



**39th Annual Institute for Alcohol and Drug Studies
Conference Curriculum
Wednesday, May 18, 2022**

7:30 – 8 a.m. Registration • Continental Breakfast in The Link

8 a.m. Welcome
Mitchell Auditorium

8:15 a.m. **Connection between Opioid Use, Social Anxiety, and Suicide: Prevention Measures**
This workshop will focus on the connection between mental health and substance use disorders. Discuss measures which have been found to empower a family in crisis, suicide prevention strategies and how to advocate for those with suicidal ideation or related behaviors.
David Berman, MPH, MPA

11:45 – 12:00 Break

12 Noon Lunch in the Link

12:00 – 1:00 p.m.
HP1027 How Far We Have Come In The HIV Epidemic
An overview of current HIV prevention efforts, including undetectable, untransmittable, and PrEP. Current HIV treatment options and resources will also be discussed.
Tim Chadwick, BA

1:15 – 2:15 p.m. **Concurrent Session I**

HP 1027	HP 1008
<p>Strengthening Your Resilience: The Key to Mental Wellness Recognize how personal and professional stress affects mental wellness, the difference between stress and burnout. Develop techniques to build personal and professional resilience to enhance wellbeing. David Berman, MPH, MPA</p>	<p>Driving Under the Influence of Cannabis Discuss the metabolism of THC, challenges related to its measurement, and the questions surrounding the use of these measurements to infer the degree of impairment. A brief update of the laws related to DUIC in different states will be included, along with current information about the status of breath tests and field sobriety tests for DUIC. Diane E. Vance, Ph.D. and Michael K. Ward, M.S.</p>

2:15 – 2:30 p.m. Exhibits and Refreshments

2:30 – 3:30 p.m. **Concurrent Session 2**

HP 1027	HP 1008	HP 1006
<p>Regional Overview of Statistics and What's Next Discuss the mental health trends within Indiana including prevention and intervention strategies. David Berman, MPH, MPA</p>	<p>Issues Facing Young People and Families Follow this blueprint for progress tool and identify innovative strategies for treating young individuals with substance use disorders. Lisa Seif, LCSW, LCAC, CSAMS</p>	<p>Prison and Work-Release Yoga Project at the County Correctional Center Describe mindful yoga practice for those who struggle with alcohol and drug addictions, trauma and sex trafficking, the incarcerated and other disadvantaged populations. Apply breathing techniques that help when meeting with lawyers, judges, caseworkers and being incarcerated. Bob Tenbarga, RYT, E-RYT, and Tami Tenbarga, RYT, E-RYT</p>

3:30 – 3:45 p.m. Exhibits and Refreshments

3:45 – 4:45 p.m. **Concurrent Session 3**

HP 1006	HP 1027
<p>Self-Care for the Provider: Mindful Yoga Practice for the Healthcare Provider Implement strategies to focus on self-care of the provider. Identify how breathing techniques and mindful yoga practice can assist the healthcare provider in their own self-care. Bob Tenbarga, RYT, E-RYT, and Tami Tenbarga, RYT, E-RYT</p>	<p>Young Adult Panel of Experts Chaos, uncertainty, and confusion follow the young making it difficult to see the truth. Join the discussion with the young culture. Recognize their strengths, individuality, challenges, and discuss innovative trends. Lisa Seif, LCSW, LCAC, CSAMS</p>

4:45 – 5 pm **Evaluation and Closing**



39th Annual Institute for Alcohol and Drug Studies
Thursday, May 19, 2022
Conference Curriculum

7:30 – 8 a.m. Registration • Continental Breakfast in The Link

8 a.m. Welcome

Mitchell Auditorium

8:15 a.m. Cognitive Behavior Therapy for Substance Use Disorders

This workshop will focus on essentials of Cognitive Behavior Therapy (CBT) and applying the CBT model to the substance abuse population. Discuss how to implement effective cognitive and behavioral interventions. Through interactive and experiential exercises, this workshop will review techniques to help clients increase their motivation for change, shift unhelpful thinking patterns, and manage urges and cravings.

Patrick McElwaine, PsyD

11:45 – 12:00 Break

12 Noon Lunch in the Link

12:00 – 1:00 p.m.

HP1027 A Brief Review of Ethical Issues for Addiction Services in Legal and Corrections Settings

Explore ethical considerations for addiction professionals working in court and corrections settings.

John Paulson, ACSW, LCSW, MAC, LCAC, NCSE, CCS, HS-BCP and James Akin, LCSW, LCAC

1:15 – 2:15 p.m. Concurrent Session I

HP 1008	HP 1006
<p>CBT and Motivational Interviewing A further CBT discussion with a focus on Motivational Interviewing. Utilize strategies to establish a therapeutic relationship, instill hope and apply effective cognitive and behavioral techniques to motivate clients. Patrick McElwaine, PsyD</p>	<p>Recreational Therapy in the Treatment of Addictions Identify how Recreational Therapy can be an effective form of supplemental treatment for addictions. A discussion of strategies for practitioners to utilize to improve addiction treatment outcomes. Jessica Puntney, MS, CTRS</p>

2:15 – 2:30 p.m. Exhibits and Refreshments

2:30 – 3:30 p.m. Concurrent Session 2

HP 1008	HP 1006	HP 1027
<p>Therapeutic Techniques Review CBT interventions to modify thoughts, feelings, beliefs, perceptions and behaviors associated with substance use disorders. Identify how to complete thought records and activity schedules. Patrick McElwaine, PsyD</p>	<p>Legal Consideration of Tele-Behavioral Health Explore the legal and ethical considerations of providing Tele-health services. Discuss the additional risks regarding patient safety and suicide risk providers must consider with Tele-Health services. Scott Branam, MA, LMHC, MBA</p>	<p>Trends in the Use and Distribution of Illegal Narcotics (Part 1) Discussion of basic drug recognition and how illegal drugs are ingested. Evolving drugs trends, such as illegal distribution over social media, and how crypto currency is being utilized to purchase these illegal drugs will also be discussed. James Budde, Detective</p>

3:30 – 3:45 p.m. Exhibits and Refreshments

3:45 – 4:45 p.m. **Concurrent Session 3**

HP 1008	HP 1027
<p>Therapeutic Techniques (cont'd) Review CBT interventions to modify thoughts, feelings, beliefs, perceptions and behaviors associated with substance use disorders. Identify how to complete thought records and activity schedules. Patrick McElwaine, PsyD</p>	<p>Trends in the Use and Distribution of Illegal Narcotics (Part 1) Discussion of basic drug recognition and how illegal drugs are ingested. Evolving drugs trends, such as illegal distribution over social media, and how crypto currency is being utilized to purchase these illegal drugs will also be discussed. James Budde, Detective</p>

4:45 – 5 pm **Evaluation and Closing**



**39th Annual Institute for Alcohol and Drug Studies
Friday, May 20, 2022
Conference Curriculum**

7:30 – 8 a.m. Registration • Continental Breakfast in The Link

8 a.m. Welcome

8:15 – 9:45a.m. **Contemporary Integrative Clinical Resources for Trauma and Addiction Treatment**
Enhance an inspired and hopeful attitude in providing care for a diverse and challenging population who have traumatic experiences combined with addiction. Explore new clinical interventions which may be applied to those with complex trauma and addiction traits.
Presenter - Shannon Dunn, PhD, LCSW, CRADC

9:45-10 a.m. Exhibits • Refreshments in The Link

10 – 11:30 a.m. **Contemporary Integrative Clinical Resources for Trauma and Addiction Treatment cont'd**
Enhance an inspired and hopeful attitude in providing care for a diverse and challenging population who have traumatic experiences combined with addiction. Explore new clinical interventions which may be applied to those with complex trauma and addiction traits.
Presenter - Shannon Dunn, PhD, LCSW, CRADC

11:30 – 11:45 p.m. **Evaluation and Closing**