

# NEW SUPPORTS IN CHRONIC PAIN:

## Peer Supports in the Medical Setting

MONDAY  
6/25/18



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

**DATE** Monday, June 25, 2018  
**REGISTRATION PROGRAM** 8:30 am–9:00 am (*light breakfast provided*)  
9:00 am–5:00 pm (*lunch provided*)

**Early registration fees through June 18, 2018.**

**PROGRAM FEE** \$75.00

**PEER SUPPORT SPECIALIST** \$40.00

**MAHEC EMPLOYEE** \$40.00

[CLICK HERE TO REGISTER](#)

### DESCRIPTION

Peer supports are quickly becoming a robust strategy for promoting overall health in hospitals and patient-centered medical homes across the US. Peer Support Specialists can now serve on the frontlines of the opioid epidemic. This course will train peers, behavioral health, and medical providers in an integrated, team-based model to provide valuable relief and assistance to those suffering from chronic pain and opioid addiction in healthcare settings.

Peer supports have been used in medical settings by the Veterans Affairs (VA) Medical Center for the past 10 years. Through this process, they are changing the culture of their hospitals to be recovery-oriented by the use of peer supports in various areas of the hospital. This course focuses on the work of the VA with peer supports services, the training used to prepare these peers for the medical services, the tools that are used to implement a whole health model, and stories of patient outcomes contributed to peer support services. This course will show how peer support services in the medical setting can improve adherence to treatment recommendations, decrease the stigma and labeling of individuals as their diagnosis, increase the quality of living, and improve overall health outcomes. This course will also describe the history of the VA with peers, local and national efforts using peers in a medical setting, and showcasing how peers have been instrumental in the opioid epidemic on a local level by supporting individuals with chronic pain.

### AUDIENCE

Physicians, nurse practitioners, physician assistants, care managers/coordinators, administrators, practice managers, mental health professionals (including substance abuse counselors, social workers, psychologists, marriage and family therapists), peer support specialists, intellectual/developmental disability providers, and other professionals interested in this subject.

### OBJECTIVES

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

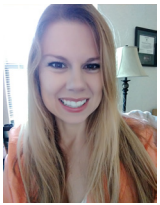
- Describe the development and benefits of using peer support services in the medical home and the current evidenced based models being used in medical settings
- Identify the key whole health outcomes of using peer supports in the medical setting
- Summarize the benefits and health outcomes associated with peer support specialists working with chronic pain and opioid use disorder

### PROGRAM AGENDA

<b>8:30–9:00</b>	Registration and Light Breakfast ( <i>provided</i> )
<b>9:00–10:00</b>	The VA on Peer Support Services
<b>10:00–11:00</b>	What Do Peer Support Specialists in the Medical Setting Look Like?
<b>11:00–11:15</b>	Break
<b>11:15–12:15</b>	Peers in the Medical Home: Whole Health Outcomes
<b>12:15–1:15</b>	Networking Lunch ( <i>provided</i> )
<b>1:15–2:15</b>	Changing to a Recovery-Oriented System of Care
<b>2:15–2:30</b>	Break
<b>2:30–3:30</b>	The Link Between Chronic Pain and Whole Health Outcomes
<b>3:30–4:15</b>	Stories About Peers Treating Pain and Addiction
<b>4:15–5:00</b>	Panel Discussion with Q&A
<b>5:00</b>	Adjourn



## FACULTY



**Christine Cooper, PsyD**, is a clinical psychologist and Local Recovery Coordinator at the Charles George VA. Dr. Cooper leads the Local Recovery Program and supervises seven outstanding Peer Specialists—a favorite aspect of her work. She received her doctorate from Florida Institute of Technology and completed an American Psychological Association-accredited internship at Broughton Hospital in Morganton, NC. Dr. Cooper has worked in university counseling centers, community hospitals, and state psychiatric hospitals. She has specialized in the treatment of serious mental illness, and advocacy for mental health consumers. Dr. Cooper is devoted to her focus in the areas of peer supervision, cultural transformation, and organizational health.



**Stephen Hines, CPSS**, is a North Carolina Certified Peer Specialist with the Asheville VA Medical Center. As a Certified Peer, Stephen has the humble privilege of sharing his recovery story with the veterans in an effort to encourage them to start their own recovery journey. Stephen has been in recovery from combat PTSD for the last 8 years. In his recovery efforts, he has learned the value of living a healthy lifestyle and was drawn to the field of whole health and Whole Health Coaching. Stephen was trained in a two week Whole Health Coaching course in Orlando, FL in 2017 and began coaching people to meet their personalized whole health goals. Stephen has also been trained to deliver Health Coaching to our veterans in the form of a nine-week group setting. Whole Health Coaching plays a vital role in helping veterans take control of their health and wellness, and it empowers them to shape the future of healthcare delivery.



**Ronald Kennedy, CPSS**, is a NC Certified Peer Specialist with the Asheville VA Medical Center. As a Certified Peer, Ron shares his recovery story with the veterans to encourage them to start their recovery journey. Ron has been living in recovery from PTSD, anxiety, and substance abuse for the last 16 years. Ron attended a two-week Whole Health Coaching course in Orlando, FL in 2017 and learned to coach people to set and achieve their personalized whole health goals. Ron also attended a one-week course to deliver Whole Health Coaching to our veterans in the form of a nine-week group setting. Ron's experience in recovery has helped him to value healthy living and inspired him to use Whole Health Coaching to play a vital role in pioneering this new field of healthcare at the VA as an advocate for change.



**Michael Dumaine, MPA, CPSS, CPRP**, provides veteran care in the Psychosocial Rehabilitation and Recovery Center (PRRC) at the Charles George VA Medical Center. He is in longterm recovery from mental illness, including PTSD and substance use disorder. He has the privilege to serve veterans who are also working on their own mental health and substance use recovery. Michael received national certification in psychiatric rehabilitation in 2015 to complement the services he provides. While covering his duties in the PRRC, Michael also facilitates the Veteran "X" group. Veteran "X" is a peer-led recovery group that focuses on providing care to a fictitious veteran who presents with a myriad of social barriers. Michael was the first in the nation to receive full certification in facilitating this emerging program (currently serving 50-60 veterans two times per week). Michael enjoys maintaining regular contact with a strong local recovery community and works in a field where he is able to share his successful recovery experience with other veterans who are seeking assistance.

## MEDICAL COURSE DIRECTOR

**Blake Fagan, MD**, MAHEC, Asheville, NC.

## CREDITS



**NADAAC:** 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 their programs. Full attendance is required to receive credit. Approved for **6.5 Hours**.

### Continuing Medical Education

Accreditation: MAHEC is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **6.5 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the activity.

**6.5 CNE Contact Hours:** This live continuing education activity was approved by MAHEC, an approved provider by the NC Nurses Association (an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.) Participants must attend the entire activity to receive credit. No partial credit is given for this activity.

**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 **6.5 Hours Category A**. Full attendance is required to receive credit.

**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.

## PLANNING COMMITTEE

**Christine Cooper, PsyD**, VA Medical Center, Asheville, NC.

**Scott Melton, MDiv**, MAHEC, Asheville, NC.

**Amanda Adams, MS**, MAHEC, Asheville, NC.

**Ronnie Metcalf, EdD, RN, ONC**, MAHEC, Asheville, NC.

**Melody Hays, BA, MA**, MAHEC, Asheville, NC.

**Elizabeth Fleming, MA, LPC**, MAHEC, Asheville, NC.

## REGISTRATION

### Early registration deadline: June 18, 2018

The registration fee is \$75.00 or \$40.00 for Peer Support Specialists and MAHEC Employees. These fees include administrative costs, educational materials, a light 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.*

## DIRECTIONS

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

**From I-40 E:** Take Exit 50, turn left on Hendersonville Rd.

**From I-40 W:** Take Exit 50B, merge on Hendersonville Rd.

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 up that driveway to the MAHEC Biltmore Campus.

#### HAVE A QUESTION?

#### Contact the Program Planner

Scott Melton, MDiv

scott.melton@mahec.net or 828-257-4402

**REGISTRATION INFORMATION:** 828-257-4475

**FAX REGISTRATION:** 828-257-4768

**ONLINE REGISTRATION:** www.mahec.net

**EMAIL:** registration@mahec.net

**MAIL:** MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803



Special Services  
828-348-3619

## NEW SUPPORTS IN CHRONIC PAIN:

*Peer Supports in the Medical Setting*

**MONDAY, JUNE 25, 2018**

Updated contact information. #18MH051/55655

**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

**PROGRAM FEE**  \$75.00  \$90.00 (after June 18th)

**PEER SUPPORT SPECIALISTS**  \$40.00  \$55.00 (after June 18th)

**MAHEC EMPLOYEES**  \$40.00  \$55.00 (after June 18th)

*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** \_\_\_\_\_



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