



2021
**Women's
 Recovery**
 CONFERENCE
 Asheville, NC

**Rising Together through
 Trauma, Grief, and Loss**

May 5-7, 2021



The 2021 Women's Recovery Conference offers up to 16.5 credit hours, with a variety of credit options, and is designed for substance abuse, mental health, psychology, criminal justice, human services and other healthcare professionals. It will be held on a virtual platform only, offered by Mountain Area Health Education Center (MAHEC) on May 5th, 6th and 7th of 2021.

One-day, two-day and three-day options are available, with a new option for "Friday only" registration, designed to assist practitioners who are unable to get away from their practice for more than just one day and who need to receive vital North Carolina updates to inform their practice.

This is the 35th year of the Women's Recovery Conference, where gender-specific care, focusing on the needs of women in recovery and their families, is exclusively presented. A special two-part presentation, titled "Update from the State: Women's SUD Treatment in NC" on Friday, May 7th with Starleen Scott-Robbins and "Caring for Women and Children: Current and Future Horizons," with Dr. Hendrée Jones, offers up-to-date information on legislative updates as well as important information on optimizing outcomes for women, including those who are pregnant or with families in North Carolina, while continuing to provide compassionate care. The entire conference is designed to offer providers the tools they need to foster stress resilience, promote collaboration, build trust and cope with ethical dilemmas, as they maintain clinical excellence and optimize care in an ever-changing environment. This is key information all providers must know to optimize client outcomes and to promote overall women's health, while sustaining recovery.

The Pre-Conference on May 5th offers all-day opportunities for both new and advanced practitioners. Participants may choose from an all-day session on either one of the following topics: "Tobacco, Too: Addressing Tobacco Use in Women with Other Substance Use Disorders" or "LGBTQ+ Trauma Informed Practice in Recovery: Ethical Care". Both will be held from 9:00 am - 5:00 pm EST.

The 2021 Main Conference, on May 6th and 7th, opens at 9:00 am EST on Thursday, May 6th, with a compelling Keynote Speech by Dr. Carol Penn, titled "Breath, Movement and Meaning," designed to bring awareness to the impact of "movement as medicine" in healing, while highlighting transformational recovery interventions and offering hope for vibrant health and wellness, in defiance of stagnant conventional paradigms.



The Main Conference features a variety of vital topics nestled into two parallel tracks. Track One, on Thursday, May 6th, inspired by DHHS, features a jam-packed 4.5 hour track, following the opening keynote presentation, titled "A Year Like No Other: Trends & Impact on Perinatal and Maternal Treatment". Subsections for this track include:

- "Changes and Adaptations to the Perinatal Substance Use Project and Perinatal, Maternal & CASAWORKS for Families Initiatives"
- "Alcohol Use during the Covid-19 Pandemic and the Potential Impact on Women's Reproductive Health"
- "Co-Occurring Mental Health Diagnoses with Psychosis in Pregnancy"
- "Treating Polysubstance Use: A Focus on Stimulant Use Disorder in Pregnant and Parenting Women"

Track Two, on Thursday, May 6th features three presentations:

- "Dynamic Motivational Techniques in Group Therapy"
- "Women, HIV Bloodborne Pathogens and Substance Use Disorders - What Clinicians Need to Know"
- "Authentic Interdependence / Healing Relationships"

Friday morning, May 7th, opens with a formal North Carolina update by Starleen Scott-Robbins and Dr. Hendrée Jones, and follows with breakout sessions titled, "Integrating the Voice of Peer Support Specialists into Clinical Teams" and "Superwoman Syndrome and Self-Care: Compatible or Not?" Vital information for all providers working with women who are impacted by the opioid crisis is embedded within the entire three-day event.

with the support of

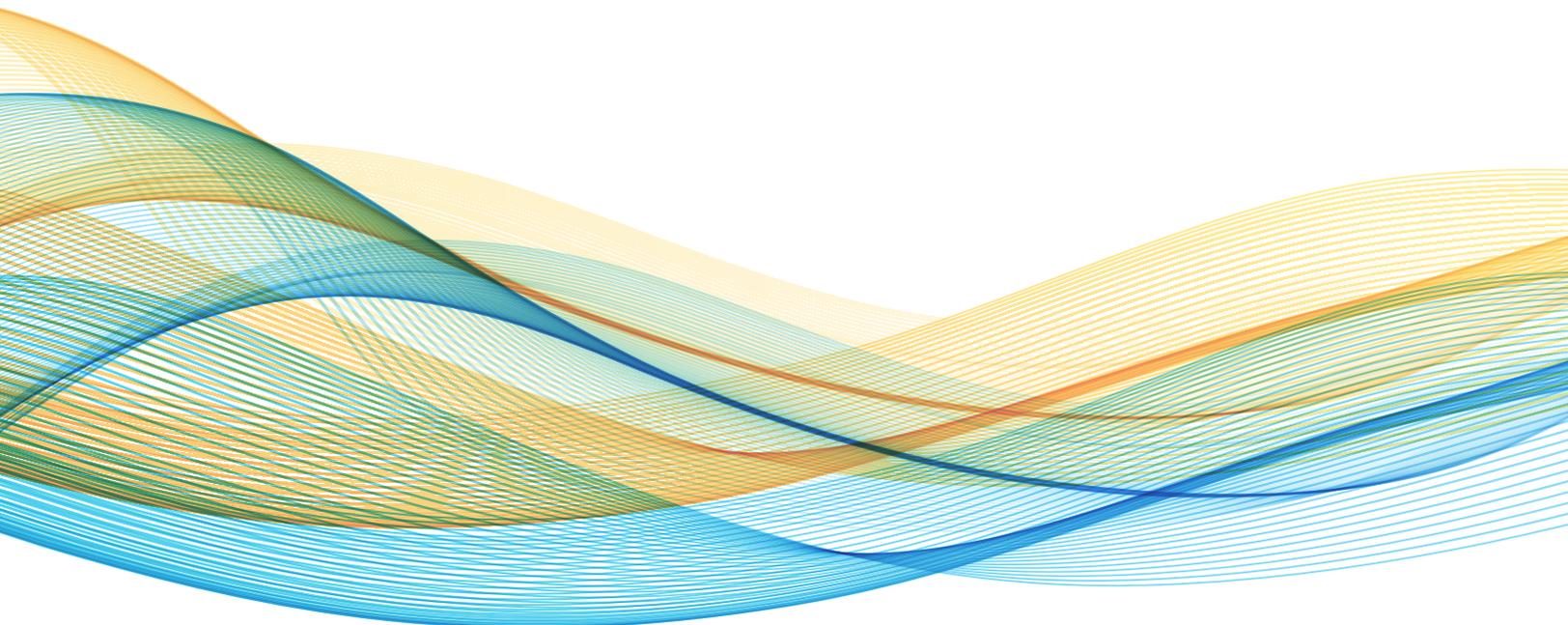


This conference is supported in part by NC Division of MH/DD/SAS with federal funding from the SAMHSA Substance Abuse Prevention & Treatment Block Grant (SAPTBG) CFDA # 93.959.

CONFERENCE OBJECTIVES

At the 2021 conference, session content supports the following overarching conference goals:

- 1) Provide concrete information, insight and treatment skills which may be applied not only to the current opioid crisis and the COVID-19 pandemic, but to all types of substance use recovery as well as process addictions
- 2) Arm providers with effective and evidence-based behavioral interventions to help women enter recovery, prevent relapse and sustain optimal health in long-term recovery, benefitting women as well as families
- 3) Reinforce basic tenets of evidence-based care consistent with SAMHSA guidelines for addressing gender-specific service needs of women with substance use disorders, while concurrently offering skills to assist provider as they nurture women and families through recovery
- 4) Remind all providers in attendance of current legislation surrounding mandatory reporting and care of pregnant women
- 5) Articulate at least three evidence-based transformative modalities of care which foster social, psychological and physiological well-being in women's recovery while reducing relapse risk
- 6) Describe at least three effective evidence-based strategies which meet gender-specific needs of women with substance use disorders based on SAMHSA recommendations and / or those published in peer-reviewed journals within the past seven years
- 7) Explain, in detail, the key components of at least three primary cutting-edge treatment approaches which foster resilience, build trust and increase commitment to individualized therapeutic goals of women in recovery while optimizing health outcomes
- 8) Describe at least three evidence-based strategies to optimize provider resilience while simultaneously fostering resilience of women in recovery. Inherent in this process is a commitment to honor all types of diversity, celebrate individuality and uniqueness, promote authenticity and foster genuine collaboration, based on truly ethical care for women and families in recovery





2021
Women's Recovery
 CONFERENCE
 Asheville, NC

Rising Together through Trauma, Grief, and Loss



LIVE music

(classical guitar & flute) during lunch on Wed. and Thurs. Stay logged in and enjoy!

Agenda at a Glance

Wednesday, May 5th

PRECONFERENCE
 6.0 hours

- Sign-in/Connect 8:30 - 9:00am
- Morning break 10:30 - 11:00am
- Lunch break 12:30 - 1:30pm
- Afternoon break 3:00 - 3:30pm
- Adjourn 5:00pm

Thursday, May 6th

MAIN CONFERENCE Day One
 6.0 hours for Track 1 / 7.0 hours for Track 2

- Sign-in/Connect 8:30 - 9:00am
- Morning break 10:30 - 10:45am
- Lunch break 12:15 - 12:45pm
- Afternoon break 2:15 - 2:30pm
- Track 1 Adjourn 4:00pm
- Track 2 Adjourn 5:00pm

Friday, May 7th

MAIN CONFERENCE Day Two
 3.5 hours

- Sign-in/Connect 8:30 - 9:00am
- Morning break 10:30 - 10:45am
- Adjourn 12:45pm

9:00am - 5:00pm *CHOOSE ONE*

Preconference Full Day Sessions

1A. Tobacco, Too: Addressing Tobacco Use in Women with Other Substance Use Disorders

1B. LGBTQ+ Trauma Informed Practice in Recovery: Ethical Care *6.0 Hours Ethics credit*

9:00am - 10:30am

Opening Keynote Session

Breath, Movement and Meaning

Dr. Carol Penn

9:00am - 10:30am

Opening Presentation

Update from the State:

Women's SUD Treatment in NC
 Starleen Scott-Robbins, MSW, LCSW

Caring for Women and Children: Current and Future Horizons

Hendrée Jones, PhD

10:45am - 12:45pm *CHOOSE ONE*

3A. Integrating the Voice of Peer Support Specialists into Clinical Teams

3B. Superwoman Syndrome and Self-Care: Compatible or Not?

TRACK 1: DHHS*

10:45am - 4:00pm

2A. A Year Like No Other: Trends & Impact on Perinatal and Maternal Treatment

TRACK 2

10:45am - 12:15pm

2B. Dynamic Motivational Techniques in Group Therapy

12:45pm - 4:00pm

Women, HIV, Bloodborne Pathogens and Substance Use Disorders: What Clinicians Need to Know

4:00pm - 5:00pm

Authentic Interdependence / Healing Relationships

*Required for, but not limited to, DHHS Scholarship recipients.

Detailed Agenda

PRECONFERENCE

Wed May 5 9:00am - 5:00pm 6.0 hours

8:30 - 9:00 Sign-in/Connect

9:00 - 10:30 **Preconference Sessions | Choose One:**

CHOOSE ONE

1A. Tobacco, Too: Addressing Tobacco Use in Women with Other Substance Use Disorders

Megan Canady, MSW, MSPH; Jaimie Lea, MPH, IBCLC; Erin McClain, MA, MPH; Megan Williams, MSW, MSPH; Stephanie Gans, LCAS, LCSWA, CTTS

1B. LGBTQ+ Trauma Informed Practice in Recovery: Ethical Care

Avery Cook, MSW, LCSW

10:30 - 11:00 Break

11:00 - 12:30 Sessions continue

12:30 - 1:30 Lunch

1:30 - 3:00 Sessions continue

3:00 - 3:30 Break

3:30 - 5:00 Sessions continue

1A. 1A. Tobacco, Too: Addressing Tobacco Use in Women with Other Substance Use Disorders

**Megan Canady, MSW, MSPH; Jaimie Lea, MPH, IBCLC; Erin McClain, MA, MPH; Megan Williams, MSW, MSPH
Stephanie Gans, LCAS, LCSWA, CTTS**

Description:

This seminar provides vital information about tobacco use among reproductive age women, including pregnant women in North Carolina, and the impact on maternal and infant health outcomes. The course offers information on FDA-approved pharmaceutical approaches which may be offered to women in recovery, including those who are pregnant or lactating. Interactions between tobacco use and other substance use disorders are also discussed in terms of statistical potential for return to use. Screening, counseling approaches and practical advice for integration of tobacco-free policies at substance use treatment centers is shared, as well as local, state and national resources to support providers and patients alike.

Objectives:

Upon completion of this seminar, participants will be able to:

- 1) Describe tobacco use among reproductive age women, including pregnant women, in the US and NC, and its relationship with maternal and infant health outcomes
- 2) Discuss FDA-approved pharmacotherapy for adults, and their use by pregnant and lactating women
- 3) Describe tobacco use among people with substance use disorders and its relationship to return to use
- 4) Demonstrate understanding of integrating tobacco-free policies at substance use treatment centers and screening and counseling of tobacco cessation
- 5) Identify local, state and national resources available for additional patient and provider support

Presenters:

Megan Canady, MSW, MSPH

Research Associate with the UNC Center for Maternal & Infant Health

Megan coordinates the North Carolina Safe Sleep Campaign, leading activities to strengthen the adoption of infant safe sleep practice statewide. Megan also provides training and technical assistance for health care providers across North Carolina with the perinatal tobacco cessation quality improvement initiative You Quit, Two Quit. She previously worked at the Cabarrus Health Alliance, the public health authority of Cabarrus County, for seven years managing adolescent health initiatives across the county. She earned her Master in Social Work and Master of Science in Public Health from UNC-Chapel Hill.

Jaimie Lea, MPH, IBCLC

Research Associate with the UNC Center for Maternal and Infant Health

Jaimie provides training and technical assistance to clinics across the state in integrating tobacco screening and cessation into their practice with the You Quit, Two Quit Program. She received her Master of Public Health from Gillings School of Global Public Health in Maternal and Child Health at UNC. She also completed the Mary Rose Tully Training Initiative at UNC to become an International Board Certified Lactation Consultant (IBCLC).

Erin McClain, MA, MPH

Assistant Director and Research Associate with the UNC Center for Maternal and Infant Health

Erin directs a variety of statewide perinatal training and technical assistance initiatives, including You Quit, Two Quit, Safe Sleep NC, and the NC 17P Program. Ms. McClain also focuses more broadly on health for women of reproductive age, engaging in qualitative research with postpartum mothers and serving as a state coach for NC and Delaware Preconception Collaborative Improvement and Innovation Networks. Ms. McClain holds an MPH in Maternal and Child Health from UNC Chapel Hill and a MA in International Affairs from American University.

1A. Tobacco, Too: Addressing Tobacco Use in Women with Other Substance Use Disorders

presenters continued

Megan Williams, MSW, MSPH

Research Associate at the Center for Maternal and Infant Health at UNC Chapel Hill

Megan works on a variety of maternal and child health issues. She works with the You Quit, Two Quit team to disseminate evidence-based tobacco screening, cessation and treatment training to perinatal health providers throughout North Carolina. Megan has previously worked with several statewide and local nonprofit and health departments, including Chatham County Health Department and the NC Division of Public Health as well as Duke University. Megan holds an MSPH in Maternal and Child Health and an MSW in Health and Mental Health Direct Practice from UNC-Chapel Hill.

Stephanie Gans, LCAS, LCSWA, CTTS

Stephanie is a social worker and clinical addictions specialist who has real world experience integrating tobacco use treatment into behavioral health. She has worked with a variety of populations who experience a tobacco-related health disparity, including people with severe and persistent mental illness and people receiving medication assisted treatment. Stephanie is a co-author of the Duke-UNC Tobacco Treatment Specialist Program Training manual, and also reviews literature on expired carbon monoxide testing in tobacco use treatment. Presently, Stephanie is a Tobacco Treatment Specialist for the North Carolina Division of Public Health Tobacco Prevention and Control Branch. She provides expert statewide training and technical assistance to promote evidence-based tobacco use treatment interventions in medical and behavioral health settings.

1B. 1B. LGBTQ+ Trauma Informed Practice in Recovery: Ethical Care Avery Cook, MSW, LCSW

Includes 6.0 Hours of Ethics Credit!

Description:

Members of the LGBTQ+ community present to treatment with a great deal of unique challenges and strengths which have informed their experience. Avery Cook offers best practice treatment information vital to ethical clinical practice when assisting LGBTQ+ clients with substance use concerns. Ethical practice demands that clinicians are familiar with LGBTQ+ issues, strengths and barriers in recovery. Participants of this workshop will gain a basic understanding of the LGBTQ+ population as well as issues specific to the LGBTQ+ experience of addiction and recovery. Working toward the development of cultural competency as a goal, this workshop will be interactive, with the expectation that participants will engage in thought provoking dialogue in consideration of ethical clinical practice.

Objectives:

Upon completion of this workshop, participants will be able to:

- 1) Demonstrate increased familiarity with the issues and barriers faced by LGBTQ+ persons in need of substance use disorder-related services as a tenet of ethical care
- 2) Explain the interaction between LGBTQ+ issues and substance use and abuse, clarifying why this understanding is integral to provision of ethical care
- 3) Describe at least three ways to provide more sensitive, affirmative, culturally relevant and effective treatment to LGBTQ+ clients, inherent in ethical practice

Presenter:

Avery Cook, MSW, LCSW, is the Clinical Coordinator at Counseling and Psychological Services at UNC-Chapel Hill, where she engages in clinical work with individuals on issues involving gender identities and expression, LGB culture and identity development, as well as anxiety, depression and crisis intervention. She has been a field instructor with UNC-Chapel Hill School of Social Work for the past 10 years and serves as a training consultant with the School of Social Work's AHEC Training Partnership. Avery collaborates with the LGBTQ Center at UNC to serve students on campus and conducts trainings across the state on issues related to gender identity and gender expression. She also has a private practice in Chapel Hill.

MAIN CONFERENCE **Thurs May 6 9:00am - varies** **6.0 hours for Track 1 / 7.0 hours for Track 2**

8:30 - 9:00 Sign-in/Connect

9:00 - 10:30 **Opening Keynote Session**

Breath, Movement and Meaning
Carol Penn, DO, MA, ABOM, FACOFP

10:30 - 10:45 Break

----- *CHOOSE ONE* -----

10:45 - 4:00 **Track 1: DHHS***

2A.
A Year Like No Other: Trends & Impact on Perinatal and Maternal Treatment
Judith Johnson-Hostler, MA, LCAS, NCC, LCMHC-A, CSI;
Amy Hendricks, BS;
Elisabeth Ann Johnson, PhD, NP
Christy Sullivan, MS, LCMHC, LCAS, CCS
Sonya Longest, MD, FASAM

10:45 - 12:15

Track 2

2B.
Dynamic Motivational Techniques in Group Therapy
Geri Miller, PhD, LP, LCMHC, LCAS, CCS, MAC

12:15 - 12:45

Lunch

12:45 - 4:00

Women, HIV, Bloodborne Pathogens and Substance Use Disorders: What Clinicians Need to Know
Glenda Clare, PhD, LCAS, LCMHCA

12:15 - 12:45 Lunch

4:00 - 5:00

Authentic Interdependence / Healing Relationships
Shannon South, LCMHC, ThD

4:00 Adjourn

5:00

Adjourn

*Required for, but not limited to, DHHS Scholarship recipients.

**Opening
Keynote
Session**

Breath, Movement and Meaning
Carol Penn, DO, MA, ABOM, FACOFP

Description:

In this unique keynote presentation, participants will be introduced to a practical and scientific basis for “self-care” as central to health care and well-being for providers and their clients.

Dr. Penn reframes historical, intergenerational and racialized trauma to create a bridge for embracing health and optimizing well-being, offering a brief look at the science while introducing three primary approaches to meditation, underscoring why meditation is fundamental to optimizing one’s health and overall well-being.

Participants will also learn about the impact of mindful movement and explore a simple Qigong/Tai Chi sequence that brings balance to the autonomic nervous system as part of an introduction to basic neurobiology and physiology. Join Dr. Penn for refreshing morning “takeaways” and pearls for applying mind-body principles to enhance self-care at home and at work.

Objectives:

Upon completion of this session, participants will be able to:

- 1) Explain why “self-care” is central to health care and the well-being of frontline substance use care providers in order to provide ethical care for clients
 - 2) Reframe and discuss historical, intergenerational and racialized trauma to create a bridge for embracing health and optimizing well-being, while briefly summarizing scientific rationale
 - 3) Apply three major approaches of meditation to health care and explain why meditation is fundamental to the optimization of overall health and well-being
 - 4) Describe the impact of mindful movement and use a simple Qigong/Tai Chi sequence to help balance the autonomic nervous system, based on basic neurophysiological principles
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Carol A. Penn, DO, MA, ABOM, FACOFP

Dr. Carol Penn is doubly Board Certified in Family Medicine and Obesity Medicine as well as being a master movement, meditation, and mindset coach. She has more than 40 years of experience and expertise in mind body medicine and the movement sciences. Gifted with the ability to inspire and educate about self-care, Dr. Penn brings a unique set of skills to her work as a physician.

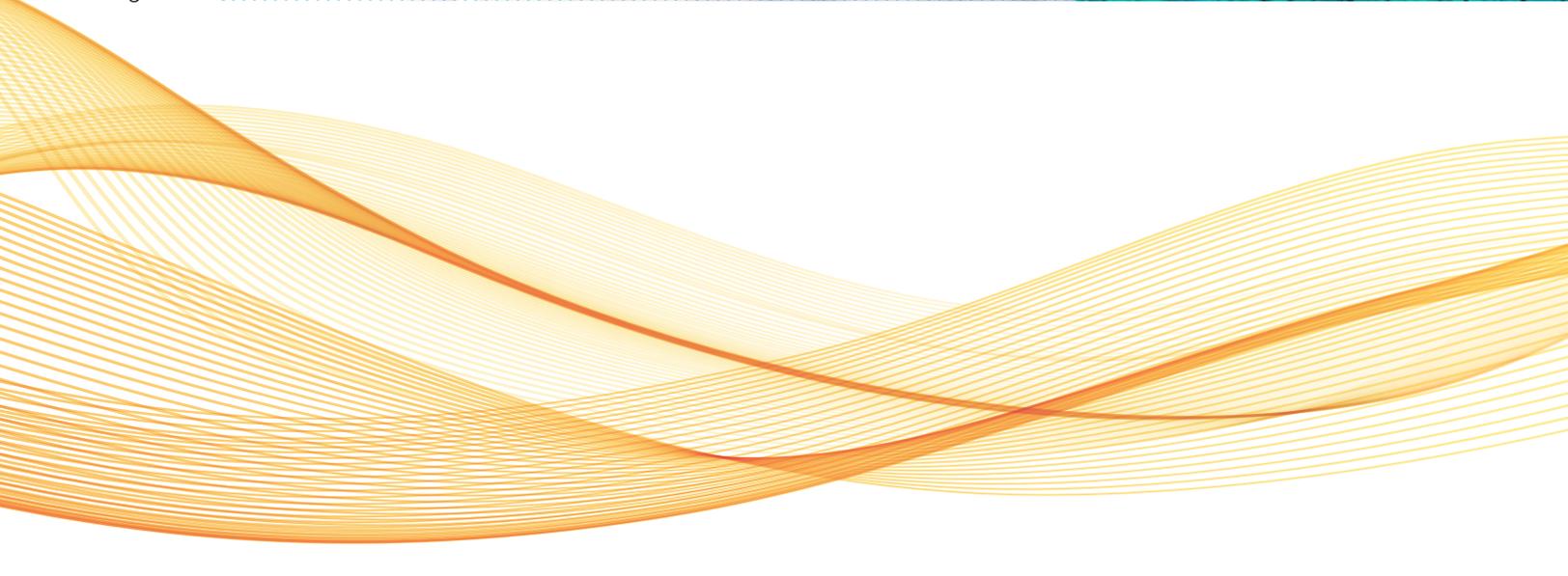
Dr. Penn holds a national certification in Mind Body Medicine from the Center for Mind Body Medicine; she also holds a certification for Health, Wellness and Fitness Coach from Wellcoaches and is a certified Personal Trainer with the National Council on Strength and Fitness. Additionally, she has a 500 hour certification in yoga from Soma Yoga and is certified in Organ Cleansing Qigong. She brings her artistic sensibilities to the marriage of the arts and medicine with her background as a professionally trained dancer and choreographer with the world famous Alvin Ailey American Dance Theater and a Kennedy Center for the Performing Arts Teaching Fellow.

Dr. Penn is a Fellow in the American Academy of Osteopathic Family Physicians and is Clinical Faculty with Rowan University School of Osteopathic Medicine, the Center for Mind Body Medicine and the Medical Moguls Academy. She is a recent graduate of the Whole Health Medical Institute and serves as a leader in her community as a member of the board of health and in her capacity as a trustee with Lunch Break Inc. She is also a two-time bestselling author and her book, *Meditation in a Time of Madness*, launched in 2019 as a number one bestseller in the category of meditation and alternative medicine.

She is a medical correspondent for WURD Radio in Philadelphia where she is a frequent guest and podcaster as well as the host of her own weekly show and podcast: *Weightless in Mind, Body and Spirit*. A creative forever, she continues to direct her all volunteer women's dance ensemble, Core of Fire.

An activist, Dr. Penn has most recently taken on as her mission the ending of racism on a global level. Viewing racism as a chronic disease, Dr. Penn is the content creator for both a seminar/webinar entitled "The Mindful Genogram: The Examination of Ancestral Bias" and a course that is gaining national recognition: "Unpacking Racism through the Lens of Mind, Body and Spirit Meditation and Movement."

She is a super proud wife, mom and daughter living and loving in the midst of a beautiful blended family, surrounded by a beloved extended family and connections and kinship with friends and colleagues.



Track 1: 2A. DHHS

2A. A Year Like No Other: Impact of Current Trends on Perinatal and Maternal Treatment

Judith Johnson-Hostler, MA, LCAS, NCC, LCMHC-A, CSI

Amy C. Hendricks, BS

Elisabeth Ann Johnson, PhD, NP

Christy Sullivan, MS, LCMHC, LCAS, CCS

Sonya Longest, MD, FASAM

Description:

Join this knowledgeable multi-agency team for an information-packed session on planning for better outcomes with substance exposed pregnancies through the examination of current trends during the COVID-19 pandemic. Subsections will examine the potential impact on women's mental and physical health, barriers in access to care, substance use trends among women, co-occurring substance use disorders, mental health diagnoses and best practices to reduce harm. This dynamic, multifaceted presentation is based on current research, legislative guidelines and decades of applied clinical experience caring for this vulnerable population.

Subsections:

Changes and Adaptations to the Perinatal Substance Use Project and Perinatal, Maternal & CASAWORKS for Families Initiative – Judith Johnson-Hostler

This subsection reviews the trends of pregnant and parenting women entering treatment during the past year, and articulates how the PMC programs have responded and adapted to the COVID-19 pandemic while continuing to provide services to clients.

Alcohol Use During the COVID-19 Pandemic and the Potential Impact on Women's Reproductive Health – Amy C. Hendricks

The pandemic has impacted many aspects of people's lives including their use of alcohol. This has been particularly notable among women of childbearing age and it has implications for increased risk of alcohol-exposed pregnancies and fetal alcohol spectrum disorders.

Treating Polysubstance Use: A Focus on Stimulant Use Disorder in Pregnant and Parenting Women – Elisabeth Ann Johnson and Christy Sullivan

Stimulant use is on the rise again, and this subsection will examine effective treatment approaches in the context of 25 years of gender responsive treatment with women.

Co-Occurring Mental Health Diagnoses with Psychosis in Pregnancy: Case Study - Sonya Longest

Co-occurring substance use disorders and mental health disorders are not unusual. However, psychotic features combined with pregnancy present special challenges to treatment and care. We will focus on a case study to illustrate considerations and approaches that best support pregnant women who are struggling with psychosis as well as other mental health diagnoses.

Objectives:

Upon completion of Track One, participants will be able to:

- 1) Identify barriers to access of care for pregnant or parenting women with substance use disorders
- 2) List avenues for accessing care to benefit pregnant or parenting women with SUDs and co-occurring mental health disorders
- 3) Identify current client population trends impacting access to treatment and care
- 4) Explain at least three ways in which the COVID-19 pandemic has impacted women using substances and those who seek treatment, and identify current treatment programs
- 5) Describe best practices applied in treatment of women with stimulant use disorders

Presenters:

Judith Johnson-Hostler, MA, LCAS, NCC, LCMHC-A, CSI

Judith Johnson-Hostler is a master's level clinician who has worked in the field of addiction for more than 20 years. She recently obtained her second master's degree from North Carolina Central University in Clinical Mental Health. Her first master's degree was in Psychological Counseling from Monmouth University in Long Branch, New Jersey. She obtained her bachelor's degree from Thomas Edison State University in Trenton, New Jersey.

Presently, Judith is employed at the Alcohol Drug Council of North Carolina as the Coordinator for the state's Perinatal Substance Use Project. She is responsible for care coordination for women who are pregnant or parenting and seeking treatment. Ms. Hostler also conducts training for providers concerning resources and gender responsive care. Judith serves as a consultant for two divisions of the North Carolina Department of Health and Human Services: the NC Division of Public Health in the Women's Health Branch and the Division of Mental Health, Developmental Disabilities and Substance Abuse Services in the Addictions & Management Operation Section. Her current focus is on addressing the opioid epidemic, specializing in women with a substance use diagnosis who are pregnant or parenting children and the importance of integrated care coordination for this population.

Amy C. Hendricks, BS

Amy Hendricks is the FASD Training Coordinator for Proof Alliance NC, a program of The Arc of North Carolina. Amy has more than 30 years of experience deeply rooted in the field of public health and prevention. In her current position, Amy provides education to individuals of child-bearing age and the professionals who work with them about the importance of preventing alcohol-exposed pregnancies and understanding the lifelong impacts of Fetal Alcohol Spectrum Disorders (FASD). In her spare time, Amy creates funky art for non-profit fundraisers, enjoys evenings by her outdoor fire pit with her husband and is the parent of two amazing young men!

Elisabeth Ann Johnson, PhD, NP

Elisabeth Ann Johnson is a Clinical Assistant Professor and Director of Health Services at the UNC School of Medicine, Department of Obstetrics and Gynecology, UNC Horizons Program, in Chapel Hill, North Carolina. She has been in practice as a nurse practitioner since 1995 with a focus on women's health and pelvic pain. Dr. Johnson earned her PhD in nursing from Georgia State University.

Christy Sullivan, MS, LCMHC, LCAS, CCS

Christy Sullivan has been working in the addictions field for over 27 years, spending the past 23 years as a clinician at the UNC Horizons program where she provides group and individual therapy to pregnant and parenting women. She also provides clinical supervision to staff members seeking their addictions licensure. Christy earned her master of Rehabilitation and Substance Abuse Counseling from East Carolina University.

Sonya Longest, MD, FASAM

Dr. Longest is certified by the American Board of Psychiatry and Neurology in Psychiatry, the American Board of Preventive Medicine in Addiction Medicine and the American Board of Addiction Medicine. She is the Chief Medical Officer of the Walter B. Jones Center, Lakeside Psychiatric Hospital, Woodside Inpatient Treatment Center and Outpatient Opioid Treatment Program, all of which provide treatment for pregnant women from across the state. She provides training, mentorship and consultation on best practices in psychiatric and addiction treatments to clinicians and organizations throughout the state and nation.

Track 2 2B. (three sessions)

Dynamic Motivational Techniques in Group Therapy

Geri Miller, PhD, LP, LCMHC, LCAS, CCS, MAC

Description:

This session provides an overview of methods for establishing and facilitating an addiction counseling group. Motivational leadership skills and specific techniques are emphasized.

Join Dr. Geri Miller for a delightful and information-packed session, with time-tested motivational techniques to enhance group therapy. Dr. Miller's session is tailored to meet gender-specific needs of women in recovery. You'll leave this session smiling, inspired and armed with practical, evidence-based skills you may immediately apply in group therapy sessions to inspire and motivate women in recovery.

Objectives:

Upon completion of this session, participants will be able to:

- 1) Articulate and apply leadership skills and techniques to addiction counseling groups
- 2) List at least three evidence-based skills shown to increase motivation, effectively disrupt outdated behavior patterns, promote engagement and support sustained recovery for women

Presenter:

Geri Miller, PhD, LP, LCMHC, LCAS, CCS, MAC

Geri Miller, PhD, LP (NC), Diplomate in Counseling Psychology, American Board of Professional Psychology, LPC (NC), LCAS (NC), CCS (NC), MAC (NAADAC), is a Professor in the HPC Department at Appalachian State University. Dr. Miller has worked in the counseling profession since 1976 and in the addictions field since 1979. She is a volunteer with the American Red Cross Disaster Mental Health Services and worked as a volunteer psychologist at the Watauga County Health Department for 25 years. Dr. Miller has published and presented research on counseling. In 2003 she published a book with Wiley, *Incorporating Spirituality in Counseling and Psychotherapy*. In 2011, Wiley published her book, *Fundamentals of Crisis Counseling*, and in 2012 published her book, *Group Exercises for Addiction Counseling*. In 2015 she published a fourth edition of her book on addiction counseling, *Learning the Language of Addiction Counseling*, with Wiley, and the fifth edition of this book is currently in press. She is a member of the American Psychological Association's Psychology of Religion (Division 36) and Addictions (Division 50), as well as the American Counseling Association's divisions of the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) and the International Association of Addictions and Offender Counselors (IAAOC). Dr. Miller also serves on The North Carolina Addictions Specialist Professional Practice Board.

Women, HIV, Bloodborne Pathogens and Substance Use Disorders: What Clinicians Need to Know

Glenda Clare, PhD, LCAS, LCMHCA

Description:

Clients who are exposed to infected blood are at high risk for contracting HIV and other bloodborne pathogens resulting in chronic illness requiring a lifelong treatment engagement. Join Dr. Clare for up-to-date information that is vital to ethical care of women in recovery and their families.

Objectives:

Upon completion of this session, participants will be able to:

- 1) Define key terms used to discuss bloodborne pathogens
- 2) Discuss bloodborne pathogens most associated with substance use disorders in women and identify basic concepts related to infection, containment and treatment
- 3) Explain and explore cultural implications of engagement and treatment

Presenter:

Glenda Clare, PhD, LCAS, LCMHCA

Glenda Clare earned a bachelor's degree in the interdisciplinary study of Community Health Education and Media Arts from the University of South Carolina, a master's degree in Agency Counseling, specializing in substance abuse, from North Carolina Central University and a doctorate in Counselor Education, specializing in addiction and family counseling from the College of William and Mary. She has served as a Public Health Liaison for the North Carolina HIV/STD Prevention and Care program and Manager for the Center for HIV, Hepatitis & Addiction Training & Technology for the Danya Institute (aka Central East Addiction Technology Transfer Center) and has provided training to health and human service professionals on a nationwide level. Glenda is presently the Family Partner Specialist at the Center for Family and Community Engagement at North Carolina State University.

Authentic Interdependence / Healing Relationships Shannon D. South, ThD, LCMHC

Description:

Learn more about the pitfalls and stages of relationship development, as well as special considerations to protect women in recovery. This session highlights common characteristics of healthy relationships in a straightforward manner that may be shared in groups and individual therapy. Early in their recovery, clients are often excited and eager to begin new, healthy relationships; however, they are frequently unaware of the process all healthy relationships tend to follow. This session will assist you with counseling clients to maintain their excitement, hope and enthusiasm, while preparing them for a higher level of long-term relationship success.

Objectives:

Upon completion of this session, participants will be able to:

- 1) List stages and common characteristics of healthy relationships and describe methods for teaching clients how to achieve them
- 2) Identify potential pitfalls inherent in healthy relationships so that participants may teach their clients how to plan and overcome them
- 3) Describe methods clients may be taught to track their own process of growth and articulate relationship needs
- 4) Demonstrate use of tools for reducing unhealthy relationship patterns, while maximizing relationship health

Presenter:

Shannon D. South, ThD, LCMHC

Dr. Shannon D. South is an award winning therapist, an Amazon bestselling author, a professional speaker and an expert in the field of spirituality and healing trauma, empowering others for more than 18 years. She is also a mother, writer and avid meditator, having completed her doctorate studying meditation and its effects on depression, anxiety, dopamine and other neurotransmitters. Dr. South grew up in the mountains of North Carolina. She loves spending time outside, being with her family and loved writing poetry as a child.

Her passions are speaking, writing and helping people “heal the split” associated with trauma so that wholeness and joy can occur naturally. Dr. South knows how to assist people in giving them these valuable life-changing gifts and she is now sharing life-giving tools with other clinicians through professional workshops.

When there is pain in our lives, we often develop or experience “unsupportive” or “joy-busting” coping skills and patterns. Our system attempts to “handle these events, beliefs or experiences” the best way it knows how. These less healthy ways of coping hold us together until we can develop new ways of being with ourselves, our pain and others. Dr. South utilizes EMDR (Eye Movement Desensitization and Reprocessing), dream work and a transpersonal psychology process called “the Inner Counselor.”

In 1994, during graduate school, Shannon had a spiritual experience during meditation that healed her debilitating anxiety and panic disorder. Since this transformative experience, Shannon’s focus changed from one of traditional psychotherapy to a holistic, transpersonal nature. She began intense studies in meditation, mind-body-spirit healing and MBSR (mindfulness-based stress reduction) with Jon Kabat-Zinn, PhD. Shannon obtained her doctorate in theology studying with Dr. Norman Shealy and Dr. Carolyn Myss.



8:30 - 9:00 Sign-in/Connect

9:00 - 10:30 Opening Presentation**Update from the State: Women's SUD Treatment in NC**
Starleen Scott-Robbins, MSW, LCSW**Caring for Women and Children: Current and Future Horizons**
Hendrée Jones, PhD

10:30 - 10:45 Break

10:45 - 12:45 3A. Integrating the Voice of Peer Support Specialists into Clinical Teams
Geri Miller, PhD, LP, LCMHC, LCAS, CCS, MAC

CHOOSE ONE

3B. Superwoman Syndrome and Self-Care: Compatible or Not?
Shari Lane, LCMHC, MEd, ADC, ICADC

12:45 Adjourn

Opening Presentation

Update from the State: Women's SUD Treatment in NC [15 minutes]

Starleen Scott-Robbins, MSW, LCSW

Description:

Starleen Scott-Robbins will provide a brief but comprehensive summary / update on current North Carolina legislation impacting the care of women in recovery, pregnant women and their families. Due to its vital nature, this "must know" information is presented to all conference attendees.

Objective:

Upon completion of this session, participants will be able to:

Outline current outcomes, trends and legislation impacting the care of women in recovery, pregnant women and their families, setting the stage for best practice in provision of services and the continuation of optimal outcomes in North Carolina, despite the ongoing pandemic

Presenter:

Starleen Scott-Robbins, MSW, LCSW

Starleen Scott-Robbins has more than 30 years of clinical and administrative experience in the addictions field. She has been with the North Carolina Department of Health and Human Services' Division of Mental Health, Developmental Disabilities and Substance Abuse Services since 1994. Starleen currently serves as a Human Services Program Consultant with the Addictions & Management Operations Section and is the designated Women's Services Coordinator for the Division. In these roles, Ms. Scott-Robbins is responsible for coordination of policy development, implementation and clinical monitoring for state-funded substance use disorder and mental health services, management of state and federal funds that support gender responsive substance use disorder treatment and support services for women and their families, coordination of a statewide capacity management system for treatment services for pregnant and parenting women and their families and provision of technical assistance to substance use disorder programs statewide.

Ms. Scott-Robbins has participated in several national projects including the SAMHSA-Center for Substance Abuse Treatment (CSAT) Expert Panel: Core Competencies for Working with Women and Girls in Behavioral Health and the SAMHSA-TIP-51 and National Consensus Panel entitled Substance Abuse Treatment: Addressing the Specific Needs of Women. She also served as a member of the SAMHSA National Advisory Committee for Women's Services. Ms. Scott-Robbins is a contributor to *The American Society of Addiction Medicine Handbook of Addiction Medicine and ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions*. She currently serves as the Immediate Past President of the National Association of State Alcohol and Drug Abuse Directors Women's Services Network. She was also recently appointed to the NC Domestic Violence Commission and serves as an ex-officio member of the NC Substance Abuse Professional Practice Board.

Starleen Scott-Robbins received her BS in Psychology from St. Lawrence University in Canton, New York, and her MSW from Adelphi University in Garden City, New York.

Caring for Women and Children: Current and Future Horizons [75 minutes]
Hendrée Jones, PhD

Description:

This presentation will summarize the latest research and clinical guidelines regarding how to work with women who have substance use disorders and their children. Emphasis is also placed on ways to reduce maternal mortality and improve quality treatment for the mother and child.

Objectives:

Upon completion of this session, participants will be able to:

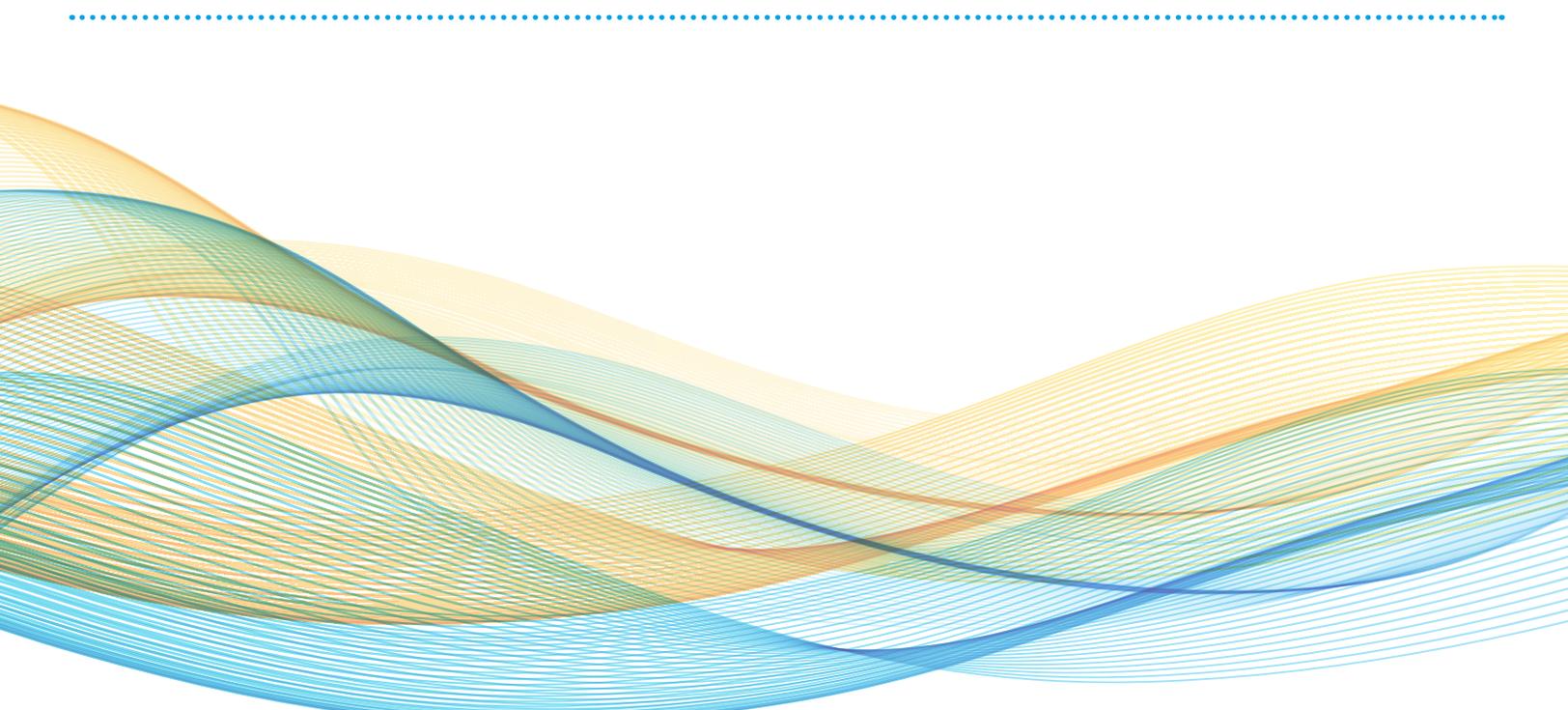
- 1) Identify points of guidance from SAMHSA regarding how to treat women with opioid use disorder during the perinatal period and how to treat their infants
- 2) Identify the risks and benefits of using traditional and new methods for assessing neonatal abstinence syndrome
- 3) Name three ways the opioid epidemic is driving maternal mortality and ways to reduce these risks

Presenter:

Hendrée Jones, PhD

Hendrée Jones is an internationally recognized expert in the development and examination of both behavioral and pharmacologic treatments for pregnant women and their children in risky life situations. She has received continuous National Institutes of Health funding since 1994 and has written more than 195 peer-reviewed publications. Dr. Jones has also authored two books, one on treating patients with substance use disorders and the other on comprehensive care for women who are pregnant and have substance use disorders. She also has written multiple textbook chapters on the topic of pregnancy and addiction, as well as editorial letters and non-peer-reviewed articles for clinicians. In 2012, Dr. Jones won the Betty Ford Award from the Association for Medical Education and Research in Substance Abuse for her scientific contributions in advancing women's addiction treatment. She also recently won the National Association of State Alcohol and Drug Abuse Directors, Inc. (NASADAD) Women's Services Champion Award. She is a consultant for the United Nations and the World Health Organization. Dr. Jones leads, or is involved in, projects focused on improving the lives of children, women and families in Afghanistan, Argentina, Brazil, Chile, India, Paraguay, the Republic of Georgia, South Africa and the United States.

Dr. Jones is Executive Director of UNC Horizons, a substance use disorder treatment program for pregnant and/or parenting women and their children, including those whose lives have been impacted by abuse and violence. It is a program of the Department of Obstetrics and Gynecology at The University of North Carolina at Chapel Hill's School of Medicine, where she serves as a professor.



3A. 3A. Integrating the Voice of Peer Support Specialists into Clinical Teams **Geri Miller, PhD, LP, LCMHC, LCAS, CCS, MAC**

Description:

This session provides information on the clinical team integration of the peer support specialist (the fastest growing addiction professional in the United States). Specific benefits and issues regarding the team integration of the role are discussed.

Objective:

Upon completion of this session, participants will be able to:

Describe and be able to convey key benefits and issues involved in the integration of peer support specialists on a clinical team

Presenter:

Geri Miller, PhD, LP, LCMHC, LCAS, CCS, MAC

Geri Miller, PhD, LP (NC), Diplomate in Counseling Psychology, American Board of Professional Psychology, LPC (NC), LCAS (NC), CCS (NC), MAC (NAADAC), is a Professor in the HPC Department at Appalachian State University. Dr. Miller has worked in the counseling profession since 1976 and in the addictions field since 1979. She is a volunteer with the American Red Cross Disaster Mental Health Services and worked as a volunteer psychologist at the Watauga County Health Department for 25 years. Dr. Miller has published and presented research on counseling. In 2003 she published a book with Wiley, *Incorporating Spirituality in Counseling and Psychotherapy*. In 2011, Wiley published her book, *Fundamentals of Crisis Counseling*, and in 2012 published her book, *Group Exercises for Addiction Counseling*. In 2015 she published a fourth edition of her book on addiction counseling, *Learning the Language of Addiction Counseling*, with Wiley, and the fifth edition of this book is currently in press. She is a member of the American Psychological Association's Psychology of Religion (Division 36) and Addictions (Division 50), as well as the American Counseling Association's divisions of the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) and the International Association of Addictions and Offender Counselors (IAAOC). Dr. Miller also serves on The North Carolina Addictions Specialist Professional Practice Board.

3B. 3B. Superwoman Syndrome and Self-Care: Compatible or Not? **Shari Lane, LCMHC, MEd, ADC, ICADC**

Description:

The "Superwoman Syndrome" is a set of physical, psychological and interpersonal stress symptoms experienced by a woman as she attempts to perfectly perform multiple and often conflicting roles as worker or professional, mentor, volunteer, wife, mother, homemaker, community leader and friend (and often other roles too!).

This type of stress often has a highly debilitating effect on the individual, her relationships, work and, most significantly, her ability to care for herself.

This session helps participants identify the Superwoman Syndrome in themselves and others, and helps them focus on healthier choices for ideal self-care. The information you'll receive from Shari has the potential to make you a healthier therapist while simultaneously increasing your ability to share information with women in recovery as you "practice what you preach."

Objectives:

Upon completion of this session, participants will be able to:

- 1) Differentiate and explain primary qualities of a "high achiever" as compared with women exhibiting Superwoman Syndrome
- 2) List at least three methods for developing healthy behavior patterns inherent in genuine self-care and optimization of overall well-being

Presenter:

Shari Lane, LCMHC, MEd, ADC, ICADC

Shari maintains a private practice in counseling specializing in crisis intervention, family of origin patterns and beliefs therein that have become counterproductive and issues resulting from living in or having lived in substance abusing family systems. She works with individuals and couples and has experience in dealing with issues of codependency (mutual dependency), grief and midlife crises. Shari is a member of the team of local citizens who began the ongoing work of Building Bridges, and she has been active in other Asheville community development organizations. During the past 20 years, Shari has offered a wide variety of workshops and conference presentations in the Northeastern United States, North and South Carolina, Texas, New York and Canada.

Credits

Full Day Preconference - Wednesday, May 5th, 2021

0.6 CEUs
6.0 Contact Hours
6.0 Contact Hours (category A) CE for NC Psychologists
6.0 Hours - NAADAC
6.0 Hours - NBCC
6.0 Hours - NCASPPB SS

NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming.



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider. ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs.



Main Conference - Thursday, May 6th, 2021

Track 1
0.6 CEUs
6.0 Contact Hours
6.0 Contact Hours (category A) CE for NC Psychologists
6.0 Hours - NAADAC
6.0 Hours - NBCC
6.0 Hours - NCASPPB SS / GSB (includes Keynote & 2A)

NCASPPB: North Carolina Addictions Specialist Professional Practice Board has approved this workshop for a combination of Substance Specific and General Skill Building hours.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for up to 16.5 hours Category A.

Track 2
0.7 CEUs
7.0 Contact Hours
7.0 Contact Hours (category A) CE for NC Psychologists
7.0 Hours - NAADAC
7.0 Hours - NBCC
7.0 Hours - NCASPPB SS / GSB (includes Keynote & 2B)

CEU: MAHEC designates this live continuing education activity as meeting the criteria for up to 1.7 CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for up to 16.5 Contact Hours.

Main Conference - Friday, May 7th, 2021

0.4 CEUs
3.5 Contact Hours
3.5 Contact Hours (category A) CE for NC Psychologists
3.5 Hours - NAADAC
3.5 Hours - NBCC
3.5 Hours - NCASPPB SS / GSB

Please see next page for NCASPPB credits by session.

Audience.....

Mental health and substance abuse professionals, including substance abuse counselors, psychologists, social workers, licensed clinical mental health counselors, marriage and family therapists, peer support specialists, nurses, school counselors and others interested in this subject

Planning Committee.....

- Suzanne Boehm, LCAS, LCSW, CCS
- Judi Buckholz, LCSW, LCAS, Charles George Veterans Affairs Medical Center
- Vernetta Eleazer, MS, LCAS, CCS; Oasis Recovery Center
- Judith Johnson-Hostler, MA, LCAS, LCMHC-A. CSI, NCC; Alcohol & Drug Council of North Carolina, Division of MH/DD/SAS, Addictions and Management Division
- Leslie McCrory, MA, CCS, LPCS, LCAS; Director of All Souls Counseling
- Starleen Scott-Robbins, MSW, LCSW; Division of MH/DD/SAS, Addictions & Management Operations Section; NC Department of Health and Human Services
- Linda Hamilton, CSAC; Beyond Addiction
- Monica LeBlanc LPC, LCAS-CSI
- Adrienne Marcellus, MSW, LCAS
- Marie Gannon, LCMHC, LCAS, CSI; Consultant

And the following individuals from Mountain Area Health Education Center (MAHEC):

- Sam Baker; Program Logistics Specialist
- Barbara Warren, MSW, LCSW, LCAS; Conference Planner



2021
**Women's
 Recovery**
 CONFERENCE
 Asheville, NC

**Rising Together through
 Trauma, Grief, and Loss**

May 5-7, 2021



NCASPPB

Up to 16.5 hours (GSB & SS, including HIV, ND, EBT & ETHICS available based on sessions attended).
 Note that some of these sessions are concurrent and participants must choose. See below for specific SS and GSB credits carried by each session.

Certificates will say:

NCASPPB (C): North Carolina Addictions Specialist Professional Practice Board has approved this workshop for a combination of Substance Specific and General Skill Building hours, 21-201-C for up to 16.5 hours.

or

NCASPPB (SS): North Carolina Addictions Specialist Professional Practice Board has approved this workshop for Substance Specific hours, 21-201-SS for up to 16.5 hours.

PRECONFERENCE - Wednesday, May 5th

9:00 am - 5:00 pm

CREDITS BY SESSION:

- Choose one:
- 1A. Tobacco, Too: Addressing Tobacco Use in Women with Other Substance Use Disorders 6.0 hours SS (ND) (EBT)
 - 1B. LGBTQ+ Trauma Informed Practice in Recovery: Ethical Care 6.0 SS (ETHICS)

MAIN CONFERENCE - Thursday, May 6th

Track 1: DHHS 9:00 am - 4:00 pm | Track 2: 9:00 am - 5:00 pm

All attendees:

Opening Keynote: Breath, Movement and Meaning 1.5 hours GSB

- Choose one:
- Track 1: DHHS
- 2A. A Year Like No Other: Trends & Impact on Perinatal and Maternal Treatment 4.5 hours SS
- Track 2:
- 2B. Dynamic Motivational Techniques in Group Therapy 1.5 hours SS (EBT)
 - Women, HIV, Bloodborne Pathogens and Substance Use Disorders: What Clinicians Need to Know 3.0 hours SS (HIV)
 - Authentic Interdependence / Healing Relationships 1.0 hour SS

MAIN CONFERENCE - Friday, May 7th

9:00 am - 12:45 pm

All attendees:

Update from the State: Women's SUD Treatment in NC 0.25 hours SS

Caring for Women and Children: Current and Future Horizons 1.25 hours SS

- Choose one:
- 3A. Integrating the Voice of Peer Support Specialists into Clinical Teams 2.0 hours SS
 - 3B. Superwoman Syndrome and Self-Care: Compatible or Not? 2.0 hours GSB

PRECONFERENCE - WEDNESDAY ONLY

\$140 for individuals

\$90 for students, peer support specialists and MAHEC employees*

MAIN CONFERENCE - THURSDAY ONLY

\$140 for individuals

\$90 for students, peer support specialists and MAHEC employees*

MAIN CONFERENCE - FRIDAY ONLY

\$75 for individuals

\$60 for students, peer support specialists and MAHEC employees*

MAIN CONFERENCE - THURSDAY AND FRIDAY

\$280 for individuals

\$170 for students, peer support specialists and MAHEC employees*

PRECONFERENCE *PLUS* MAIN CONFERENCE

WEDNESDAY, THURSDAY, AND FRIDAY

\$370 for individuals

\$260 for students, peer support specialists and MAHEC employees*

*Please be prepared to show proof of student or peer support status.

Early registration goes through April 28th. After the deadline, the total will be the registration fee + \$15.00.

Registration fee includes sessions and educational materials.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received 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
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

Want to register?

Online Registration: www.mahec.net/cpd

Or use the registration form on the next page and return by fax, email or mail:

Fax Registration: 828-257-4768

Mail: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803

Email: registration@mahec.net

Have a question?

Barbara Warren, MSW, LCSW, LCAS
CE Planner 828-257-4728
barbara.warren@mahec.net

Registration Information: 828-257-4475

Special Services: 828-257-4778



WOMEN'S RECOVERY CONFERENCE 2021

Updated contact info



Name _____

Credentials _____

Social Security #XXX-XX-____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Please choose credit type:

- CEU
- Contact Hours
- NAADAC
- NBCC
- NCASPPB C
- NC Psychologists
- NCASPPB SS

PAYMENT

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

- Check is enclosed
- Credit card information provided
- Visa
- MasterCard
- Discover Card
- American Express

ACCOUNT # _____

EXP ____ / ____ SECURITY CODE _____

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: #65284

MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803

Fax to: 828-257-4768

Email: registration@mahec.net

SESSION SELECTIONS

PRECONFERENCE - Wednesday, May 5, 2021

9:00 am - 5:00 pm

Please choose one:

- Not attending Preconference
- 1A. Tobacco, Too: Addressing Tobacco Use in Women with Other Substance Use Disorders
- 1B. LGBTQ+ Trauma Informed Practice in Recovery: Ethical Care (Offers 6.0 Hours Ethics credit)

MAIN CONFERENCE - Thursday, May 6, 2021

Track 1: 9:00 am - 4:00 pm | Track 2: 9:00 am - 5:00 pm

Please choose one:

- Not attending Main Conference - Thursday
- TRACK 1: DHHS
2A.
A Year Like No Other: Trends & Impact on Perinatal and Maternal Treatment
- TRACK 2
2B.
Dynamic Motivational Techniques in Group Therapy
Women, HIV, Bloodborne Pathogens and Substance Use Disorders: What Clinicians Need to Know
Authentic Interdependence / Healing Relationships

MAIN CONFERENCE - Friday, May 7, 2021

9:00 am - 12:45 pm

Please choose one:

- Not attending Main Conference - Friday
- 3A. Integrating the Voice of Peer Support Specialists into Clinical Teams
- 3B. Superwoman Syndrome and Self-Care: Compatible or Not?

REGISTRATION OPTIONS Early registration deadline: April 28th. After the deadline, total is registration fee + \$15.00

- PRECONFERENCE - WEDNESDAY ONLY: \$140 for individuals \$90 for students, peer support specialists and MAHEC employees*
- MAIN CONFERENCE - THURSDAY ONLY: \$140 for individuals \$90 for students, peer support specialists and MAHEC employees*
- MAIN CONFERENCE - FRIDAY ONLY \$75 for individuals \$60 for students, peer support specialists and MAHEC employees*
- MAIN CONFERENCE - THURSDAY AND FRIDAY \$280 for individuals \$170 for students, peer support specialists and MAHEC employees*
- PRECONFERENCE - WEDNESDAY + MAIN CONFERENCE - THURSDAY AND FRIDAY
 \$370 for individuals \$260 for students, peer support specialists and MAHEC employees*

*Please be prepared to show proof of student or peer support status.