

# Conference on Addiction and Behavioral Health

NOVEMBER 4, 2022  
GREENVILLE, SC



## DESCRIPTION

Addiction and recovery specialists have always carried a heavy load with their patients. Then, the COVID-19 pandemic came along. It has affected almost every aspect of our lives and those of our patients. Our conference experts will be addressing the impact of COVID-19 on professionals and their patients as related to the field of substance use disorder.

Burnout, trauma, rage, and relapse: these are all consequences resulting from the impact of the pandemic. Recently published personal experiences cited by healthcare professionals will be shared, along with paths for the healing of our patients and ourselves.

You do not want to miss the opportunity to experience this essential, must-have information!

## TARGET AUDIENCE

Physicians, Physician Assistants, Nurse Practitioners, Nurses, LPNs, Social Workers, Marriage and Family Therapists, Counselors, Substance Use Professionals, Psychologists, and other interested professionals.

## ACCOMMODATIONS

**Hilton Greenville**  
45 West Orchard Park, Greenville, SC 29615

**Phone:** 864-232-4747 **\$129.00** per night (plus tax)

A block of rooms has been reserved from November 3–5, 2022, at a discounted rate. When inquiring over the phone, be sure to ask for the “Pavillon” special rate. To ensure availability, please submit your reservation as soon as possible. These special room rates will be available until **October 3, 2022**, or until the group block is sold-out—whichever comes first.

## DIRECTIONS

### DATE

Friday, November 4, 2022

### LOCATION

Hilton Greenville  
45 West Orchard Park  
Greenville, SC 29615

### CHECK-IN

8:15 am–8:45 am  
(breakfast provided)

### PROGRAM

8:45 am–3:45 pm  
(lunch provided)

[REGISTER ONLINE](#)

## OBJECTIVES

Upon completion, participants will be able to:

- Discuss tips to recognize stress before it turns into rage and learn techniques to intervene
- Determine the core aspects of life that have changed and that may need to be realigned for healthcare professionals
- Understand the way that our brains react to stressful events and how this impacts brain arousal and trauma recovery
- Identify the hallmarks of, underlying drivers of, and strategies to alleviate and prevent Job-Related Burnout (JRB)
- Differentiate between somatic, emotional self-awareness, and mindfulness methods for relapse prevention



Content provided by Pavillon and presented by MAHEC.

## CONFERENCE AGENDA

- 8:15–8:45** Check-In, Light Breakfast (*provided*), and Exhibits Open
- 8:45–9:00** Opening Remarks
- 9:00–10:00** Provider Burnout: What You Need to Know  
— Dr. Clark Gaither
- 10:00–11:00** Trauma and the Brain: Understanding Stress Response and How to Use the Body as a Regulation Tool  
— Beth Matenaer
- 11:00–11:15** Coffee Break
- 11:15–12:15** Age of Rage: Stress, Anger, Rage and How to Keep Them From Igniting  
— Stephanie Thornton
- 12:15–1:15** Lunch (*provided*) and Exhibits
- 1:15–2:15** **Panel Discussion:** Applications in Mindfulness-Based Relapse Prevention Therapy for SUDs  
— Brian Coon (*moderator*)  
— Jon Jernigan  
— Charlie Dennis  
— Tammy Bell
- 2:15–2:30** Break
- 2:30–3:30** Healing the Soul of Healthcare Post-COVID  
— Dr. Katherine Kelly
- 3:30–3:45** Wrap-Up and Door Prizes

## CONFERENCE SPEAKERS

**Tammy Bell, LCSW, MSW, MAC**, is an author, national lecturer, and consultant who has been working in the field of addiction treatment for more than 35 years. Her specialty is relapse prevention therapy. Tammy has presented numerous times at nationally recognized addiction conferences throughout the country. She has published over 39 articles for professional magazines. Her book, *Preventing Adolescent Relapse*, has been widely acclaimed. Tammy had the privilege of working with the late Father Martin at Father Martin's Ashley Treatment Center in Havre De Grace, MD. She was invited to speak before First Lady Nancy Reagan. Tammy was Director of Relapse Prevention Services for the CENAPS Corporation. Terence Gorski, MA, the president of CENAPS, has been a national leader in the addiction treatment field for many years.

Together, they trained thousands of counselors and consulted many of the country's prestigious treatment centers. Tammy Bell is a Licensed Clinical Social Worker, a Master Addiction Counselor, and a Certified Relapse Prevention Specialist. She was the founder and Director of The Relapse Prevention Center in Charlotte, NC.

**Stephanne Cline Thornton, Mdiv, MSW, LICSW, MAC, CCTP, CSOTP**, is the Clinical Director for the West Virginia Judicial and Lawyer Assistance Program. She is a Licensed Independent Clinical Social Worker and Master Addiction Counselor focusing on access to trauma and substance use disorder treatment to ensure the health and well-being of affected individuals. Stephanie has successfully written grants to support and develop programs toward holistic representation in public defense and is building support programs for well-being through the West Virginia Judicial and Lawyer Assistance Program. Stephanie believes in health, sustainability, and mindful practices to ensure those in the helping professions care for themselves to better care for those they are serving. Stephanie earned a Master of Divinity degree from Emory University Candler School of Theology, and a Master of Social Work degree from the University of Georgia. Stephanie has been clinically licensed as a social worker and addictions counselor since 2004. Additionally, she is a Certified Addiction Counselor Level III, Certified Clinical Trauma Professional, and Certified Sex Offender Treatment Provider. Stephanie's clinical training background is in trauma, and she is on the Trauma-Informed Care Network Speakers Bureau and presents on trauma, substance use, and self-care across the state and at national conferences.

**Brian Coon, MA, LCAS, CCS, MAC**, is Pavillon's Director of Innovation, Training, and Research. He holds a BS in psychology and a MA in community-clinical psychology. His clinical background is in cognitive-behavioral psychology and evidence-based treatment of co-occurring substance use and mental health disorders. He has worked full-time in residential addiction treatment programs from his graduate internship in 1988 to the present. During that time, he has also had clinical, managerial, and supervisory experience in an OP methadone maintenance program for 12 years starting in 1996, building and supervising a Matrix-model IOP inside a work release detention facility, planning and steering a suboxone-maintenance specific IOP with aftercare services, managing and supervising a 12-month SUD outpatient aftercare program under contract with the Federal Bureau of

Prisons, and later Pavillon's array of OP services. He started at Pavillon in 2008 and most recently served as Pavillon's Clinical Director for ten years prior to assuming his current position in the Fall of 2021.

**Charlie Dennis, MA, LCMHC, LCAS, CSI**, is Pavillon's manager of outpatient services. He completed his Bachelor's degree in psychology in 2010 and began his clinical career working as a field guide in wilderness therapy in Utah, providing services for adolescents and young adults experiencing co-occurring substance use and mental health disorders. In 2014, he moved back to Chicago to attend graduate school. He earned an MA in Clinical Psychology within a psychodynamically-oriented degree program and a post-graduate certificate in Mindfulness in Psychotherapy. During his graduate training, he participated in a year-long clinical internship at the Northern Illinois Council on Alcoholism and Substance Abuse—a community-based provider of substance-related and mental health services, including court referrals from within the county and State criminal justice system. After Charlie completed a year of doctoral work in the PsyD at Roosevelt University, he went in a different direction and moved to North Carolina in 2017. Charlie has been with Pavillon since 2017, taking a short hiatus to revisit working in the wilderness therapy industry. His clinical work focuses on specialized services for professionals (medicine, law, etc.) and young adults. His interests include a focus on program development; integrating technology and clinical support; recovery-oriented systems of care; and leadership techniques, styles, and application. In addition to his MA in Clinical Psychology, Charlie is a Licensed Clinical Mental Health Counselor (LCMHC), a Licensed Clinical Addiction Specialist (LCAS), and currently a Clinical Supervisor Intern (CSI).

**Clark Gaither, MD, FAAFP, MRO**, a family physician, is currently the Medical Director of the NC Physicians Health Program and a Fellow of the American Academy of Family Physicians. He is an accomplished author, blogger, speaker, corporate consultant, and personal life coach. He is the author of *REIGNITE*, a best-selling book about professional job-related burnout. A recipient of many rewards, Dr. Gaither was named Family Physician of the Year in 2002 by the NC Academy of Family Physicians and more recently was honored by the governor and the state of NC with The Order of the Long Leaf Pine for meritorious service to the state and citizens of Wayne County.

**Jon Jernigan, LCMHC, LCAS**, joined Pavillon in 1999 and is a Substance Abuse Counselor and Primary Treatment Supervisor and Coordinator. His duties

include counseling and case management while utilizing a variety of therapy models, including equine therapy. He also provides supervision for counselors seeking certification with the North Carolina Substance Abuse Professional Certification Board. Prior to his work at Pavillon, he worked in substance abuse in both inpatient and outpatient settings. His clients ranged from adolescents to adults and his work settings included hospitals, outpatient services, and school systems. Jon is a Licensed Clinical Addictions Specialist and a Licensed Clinical Mental Health Counselor. He also has his Advanced Certified Relapse Prevention Specialist certification with the CENAPS Corporation for Relapse Prevention Therapy with Terrance Gorski.

**Katherine T. Kelly, PhD, MSPH**, is a clinical health psychologist; former Director of Behavioral Science in Family Medicine; and medical school professor, best-selling author, speaker, and consultant. Her Master of Science in Public Health degree helped greatly in understanding the science and ongoing process of the pandemic. She was named “the pioneer of Soul Health” after publishing her book, *Soul Health: Aligning with Spirit for Radiant Living* (now in its second edition), and her latest book, *The Healer's Path to Post-COVID Recovery: A Restorative Journey for Healthcare Workers* has been featured on over 450 national and international radio shows and podcasts as well as in several spiritual and health-related magazines.

**Beth Matenaer, LPC**, is a licensed professional counselor and trauma therapist in South Carolina, who has worked with adults, children, adolescents, and families for more than 25 years. As a survivor of the Troubled Teen Industry, she has devoted her decades-long career to treating clients who exhibit the complexity of post-traumatic stress and other victims of high-conflict and controlling systems. Beth's approach to her work is her understanding that effective and enduring recovery from traumatic abuse, attachment/relational issues, and Complex PTSD requires equally nuanced treatment. In that regard, she draws from the best of classic talk therapy, cutting-edge neuroscience, experimental canine- and equine-assisted therapy, and compassionate advocacy. Additionally, she is the co-creator and Clinical Director of the innovative Think Boxing program and The Take Back Your Life Recovery Model, a psychoeducational program for survivors of cults, high-control groups, and abusive relationships. She has recently begun collaboration with Lantana Recovery in Charleston, SC, partnering with them to implement trauma-informed in the PHP and IOP programs for SUD. She has led

trainings and workshops for helping professionals, as well as for groups of trauma survivors. Beth takes a direct, compassionate, and fully invested approach to helping each patient or client understand the psychological, emotional, and physical effects of trauma and how to evolve into a healthier version of self. She works with the view that regaining self-empowerment after trauma requires knowledge, creativity, and compassion—NOT perfection.

## REGISTRATION POLICIES

**Fees include administrative costs, educational materials, a light breakfast, and lunch.**

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 that are 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)

## CREDIT OFFERINGS

### Continuing Medical Education

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

**Credit Designation:** MAHEC designates this live activity for a maximum of **5.0** 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 time of the activity.

### 5.0 Nursing Contact Hours

MAHEC is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend 80% of the activity to receive credit.



**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. Approved for **5.0** 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. Approved for **5.0** hours.

**Psychologists:** MAHEC is recognized by the NC Psychology Board as an approved Provider of Category A Continuing Education for NC Licensed Psychologists. Approved for **5.0** hours Category A.

**CEUs:** MAHEC designates this continuing education activity as meeting the criteria for **0.5** CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this continuing education activity as meeting the criteria for **5.0** contact hours.

### HAVE A QUESTION?



### Special Services

828-771-3495

### Program Planner

Katherine Van Horne, MAT

[katherine.vanhorne@mahec.net](mailto:katherine.vanhorne@mahec.net)

### Registration Phone

828-257-4475

### Email

[registration@mahec.net](mailto:registration@mahec.net)

### Registration Fax

828-257-4768

### Mail

MAHEC Registration  
121 Hendersonville Road  
Asheville, NC 28803

### Online Registration

[www.mahec.net/cpd](http://www.mahec.net/cpd)



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mahec.education

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## REGISTRATION FORM

Event #68852

By registering for this conference, you are granting permission for your contact information to be shared with Pavillon, which is the content provider of this continuing education activity.

Updated contact information below

Name \_\_\_\_\_

Credentials \_\_\_\_\_

PIN # \_\_\_\_\_ (4 digits of your choosing that you will use each time you register)

Occupation \_\_\_\_\_

Email Address \_\_\_\_\_

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

Please remove me from the MAHEC mailing list

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work County \_\_\_\_\_

## PAYMENT INFORMATION

### Registration Fee

\$99.00 per person

### Student Fee (valid student ID required to qualify)

\$59.00 per person

### Pavillon & MAHEC Employees (must register to attend)

Discount Code: \_\_\_\_\_

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

PAYING WITH CARD

Visa  MasterCard  Discover Card  AmEx

Account # \_\_\_\_\_

Expiration Month/Year \_\_\_\_\_ / \_\_\_\_\_

Verification Code \_\_\_\_\_ (3 or 4-digit number)

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

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.

Send completed registration to: MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768