



2023 SUBSTANCE USE SERVICES CONFERENCE

November 2-3, 2023

The Education Center at Eastern AHEC
Greenville, NC

As we enter our first full year after the pandemic, we are beginning to return to a new “normal” plus new demands. More clients to see, new technology to master, focusing on our own self-care and work-life balance, and continuous change in the behavioral health field are now part of our daily routine. We are seeing more PTSD and trauma, more intimate partner violence, more involvement of peer support specialists in recovery, and a rise in the rates of suicide. Keeping up to date on evidence-based practices and new treatment strategies is key to working with clients with a substance use disorder or dual diagnosis.

We will open this annual conference with a keynote presentation from Cheryl Fuller. Cheryl is a survivor of childhood trauma, an author, and trainer. She will help us understand the connection between trauma and substance misuse and identify pathways to resilience and healing. Our keynote speaker on the second day of the conference will be Dr. Raymond Turpin, Clinical Director of the Pearl Psychedelic Institute. He will discuss psychedelic-assisted therapy and its application to trauma and addiction. Concurrent sessions will focus on knowledge needed for license renewal and evidence-based practices while offering exciting topics such as oral health and the connection to substance use, legal aspects in substance use treatment, adventure-based counseling, family interventions, HIV/STIs/Hepatitis C, EMDR, suicide prevention, and much more!

Once again, we will hold this conference in person only. You have the opportunity to earn 12 hours of credit, attend needed sessions required for license renewal, and network with colleagues. Choose to register for the entire conference or just one day.

TARGET AUDIENCE

- Substance Use Professionals
- Licensed Clinical Mental Health Counselors
- Psychologists
- Marriage and Family Therapists
- Social Workers
- Nurses
- Public Health Professionals
- School-based personnel
- Care Coordinators
- Peer Support Specialists
- Case Managers
- Mental Health Practitioners
- Individuals working with adolescents and adults with substance use disorders
- All interested behavioral health, addictions, and health care professionals

**EASTERN
AHEC**

PART OF NC AHEC

November 2, 2023

8:00 a.m.	CHECK-IN/REFRESHMENTS
8:30 a.m.	Welcome and Opening Remarks <i>Karen Koch, MSW, LCSW</i> Director, Mental Health Education, Eastern AHEC
8:45 a.m.	Keynote Presentation
10:45 a.m.	BREAK
11:00 a.m.	Late Morning Concurrent Sessions
1:00 p.m.	LUNCH (provided)
2:00 p.m.	Afternoon Concurrent Sessions
3:00 p.m.	BREAK
3:15 p.m.	Afternoon Concurrent Sessions (continued)
4:15 p.m.	ADJOURNMENT

8:45 a.m. - 10:45 a.m. - KEYNOTE PRESENTATION

UNDERSTANDING TRAUMA AND THE CONNECTIONS WITH SUBSTANCE USE

Cheryl Fuller, MA

Consultant, Trainer, and Author

This keynote session will look at the impact of trauma on substance use issues. We will explore the neurological and psychological/emotional aspects of trauma. Further information on building healthy relationships as a tool for building and restoring resilience will be shared as a path to healing trauma.

Objectives:

- Deepen your understanding of trauma from a neurological and emotional perspective
- Examine the connection between substance use/abuse issues and the role trauma plays in those challenges
- Describe the tremendous value and impact of healthy relationships and connections to the opportunity to build resilience when faced with challenges

With 40 years in the field of education, Cheryl Fuller has been actively engaged in many aspects of researching and implementing learning for children and adults. With a Bachelor's in Child Development, a Master's in Counseling, and a second Master's in Educational Leadership, she has been able to enjoy her work as a classroom teacher, counselor, and school principal. As a consultant for the past 14 years, she has worked extensively training educators in best instructional practices. She has presented material to over 200,000 people in North Carolina and across the United States. She offers workshops and keynote/breakout sessions at major conferences. In the past few years, she has gained additional certifications on two primary topics: Trauma Informed Practices and Building Professional Resilience for those who work in service industries. She is the author of two books. Her goal, in all of her work, is to help children and adults live their best personal and professional lives.



10:45 a.m. - BREAK

November 2, 2023

Late Morning Concurrent Sessions

11:00 a.m. - 1:00 p.m.

(Choose one session to attend)

A. The Intersection of EMDR, Polyvagal Theory, and Addiction

Hillary Dodge Evans, PhD, NCC, LCMHCS, LCAS, CCS-I, CCTP, Clinical Assistant Professor, Department of Addictions and Rehabilitation Studies, East Carolina University

The purpose of this session is to explore the intricacies of EMDR through discussion of Polyvagal Theory. General discussion of traumatology, and in-depth discussion of the neurobiological implications will take place. Further, this presentation will explore trauma services and limitations in our current understanding of trauma services and the intersection of addiction. Lastly, we will explore some of the applicable screening tools for those seeking trauma services.

Objectives:

- Review trauma treatment and challenges
- Define EMDR including its purpose and history
- Discuss application and process of EMDR for trauma
- Identify the neurobiological implications of EMDR and Polyvagal Theory
- Review the limitations of EMDR and Polyvagal Theory
- Discuss screening tools for individuals with trauma history

B. The Bidirectional Relationship Between Oral and Behavioral Health: Opportunities for Integration

Jamie Burgess-Flowers, MSW, LCSW, LCAS, Director of Integrated and Applied Behavioral Sciences, High Point University Workman School of Dental Medicine

Although national efforts have sought to transform health systems by increasing the integration of physical and behavioral health services, oral health has often been overlooked and siloed. Abundant evidence demonstrates how behavioral health conditions contribute to poor oral health outcomes and unmet treatment needs, and vice versa. This session will equip substance use professionals with knowledge regarding the impacts and influences that oral and behavioral health have on each other, including recovery from substance use. Participants will leave with specific action steps for how to integrate oral health promotion into their daily clinical practice.

Objectives:

- Recognize the current definition and landscape of integrated care in NC
- Describe the bidirectional relationship between oral and behavioral health
- Identify areas of opportunity within your clinical practice to promote improved oral health

C. A Difficult Duo: Domestic Violence and Substance Use Disorders

Andrea Winkler, MSW, LCSW, LCAS, Clinical Social Worker and Addictions Specialist, Duke AHEC

This session is designed to support substance use treatment professionals in their effort to serve those with past or present domestic violence (DV) exposure. Involvement in domestic violence, as victims and/or batterers, can complicate a clients' ability to participate in treatment and can be difficult for providers to respond to. With a deeper understanding of the nature, prevalence, and impact of co-occurring substance use disorders and domestic violence, clinicians will feel more prepared to serve this population.

Objectives:

- Define domestic violence, including its prevalence among those with substance use disorders
- Describe the impact of domestic violence and other forms of trauma on individuals, and the complicated interplay with substance use
- Report an understanding of three basic tenets to support this population from a trauma-informed perspective

1:00 p.m. - LUNCH (provided)

November 2, 2023

Afternoon Concurrent Sessions

2:00 p.m. - 4:15 p.m.

(Choose one session to attend)

A. Legal Aspects Surrounding Substance Use Treatment

Matt Sullivan, MSW, JD, Consultant and Trainer

This session will provide a general overview of several legal aspects that routinely intersect with substance use treatment. Participants will receive information on the multiple statutes surrounding treatment confidentiality. In addition, focus will be placed upon legal mechanisms that might be used to support treatment goals.

Objectives:

- List state and federal regulations surrounding substance use treatment confidentiality
- Outline the process to pursue an involuntary commitment under North Carolina Law
- Name several legal mechanisms that might be used to support patient treatment
- Explain basic legal aspects surrounding requests for information

This presenter is being supported through a partnership between the University of North Carolina at Chapel Hill School of Social Work and the NC AHEC Program

B. Navigating Freedom: The Challenges of Overcoming Substance Abuse after Incarceration

Brian Scott, Executive Director, Our Journey

Gail Marsal, PhD, LCAS, Associate Professor and Program Coordinator for Criminal Justice, North Carolina Wesleyan University

The session will discuss the problem of drug addiction among the formerly incarcerated community. We will consider the reasons that this population faces a heightened risk of overdose, even among those who were not convicted of drug offenses. We will also discuss how substance abuse issues are often related to other reentry complications, such as finding and keeping employment and maintaining residency in transition programs. Finally, we will share some ways that agencies, organizations and individuals are working to reverse this crisis in North Carolina.

Objectives:

- Define the problem of addiction among formerly incarcerated individuals
- Identify reentry issues and complications faced by formerly incarcerated individuals
- Examine strategies to reverse this crisis

C. Protect Your Peace: Understanding the Effects of Stress, Compassion Fatigue, and Ethical Violations

Kendra Davis, D. Min., MRC, M.Div., MAC, LCAS, CSOTS, CCJP, CCS, IAADC

K*Metamorphosis Counseling Services, Winston-Salem, NC

Things can happen in the course of a day that can disrupt your peace and drain your energy to the point that you experience signs and symptoms that mimic other conditions such as Post Traumatic Stress Disorder (PTSD)- easily frustrated, irritable, annoyed, feelings of depression, difficulty maintaining hope, feeling over alert, restless, feeling ineffective, negative, and inadequate just to name a few. Compassion fatigue may occur when we absorb the issues the clients, their families, or staff bring to us. Such problems have a way of weighing on us and can begin to exhaust our ability to work ethically and effectively. As human service professionals we often are so busy taking care of others that we fail to recognize the warning signs that we need to take time to HEAL thyself. The wounded healer phenomenon has been noted throughout the history of professional helpers, such as those working in corrections, counseling, and psychology etc. This traditional Native American teaching suggests each time you “heal someone” (work with suffering people) you give away a piece of yourself until at some point you require healing. In this session, participants will be empowered with the tools and resources to protect their peace.

Objectives:

- Define compassion fatigue
- Identify symptoms of compassion fatigue, stress, and burn out
- Explain common causes of stress, both negative and positive
- Discuss the effects of stress on the body
- Create a list of vulnerabilities that lead to and/or increase one’s risk for ethical dilemmas
- List common workplace and home life stressors
- Discuss the importance of establishing and maintaining balance and boundaries
- List self-care strategies

4:15 p.m. - ADJOURNMENT

November 3, 2023

8:00 a.m.	CHECK-IN/REFRESHMENTS
8:30 a.m.	Keynote Presentation
10:30 a.m.	BREAK
10:45 a.m.	Morning Concurrent Sessions
12:45 p.m.	LUNCH (Provided)
2:00 p.m.	Afternoon Concurrent Sessions
3:00 p.m.	BREAK
3:15 p.m.	Afternoon Concurrent Sessions (continued)
4:15 p.m.	ADJOURNMENT

8:30 a.m. - 10:30 a.m. - KEYNOTE PRESENTATION

Virtual Presentation

MDMA-ASSISTED THERAPY FOR PTSD

Raymond C. Turpin, PsyD, President/Clinical Director
Pearl Psychedelic Institute,
Smoky Mountain Psychological Services, PLLC



This keynote presentation will provide participants with knowledge about the history of the compound MDMA as well as the research and its historical uses in mental health treatment. We will examine the brain science behind the use of MDMA to heal trauma and PTSD and talk about the protocol for treatment that is currently being used. We will discuss the current Expanded Access program for MDMA-assisted therapy in Waynesville, NC and view a short video that shows a veteran undergoing his first MDMA-assisted treatment. We will also discuss how MDMA-assisted therapy can play a role in the treatment of substance use disorders.

Objectives:

- Describe the history, research and current work being done using MDMA-assisted therapy
- Identify the steps of the treatment protocol
- Examine how this treatment could positively influence the ability to treat substance use disorders

10:30 a.m. - BREAK

November 3, 2023

Late Morning Concurrent Sessions

10:45 a.m. - 12:45 p.m.

(Choose one session to attend)

A. Peer Support in North Carolina

Bernice Adjabeng, PhD, Program Director, North Carolina Certified Peer Support Specialist (NCCPSS) Program with the Behavioral Health Springboard (BHS), University of North Carolina at Chapel Hill School of Social Work
Panel of Peer Support Specialists

This session will provide an overview of the peer support certification process in North Carolina. It will highlight peer support as an evidence-based approach to assisting persons with mental health and substance use challenges. We will share what we have learned about the effectiveness of peer support services and the challenges of integrating peers into behavioral health. The speaker will provide a summary of past and current efforts by the North Carolina Certified Peer Support Specialist (NCCPSS) Program to strengthen the peer workforce. The second half of the session will be a panel of local peer support specialists who will share their experiences and lessons as they navigate their role on the clinical team and with their individual clients.

Objectives:

- Describe the role and scope of peer support
- Review the current research on the effectiveness
- Review the certification process in NC
- Examine the challenges of integrating peers into the provider settings

This presenter is being supported through a partnership between the University of North Carolina at Chapel Hill School of Social Work and the NC AHEC Program.

B. Stop Talking and Do Something: Integrating Adventure-Based Concepts into Drug Use and Addictions Care

Ed Dunbar, PhD, LCPC, LAC, NCC, Addictions Counseling Program Director, Department of Health and Human Development, Montana State University

This is a fun-filled session that will challenge participants to learn adventure-based counseling techniques and approaches that can be implemented in drug use and addictions treatment. We will learn the underlying concepts of the experiential learning cycle and how they apply to adventure-based interventions that can be applied to individuals, families, and groups of adults and adolescents. After briefly learning the underlying concepts, we will engage in experiential activities to bring the concepts to life. A main concept in adventure-based counseling is fun, and this workshop is designed to help participants learn through lighthearted, practical exercises that participants can use in their various settings immediately. Group members who choose to participate in our experiential activities should dress comfortably and casually, wear sneakers, and be prepared to move!

Objectives:

- Describe the experiential learning cycle and how it applies to their clinical work in drug use and addictions care
- Discuss how they can implement experiential learning concepts with groups and families in their clinical setting
- Describe the role of fun in therapeutic interventions

C. Substance Use Disorders and Pregnancy: An Opportune Time for Evidence-based Interventions

David H. Ryan, MD, FASAM, FACOG, Medical Director, Walter B. Jones Treatment Center

This session will cover topics related to addiction, both in general, and as it pertains to pregnancy and the care delivered through the perinatal period. Participants will understand that the perinatal period is a unique opportunity for patients to access care, but it is also a time filled with additional barriers that can prevent patients from obtaining evidence-based treatments.

Objectives:

- Describe the prevalence of substance use and the basic neurobiology of addiction
- Recognize the importance of language and the need for stigma reduction
- Learn how to screen and identify substance use disorders in pregnancy
- Learn more about the maternal, fetal, and postnatal effects of commonly used substances
- Recognize the vulnerability of the postpartum period

12:45 p.m. - LUNCH (provided)

November 3, 2023

Afternoon Concurrent Sessions

2:00 p.m. - 4:15 p.m.

(Choose one session to attend)

A. More than Just the Addict: Systemic Treatment of Addiction

Andrew Brimhall, PhD, LMFT, Associate Professor, Department of Human Development and Family Science, East Carolina University

Given that addiction affects the entire system, this session will focus on some of the patterns that are often entrenched in families of those experiencing addictions. It will help participants understand how to interrupt some of those patterns and address the underlying needs often reinforcing the addiction and help clinicians understand how to help both the person with the addiction and the family members trying to support them.

Objectives:

- Describe how addiction is a systemic issue that impacts not only the person with the addiction, but the partners, family, and other members of the support system
- Learn therapeutic strategies that help those with addictions and their families to reestablish individual and relational health
- Learn attachment-based interventions that help families maintain a foundation of sobriety, create safety, and allow them to rebuild trust

B. Counseling Clients Who Come in Contact with HIV, STIs, and Hepatitis C

Abigail Boyer, MS, LCMHC, LCAS, NCC, Behavioral Health Services Clinical Counselor, Interim Behavioral Health Director, ECU Physicians, Adult Specialty Care Clinic

This session will provide up to date information on sexually transmitted infections with a focus on HIV and Hepatitis C while exploring ways to provide culturally sensitive and ethical care to clients.

Objectives:

- Review the most current data on HIV, STIs, and Hepatitis C
- Explore cultural impacts of the counselor client relationship on care
- Review ethical dilemmas counselors may face in providing services

C. Suicide Risk Awareness, Assessment and Intervention

Mark Besen, PhD, Private Practice

This session will present an overview of suicide prevention and intervention strategies including neurobiological underpinnings of suicide and non-suicidal self-injury, risk factors associated with suicide attempt, critical elements of a suicide risk assessment, a strategy for immediate intervention with individuals at risk of suicide, and an overview of evidence-based approaches to suicide risk intervention.

Objectives:

- Examine why individuals become suicidal
- Identify risk factors associated with suicide attempt
- Identify critical elements of a suicide risk assessment
- Describe strategies for suicide intervention
- Discuss recent advances in field of suicide prevention and intervention
- Identify resources to obtain additional information and training about suicide prevention and intervention

4:15 p.m. - ADJOURNMENT

Planning Committee

Karen Koch, MSW, LCSW

Director
Mental Health Education
Eastern AHEC

Amber Stallings, MS, LCMHCS, LCAS

MH/SU Utilization Management Care Manager
Trillium Health Resources

Jade Butler, MS, LCMHC, LCAS, CCS

Director of Social Services
Walter B. Jones Center, Woodside Treatment Center

Kim Anderson, MSW, LCSW, LCAS, CCS, MAC

Lead Social Worker
Pitt County Schools

Pam Esposito, MSW, LCSW**Cheryl Gentile, MS, LCMHCS, LCAS, CCS, CRC-MAC**

Owner and Clinical Director
East Coast Counseling, Inc.

Hillary Liles, MSW, LCSW, LCAS

Alcohol and Other Drug Staff Counselor
Assistant Training Director
Center for Counseling and Student Development
East Carolina University

Elizabeth "Gail" Marsal, PhD, LCAS

Associate Professor and Program Coordinator for
Criminal Justice
North Carolina Wesleyan University

Wilmina Rosario, PhD, LCMHCS, LCAS, CCS

Independent Clinical Consultant and Trainer

Jan Britt, MS, LCMHCS, LCAS, CCS

Behavioral Health Care Coordinator
ECU Health Medical Center

Clay Roberson, MS, LCMHCS, LCAS, CCS

Clinical Substance Abuse Counselor
Walter B. Jones Center, Woodside Treatment Center

Registration Information

Registration is online only at www.easternahec.net and requires a current MyAHEC account. Registration will close the day before the program at 12:00 p.m. Seating is limited, please register early to ensure a space.

Registration Fees

Both Days: \$195
One Day Only: \$110

The registration fee includes program materials, refreshments, lunch on both days, and credit.

All Rights Reserved Statement

You may not record, reproduce, publish, distribute, modify, create derivative works, or transmit any program content and/or material presented during continuing professional development (CPD) activities. Continuing professional credit will not be given for unauthorized copied and transmitted recordings of any CPD programs and other activities. Prior registration and attendance are required to receive continuing professional credit.

NC AHEC Photo Policy

Attendance at this activity grants permission for Eastern AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Eastern AHEC Cancellation Policy

- Cancellations must be in writing (easternahec@ecu.edu).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

Credit

Category A-NC Psychology Credit

This program will provide 12.0 contact hours of (Category A) continuing education for North Carolina psychologists.

No partial credit will be given.

Contact Hours

Certificates reflecting 12.0 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

North Carolina Public School Personnel Renewal Credit (PSPR):

Certificates for 12.0 contact hours of education will be awarded at the completion of the program.

Substance Abuse Counselor Credit (SAC)

Application has been made to the North Carolina Addictions Specialist Professional Practice Board for 12.0 hours of Substance Abuse Specific hours.

Handout & Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / ada-coordinator@ecu.edu.

Please bring a jacket or sweater to ensure your comfort.

If you would like more information on the program, please contact Mental Health Education at truesdellk22@ecu.edu or **(252) 744-5215**.