14th Annual
Mental Health and Substance Use Recovery Training Conference

Kalahari Resorts and Conventions, Wisconsin Dells, Wis.
October 17 and 18, 2018
2018 Conference Objectives For Wisconsin Mental Health and Substance Use Recovery Training Conference

- Increase knowledge and skills to promote wellness, prevention, treatment, recovery, best practice, holistic care, and continuous quality improvement with the use of evidence-based practices across the lifespan.
- Promote meaningful involvement in person and family-centered planning, services, supports and system change.
- Increase knowledge of peer supports, peer-run programs and topics related to Certified Peer Specialists in Wisconsin.
- Increase knowledge and skills regarding special topics in Mental Health, Substance Use Disorder and Integrated Treatment.

Who Should Attend?
Behavioral health professionals, people in recovery and family members; clinicians in the criminal and juvenile justice systems; domestic violence service providers; adolescent treatment professionals and educators; and interested others.

Scholarships
A limited number of scholarships for people in mental health and substance use recovery are available. Scholarship applications will be available after September 1 at www.uwsp.edu/conted/confwrkshp. Click on “Annual Mental Health and Substance Use Recovery Training Conference” or call 715-346-3838.

Continuing Education Hours (CEHs)
Continuing Education Hours are a measure of participation in continuing education programs. Continuing Education Hours for this conference have been applied for through the UW-Stevens Point Sociology and Social Work Department. Additional accreditation may be sought, but please consult with your professional association or licensing board regarding the applicability of the conference for your profession.

Lodging
A block of rooms is available at the Kalahari Resorts and Conventions, Wisconsin Dells, Wis. until September 17, 2018. Lodging rates will be $82 for single occupancy and $129 for double through quadruple occupancy. Please make your own reservations directly with the Kalahari by calling 877-253-5466. Be sure to mention the MHSUR conference room block to get a room within the conference lodging block.

Registration information
For additional brochures, directions, lodging information, or to register online, please visit the conference website at www.uwsp.edu/conted/confwrkshp and click “Annual Mental Health and Substance Use Recovery Training Services Conference.”
10:30 a.m. – noon
MORNING WORKSHOPS

1. Holding Space: Motivational Interviewing and Trauma Informed Care

Shawn Smith, Co-Founder, Alma Institute, Franklin, Wis.

Human service providers that work with persons to effect behavior change are invited to experientially explore the alignments of Motivational Interviewing (MI) and Trauma Informed Care (TIC). Participants will explore how to leverage values of served persons to empower them to make healthy and generative changes in their life, the values alignment of TIC and MI, and wellness for service providers to maintain empathy and compassion for those we serve and supervise.

Objectives:
1. Learn how to leverage skill in Motivational Interviewing to establish safety and trust, empower and provide choice, collaborate, and be culturally responsive.
2. Learn how to use mindfulness to ensure our wellness to maintain empathy and compassion.
3. Learn how to utilize MI + TIC in the supervision of teams.

2. Using Evidence to Support Recovery Through CCS

Christopher Keenan, M.A., Mental Health Data and Evolution Specialist, Wisconsin DHS, Madison, Wis.

CCS is an intensive psycho-social rehabilitation program in which persons with mental health and/or substance use needs sometimes participate for one year or longer. These persons often have a history of mental health and substance use services leading up to their participation in CCS. This workshop will present a picture of the intensity of CCS participants’ needs upon enrollment into the program by examining psychiatric hospitalization and other acute service history data. This presentation will also illustrate how this same data may be used as a baseline for examining potential reductions in the use of acute psychiatric services for CCS participants during and after their enrollment in the program or to more readily promote recovery.

Objectives:
1. Provide a baseline estimate of mental health and substance use service needs among service participants that may be used for improving quality of care and participant outcomes as well as fostering recovery.
2. Understand that lower levels of psychiatric care may be appropriate and can be achieved by service participants.
3. Understand where service needs may vary among participants of different demographic and characteristic groups.

Wednesday, OCTOBER 17
7:15 – 8:15 a.m.
BREAKFAST AND REGISTRATION

8:30 – 10 a.m.
OPENING KEYNOTE

Where Did They Go? Strategies for Engaging Clients in Behavioral Health Treatment

Mark Sanders, LCSW, CADA, Trainer/Consultant, On the Mark Consulting, Chicago, Ill.

The current mental health and addictions treatment systems experience high client dropout rates (40 to 60%), high rates of non-compliance (more than 50%), high administrative discharge rates (15%-25%), weak linkages into communities of recovery, and high relapse and recidivism rates. In this presentation you will learn strategies for engaging and successfully retaining clients in treatment. A partial list of topics includes: How to increase first session attendance by thirty percent; seven strategies for engaging clients within the first five minutes of contact; what behavioral health can learn from cancer treatment; evidence-based engagement strategies; increasing engagement by working with couples and families; gender and engagement; and the effective use of peers in engagement.

Objectives:
1. Learn how to increase first session attendance by 30%.
2. Learn seven strategies for engaging clients within the first five minutes of contact.
3. Learn ten evidence based engagement strategies.

10 - 10:30 a.m.
BREAK
3. Opioid Replacement Therapy: An Overview

Matt Felgus, M.D., Addiction Psychiatrist, President, Wisconsin Society of Addiction Medicine (WISAM), Madison, Wis.

The crisis of the opioid epidemic fills today’s news. The medications that treat Opioid Use Disorder are discussed by medical professionals and politicians. Are these medications a cure for opioid dependency? How do they work? What are the pros and cons of various medication options?

Objectives:
1. Understand the various types of medication assisted treatment for Opioid Use Disorder.
2. Understand the positives and drawbacks of each type of medication assistance.
3. Understand the necessary treatment in addiction to medication for Opioid Use Disorder.

4. Peer Respite Warmline

Autumn Croft, Peer Run Respite Program Director, SOAR Case Management Services, Madison, Wis.

Wisconsin’s Peer Run Respites have impact beyond the individual guests who come to the physical respite site. Warmline is a concept that replicates the concept of Peer Run Respite—individualized support before a situation rises to a crisis level with intensive and often intrusive interventions. This session will describe the Warmline services offered by Wisconsin’s Peer Run Respites and why they are effective.

Objectives:
1. Know the difference between Peer Run Respite, Warmline and traditional crisis intervention services.
2. Understand how Warmlines prevent crisis and partner with peers to effectively provide support and options.
3. Learn about the purpose and limitations of Warmline as an effective crisis prevention intervention.

5. Cultural Competency and the CLAS Standards

Mai Zong Vue, MSSW, Intercultural Program Coordinator, Wisconsin Department of Health Services, Madison, Wis.

This workshop will address how to understand culture and how it affects us in all spheres of life. It will discuss the dimensions of diversity. Participants will explore their cultural values and beliefs and challenge them.

Objectives:
1. Establish a broad definition of diversity, culture, and equity.
2. Raise awareness of the different culture, ethnicity, and population in Wisconsin.
3. Raise culturally and linguistically appropriate services (CLAS) implementation awareness.

6. Community Restorative Court: An Effective, Innovative Community-Oriented Intervention

Algernon Felice, MS, Ph.D., LPC, CEO, Cultural Bridges Treatment and Counseling LLC., Madison, Wis.

Ron Johnson, Coordinator, Community Restorative Court, Madison, Wis.

A young man, woman, or family comes before the court. This is often the initiation of an antagonistic relationship between the proposed offender and our system. Current judicial systems are non-participatory, based on pathology, blame, and the issuance of punishment. The Community Restorative Court (CRC), conversely, is community-centered, community-based, and community-oriented. It addresses and repairs the harm directly to the community that was hurt, and in a uniquely positive way, opens up avenues of access to human services, and emotional and mental health support. This workshop will describe the CRC, its development, its origins, its intent, and demonstrate the circle process.

Objectives:
1. Learn how to tap into the strengths of a community.
2. Learn how to give victims and community an active voice in hurt and a full participatory voice in making hurt better.
3. Learn how to give young people, who have made mistakes, a second chance to grow up with guidance and support.

7. Cage Your Rage with Self-Compassion

Heather L. Leach, LCSW, JD, Mental Health Coordinator, Bureau of Prevention, Treatment, and Recovery, Madison, Wis.

We typically show more compassion towards others than ourselves. This presentation will focus on the value of self-compassion for both consumers and those in the helping role. Those individuals who struggle with emotional dysregulation and anger can improve their coping skills using self-compassion. Self-compassion involves three aspects: self-kindness, common humanity, and mindfulness and tends to be a more stable trait than self-esteem. According to research, higher levels of self-compassion are associated with decreased depression and anxiety, and increased happiness, satisfaction, and engagement in wellness behaviors; all consistent with recovery principles of mental health treatment. Come see how you can “cage your rage with self-compassion”!

Objectives:
1. Be able to identify and explain the three elements of self-compassion and how self-compassion differs from self-esteem.
2. Be able to list and understand at least three benefits of improved self-compassion.
3. Gain familiarity with at least three different experiential exercises aimed at increasing self-compassion.
8. You Can’t Start What You Don’t Know: Mapping Personal Treatment Plans

Steven Dakai, A.D., SAC, ICS, NCAC, CEO, Shift Happens International, LLC., Shawano, Wis.

There are known knowns; the things that we know, we know. There are also known unknowns; that is to say we know there are some things we do not know. But there are also the unknown unknowns; the ones we don’t know we don’t know. It’s hard to get started on a recovery journey if you don’t know what recovery is or how to go about finding recovery. Mapping out personal treatment plans brings a level of clarity that will increase recovery knowledge within the patient or client to allow a starting point to emerge.

Objectives:
1. Create thoughtful personalized treatment plan with realistic and measurable goals to allow focus on a more hopeful tomorrow.
2. Develop simple yet effective strategies to strengthen motivation and engagement in the treatment process.
3. Learn how to effectively use SNAP, SCOR, Circles, and ASAM PPC 2R to enhance the development of personal treatment plans and strengthen the therapeutic relation between Clinician and Patient/Client.

9. American Society of Addiction Medicine (ASAM) - Part I

Saima Chauhan, Journey Mental Health, Madison, Wis.
Nicole Blang, Ho-Chunk Behavioral Health, Black River Falls, Wis.

The ASAM [American Society of Addiction Medicine] Criteria was created to improve the quality of and access to addiction care. It is the recommended level of care criteria of the State of Wisconsin’s Department of Health Services Bureau of Prevention, Treatment and Recovery. The ASAM Criteria helps clinicians, counselors, and care managers develop patient-centered service plans and make objective decisions about patient admission, continuing care, and transfer for individuals with addictive, substance-related, and co-occurring conditions. Through the multidimensional assessment and the continuum of care, the criteria can improve patient outcomes.

Part 1: An overview of the ASAM Criteria.
Part 2: The application of ASAM Criteria with case reviews.

Objectives:
1. Gain familiarity with ASAM.
2. Learn how to apply ASAM.
3. Practice applying ASAM.

Continued in session 18.

10. Trauma Informed Care and The Female Offender

Ashley Evers, MA, LPC, Psychological Associate, Specialized Treatment Unit, The Wisconsin Women’s Resource Center, Winnebago, Wis.
Nicole Millerd, MSW, LCSW, Social Worker-Clinical, Moderate Acuity Unit, The Wisconsin Women’s Resource Center, Winnebago, Wis.
Sarah Puls, MSW, LCSW, Social Worker-Clinical, Specialized Treatment Unit, The Wisconsin Women’s Resource Center, Winnebago, Wis.

The Wisconsin Women’s Resource Center (WWRC) is a correctional treatment facility in Northeastern Wisconsin serving women with various mental health diagnoses. This session will inform the general public about the progress and pitfalls of incorporating trauma-informed care into a correctional setting for women.

Objectives:
1. Develop a basic understanding of the female offender and the Wisconsin Women’s Resource Center.
2. Develop knowledge of the extent and limitations of trauma-informed care in a correctional facility.
3. Develop an understanding of the treatment options to address unresolved symptoms of complex trauma.

11. The Role of the Clinical Supervisor in a Trauma Informed System of Care - Part I

Leading from the Grave

Mark Sanders, LCSW, CADC, Trainer/Consultant, On the Mark Consulting, Chicago, Ill.

The first of a two-part presentation, “Leading from the Grave”, will teach participants the leadership approaches and secrets of success of some of the most influential transformational leaders in history. Although they no longer live, they continue to influence millions. The leadership secrets of Abraham Lincoln, Mahatma Gandhi, Martin Luther King Jr., Mother Theresa, Dekanawidah, Winston Churchill, Ann Sullivan, Cesar Chavez, Nelson Mandela, George Washington, Vince Lombardi and others will be discussed. Emphasis will be placed upon how their leadership principles can be applied to behavioral health leadership today!

Objectives:
1. Learn the leadership principles of ten historic transformational leaders.
2. Learn seven uses of these principles in today’s behavioral health settings.

Continued in session 20.
12. Treatment for Individuals with Cognitive and Developmental Differences - Part I

Stefany Trevino, Psy.D., Mendota Mental Health Institute, Madison, Wis.

This workshop is designed to provide mental health and substance abuse treatment providers a working understanding of the challenges faced when working with individuals with cognitive and developmental differences so that they can identify barriers to success and appropriately modify treatment material. As treatment providers, we are faced with the task of creatively taking material and molding it to fit the needs of our clients. However, it can be difficult to determine the underlying causes of some problematic behaviors that can present when in a treatment setting. This workshop addresses the unique needs that clients with intellectual disability and other learning differences have, focusing on how we can use strength-based approach to enhance the learning experience and focus on recovery.

Objectives:
1. Identify how diagnoses of Intellectual Disability and Autism Spectrum Disorder impact learning in various treatment settings.
2. Identify components of the Cognitive Load Theory (CLT) and how they apply to learning difficulty and instructional design.
3. Identify potential misattributions of behavior for individuals with cognitive deficits.

Continued in session 21.

13. It’s About the Healing: Why Medication Assisted Treatment isn’t Enough

Matt Felgus, M.D., FASAM, Addiction Psychiatrist, President, Wisconsin Society of Addiction Medicine (WISAM), Madison, Wis.

Medication assisted treatment (MAT) for opioid use disorder receives considerable attention, but medication is only one piece of the puzzle. Once individuals are stable on MAT and not using other opioids – what happens long term? Is life-long opioid-replacement therapy the only answer?

Objectives:
1. Understand the benefits and limitations of MAT.
2. Appreciate that medication alone is insufficient for the treatment of substance use disorders.
3. Understand the driving factors behind cravings and options for addressing.

14. IPS Supported Employment-Recovering through Employment

Bob Meyer, UW-Madison, Department of Rehab Psychology, Madison, Wis.

This session will cover the history and success of IPS in Wisconsin. We start with IPS in three counties with an eighteen percent employment rate-IPS is now active in over sixty mental health teams across the state and has an employment rate of forty-seven percent. This presentation will also feature a consumer who is working with IPS support and their employment specialist to discuss how they work together and how employment plays a role in their recovery and future plans.

Objectives:
1. Describe the spirit of IPS supported employment and its main principles.
2. Describe how IPS Supported Employment would fit into their treatment team.
3. Discuss their views on employment as tool for recovery in the mental health and substance abuse treatment system.

15. What Fresh Voodoo is This? EFT For Beginners

David Nelson, Ph.D., LPC, SAC, Ho-Chunk Nation Behavioral Health, Baraboo, Wis.

EFT, or Emotional Freedom Technique, is fast becoming a noted technique in the therapeutic world. Research is indicating its usefulness in treating a variety of emotional issues, most notably trauma and chronic pain. David Nelson learned of EFT sixteen years ago after first wondering, “What fresh voodoo is this?” After careful consideration, this “tapping” of pressure point algorithms was an excellent mind/body therapy complementing CBT. EFT’s parent therapy, Thought Field Therapy is an evidence-based practice. In this breakout session, you will learn the history and practice of EFT, and have time to practice this most wonderful “voodoo.”

Objectives:
1. Learn the history of EFT.
2. Learn EFT’s research findings.
3. Learn how to do EFT.

16. Building Resiliency Within Families

Sarah Danahy, MSW, LCSW, Outpatient Therapist, Community Mental Health Center, Neenah, Wis.

In an uncertain world, that is quickly changing, building resiliency within families is one of many skills needed to navigate our society. How do we help our families understand natural disasters, school violence, community violence, cyber bullying, or the increased pressure on students to achieve more in school and with their peers? Resilience is built utilizing several factors such as community, developing healthy support networks, and utilizing lived experience to connect with others. This workshop will give participants a comprehensive overview of Resilience and how to implement specific skills within families to strengthen Resilience in each other.

Objectives:
1. Be able to define resilience within the context of a family.
2. Leave with specific interventions that can be used within own family or to teach other families.
3. Understand the link between a lack of resiliency and other mental health disorders.

17. Recovery: The Key is Connection

Maria Hanson, JD, CPS, PRC, Peer Specialist Coordinator, Mendota Mental Health Institute, Madison, Wis.

Nicole Blaje, LCSW, MSW, LASOTP, Chicago, Ill.

This presentation will focus on how the many aspects of recovery from addictions have aspects of connection as a key element in the healing process. The early stages of recovery in the group therapy setting include a reciprocal relationships based on trust, connection, and responsibility that are cultivated in a group.
atmosphere that address compulsive behaviors and thoughts of all types of addictions. Exploring how group members challenge each other’s cognitive distortions about compulsive or addictive behaviors/thoughts further supports the concept of connection as paramount to overcoming addiction. From AA, to Native recovery programs and individual recovery choices, people find the need to connect both with others and something larger than themselves on the path to recovery. This presentation will look at the key element of connection as it is found in the many varied forms of recovery found in today’s recovery programs and lived experience of two individuals with differing recovery paths but similar success stories.

Objectives:
1. Learn about the sense of isolation and disconnection that drives so many individuals into addiction.
2. Learn why connection is the key element in so many forms of recovery paths in today’s world.
3. Learn why connection is the answer to the problem of today’s addiction issues rather than punishment and isolation.

18. ASAM - Part II
Saima Chauhan, Journey Mental Health, Madison, Wis.
Nicole Blang, Ho-Chunk Behavioral Health, Black River Falls, Wis.
Continued from session 9.
Please see session 9 for program description.

20. The Role of a Clinical Supervisor in a Trauma Informed System of Care - Part II
The Future of Behavioral Health Treatment and the Role(s) of Leadership
Mark Sanders, LCSW, CADC, Trainer/Consultant, On the Mark Consulting, Chicago, Ill.
Part two, “The Future of Behavioral Health Treatment and the Role(s) of Leadership,” is for supervisors and directors who will play a pivotal role in leading the workforce through a myriad of expected changes which will impact the future of our work, including: rapid staff turnover; organizational ghosting; the aging of current leaders; millennials as leaders; technology erasing millions of jobs and the use of technology in therapy; increased diversity, shifts in breadwinner status; gentrification, younger and older clients; the expectation of the use of evidence based practices; the threat of budget cuts and the need for non-traditional sources of funding. Emphasis will be placed on the role of leadership in addressing these changes.

Objectives:
1. Learn ten expected changes which will impact behavioral health treatment.
2. Learn the role of leadership in addressing these changes.
Continued from session 11.

21. Treatment for Individuals with Cognitive and Developmental Differences - Part II
Stefany Trevino, Psy.D., Mendota Mental Health Institute, Madison, Wis.
Continued from session 12.
Please see session 12 for the program description.

22. The Myth of Willpower: Understanding Addiction for Professionals Not in Recovery
Allison Poritz, MS, LPC, SAC, Mental Health and Substance Abuse Counselor, Options Treatment Programs, LLC, Appleton, Wis.
Addiction will be dissected to highlight genetic influence, neurologic changes, psychological risk factors, behavioral changes, and the influence of relationships. Participants will be provided an overview of treatment modalities such as medication assisted therapy, harm reduction, motivational interviewing, and cognitive behavioral approaches. The importance of recovery communities such as 12-step programs, SMART recovery, and Celebrate Recovery will also be discussed. Participants will be provided opportunities to increase awareness and empathy for individuals battling addiction and learn how professionals can help end stigma for this population.

Objectives:
1. Understand the role of genetics, neurobiology, psychology, and behavior in addiction.
2. Learn the overview of treatment modalities.
3. Be introduced to recovery communities.
23. Constructive Locale Regenerative Therapy: A Community Based, Culturally Centered Treatment Model

Algernon Felice, MS, Ph.D., LPC, CEO, Cultural Bridges Treatment and Counseling LLC., Madison, Wis

Constructive Locale Regenerative Therapy (CLRT) is an Afro-centric, multi-focused, community-centered treatment model that draws on a multitude of nature-based approaches and natural supports in support of clients experiencing mental and emotional health challenges.

Objectives:
1. Learn how to build strong, partnered relationships with every family.
2. Learn Circular-Linear: how to conduct results-oriented treatment (linear) in an intersectional and highly integrated manner (circular).
3. Gain insight on a highly effective non-Western model of assessment and treatment that employs every aspect of community (persons and environments) in a highly strategic manner.

24. Working with Couples: Techniques to Ensure Progress

Crystal Dorazio, LMFT, CSAC, CSIT, Owner, Marriage and Family Solutions, Madison, Wis.

This workshop is for providers who encounter couples and relationship related issues. It will provide an overview as well as specific, strategic guidelines and rules to produce change within the dyad. Effective communication skills, accountability, healthy boundaries and ways to stop game playing will be some of the areas we explore.

Objectives:
1. Learn how to effectively increase accountability, feedback and healthy communication skills.
2. Improve conflict so that it is effective and produces results and change.
3. Identify resentments, unmet needs and risk factors that may result in affairs or divorce.

25. Financial Wellness: What Are Your Goals and How do Finances Play a Role?

Laleña Lampe, Community Programs QI Specialist, Wisconsin Department of Health Services, Madison, Wis.

We will discuss the basics of finance and how it impacts wellness and recovery. We will NOT be discussing details of any individual’s finances. Information regarding employment, basic benefits information, and basic budgeting will be covered. IPS Supported Employment and assessing job matching will also be explored. Too many people see finances as a mystery and do not take control of their own financial future. Moving forward in life is a big part of recovery- let’s build the resources to do so. This session is intended for a general audience of providers, family members, and peers. Content based upon the work of Oscar Jiminez-Solomon Columbia University Medical Center.

Objectives:
1. Be able to understand the link between finances and wellness.
2. Leave with basic tools to begin a financial wellness journey.
3. Understand the impact of work on recovery.

26. Everything You Want to Know About Heroin but are Afraid to Ask!

Michael Vann, CSAC, Human Service Coordinator, Wisconsin Resource Center, Madison, Wis.

This workshop is for beginners who lack knowledge of what heroin is, how it affects the body, routes of administration, short and long term effects of heroin use and medical complications of chronic heroin use.

Objectives:
1. Increase understanding of what heroin is.
2. Learn the routes of administration and how heroin affects the body in the short and long term.
3. Learn what medical complications are caused by chronic heroin abuse.

Optional FORUMS ON OCTOBER 17 & 18

4:45 - 5:45 p.m.
Annual SCAODA Public Forum and Discussion of SCAODA’s Purpose

The State Council on Alcohol and Other Drug Abuse (SCAODA) was created to coordinate substance use disorder planning across the many agencies in Wisconsin government and advise those agencies on prevention, treatment and recovery activities. SCAODA is responsible for reviewing pending legislation, developing two-year plans to implement activities and guide administration of the federal Substance Abuse Prevention and Treatment Block Grant, reviewing the biennial budget as it relates to alcohol and other drugs, and making recommendations to the Governor and the Legislature. SCAODA members are appointed by the Governor and represent most cabinet level agencies, two constitutional offices, the legislature, treatment providers, consumers, and citizens. This session will briefly cover the history of the Council and explore its recent and current roles and reports in confronting contemporary alcohol and other drug abuse across Wisconsin. The bulk of the session will feature the Council’s annual public forum, which is an opportunity for conference participants and members of the general public to provide input to the Council on statewide substance use disorder needs, utilization of the Substance Abuse Block Grant funds, and programmatic changes. Representatives of the State Council will be present to take input and participate in this discussion.
4:45 – 5:45 p.m.  
PM Listening Session with Administration
People in recovery will have an opportunity to meet with Patrick Cork, Administrator, Rose Kleman, Deputy Administrator, and Holly Audley, Assistant Administrator of the Division of Care and Treatment Services to discuss mental health and substance use programming in Wisconsin. This will include opportunities for people to offer feedback on what’s working well and areas needing attention related to mental health and substance use treatment and services.

5:30 - 7 p.m.  
Diversity Reception
In this casual setting, participants will engage in respectful discussions of challenging issues related to racial and cultural differences. They will be encouraged to consider how their own responses to such issues affect counseling effectiveness.

7:30 - 8:20 a.m.  
AM Listening Session with County Staff
County staff will have an opportunity to meet with Pat Cork, Administrator, Rose Kleman, Deputy Administrator, and Holly Audley, Assistant Administrator of the Division of Care and Treatment Services, and Joyce Allen, Director, Bureau of Prevention, Treatment and Recovery, to discuss current mental health and substance abuse issues.

Thursday, OCTOBER 18  
8:30 – 10 a.m.  
MORNING WORKSHOPS

27. Providing Effective Substance Use Disorder Treatment to a Correctional Population  
Chloe Moore, Program and Policy Analyst, Division of Community Corrections, Madison, Wis.
Erin Thorvaldson, Evidence-Based Program Manager, Department of Corrections, Madison, Wis.
This workshop is designed to provide information and guidance for treatment providers who are working with corrections-involved clients, and will be especially helpful for programs that have a mixed population of. We will spend time discussing evidence-based practices, including the National Institute of Corrections Principles of Effective Interventions, Criminogenic Needs, and the Risk, Needs, and Responsivity Principle. Information regarding the Department of Corrections Substance Use Disorder Treatment Standards will be shared. We will also provide time for questions relating to best practices when working with this population.

28. Ethics and Boundaries: Understanding How to Take Care of Your Tree in the Ethical Forest - Part I  
Tami Bahr, Triquestrian, LLC, Madison, Wis.
This three-part workshop will provide participants with information and updated to ethical codes and guidelines including information on social media and electronic communications. Participants will explore their own core beliefs and values and the intersection with ethical dilemmas and boundary issues. Participants will have the opportunity to utilize ethical decision-making tools and consult with colleagues on case studies. Participants will also have the opportunity to engage in experimental activities exploring boundaries.

Objectives:
1. Learn about updates to ethical codes and guidelines with focus on social media and electronic communications.
2. Explore core beliefs and how those intersect with ethical dilemmas and boundary issues.
3. Engage in experimental activities exploring boundaries.

Continued in sessions 37 and 46.
29. **A More Holistic and Humanistic Model of AODA Treatment: It Works**

**Algernon Felice**, MS, Ph.D., LPC, CEO, Cultural Bridges Treatment and Counseling LLC., Madison, Wis.

**James Hawk**, AODA Treatment Specialist, Madison, Wis.

For eons, we have employed either a behavioral-based or a skills-based approach to AODA treatment. We also continue, too often, to see AODA as the driving force behind behaviors, so we tend to isolate it and treat it as a separate entity divorced from co-occurring challenges, divorced from the human being. In this model, the humanness of the human being is central to treatment success, and intimately partnered with the AODA behavioral skills. This model argues that unless you can fill that person up, you will not achieve sustained control. Even if abstinence is what we hope for, control is what we want, and control comes from a fuller self.

Objectives:
1. Gain an understanding of a more integrated humanistic model of treatment.
2. Learn how to effectively walk alongside a client, allowing that client to find his/her own voice, and discover his/her own strengths and worth.
3. Use art, nature, music, natural space in support of treatment.

30. **Cultural and Linguistically Appropriate Use of Sign Language Interpreters in Therapy**

**Denise Johnson**, BSW, IndependenceFirst Wisconsin Statewide Substance Use/Mental Health Project Coordinator for Individuals who are Deaf, Hard of Hearing and Deaf-Blind, Milwaukee, Wis.

**Tamara Fuerst**, BA, DSPS Licensed Sign Language Interpreter, CDI, GMHI, CLIP-R, Professional Interpreter Enterprises, Greenfield, Wis.

How the mental health and substance abuse professionals interact with deaf, hard of hearing, or deaf-blind consumers using sign language interpreters can result in effective treatments. Using qualified sign language interpreters, can remove the communication barriers and that will result in effective treatments for deaf, hard of hearing, and deaf-blind consumers. Becoming aware of the importance of providing direct services or utilizing qualified sign language interpreters can help stem the ever-widening disparity in services for this population.

Objectives:
1. Be exposed to the different dynamics with the opportunities and challenges of working with people who are deaf, hard of hearing or deaf-blind in the mental health and substance use disorder fields.
2. Learn basic tools and tips to become aware of the linguistic and cultural appropriate services working with sign language interpreters that can benefit to the therapy/treatment team.
3. Learn why it is important to hire a qualified interpreter and to understand the differences in certifications (certification vs. license vs mental health training vs legal training).

31. **Body-Based Therapy and Resiliency**

**Rebecca Wigg-Ninham**, MSW, SAC, Madison, Wis.

This workshop will provide a foundation for the Rosen Method and Somatic Therapies that is supported by what we know about Adverse Childhood Experience Study Research and Resiliency. If our trauma is held in our body we can go to the body to heal it, build resiliency and see new possibility. Notice where you hold your tension in your body. What does that tension feel like? How deep do you feel it? Being present with what is there is transforming. Learn about Reparative Relationship, Embodied Self-Awareness, Rosen Method and Resiliency in this transformational workshop.

Objectives:
1. Understand the relationship of ACEs, Resiliency and Body-Focused therapy.
2. Be introduced to the Rosen Method Bodywork and Movement.
3. Understanding Interpersonal Neurobiology Introduction to Embodied Self-Awareness.

32. **Identifying and Understanding Dangerous Trends in Urban and Rural Communities**

**Maurice Horton**, CEO, Why Gangs, LLC, Racine, Wis.

This presentation is designed to explore potential dangers and dispel the myths surrounding gang related trends in urban and rural communities.

Objectives:
1. Be able to understand some of the dangers within urban and rural communities.
2. Be able to identify and understand current trends.
3. Become familiar with the current underground and hip-hop music and the effects on youth.

33. **QPR: Question, Persuade, Refer**

**Debi Traeder**, Community Behavioral Health Liaison, North Central Health Care, Wausau, Wis.

QPR is an evidence-based training program that provides innovative, practical and proven suicide prevention techniques. Participants learn about the risk factors and warning signs of suicidal ideation and how to help those who might be contemplating suicide. QPR has been found to be an effective training for mental health professionals, medical professionals, laypeople and anyone who cares for and about others.

Objectives:
1. Understand the prevalence of suicide and suicidal ideation in our communities.
2. Learn about the risk factors and warning signs of suicidal thoughts.
3. Learn what each of us can do to help someone we know and care about.
34. Peer Support for Youth with Mental Health and AODA Challenges

Katie Kress, CPS, Statewide Coordinator of Peer Run Organizations, Independent Living Resources, LaCrosse, Wis.

Sara Honadel, CPS, Independent Living Specialist, Trainer of Peer Support Specialists, Independent Living Resources, LaCrosse, Wis.

Hear from two Certified Peer Specialists and Trainers of Youth Mental Health First Aid, who have obtained and utilized resources through their own recovery journey as youth, and now empower those living with mental health and substance use challenges. Participants will interact with one another and facilitators to learn activities and skills that could be used directly in a consumer relationship, through peer support and/or skills training. Participants will then get a chance to practice implementation of those learned activities and skills. This will be an interactive session, with multiple teaching techniques, to help participants feel more confident when working with youth and leave feeling excited about youth services and prepared to assist multiple ages through recovery.

Objectives:
1. Learn how to build a better understanding and connection with youth experiencing mental health and AODA challenges.
2. Learn new activities and coping methods to implement with youth experiencing mental health and AODA challenges.
3. Understand how peer support practices are being implemented and proven effective, for prevention and recovery, specifically with the youth population.

35. ASAM - Part I (repeat of session 9)

Saima Chauhan, Journey Mental Health, Madison, Wis.
Nicole Blang, Ho-Chunk Behavioral Health, Black River Falls, Wis.

The ASAM (American Society of Addiction Medicine) Criteria was created to improve the quality of and access to addiction care. It is the recommended level of care criteria of the State of Wisconsin’s Department of Health Services Bureau of Prevention, Treatment and Recovery. The ASAM Criteria helps clinicians, counselors, and care managers develop patient-centered service plans and make objective decisions about patient admission, continuing care, and transfer for individuals with addictive, substance-related, and co-occurring conditions. Through the multidimensional assessment and the continuum of care, the criteria can improve patient outcomes.

Part 1: An overview of the ASAM Criteria.
Part 2: The application of ASAM Criteria with case reviews.

Objectives:
1. Gain familiarity with ASAM.
2. Learn how to apply ASAM.
3. Practice applying ASAM.

Continued in session 44.

10:30 am – noon
MORNING WORKSHOPS

36. Screening Youth for Fetal Alcohol Spectrum Disorders within the Juvenile Justice System: A Model Program

Lindsey Peterson, MS, CRC, Research Specialist, University of Wisconsin Department of Family Medicine and Community Health, Madison, Wis.
Geoff Brown, MA, LPC, SUDS, Brief Intervention Specialist, University of Wisconsin Adolescent Alcohol and Drug Assessment/Intervention Program, Madison, Wis.
Mary Lynn Beier, Director, Kenosha County Juvenile Court Intake, Kenosha, Wis.

This workshop will provide an overview of fetal alcohol spectrum disorders (FASD) and present an innovative pilot program that is implementing screening for FASD at the point of intake, evidence-based interventions, and modified treatment programs for youth at risk of an FASD. The collaboration has built on relationships between local jurisdictions, state agencies and the University of Wisconsin. Participants will receive a copy of “Planning and Implementing Screening for Fetal Alcohol Spectrum Disorders in the Juvenile Justice System” and will have the opportunity to interact with the panelists and ask questions about how to implement screening for FASD within their own agency.

Objectives:
1. Learn about an innovative pilot program that is implementing screening for fetal alcohol spectrum disorders at the point of intake into four agencies throughout Wisconsin.
2. Hear from multiple members of the teams that are implementing screening for FASD, who will share unique successes and challenges from the pilot program.
3. Gain an understanding of how to implement screening for FASD within their own agency.

37. Ethic and Boundaries: Understanding How to Take Care of Your Tree in the Ethical Forest - Part II

Tami Bahr, Triquestrian, LLC, Madison, Wis.

Continued from session 28; continues in session 46.
Please see session 28 for program description.
38. Fatherhood/Motherhood is Sacred

Joseph and Stephanie White Eagle, Ho-Chunk Nation, Baraboo, Wis.

The program is designed to strengthen individuals and families by laying a strong foundation of direction and purpose in life. By filling life with hope/gratitude attitude and understanding there is powerful effect in attitude and behavior change. It inspires and ignites self-motivation in bringing that change to a person.

Objectives:
1. Learn why spirituality is an important part of native recovery.
2. Learn five core principles for the foundation of having a happy and safe family.
3. Learn the power of hope, gratitude and understanding in behavior change.

39. Wisconsin’s Opioid Crisis

Elizabeth Collier, MSW, LCSW, CSAC, ICS, State Opioid Treatment Authority, Wisconsin Department of Health Services, Bureau of Prevention Treatment and Recovery, Madison, Wis.

Dennis Radloff, Human Services Program Coordinator, Wisconsin Department of Health Services, Bureau of Prevention Treatment and Recovery, Madison, Wis.

This workshop will provide attendees with national and state opioid epidemiology, health risks, signs of opioid use, medication-assisted treatment (MAT) overview, and federal grants to address the opioid crisis in Wisconsin.

Objectives:
1. Understand the extent of the opioid epidemic nationally.
2. Learn drug trends and current data in Wisconsin.
3. Understand Medication Assisted Treatment (MAT) and its application in Wisconsin.

40. The Wisconsin Recovery Thermometer: A New Tool to Assist In Managing Recovery

Laleña Lampe, Community Programs Quality Improvement Specialist, Wisconsin Department of Health Service, Division of Care and Treatment Services, Madison, Wis.

This presentation will discuss the Wisconsin Recovery Thermometer, a person-centered, recovery-oriented measure for persons seeking mental health and co-occurring recovery. The tool was developed by a team at the Wisconsin Division of Care and Treatment Services and validated with Wisconsin Certified Peer Specialists. It is designed to be self-administered for a person to track common measurements of recovery. Results may be shared with support teams to impact clinical recovery plans.

Objectives:
1. Understand how the tool was developed, tested, measured, and implemented.
2. Learn how to use the Wisconsin Recovery Thermometer to impact their recovery journey.
3. Practice using the tool and its results to consider different approaches to their recovery journey.

41. Preventing and Addressing Substance Use in Sexual Orientation Minority Communities in Wisconsin: Lessons Learned from EndHIV

Anthony Harris, Diverse and Resilient, Milwaukee, Wis.

Matthew Lewis, Prevention Coordinator, Diverse and Resilient, Milwaukee, Wis.

The EndHIV program, developed by Diverse and Resilient (the first LGBT public health organization in the country), focuses primarily on reducing risks of contracting these viruses and/or developing substance misuse disorders among gay, bisexual, and transgender (GBT) men of color in the Milwaukee area. This presentation will share what has been learned so far in this unique program with this hard-to-reach population and discuss the unique challenges that this population faces related to substance misuse. By exploring issues related to minority stress, homophobia, social isolation, and other variables, attendees will build their capacity to work with this population. Newly gathered data from PrideFest, the largest LGBTQ pride festival in the country, will be shared, as well as data gathered from people attending the LGBTQ Summit this winter. Attendees will be provided with a list of local and national resources that will enable them to keep learning about these minority sexual orientation populations and its unique needs in substance misuse prevention.

Objectives:
1. Provide an understanding of the factors that contribute to substance abuse in Milwaukee’s same-sex-loving men (men who have sex with men).
2. Help attendees to better understand the effects of minority stress on this population.
3. Be able to better gauge readiness to address the needs of this population where they practice substance misuse prevention.

42. The Science of the Mind: An Update for Mental Health Clinicians

David Mays, M.D., Ph.D., Forensic Psychiatrist, Mount Horeb, Wis.

Keeping up to date about the latest science behind brain imaging, brain stimulation, neurochemistry, and genetics is a challenge for even the most obsessive – compulsive mental health professional. This presentation will describe and explain some of the latest findings in basic and applied science that are driving our research and leading to new treatments of the major mental disorders. We will explore brain anatomy and function as revealed by functional MRI scans. Current brain stimulation techniques will be described, including transmagnetic stimulation and deep brain stimulation.

Objectives:
1. Identify a few fundamentals of neuroanatomy relevant for mental health practitioners.
2. Discuss the limitations of imaging the brain, particularly MRI.
3. Recognize new technologies in brain stimulation.
43. Psychopharmacology - Part I

Ronald Diamond, M.D., University of Wisconsin Consultant, Wisconsin DHS, UW-Madison School of Medicine, Madison, Wis.

These workshops will present an overview of psychopharmacology designed for the non-medical mental health professional, although consumers are very welcome to attend. Psychotropic medication is an increasingly important part of comprehensive mental health treatment. The non-medical professional often knows the client better than any physician and is often in the best position to evaluate the effectiveness of medication that a client is taking. This workshop will present basic information so that the non-medical professional can work effectively with the psychiatrist to optimize medication use for their clients. This overview will cover the major classes of psychotropic medication in common use, including indications for each, side effects, practical issues around use, and possible dangers. Participants are welcome to attend both sessions or session 1 only.

Part 1: Antipsychotic medications and Mood Stabilizer.
Part 2: Antidepressants/Antianxiety medications.

Objectives:
1. Learn how to work effectively with a psychiatrist to optimize medication utilization with an individual.
2. Learn major classes of psychotropic medications in common use.
3. Increase understanding of indications for medications, side effects, practical issues around use, and dangers associated.

Continued in session 52.

44. ASAM - Part II (Repeat of session 18)

Saima Chauhan, Journey Mental Health, Madison, Wis.
Nicole Blang, Ho-Chunk Behavioral Health, Black River Falls, Wis.

Continued from session 35.
Please see session 35 for program description.

45. The Brain and Recovery: Overview of Opiate Addiction

John Ewing, M.D., Co-Medical Director of Addiction Services, Meriter Hospital, NewStart, Madison, Wis.
Thomas Hayes, Ph.D., Psychologist, Clinical Director, Pauquette Center for Psychological Services, Madison, Wis.

This session will cover the following:
+ Methods of stabilization and methods of change
+ Opiates as stress response modulators (how they really work)
+ How the body adapts to opiate use
+ Addiction as recurring disinhibition during intoxication and withdrawal
+ The Brain Stem Balance Model of Addiction
+ Epigenetic Changes in Substance Use Disorders
+ How Medication Assisted Treatment works (Naltrexone, Buprenorphine, Methadone)
+ How treatment for substance use disorders works
+ Medication and Drug effects on the psychotherapeutic process
+ Pharmacologic and neurologic factors affecting change
+ The Cortical model of Change: Impact of therapeutic alliance and content on the change process
+ Identity Dynamics based on diagnosis, victim stance, and learned helplessness
+ Dealing with difficult behaviors

Objectives:
1. Understand how the brain is affected in the process of opiate addiction, the role of medication, and psychotherapy in recovery.
2. Learn how different medications and the drugs themselves affect the psychotherapy process.
3. Learn adjustments for the stage of recovery.

Continued in session 52.

46. Ethic and Boundaries: Understanding How to Take Care of Your Tree in the Ethical Forest - Part III

Tami Bahr, Triquestrian, LLC, Madison, Wis.

Continued from sessions 28 and 37.
Please see session 28 for program description.

47. Sparking Transformation

Philip Robinson, LCSW, White Pine Consulting Services, Waupaca, Wis.

A strengths-based practice is essential for working with persons in recovery but begins with recognition of our own core gifts and attributes. This self-awareness is often elusive and easily lost in the swirl of activity when providing community based behavioral health services. How to capture and develop our sparks can make all the difference in providing a foundation for good services; helping families improve coping skills, attract natural supports to participate in services, provide a bridge from dependence to interdependence. For staff, cultivating sparks contributes to a healthier workplace environment and sustaining long term professional growth.

Objectives:
1. Enhance understanding of the power of strengths to unlock child/family and adult potential.
2. Understand the relationship between skills, strengths, sparks and virtues.
3. Gain resources to further your practice and personal growth.
48. Implementing Motivational Interviewing: Agency Stories of Successes, Pitfalls, and Lessons Learned

Scott Caldwell, MI Consultant, Wisconsin Department of Health Services, Madison, Wis.

Michelle Gleason, Matthew Deets, and Michelle Carr, North Central Health Care Department of Community Treatment, Wausau, Wis.

One of the most pressing questions facing the contemporary behavioral health field is: How can provider agencies implement evidence-based practices into routine practice? Stories from a provider agency (panel presentation) will highlight the successes, pitfalls, and lessons learned regarding implementing Motivational Interviewing. Grounded in frameworks from the National Implementation Research Network, the presentation is for administrators, managers, policy makers, clinical supervisors, and champions of change.

Objectives:
1. Be able to identify competencies (attitudes, knowledge, skills) for effective supervision of MI.
2. Obtain, review, and gain experience with MI supervision tools.
3. Consider application of tools to practice.

51. Psychopharmacology - Part II

Ronald Diamond, M.D., University of Wisconsin Consultant, Wisconsin DHS, UW-Madison School of Medicine, Madison, Wis.

Continued from session 43.
Please see session 43 for program description.

52. Harm Reduction 101

Dennis Radloff, Human Services Program Coordinator/MAT Expansion Coordinator, Wisconsin Department of Health Services, Bureau of Prevention Treatment and Recovery, Madison, Wis.

This workshop will provide an overview of harm reduction as it relates to people who use drugs. It will also provide examples of two harm reduction practices: Sterile Syringe Access Programs and Preventing Fatal Opioid Overdose.

Objectives:
1. Be able to define harm reduction and identify strategies to reduce drug related harms.
2. Understand sterile syringe access programs and be able to identify resources near their community.
3. Learn how to respond to someone who is experiencing an opioid overdose.

50. Using Eye Movement Desensitizing and Reprocessing (EMDR) in the Treatment of Addiction: An Introduction to EMDR Therapy Applications and Effectiveness and in Addictions Recovery

Sandra Derks, LPC, CADC, Certified EMDR Therapist, Middleton, Wis.

This workshop will provide an overview of EMDR Therapy interventions including how EMDR targets habitual behavioral patterns. Applications to multiple levels of Addictions Recovery will be provided including uses in early intervention, and in treating dual diagnoses disorders. Case studies will be utilized within the training. In addition, an overview of EMDR training levels and local EMDR training resources will be provided. This presentation is intended for addictions therapists seeking and understanding of EMDR therapy effectiveness and applications.

Objectives:
1. Understand how EMDR accesses and reprocesses information stored in the brain.
2. Understand at least three applications for EMDR in addictions treatment.
3. Understand training required to become an EMDR therapist.

49. Stress and Burnout

David Mays, M.D., Ph.D., Forensic Psychiatrist, Mount Horeb, Wis.

Professional stress and burnout are part of the psychological reality for most of us in mental health care. Knowing how to assess yourself can prevent problems with poor performance, boundary crossings, and personal health. This presentation will describe the negative ways that stress affects our bodies and the subtle ways that burnout shows itself. Armed with this knowledge, we will try to find some solutions to the problem.

Objectives:
1. Analyze how stress affects our bodily systems.
2. List the most common symptoms of burnout.
3. Explore ways to reduce stress and burnout in our daily lives.

51. Psychopharmacology - Part II

Ronald Diamond, M.D., University of Wisconsin Consultant, Wisconsin DHS, UW-Madison School of Medicine, Madison, Wis.

Continued from session 43.
Please see session 43 for program description.

52. Harm Reduction 101

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2:15 – 2:30 p.m.
BREAK

2:30 – 3:30 p.m.
CLOSING KEYNOTE

BETTER THAN OKAY: Moving From Illness to Happiness

David Mays, M.D., Ph.D., Forensic Psychiatrist, Mount Horeb, Wis.

The traditional goal of mental health treatment has been to alleviate symptoms of disease, rather than promote health and happiness. The common assumption was that happiness is what you get when you get rid of what’s bothering you. This view has become outdated and today we’re beginning to understand the principles behind what makes people feel better than “just OK.”

This talk will provide you with insights to help you and your clients move out of “neutral” and into “positive.” In short, we will focus on what makes people mentally healthy, fulfilled, and satisfied—not simply free from misery.
14th Annual Mental Health and Substance Use Recovery Training Conference

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Professional Title ________________________________________________

Company _________________________________________________________

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REGISTRATION FEES:
Postmarked by October 5, 2018:
Full Conference: $195, Wednesday only: $130, Thursday only: $130
After October 5, 2018:
Full Conference: $300, Wednesday only: $175, Thursday only: $175

Registration fees cover all materials, refreshment breaks, lunch and continental breakfasts.

Refund Policy: Full refunds granted upon receipt of written request received by October 3, 2018. Refunds after October 3 will be assessed a $25 processing fee. No refunds will be given after October 10, 2018. Substitutions can be made at anytime, but no shows will be responsible for the full conference fee. Last minute registrations cannot be guaranteed meals or materials.

❑ First-time participant
❑ Special needs accommodations ________________________________
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If you have special needs that require assistance, including special dietary needs, please notify us by phone or in writing at least two weeks prior to the conference.

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WORKSHOP CHOICES:
Please indicate your 1st and 2nd choice for each session.

WEDNESDAY, OCTOBER 17, 2018

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<td>(Workshops 1-9)</td>
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<td>1 - 2:30 p.m.</td>
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Optional Forums: WEDNESDAY p.m.

❑ SCAODA Listening Session
❑ Diversity Reception

THURSDAY, OCTOBER 18, 2018

Optional County Staff Forum: WEDNESDAY a.m.

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<td>8:30 - 10 a.m.</td>
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<td>10:30 a.m. - noon</td>
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❑ Black (Non-Hispanic)  ❑ Hispanic  ❑ White (Non Hispanic)

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Please indicate your occupation/organization:

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07. ❑ Protective Services  08. ❑ Public Administration/Gov. Agency
10. ❑ Social, Recreational, Religious  13. ❑ Other

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