Prevention field! Prevention professionals and others will find this session a useful overview of the current status of SUPR Prevention funding, oversight, and changes during and following the Covid public health emergency. Come prepared with your questions for this interactive session.

Police and Treatment Partnerships: Learning from National and State Deflection Efforts

Presenter(s): *Jessica Reichert, Illinois Criminal Justice Information Authority, Jac Charlier, TASC's Center for Health Justice*

Police have been faced challenges in helping those in the community who are in need of behavioral health treatment. Many police departments have chosen to work with treatment providers to best help community members and offer alternatives to arrest. In Illinois, these police “deflection” programs partner with treatment providers to offer a warm handoff to treatment and other services. To date, there are dozens of deflection programs in Illinois and more in the planning stages of implementation in the state. We will share our experiences and research on several programs operating in communities in different regions of the state. This presentation will describe how this collaborative police-treatment partnership can develop, be sustained, and help improve and save lives.

Alleviating Guilt and Shame in Recovery through Self-Compassion

Presenter(s): *Justin Wolfe, Footprints to Recovery*

The emotional experience of guilt and shame and its impact on the trajectory of one's life. There are numerous influences on the emotional experience of guilt and shame ranging from genetics, family dynamics and social influences. Feelings of guilt and shame can influence individuals into believing that at their very core, they are bad/defective. These emotions and troubling thoughts can influence individuals to pull away from their values and engage in behaviors that reaffirm that they are "bad". There is a critical opportunity to intervene at this stage to reignite hope, increase feelings of connections with others and themselves while repairing the damage of their actions. The presentation will focus on ways to engage individuals in a group and individual setting to ignite a belief that change is possible. The presentation will present group activities along with themes present into today's substance use and mental health challenges. This presentation will include providing insight into utilizing self-compassion as a tool to provide understanding and compassion to themselves in challenging times.

Concurrent Session 2 – 1:15 pm – 2:15 pm

Motivating the Unmotivated: Utilizing Motivational Interviewing to Resolve Ambivalence

Presenter(s): *Justin Wolfe, Footprints to Recovery*

Workshop will focus on normalizing ambivalence and providing ways to be present with clients who are contemplating making a change in their life. Helping individuals resolve ambivalence can help individuals break unhelpful attachments to behaviors and substances that compound challenges in their lives. We will discuss ways to support engagement, increase hope and confidence in their ability to be successful in moving towards their goals. The foundations of attachment will be interwoven to increase awareness to challenges that will impact a clients engagement and other behavior in treatment. Activities and role plays will be used to help reinforce the skills and material being presented.

Open Forum with SUPR Prevention Director Rafael Rivera (part 2)

Presenter(s): *Rafael Rivera, Deputy Director, IDHS/SUPR Bureau of Prevention Services*

See description above.

Incorporating Knowledge and Techniques of Substance Use Disorders into Daily Practice

Presenter(s): *Courtney Kibble and Mary McClure, Governors State University*

There is a stigma that understanding and treating substance use disorders is something only a select few can do. Most graduate programs in psychology and counseling do not cover substance use disorders as a main point of concern and it is not a required competency for licensure. Due to this, clinicians are not exposed enough to dual-diagnosis before becoming licensed professionals. It is the hope of the presenters that this training will help to shed light on the competencies necessary for proper identification and treatment options for clients dealing with substance use disorder concerns.

Healthy Boundaries for Helping Professionals

Presenter(s): *Jessica Newsome and Shaharazad Johnson, Alternatives*

While setting boundaries is an important part of the ethical relationship between behavioral health care providers and their clients, less is focused on how to set healthy boundaries with our work and our peers. This workshop establishes a framework to address all 3 levels of boundaries-setting so that participants are able to apply it to different situations as needed.

Concurrent Session 3 – 2:45 pm – 3:45 pm

When Abstinence is Not the Patient's Goal: Individual Recovery Planning and Support

Presenter(s): *Karen Wolownik Albert, Recovery Centers of America at St. Charles*

Currently, fatal overdoses are hovering at record rates, and problematic drug and alcohol use has increased in recent years. Many patients are seeking help in improving safety and functioning but may not be seeking total abstinence from all substance use, and often meet with barriers to accessing or maintaining treatment. As a system of care, we must examine what resources are needed to engage persons in support, and truly "meet people where they are." Individuals may have varied views of the "recovery" they seek. This session will evoke discussion of best practices, provider bias, and explore the concepts of "recovery, abstinence, harm reduction," and more.

More Than “Just Sober”

Presenter(s): *Jessie Monreal, Existential Counselors Society*

It has been my observation and experience that at it’s core, addiction manifests strongly as a set of behaviors and patterns of thinking. Many clients struggle to stay sober due to achieving abstinence, but maintaining many of the behavior patterns that are rooted in not only chemical addiction, but the underlying issues, such as codependency, insecurity, trauma, etc. The inability to connect certain behaviors to their consequences often leads to relapse. I believe that helping clients identify these behaviors, and further, understanding WHY they engage in them, is critical to them having something more than just sobriety—having real quality of life in recovery.

Can’t We All Just Get Along? Keys to Community Coalition Success, Collaboration and Coordination

Presenter(s): *Dennis Trask, Comwell, Judge Daniel Emge, 20th Judicial Circuit*

According to Community Anti-Drug Coalitions of America, successful Community Anti-Drug Coalitions apply collaboration and coordination to maximize resources and impact. Participants in this workshop will engage in focused small group discussions to identify how they can utilize collaboration and coordination. The presenters will share examples of how their coalition has worked effectively with many different organizations, agencies and volunteers to support drug court participants and prevent drug misuse by teens. These examples are designed to spark ideas by participants about how to use collaboration and coordination effectively. Participants in focused small group discussions will report out what they have learned in response to the three learning objectives of the program.

Bright Futures for Employment of Persons In Recovery

Presenter(s): *Anna Whites, Anna Whites Law Office - Behavioral Health Attorney, Steve Klipp, AODE/BHSO*

Learn how to coordinate community involvement in recovery for persons with SUD and co-occurring disorders, including template marketing, consent forms and employment policies. The leaders link employers, persons in recovery, primary care and MAT providers, faith based institutions and wrap around services providers to make the recovery - to - work continuum possible and successful

Concurrent Session 4 – 4:00 pm – 5:00 pm

Creating a Community With Team Building Activities

Presenter(s): *Darin Sullivan and Bill Edison, Glenbrook North High School Operation Snowball*

Are you interested in learning activities to use with groups to grow comfort levels for better communication and self-reflection? Building community in groups benefits everyone. Today you will learn activities that can be used in groups to foster communication, trust, and collaboration to strengthen your small group. We will do/demonstrate some activities that can be used immediately. You will also learn where to access these and other activities from books and online resources.

Successful Parenting: Create Your Custom Plan for Raising Independent Children into Adulthood

Presenter(s): *Robin Choquette, Elite Performance Counseling, Jacqueline Rhew, Center for Emotional Wellness*

This program will equip professionals with the framework needed to provide an eight-week parenting class, along with parent and family coaching in both individual and family sessions. Schools and agencies have found this program particularly helpful when supporting parents dealing with issues such as, anxiety, depression, school refusal, ADHD and other behavioral issues.

Best Practices: 988 Crisis Response

Presenter(s): *Linda Henderson-Smith, Beacon Health Options*

Leveraging Beacon Health Options' national experience and local expertise, presenter presents on the newly implemented nation-wide 988 crisis line. Attendees will garner a deep understanding of the components that make up a crisis system beyond the initial 988 contact. This engaging session will also demonstrate how community collaboration can support crisis system development and how to successfully implement braided funding mechanisms that sustainably support crisis system capacity.

A New Model for Care: How SGB Can Prevent Suicide, Improve Performance, and Bring Lasting Relief for Post Traumatic Injury

Presenter(s): *Valerie Groth, Stella*

PTSD is a global crisis. Living with chronic trauma symptoms has become the norm for many people, in many societies and cultures. Upwards of 25 million adults will develop diagnosable PTSD during their lifetime. Following trauma exposure, the brain can become “stuck” in a state of continuous arousal (or “fight vs. flight”) as an expected, but debilitating, biological response. Stellate Ganglion Block (“SGB”) involves an injection into a cluster of nerves in the neck that can help restore calm to the body. When used in combination with high quality mental health support, SGB brings new promise as a safe, effective, accelerated path to recovery. Though many in the mental health disciplines are less familiar with SGB, there is a robust literature within the field of pain medicine which shows that SGB is a safe, routine procedure, when performed by well-trained providers, using appropriate safety practices.

Wednesday, August 31, 2022

Concurrent Session 5 – 8:30 am – 9:30 am

Making the Most of Quiet Time (part 1)

Presenter(s): *Robert Bollendorf, Fighting Addiction With Fiction*

There have been 300,000 published research articles indicating that exercise is good for us physically, mentally and emotionally. There have been over 30,000 published research articles that indicate meditation is good for us in the same three ways. The problem is getting staff and clients to actually engage in these activities regularly. This presentation will introduce easy effective ways to engage in both physical and mental activities allowing them to start at their own level of physical and mental preparedness. It will also present ways of pursuing their interests beyond the 60 minute presentation.

Second Time Around: “Grandfamilies”

Presenter(s): *Nancy Phillips, Illinois Family Resource Center*

“Parenting again” continues to increase as substance use issues create the need for a non-parent family member to assume responsibility of caring for our children – babies through teens. The most recognized are grandparents who are stepping up to fill the role. It is a true-life changing dynamic either short term or a permanent role. The workshop will explore issues and potential solutions for the grandparents fulfilling the parenting role. Information about support services, both emotional and financial will be shared. Ideas will be shared for taking care of their own health and wellness as well as creating a fun and rewarding environment.

Mental Health Professionals' Role in the Criminal Justice System

Presenter(s): *Scott Block, Administrative Office of the Illinois Courts*

This workshop will provide an overview of the Illinois Supreme Court Task Force on Improving the Court and Community Response to Mental Health and Co-Occurring Disorders and statewide resources, initiatives, and trends at each stage of the sequential intercept model.

Treating Substance Use Disorders in Older Adults

Presenter(s): *Randall Webber*

This workshop will provide participants with the information they need to develop treatment program for older adults (55+). It will describe current need for treatment in this population as well as the physical, psychological developmental and social issues involved in the treatment of older adult. The course will also recommend treatment strategies for this population and suggest approaches for preventing the misuse of prescription drugs.

Concurrent Session 6 – 9:45 am – 10:45 am

Engaging Learners: Understanding and Responding to School Refusal, School Anxiety & Avoidance

Presenter(s): *Jacqueline Rhew, Jacqueline Rhew & Associates, Center for Emotional Wellness, Robin Choquette, Elite Performance Counseling, Successful Parenting*

The goal of this workshop is to focus on ways to engage students and families in the education process, meet the emotional needs of students more effectively and efficiently, and to create parent partnerships that support student resiliency. Participants will learn tools to support students struggling with school refusal, anxiety, and avoidant behaviors, as well as create proactive strategies to support engagement.

Four Strategies to End the Opioid Epidemic

Presenter(s): *Patrick Gauthier and Sue Pickett, Advocates for Human Potential*

As the opioid epidemic stretches into decades, we are now at a critical crossroads. Unprecedented investments from sources such as the State Opioid Response (SOR) funds, and the pharmaceutical settlements have helped address gaps in resources and political will, but much work remains. This panel will discuss strategies in four key areas that, when combined with the necessary resources, political will and community engagement, can end the opioid epidemic.

This panel will bring to bear over 35 years of experience developing, implementing, and evaluating behavioral health interventions to provide a framework for ending the epidemic in Illinois and beyond.

Lowering Barriers to MOUD: Chicago's Medication Assisted Recovery Telehealth Hotline

Presenters: *Dr. Maria Bruni and Ron Vlasaty, Family Guidance Centers, Inc., Dr. Nicole Gastala, IDHS/SUPR, Dr. Wilnise Jasmin and Sarah Richardson, CDPH*

In May 2022, the Chicago Department of Public Health (CDPH) and the Illinois Department of Human Services/Substance Use Prevention and Recovery (IDHS/SUPR) launched MAR NOW, a Chicago pilot program run by Family Guidance Centers, Inc. MAR NOW provides immediate access to buprenorphine, methadone, or naltrexone via a hub-and-spoke telehealth model that leverages COVID-induced regulatory changes to significantly lower barriers to access. The program offers tele-prescription and home induction on buprenorphine and same- or next-day clinic appointments for all three FDA-approved medications for opioid use disorder. MAR NOW serves as the hub provider in the program, offering immediate induction and bridge clinic services for patients before linking them to a network of "spoke" MAR providers across Chicago for long-term care.

Cannabis and Mental Health: What To Do When Your Client Uses Cannabis

Presenter(s): *Jennifer Moreno, Kenneth Young Center*

Over the past several years, medicinal cannabis and recreational cannabis have been on the forefront of legalization. What was once a taboo substance is now popular and can be seen as a beneficial harm reduction tool for some clients. This session seeks to educate the clinician about myths and facts of cannabis use, how to educate and work with clients who use cannabis without simply telling them, "No!"

Concurrent Session 7 – 11:00 am – 12:00 pm

Improving Access to Care: FGC's Mobile Medication-Assisted Treatment (MAT) Unit

Presenter: *Maria Bruni and Ron Vlasaty, Family Guidance Centers, Inc.*

In early 2022, Family Guidance Centers began bringing the medications for the treatment of opioid use disorder (OUD) to underserved communities on the south and west sides of Chicago using a mobile unit supported by a five-year SAMHSA/CSAT grant. As one of the first mobile units approved to store and administer medications for the treatment of OUD, FGC established partnerships with homeless shelters, safety net hospitals, FQHC's and harm reduction providers to establish locations where community members with OUD could gain immediate access to MAT via the mobile unit. This session focuses on the work necessary to build these partnerships as well as the regulatory (DEA) hurdles and clinical considerations for programs interested in providing mobile MAT services.

Reframing Borderline: A Conversation on Compassion with Complex Clients

Presenter(s): *Bree Kovac and Jeanné Hansen, SIU Survivor Recovery Center*

Clients diagnosed with Borderline Personality Disorder (BPD) present unique challenges as well as gifts to therapists. Utilizing a trauma informed lens allows therapist to view clients with more compassion and understanding. Moving beyond focusing on “attention seeking behaviors” that have come to define BPD is the beginning of recovery.

Alcohol and Cannabis Policy Solutions as a Prevention Strategy

Presenter(s): *Jacob Levinson and Jody Heavilin, Prevention First*

Prevention First's Resource Centers work on providing communities, including law enforcement, coalitions, and municipal leaders, with support to address substance use issues through policy adoption and implementation. In this workshop, we will provide an overview of some of the community level challenges in today's alcohol and cannabis landscape and identify policy-based strategies to addressing these challenges, as well as describe the ways in which Prevention First's resource centers can assist communities.

Using Non-Traditional Drugs in the Treatment of Mental Health Disorders

Presenter(s): *Randall Webber*

Increasingly non-traditional drug (e.g., ketamine, MDMA and psilocybin) are being used in the treatment of mental health disorders. This workshop will review the research concerning the treatment of depression and PTSD with non-traditional medications. It will also address questions that clients may have regarding treatment with these substances.

Concurrent Session 8 – 1:45 pm – 2:45 pm

Champions of Hope: Fostering Hope with Therapeutic Recreation Interventions

Presenter(s): *Abby Nelson, Rosecrance*

Substance use and mental health disorders is a barrier to experiencing joy and a life worth living. How do you move a client from hopelessness to hope, hurt to health, and despair to optimism? Strength-based Therapeutic Recreation interventions can be the conduit to fostering this relationship with growth. Bring an open mind and willingness to think abstractly about the interventions and skills you can utilize with clients.

Technologies Needed to be Successful in Healthcare Reform for Mental Health, Substance Use, Developmental Disabilities and Human Service Organizations

Presenter(s): *Michael Lardieri, Core Solutions*

Discuss the changing healthcare environment

- movement to managed care and value based payments
- continued success and improved quality by high performing CCBHCs, ACOs, PCMHs, CCOs
- the need for care collaboration/coordination and data sharing
- post pandemic access and use of telehealth
- SDoH data capture and intervention

Discuss the common technology themes in these settings

- clinical outcomes
- evidence based practices
- benchmarking and dashboards
- data sharing with partners and HIEs
- integrated telehealth solutions
- robust data analytics

Soul Shop for Communities: Caring for Those Impacted by Suicidal Desperation

Presenter(s): *Tandra Rutledge, Soul Shop/Avidity LLC*

Soul Shop for Communities is an interactive community-oriented awareness and skills training designed to create a network of support for those who are impacted by suicide. Taking a public health approach, Soul Shop for Communities explores how we think and talk about suicide. This approach expands our thinking about those impacted by suicide beyond those who are at immediate risk so that we care for all in our community who are impacted by suicide. This training includes an introduction to the CALL model for keeping a person with thoughts of suicide safe.

Making the Most of Quiet Time (part 2)

Presenter(s): *Robert Bollendorf, (Self-employed retired after 40years of College teaching)*

Quiet time has been recommended since the early days of AA, and should be part of everyones life in these crazy times. It has the potential of actually increasing the size and function of the brain. However for people new to trying this, especially for those who are learning disabled, having high levels of anxiety, or in early recovery. In this presentation I will demonstrate numerous ways to help people stay focused and gain the benefits for which they are hoping. Participants will have an opportunity to do these exercises along with me and they can do them no matter what their physical health might be.