



Effective Pain Management: Behavioral Health Strategies to Reduce Risk of Opioid Use and Overdose

JANUARY 24, 2018 (SNOW DATE: 1/30/18)

A Great Complement to the Behavioral Treatment of Chronic Pain on June 1, 2018.

LOCATION MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville NC 28803

DATE **Wednesday, January 24, 2018**
REGISTRATION 8:00 am–8:30 am (*breakfast provided*)
PROGRAM 8:30 am–4:30 pm (*lunch provided*)

SNOW DATE Tuesday, January 30, 2018

Early registrations fees through January 17, 2018.

PROGRAM FEE **\$65.00**

**GROUPS OF FIVE OR MORE
FROM THE SAME AGENCY** **\$55.00**

PEER SUPPORT SPECIALIST **\$45.00**

STUDENTS **\$45.00**
(*show student ID at check-in*)

MAHEC EMPLOYEES **\$10.00**

DESCRIPTION

Chronic pain (CP) is at epidemic levels and has become the highest-cost condition in healthcare. Subsequently, there is now an opioid epidemic, and drug overdose is the leading cause of death from injury in the United States. Management of CP is challenging, and treating opioid use disorder (OUD) along with pain can be even more difficult. However, treatment for both issues can be done successfully when healthcare and behavioral health providers collaborate. In addition, when individuals with pain (with or without co-occurring OUD) take a lead role in their care, they have the best treatment outcomes and a reduced risk of drug overdose. Thus, the use of evidence-based interventions like SBIRT (screening, brief intervention, and referral to treatment), cognitive-behavioral therapy (CBT), motivational interviewing (MI), mindfulness, and building resiliency increases a person's ability to meet treatment goals, increase acceptance, handle adverse situations, reduce risks related to OUD, and enhance functional ability despite their ongoing pain.

Since understanding the nature of pain and its relationship to trauma and addiction is the foundation to understanding the potential power of resilience, this continuing professional development activity begins with an overview of CP and OUD. Building off this knowledge, faculty will present evidence-based interventions coupled with resiliency-building strategies to address the impact of trauma and adverse experiences on pain and opioid use. Through a blend of experiential and evidence-based teaching strategies, an interprofessional team will discuss the key aspects and connections of CP and OUD and how building resiliency can be applied to self-management in order to reduce risk factors, enhance protective factors, and manage CP.

AUDIENCE

Behavioral Health Professionals (Psychologists, Counselors, Social Workers, Marriage and Family Therapists, Substance Abuse Counselors, etc.) and others interested in this topic.

OBJECTIVES

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

- Describe the prevalence, personal impact, and healthcare dilemma associated with CP, OUD, and trauma
- Identify evidence-based treatment for pain and OUD that support treatment goals, consider the impact of trauma, and balance both risk and benefit
- Demonstrate specific resiliency-building and self-management strategies that can be employed daily to manage CP and OUD symptoms, reduce opioid use, and enhance wellness
- Identify pain management practices and team-based care approaches based on a bio-psychosocial model of care, which enables providers and patients access to a full spectrum of pain and OUD treatment options
- Utilize key aspects of CBT, mindfulness, resiliency, and MI/brief action planning to treat CP and/or OUD
- Reduce barriers to pain care and improve the quality of pain care for vulnerable, stigmatized, and underserved populations

FACULTY

Carriedelle Wilson Fusco, RN, MSN, FNP-BC holds a Master's in Nursing from Vanderbilt University and is board certified as a family nurse practitioner. She has worked at the MAHEC Family Health Center for the past four years. Carriedelle manages the pain clinic at MAHEC and provides both medication management and group visits for patients with chronic and acute pain issues. She also works with patients struggling with opioid substance use disorders. She teaches medical, nursing, and pharmacy students; medical residents; other learners; and community physicians in the management of pain and substance use disorders.

Zach White LCSW, LCAS, CSI is currently the Program Coordinator for Office-Based Opioid Treatment at MAHEC's Family Health Center. His duties include educating patients and learners on the effects of long-term opioid medication, screening patients for opioid use disorder, and providing behavioral health counseling. His interests include treating victims of trauma and adverse childhood experiences, mindfulness and acceptance and commitment therapy, and substance-use disorders. He has worked in WNC in both inpatient and outpatient settings since graduating with his MSW from Western Carolina University in 2010.



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Katie Goetz, LPC, PLCAS, CSI, MS is the Service Manager of the Recovery Education Centers at Meridian Behavioral Health Services, where she works as a supervisor and therapist with those recovering from mental illness and substance abuse challenges. Katie also oversees Meridian's whole person care projects and initiatives. Katie has had the opportunity to teach resiliency skills in her community, to consumers, and to staff in all roles at Meridian "to encourage individuals to integrate wellness skills into their daily life." Katie has found resiliency skills to be part of her regular self-care routine and to be empowering for consumers.

Eric Christian, MEd, NCC, LPC is a Licensed Professional Counselor and a nationally certified counselor who has been working in the field since 1998. For the past 9 years, he has been working in the area of Integrated Care in WNC promoting the systemic spread of behavioral health integration into primary care settings to serve larger populations of patients with behavioral health needs. He works as the Manager of Behavioral Health Integration for Community Care of Western North Carolina, where he provides technical assistance and consultation to providers interested in integration, among other efforts. In 2012, he co-edited an Integrated Care text titled, *Integrated Care: Applying Theory to Practice*, which included author contributions from state and national integrated care practitioners. During the last 2 years, he has been working with the NC Center of Excellence for Integrated Care as their western region consultant, assisting sites as they move toward their goals for integration.

Elizabeth Lima, PhD received her PhD in Clinical Psychology from Florida State University in 2007 and completed her pre-doctoral internship at the William S. Hall Psychiatric Institute in Columbia, South Carolina. Dr. Lima's emphasis on integrated healthcare awakened when she became part of the behavioral medicine faculty at a family medicine residency program for Pardee Hospital following completion of her doctorate. In February 2009, Dr. Lima began her career at the Asheville VA as a primary care mental health integration psychologist. In late 2010, she became the Health Behavior Coordinator, increasing her collaborations with interdisciplinary staff across the facility and expanding services to primarily medical populations. Dr. Lima strongly believes in "it takes a village" and has pursued opportunities in diverse clinical, educational/research, and administrative endeavors that have allowed her to grow and expand her repertoire of skills. With respect to chronic pain, she is a national consultant for the Department of Veterans Affairs in CBT for chronic pain, training psychologists and social workers across the country in VA's CBT-CP model.

CREDITS



APA: MAHEC is approved by the American Psychological Association to sponsor continuing education for psychologists. MAHEC maintains responsibility for this program and its content. Full attendance is required to receive credit. This program will be offered for **6.5 CE**.



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. Approved for **6.5 hours**.



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 the programs. Full attendance is required to receive credit. **6.5 hours**.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.7 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.5 Contact Hours**. Full attendance is required to receive credit.

AGENDA

- 8:00–8:30** **Registration and Check-In** (*breakfast provided*)
- 8:30–10:00** **CP Overview and the Connection Between Trauma and OUD**
 — Carriedelle Fusco RN, MSN, FNP-BC
 — Zach White LCSW, LCAS, CSI
- Prevalence and the Relationship Between CP, Trauma, and OUD
 - DSM 5 Criteria and Differential Diagnosis/ Physical Dependence vs. OUD
 - Personal Impact, Symptoms, and Functionality
 - Neurobiology of Pain and Addiction
 - Pain Response to Treatment With and Without Opioids (Weaning Response)
 - Healthcare Dilemma Associated with CP and OUD
 - Screening Tools
 - Evidence-Based Treatment for Pain
- 10:00–10:15** **Break**
- 10:15–11:15** **Self-Management, Efficacy and Resiliency Strategies**
 — Katie Goetz LPC, PLCAS, CSI, MS
- ACE/Trauma Overview and How it Relates to CP and OUD
 - Effective Screening
 - Treatment Options
- 11:15–12:00** **Collaborative and Integrated Care for Pain and/or OUD**
 — Eric Christian MEd, NCC, LPC
 — Panel of presenters
- Collaborative Tx Planning/SBIRT
- 12:00–1:00** **Lunch** (*provided*)
- 1:00–1:30** **Collaborative and Integrated Care for Pain and/or OUD** (*continued*)
- 1:30–3:00** **CBT-CP: Translating Veterans Affairs (VA) EBT to Community Practices**
 — Elizabeth Lima, PhD
- Review of the VA Protocol
 - Translate into Civilian Practice
 - Engaging Patient and Client
 - Skills Practice
 - Injury Adverse
- 3:00–3:15** **Break**
- 3:15–4:30** **Using MI/BAP for Building Self-Efficacy/ Resiliency and Symptom Management**
 — Elizabeth Lima, PhD
- Willingness to Engage and Focus
 - Small Wins
 - Walk Through Algorithms
 - Common Pitfalls to BAP

PLANNING COMMITTEE

Eric Christian, MAEd, LPC, NCC,
 Community Care of WNC, Asheville, NC.

Elizabeth Flemming, MA, LPC, MAHEC, Asheville, NC.

Valerie Krall, MA, LPC, LPA, MAHEC, Asheville, NC.

Lourdes Lorenz-Miller, RN, MSN, NEA-BC, AHN-BC,
 MAHEC, Asheville, NC.

Martha Teater MA, LMFT, LPC, LCAS,
 Teater Health Solutions, Waynesville, NC.

REGISTRATION

Early registration deadline: January 17, 2018.

The registration fee is \$65.00 for Behavioral Health Professionals, \$55.00 for groups of five or more from the same agency (must register and pay at the same time), \$45.00 for Peer Support Specialists, \$45.00 for Students (must show student ID at check-in), and \$10.00 for MAHEC Employees. These fees include administrative costs, educational materials, breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

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.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

[CLICK HERE TO REGISTER](#)

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.
From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26):

Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

HAVE A QUESTION? Contact the Program Planner

Elizabeth Flemming, LPC
elizabeth.flemming@mahec.net or 828-257-4466

REGISTRATION INFORMATION: 828-257-4475
FAX REGISTRATION: 828-257-4768
ONLINE REGISTRATION: www.mahec.net
EMAIL: registration@mahec.net
MAIL: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803



Special Services
828-348-3619

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JANUARY 24, 2018 (SNOW DATE: 1/30/18)

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL 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 MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE: Vegetarian Gluten-free Vegan

REGISTRATION FEE: \$65.00 \$80.00 (after Jan. 17th)

GROUPS OF FIVE OR MORE (same agency) \$55.00 \$70.00 (after Jan. 17th)
(must register/pay at the same time)

PEER SUPPORT SPECIALISTS: \$45.00 \$60.00 (after Jan. 17th)

STUDENTS \$45.00 \$60.00 (after Jan. 17th)
(must show student ID at check-in)

MAHEC EMPLOYEES: \$10.00 \$25.00 (after Jan. 17th)

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 ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: #18MH024/54267
MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803 **Fax to:** 828-257-4768