



42nd Annual Institute for Alcohol and Drug Studies
University of Southern Indiana
University Center West – Carter Hall
Conference Agenda
Wednesday, May 21, 2025



7:30 – 8:05 a.m. Registration • Continental Breakfast

8:05 a.m. Welcome • Carter Hall

8:15 a.m. – 11:45 a.m. **Romancing the Brain**

with one 15-minute break

This presentation will give an overview of the basic functioning of the brain, how it responds to trauma and conflict and how to move the neuropathways to a more deliberate response that is not a reaction to outside stimuli. This program will affect a “self and other” assessment of conflict style with a communication style, with the goal of behavior changes that are instilled in the brain. Some treatments are based in brain research and CBT treatments that have been effective for anger, trauma, impulse control and relapse-triggering issues.

Cynthia Moreno Tuohy, Dr. HHL, BSW, NCACII, SUDP, SAP

11:45 a.m. – 12:45 p.m. Lunch

12:45 – 1:45 p.m. **Concurrent Session I**

| Room UC 2217-2218 | Room UC 2219-2220 | Room UC 226-227 |
|---|---|--|
| Title: All Teens Have Wings <i>In All Teens Have Wings Lisa will combine social science, brain science, and present-day anxieties to discuss the Gen Z and Gen Alpha mental health crisis of today. There are certain tasks of adolescence that we have turned into "trauma" and "crisis". The ACEs screening is a valuable too. would like to introduce the WINGS screening.</i> W: Winning I: Independence and Identity N: Nerves & Neurons. G: Group Think. S: Sexuality Lisa Seif, LCSW, LCAC, CSAMS | QPR certification This presentation will increase knowledge and comfort level with suicide assessment for those working with adolescents. Participants will be certified in QPR (Question, Persuade, Refer) and be introduced to CALM (Counseling on Access to Lethal Means). Susie Schenk, LMHC, MBA | Addressing the Stigma of Addiction and Mental Health This presentation will be an open discussion about how overcoming stigma and judgements can play a vital role in the effectiveness of intervention with someone suffering from substance abuse disorder or mental health disorders. Phillip Boyd, BS/CRS and Micah Boyd, BS |

1:45 – 2:00 p.m. Exhibits and Refreshments

2:00 – 3:00 p.m.

Concurrent Session 2

| Room UC 2217-2218 | Room UC226-227 | Room UC 2219-2220 |
|--|---|---|
| How to Use Diverse Journaling Methods for Better Treatment Outcomes This presentation will explore different types of journaling and provide participants with applications they can utilize to enhance treatment while also giving some insight into the evidence-based neuroscience of journaling and expressive arts to assist participants in understanding how and when the incorporation of journaling can enhance intervention and treatment. Brandi Watson, LCSW | Yoga for Drug Addiction, Withdrawal and Recovery Practicing yoga and meditation techniques helps to reduce stress, anxiety and depression, improves mental clarity and self-esteem, providing a deeper connection to the inner self, preventing relapse and supporting lasting sobriety. Bob & Tami Tenbarger | Trends in the Use and Distribution of Illegal Narcotics This presentation will cover emerging trends with respect to bulk quantities of illegal narcotics. James Budde, Detective <i>Vanderburgh County Sheriff's Office/DEA Task Force Officer</i> |

3:00 – 3:15 p.m.

Exhibits and Refreshments

3:15 – 4:15 p.m.

Concurrent Session 3

| Room UC 2217-2218 | Room UC 2219-2220 |
|--|---|
| The World of Vaping and E-Cigarettes This workshop will explore the prevalence of vaping among teens and the potential health consequences. The workshop will also explore the various vaping products such as the types of e-cigarettes and pods. Counseling and treatment options will be explored Donna Lilly, M.S., LCSW, LCAC | Trends in the Use and Distribution of Illegal Narcotics This presentation will cover emerging trends with respect to bulk quantities of illegal narcotics. James Budde, Detective <i>Vanderburgh County Sheriff's Office/DEA Task Force Officer</i> |

4:15 – 4:30 p.m.

Evaluation and Closing



42nd Annual Institute for Alcohol and Drug Studies
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Thursday, May 22, 2025



7:30 – 8:05 a.m. Registration • Continental Breakfast

8:05 a.m. Welcome • Carter Hall

8:15 a.m. – 11:45 a.m. **Elevating Ethical Practice in a Shifting Landscape**

with one 15-minute break

Working in today’s rapidly changing landscape of counseling can leave us feeling confused, isolated, and vulnerable. This presentation will dissect specific cases so we can elevate safe practice in the midst of competing practices.

Mita Johnson, Ed.D, NCC, LPC, LMFT, ACS, LAC, LMFT-S, MAC, SAP, BCTHP, CATP

11:45 a.m. – 12:45 p.m. Lunch

12:45 – 1:45 p.m. **Concurrent Session I**

| Room UC 2217-2218 | Room UC 2219-2220 | Room UC 226-227 |
|---|--|--|
| Local Drug and Alcohol Trends and Mitigation from the EMS Perspective This presentation will look at local drug and alcohol related statistics and geographical distribution. We will discuss actions taken by EMS for safety and mitigation. G. Lee Turpen II <i>Operations Manager at AMR Evansville</i> | Trauma-Informed Supervision Effective supervision goes beyond productivity - it fosters safety, trust, and emotional well-being. This session explores trauma-informed supervision, providing leaders with practical tools to support staff while maintaining a healthy workplace culture. Susie Schenk, LMHC, MBA | Effective Documentation & Charting for Substance Use Disorders Learn how to enhance your clinical documentation when working with clients with substance use disorders with clear, compliant, and client-centered notes. This breakout session will provide practical strategies, formats, and insights to support high-quality care and to assist in streamlining your workflow. Missy Johnson, MSW, LCSW, CTRS |

1:45 – 2:00 p.m. Exhibits and Refreshments

2:00 – 3:00 p.m.

Concurrent Session 2

| Room UC 2217-2218 | Room UC 2219-2229 | Room UC 226-227 |
|---|--|---|
| CRAFFT Screening Tool 2.1: But then what? <i>-What is the CRAFFT Screening Tool?</i> <i>- How to administer the tool?</i> <i>- How to interpret the score?</i> Laura Walker, LCSW, LCAC | HIV and Hepatitis C Interventions and Treatment A comprehensive update to the prevention, diagnosis, & treatment of HIV/AIDS and Hepatitis C, including the updated guidelines on medication-assisted prevention methods available to HIV negative persons and the impact harm reduction has in regard to preventing HIV and Hepatitis C. Morgan Sipes and Madison Shirar, BA, CNP Matthew 25 | Marijuana Use in 2025: All Natural or Unnatural? An examination of the behavioral effects of cannabinoids on individuals and society. Zane Bartlett, DO, MS |

3:00 – 3:15 p.m.

Exhibits and Refreshments

3:15 – 4:15 p.m.

Concurrent Session 3

| Theater Lobby | Room UC 2217-2218 | Room UC 2219-2220 |
|---|--|---|
| A Basic Introduction to Tai Chi For Health This session will share breathing meditations, Chi Gung exercises, and a basic introduction to a Tai Chi Dance. Sifu Ron Weatherford | Trauma-Informed Supervision Effective supervision goes beyond productivity - it fosters safety, trust, and emotional well-being. This session explores trauma-informed supervision, providing leaders with practical tools to support staff while maintaining a healthy workplace culture. Susie Schenk, LMHC, MBA | It Takes a Family: Creating Lasting Sobriety Success does not come magically or accidentally. It is the result of what we do. Families are often left out of the recovery equation. A family-centered care model will be explained. Lisa Seif, LCSW, LCAC, CSAMS and Lindsay Locasto-Snyder |

4:15 – 4:30 p.m.

Evaluation and Closing



42nd Annual Institute for Alcohol and Drug Studies
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7:30 – 8:05 a.m. Registration • Continental Breakfast

8:05 a.m. Welcome • Carter Hall

8:15 a.m. – 9:45 a.m. **Marijuana: Navigating through the Haze**

Cannabis and THC use have created a cloud of controversy across the behavioral health profession. This presentation will look at what the research is currently telling us about high potency THC use, and how clinicians can navigate their sessions with clients who are actively using cannabis.

Mita Johnson, Ed.D, NCC, LPC, LMFT, ACS, LAC, LMFT-S, MAC, SAP, BCTHP, CATP

9:45 – 10:00 a.m. Exhibits • Refreshments

10:00 – 11:30 a.m. **The Relational Ethics of Self-Care**

Self-care – personal and professional – is necessary for clinicians to incorporate into their professional practice. And, it is easy to not prioritize self-care on our to-do lists; diminishing the amount of self-care we engage in can directly impact the quality of our connections with clients and others. This workshop will be an interactive discussion about the why and how of professional self-care.

Mita Johnson, Ed.D, NCC, LPC, LMFT, ACS, LAC, LMFT-S, MAC, SAP, BCTHP, CATP

11:30 – 11:45 a.m. Evaluation and Closing