

**Roads to Recovery '17:  
*Heading in the Right  
Direction to Attain  
Mental Health &  
Addiction Recovery***



Cleveland, Ohio  
Cleveland Airport Marriott Hotel West 150<sup>th</sup>

**Monday, October 23, 2017**

**Conference**

**Registration Brochure**

**Register by: October 11, 2017**

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Eugenia Kirkland, LSW, MSSA, CDCA  
Board Chair

Valeria A. Harper, MA, CDCA  
Chief Executive Officer



October 23, 2017  
*Register Now !!*

Check your maps and make your way to **Roads to Recovery '17: Heading in the Right Direction to Attain Mental Health and Addiction Recovery!** This conference will be held **Monday, October 23, 2017**, at the **Cleveland Airport Marriott Hotel at West 150<sup>th</sup> Street and I-71**, in Cleveland, Ohio.

## Who Should Attend?

The **Roads to Recovery '17: Heading in the Right Direction to Attain Mental Health and Addiction Recovery!** agenda offers a variety of information and inspiration for everyone, especially as Ohio is in its transformation to a Recovery Oriented System of Care:

- Individuals in recovery and/or living with mental illness and/or addictions.
- Family members and friends of people living with mental illnesses and/or addictions.
- Mental health and alcohol, drug and other addiction treatment and prevention providers; social workers; counselors; RN/LPN's, psychologists; psychiatrists and students.

## What Will You Learn?

The agenda is full of presentations to help in real-life situations that an individual in recovery, advocate, family member and/or provider may encounter on the road to recovery, including addictions, spirituality, roles of peer supporters, dealing with difficult behavior, mindfulness, breaking down barriers, art therapy and trauma informed care.

Speakers include nationally, statewide and locally recognized speakers such as:

- **Distinguished Gentlemen of Spoken Word**, a group of African-American males ages 8-18 who study the art of performance poetry. These gentlemen take classic poetry pieces, movement poetry (mime/ breaking/ flexing) and combine it with the art of spoken word. Poetry has become the living tool that they use to help keep them focused and on the right path in school, at home, and within the community. Alongside learning poetry, they attend weekly character development classes (Life-skills, Drug Prevention and Crime Prevention Education).
- **Jamie Marich, PhD, LPCC-S**, life-long dancer and the founder of Dancing Mindfulness community and facilitator-training program, is a clinical counselor who leads trainings and retreats on trauma, addiction and mindfulness worldwide. An author of several books on topics related to trauma and recovery, Jamie actively trains facilitators in the Dancing Mindfulness practice, and maintains a private clinical practice in her home base of Youngstown-Warren, Ohio.
- **Terrahl Del Taylor**, Clinical Social Work/Therapist, MSW, LSW, LCDC III, specializing in working with the Lesbian, Gay, Bisexual, Transgender, Queer and Questioning community with a distinct focus in working with people who identify as Transgender, Gender Variant, or Gender Non-Conforming.
- The Keynote Address, Plenary Session, Special Institute Sessions and Workshops support these overall conference goals:
  - Illustrating successful mental health and addiction recovery models and best practices.
  - Practicing successful mental health and addiction treatment approaches for individuals and professionals.
  - Describing how to establish trusting relationships among individuals, family members, and providers to foster recovery.
  - Demonstrating that personal recovery from mental illness and addiction is possible.

*Note: While presenters on this agenda may have been confirmed to present, the times, topics and presenters may change.*

# Roads to Recovery '17 Agenda

## Monday, October 23, 2017

7:30 A.M. – 8:30 A.M.

Conference Registration

7:30 A.M. – 3:45 P.M.

Marketplace & Exhibits

8:00 A.M. – 8:45 A.M.

Breakfast

**8:30 A.M. – 9:00 A.M.**

### **Welcome, Program Introduction & Comments**

Presenter: Valeria A. Harper, MA, CDCA, Chief Executive Officer,  
ADAMHS Board of Cuyahoga County

**9:00 A.M. – 10:00 A.M.**

### **Keynote Address:**

#### **Distinguished Gentlemen of Spoken Word:**

*Start the conference with this energetic group of African-American males ages 8-18 who study the art of performance poetry and take classic poetry pieces, movement poetry (mime/breaking/ flexing) and combine it with the art of spoken word. Witness the poetry that has become the living tool that these gentlemen use to help keep focused and on the right path in school, at home, and within the community. Alongside learning poetry, the group attends weekly character development classes (Life-skills, Drug Prevention and Crime Prevention Education). The Gentlemen study the works of Paul Lawrence Dunbar, Shakespeare, Langston Hughes, Countee Cullen and learn to write various poetic forms of their own. The Distinguished Gentlemen perform throughout the state of Ohio at churches, schools and community events, half-time shows for the Cleveland Cavaliers' basketball team, and at churches throughout Florida. They are a component of the Aiming High program at Cleveland UMADAOP and are living proof that African-American males are talented, brilliant, fabulous and distinguished!!!*

Presenters: Distinguished Gentlemen of the Spoken Word, Cleveland, Ohio

**10:15 A.M. – 11:45 P.M.**

### **Workshops – Session A:**

#### **Special Institute Session Part I: (Participants must attend Part I and Part II)**

#### **Addiction & Mental Health in LGBTQ+ Communities: Building a Foundation for Clinically Appropriate Procedures When Working LGBTQ+ Identified People**

*Clinical procedures within service provision for LGBTQ+ communities look very similar to those in which many are accustomed to standard outpatient mental health, alcohol and drug abuse, misuse, and dependency programming. While the provision looks similar, the initial diagnostic assessment has some wide variance when working from an LGBTQ+ affirmative framework. Proper procedure for assessing, diagnosing, and treating LGBTQ+ identified people will also be discussed and participants will gain an understanding of risk factors the LGBTQ+ community faces; learn pragmatic strategies to improve cultural competence with LGBTQ+ identified clients in social service agencies; gain a better conceptualization and skill set of assessment and engagement strategies with LGBTQ+ identified clients and learn pragmatic psychotherapeutic intervention techniques when working with LGBTQ+ identified people.*

Presenter: Terrahl Del Taylor, MSW, LSW, LCDC III  
Outpatient Social Worker – LGBTQ Specialist,  
North Central Mental Health, Columbus, Ohio

#### **Special Institute Session Part I: (Participants must attend Part I and Part II)**

#### **Understanding Case Management Services: Remember Small Changes Can Result in BIG IMPROVEMENTS**

*Direct service workers and supervisors will be able to define the Golden Thread; recognize common errors associated with case management and will be able to establish a common frame of reference to put all case managers on the same page.*

*Learning these and other case management standards will provide the best quality of care to clients and when used continuously increase the outcomes of case management services.*

Presenter: Regina Spicer, MSSA, LSW, LICDC-CS, Certified Life Coach,  
Front Steps Housing and Services, Cleveland, Ohio

**Special Institute Session Part I:** (Participants must attend Part I and Part II)

**Integrating Strengths-Building into 12-step Recovery: How Positive Psychology Can Facilitate Spiritual Development for Substance Dependence**

*The 12-step program of Alcoholics Anonymous places a strong emphasis on reaching out to God, or a higher power for help. This can be an obstacle for people who may struggle with these concepts. In this program, participants will explore how these spiritual elements of the 12-step program can be freshly characterized without a traditional understanding or belief, and strengthened by individuals who do hold these beliefs. Creative ways of conceptualizing the 12-Step philosophy within a framework of Positive Psychology will be explored, in addition to how to merge this philosophy's self-empowerment tools with the tenets of the 12-Step recovery program.*

Presenter: William C Hale, Ph.D., LICDC-CS, Manager – Glenbeigh Beachwood & Rocky River, Cleveland, Ohio

**A4. The Journey from Training to Implementation of Cognitive-Behavior Therapy for Psychosis (CBT-p) in Community Mental Health: Successes & Challenges**

*Framed within a recovery model, this workshop will provide an introduction to CBT-p illustrated by clinical vignettes. The presenters will discuss the partnership between Northeast Ohio Medical University and The Centers for Families & Children resulting in training of counselors and case managers and the implementation of the CBT-p model. The workshop will also cover issues pertaining to supervision and consultation and describe successes, challenges and lessons learned.*

Presenters: Gabriela Sehinkman, MA, MSW, LISW-S, Clinical Supervisor, The Centers for Families & Children  
Harry J. Sivec, Ph.D., Consultant & Trainer, Best Practices in Schizophrenia Treatment (BeST) Center at the Northeast Ohio Medical University's Department of Psychiatry  
Colleen Barrett, MSSA, LISW-S, Gordon Square Health and Wellness Director, The Centers for Families & Children  
Valerie A. L. Kreider, PhD, LPCC-S, LICDC-CS, Consultant & Trainer, Best Practices in Schizophrenia Treatment (BeST) Center at the Northeast Ohio Medical University's Department of Psychiatry

**A5. The Anatomy of Surrender: Unveiling Roads to Recovery**

*Addictive struggles create mental distress. The journey is long, treacherous and unforgiving. It is an epidemic that affects the health, social and economic structure of our society. People are dying at unprecedented rates. Are there ways to facilitate the surrender process and create interventions for wellness?*

*Presented by a mother and son who share their story along with research on the process of surrendering. Using a bio-psychosocial approach, participants will: Examine spiritual, physiological and psychological foundations of suffering; Investigate processes of surrendering and view models for interventions that allow for long-term mental health and wellness.*

Presenters: Carole Stokes-Brewer, PhD, LISW-S, PCC-S, LICDC-CS, Private Practice, Changing Wayz, LLC, Cincinnati, Ohio  
Samuel C. Brewer, Jr, CDCA, Cincinnati, Ohio

**A6. Reaching Peers Where They Are**

*Many are working to bridge the gaps in behavioral health recovery while being diverse & inclusive. Peer coaches work to provide programming in a holistic way that promotes recovery. This workshop will demonstrate ways that staff can provide recovery services through technology, wellness and art programs. Peer recovery services are mutual one on one relationships in which an individual in recovery is linked with a person with more successful recovery experience. This relationship is being built to develop trust, encourage, motivate and support the individual in making informed choices and guided decisions to establish or strengthen his/her own recovery. We know that peers are connected in a variety of ways, however not all peers are culturally sensitive to*

*the needs of other peers. This workshop will establish ways to encourage and engage peer recovery coaches to be diversified in programming, as well as culturally sensitive through role-playing and discussion on the do's and don'ts of working with various demographics.*

Presenters: Jody Morgan, CHHC, CPS – MH, Implementation Manager, Ascent, Columbus, Ohio  
Brian Bailys, Founder, Ascent, Cleveland, Ohio  
Jessica Ailing, MSW, Executive Director, Foundations: A Place for Education and Recovery, Canton, Ohio

**A7. Verbal De-escalation**

*Learn verbal de-escalation and how to dissect and de-escalate a volatile situation. By the end of this workshop, you will be able to identify and analyze escalating behavior, assess how and when to initiate the de-escalation technique, analyze the effectiveness of your de-escalation skills and how to safely withdraw from an unsuccessful de-escalation.*

Presenter: David Blunt, Certified Verbal De-escalation/Physical Intervention Instructor & Certified Active Shooter Response Instructor, Cleveland Heights, Ohio

**A8. Adult Psychiatric Disorders & Implication for Child Welfare**

*Mental Health is family health, which necessitates paying attention to the well-being of children who are being parented by a caregiver with a mental illness. Twenty percent of American adults have a mental illness. Five to eight percent experience a serious mental health malady that disrupts family and adversely impacts children. This workshop will discuss in depth six recognized mental illnesses most often associated with abuse and neglect of children, impact on families and children and the implications for child welfare. Current treatment modalities/ prognosis for recovery will be discussed.*

Presenter: Paul Martin, DO, Cleveland, Ohio

**A9. Talk Time: Distinguished Gentleman of Spoken Word**

*Spend more time with the Distinguished Gentlemen of Spoken Word and find out about the group's development, origin and results. You will also hear about the group's book Silent Scream and have time to ask questions of the Distinguished Gentleman.*

Presenters: Honey Bell-Bey, OCPS, Coordinator, and the Distinguished Gentleman of Spoken Word, Cleveland, Ohio

**A10. Trauma Informed Group Strategies through Art: Mental Health Well-being, Homelessness, & Recovery**

*Explore the benefits and value of art therapy group work with adults in mental health recovery and/or transitioning out of homelessness. Presentation content will highlight trauma informed approaches, group strategies and examples of artwork that address safety, emotional expression, resiliency, empowerment, and managing traumatic stress.*

Presenters: Gretchen M. Miller, MA, ATR-BC, CTC-S, Registered Board Certified Art Therapist, Advanced Certified Trauma Practitioner, Program Coordinator, Ursuline ArtSpace Outreach  
Kelly Armstrong, MA, LPC, Licensed Professional Counselor, Assistant Program Coordinator, Ursuline ArtSpace Outreach  
Wendy Burke Kurtz, Recovery Advocate

**A11. Faith Providers: Allies in Prevention, Healing & Recovery**

*Studies have shown that religion and spirituality are regarded as protective factors against anxiety and depression, conditions which can often lead to self-medication with alcohol, tobacco and other drugs, especially among youth and young adults. Many individuals seek help from spiritual leaders before formal helping resources.*

*This workshop will discuss the collaboration of mental health professionals and spiritual leaders that could result in improved mental health not only for the individual seeking help but for the clergy as well. The Student Training Outreach Prevention (STOP) program, a collaborative effort of Inner Healing Ministries Church and Kingdom Developers Consulting will be highlighted.*

Presenters: Nichole M. Cobb, LISW-S, SAP, OCPC, President, Kingdom Developers Consulting, Cleveland, Ohio  
Rev. Dr. Benjamin Franklin, Jr., Cleveland, Ohio

12:00 P.M. – 12:30 P.M. Lunch

12:30 P.M. – 1:30 P.M. **Plenary Session:**

**Content Advisory:**  
Depiction of Drug Use,  
Smoking & Adult Language.

**Excerpt from the Play: How to be a Respectable Junkie**

*Join us for an excerpt of the play How to be a Respectable Junkie with actor Christopher Bohan who portrays a heroin addict in his thirties that decides he's going to take his life so he no longer has to destroy the lives of those around him. But before doing so, he decides to make a video for heroin users everywhere instructing them on how to be respectable junkies, because even he has grown weary of their behavior. This play takes an in-depth look into the troubled soul of a man caught in heroin's deadly grip. Based on real-life events, JUNKIE is eye-opening, heartbreaking, full of humor, and ultimately hopeful.*

Presenter: Christopher Bohan, Actor, Cleveland, Ohio

1:45 P.M. – 3:15 P.M. **Workshops – Session B:**

**Special Institute Session Part II:** *(Participants must attend Part I and Part II)*

**Addiction & Mental Health in LGBTQ+ Communities: Building a Foundation for Clinically Appropriate Procedures When Working LGBTQ+ Identified People**

*Part II: See description from Session I.*

Presenter: Terrahl Del Taylor, MSW, LSW, LCDC III  
Outpatient Social Worker – LGBTQ Specialist,  
North Central Mental Health, Columbus, Ohio

**Special Institute Session Part II:** *(Participants must attend Part I and Part II)*

**Understanding Case Management Services: Remember Small Changes Can Result in BIG IMPROVEMENTS**

*Part II: See description from Session I.*

Presenter: Regina Spicer, MSSA, LSW, LICDC-CS, Certified Life Coach,  
Front Steps Housing and Services, Cleveland, Ohio

**Special Institute Session Part II:** *(Participants must attend Part I and Part II)*

**Integrating Strengths-Building into 12-step Recovery: How Positive Psychology Can Facilitate Spiritual Development for Substance Dependence**

*Part II: See description from Session I.*

Presenter: William C Hale, Ph.D., LICDC-CS, Manager – Glenbeigh  
Beachwood & Rocky River, Cleveland, Ohio

**B4. Children Left Behind: Parental Incarceration**

*Ohio ranks third in the nation for children who have had an incarcerated parent. Due to trauma, stigma and lack of resources, studies show these children are suffering more than children who are separated from their parent by divorce and death. In this workshop you will learn the effects of parental incarceration on youth, practical techniques and how art therapy support groups can bring healing to the entire family. You will learn how art therapy can help children express themselves, manage difficult feelings, promote self-esteem and develop positive coping skills.*

Presenter: Misty Ramos Saviano, ATR, LPCC, EMDR, ACTP,  
P.A.L.S. for Healing, Cleveland, Ohio

**B5. Mindfulness in Recovery**

*Mindfulness Based Relapse Prevention (MBRP) (Bowen, Chawla and Marlatt, 2010) is a relatively new treatment approach for individuals in recovery from addictive behaviors. The program is designed to integrate the practices of mindfulness with the specific issues/reactions people working towards recovery struggle with daily. Participants of the workshop would learn about Mindfulness/Meditation practices and its neurological implications; review an experiential demonstration of mindfulness; discuss physical and psychological barriers to change in addiction and receive an overview of Mindfulness Based Relapse Prevention program and research.*

Presenter: Erika Staneff, PsyD, Behavioral Health Director,  
Northeast Ohio Neighborhood Health Services (NEON)

**B6. Behavioral Addictions: Understanding Gambling, Pornography, Compulsive Shopping, Gaming Addictions and the Role of the Addictive Brain**

*Behavioral addiction, much like substance addiction, is the habitual drive to continue an action even to the detriment of health and happiness. Individuals*

1:45 P.M. – 3:15 P.M.

**Workshops – Session B (continued):**

*with behavioral addictions continue to repeat actions that are harmful to their bodies or to the happiness of those around them, often losing relationships, employment, and their overall health in the process. Each of these activities are practiced on some level, but they become addictions rather than recreation when it becomes an obsession that gets in the way of other healthy activities. This workshop will discuss the role of the addictive brain and how the Internet contributes to behavioral addictions.*

Presenter: Chris Tuell, Ed.D., LPCC-S, LICDC-CS, Clinical Director of Addiction Services, Assistant Professor at the University of Cincinnati-Department of Psychiatry, Lindner Center of HOPE, Mason, Ohio

**B7. The Sinister Side of the Internet: Helping Reduce Self-destructive Behaviors**

*This session examines the negative impacts, compulsivity and self-destructive behaviors that the internet and watching porn can have on a person and their relationships. Participants will examine internet compulsive and addictive behaviors, cognitive distortion, sexual or intent type offenses; discuss the influence internet and pornography use has on a day to day function, identify treatment options and explore the impact on the individual and significant relationships.*

Presenter: Mor Rondo Roberts, M.S.W., M.B.A., LISW-S, LICDC-CS, CTSS, Clinical Supervisor, Murtis Taylor Human Services System

**B8. Eye Movement Desensitization and Reprocessing (EMDR) as a Complement to Addiction Treatment: Updates and Insights**

*Eye Movement Desensitization and Reprocessing (EMDR) is viable psychotherapy for the treatment of trauma and stressor-related disorders. Several major organizations have endorsed EMDR in practice guidelines as an efficacious treatment for Post Traumatic Stress Disorder (PTSD). This workshop is designed for those not presently trained in EMDR and wanting to receive a thorough orientation about how the therapy works and how it can be used in various levels of the addiction treatment process. Common misconceptions are also addressed. You will also receive information to help you decide if further EMDR training is for you. EMDR approach to trauma and bilateral stimulation will also be taught.*

Presenter: Jamie Marich, Ph.D, LPCC-S, LICDC-CS, Mindful Ohio, Warren, Ohio

**B9. Communication, Culture & Stigma: Breaking Down Barriers to Mental Health Treatment in Minority Communities**

*Participants will learn the historical reasons why some minority communities, specifically African Americans, do not seek treatment when experiencing mental health challenges; and will explore techniques aimed at eradicating stigma and facilitating increased communication between behavioral health professionals and minority communities.*

Presenter: Judy Jackson Winston, JD, MSSA, LISW-S, Wins Consulting, Cleveland, Ohio

**B10. Sustaining Long-term Recovery, an Active Approach to Aftercare**

*Getting off substances is hard, staying off is even harder. That is why to sustain long term recovery individuals need the tools to cope with daily stressors. Life is going to present obstacles and roadblocks long after individuals give up their substance of choice. It is how you deal with these stressors that will allow you to continue a life free from substance use. The benefits of a sound health & wellness program are well documented. This workshop will share some of the techniques the presenter has learned in his personal and professional life that have guided him in his 25+ years of recovery.*

Presenter: Michael V. Schaffer, Founder Active Recovery Consulting, Certified Peer Recovery Supporter & Certified Adult Running Coach, Grand River, Ohio

**B11. There's Nothing Wrong with Smoking Weed. It's Just a Herb!**

*This workshop focuses on the etiology, use and abuse of teenage marijuana smoking. Participants will gain knowledge about the etiology of cannabis and other drugs that adolescents use and the effects that these drugs have on the body. Chemical Dependency counselors and other Drug Treatment professionals will learn the different diagnostic criteria for Cannabis-related disorders and diagnostic codes from the DSM-V. Teachers will gain knowledge on how to detect the signs of cannabis use and make a recommendation to the principal.*

Presenter: Cynthia Miller, M.Ed., LICDC-CS, LSW, Inter-Cept Consultant Services, Cleveland, Ohio

3:15 P.M. – 3:30 P.M.

Refreshment Break

3:45 P.M. – 5:15 P.M.

**Workshops – Session C:**

- C1. Using Motivational Interviewing Through a LGBTQ Affirmative Lens**  
*This training will provide a basic foundation and understanding of Motivational Interviewing as a clinical method to deliver services through an LGBTQ-affirmative lens. This workshop will include skill development and will require active participation from attendees. It is suggested that only licensed mental health or medical professionals attend due to its nature of clinical skill development. Participants will gain an understanding of techniques utilized in Motivational Interviewing, the spirit of Motivational Interviewing, how Motivational Interviewing is used in clinical practice settings, OARS and DARN CAT and a better conceptualization and skill set of assessment and engagement strategies utilizing motivational interviewing.*  
Presenter: Terrahl Del Taylor, MSW, LSW, LCDC III  
Outpatient Social Worker – LGBTQ Specialist,  
North Central Mental Health, Columbus, Ohio
- C2. Person Centered Clinical Supervision**  
*With constant change, we must address how we have traditionally provided supervision. This session will help supervisors and/or potential supervisors become more effective with productivity of supervisees. Participants will be able to identify and discuss common problems in supervising counselors; define the basic components of clinical supervision, describe what the psychotherapeutic profession reveals about the importance of empathy and therapeutic alliance in treatment, apply principles of empathy to the practice of clinical supervision and utilize motivational interviewing with resistant supervisees.*  
Presenter: Mor Rondo Roberts, M.S.W., M.B.A., LISW-S, LICDC-CS,  
CTSS, Clinical Supervisor, Murtis Taylor Human Services System
- C3. Introduction to Expressive Arts Therapy: A Pathway to Hope in Trauma-Focused Addiction Care**  
*Expressive arts therapy is an approach to psychotherapy with roots in indigenous cultures and a rich history of evolution within modalities such as Jungian, person-centered, and Gestalt psychotherapies. Defined by its emphasis on the multi-modal process of healing (exploring many combinations for creativity rather than relying on just one art form), the strategies of expressive arts psychotherapy can prove useful to trauma therapists and addiction specialists practicing in a variety of modalities. In this workshop, participants are oriented to the fundamentals of expressive arts therapy history and approach. Participants are then instructed in how to facilitate an expressive arts process to teach the clinical concepts of grounding to clients. Learning how to ground and become more fully present is an essential skill in early addiction recovery and trauma recovery. Participants will leave with an enhanced respect for how to foster client creativity in working with these concepts and their clinical intricacies. The role of creativity and the practice of making art are also discussed as mechanisms of action in processing traumatic experiences and promoting post-traumatic growth.*  
Presenter: Jamie Marich, Ph.D, LPCC-S, LICDC-CS, Mindful Ohio, Warren, Ohio
- C4. Diagnosis and Treatment of Co-occurring Disorders**  
*Co-occurring mental disorders affect millions of individuals, with only a few receiving appropriate diagnoses or adequate treatment. Diagnosing and treating concomitant mental illnesses in addition to substance use disorders is crucial for delivering effective services to dually diagnosed individuals. Participants will leave this workshop with an understanding of the diagnostic criteria for mental illnesses and substance use disorders in the DSM-V and Etiological Theories of co-occurring disorders; recognize primary process and personality disorders and their relationship to addiction and become familiar with effective treatment methodologies for co-occurring disorders.*  
Presenter: William C Hale, Ph.D., LICDC-CS, Manager – Glenbeigh  
Beachwood & Rocky River, Cleveland, Ohio

- C5. Thinking Outside of the Box: Strategies for Gambling Awareness Integration**  
*Learn about easy and effective strategies for professionals to integrate gambling awareness education into already existing programming. While the initial thought would be to combine gambling with alcohol and drug prevention, which is certainly a viable option, there are other strategies. With a focus on youth and young adult prevention, participants will discuss effective programs being implemented around the nation that are using outside of the box thinking to integrate gambling messages into an array of topic areas such as AOD prevention, violence prevention, life skills, peer leadership, media/arts, and statistics. These outside of the box programs are having great success in bringing awareness to the potential consequences of problem gambling among youth and young adults and should be discussed to promote visibility and possible replication. While the focus will be on youth programming in educational settings, this session will also discuss essential programming for the older adult and the community at large with methods used by the Cuyahoga Problem Gambling Coalition. Lastly, this session will discuss the similarities and differences between gambling and substance use disorders throughout the treatment and recovery process.*
- Presenters: Michael A. Buzzelli, MA, MPH, OCPSA  
 Gambling Services Specialist, Recovery Resources,  
 Cleveland, Ohio  
 Timothy Smith, MSW, LSW Director of Medina Services,  
 The LCADA Way, Medina Ohio
- C6. Intimate Partner Violence & Substance Abuse**  
*This workshop will help providers of substance abuse treatment understand the co-occurrence of domestic violence and substance abuse (or misuse) and its well documented association with lethality rates and greater severity of injuries by people impacted by both public health risks. Learn about the basics of domestic violence including power and control, the perpetrator and behaviors, lethality factors and risks to safety and sobriety for victims and treatment agencies. Law enforcement will describe the laws around domestic violence, stalking and when to call the police.*
- Presenters: Molly Kaplan, High Risk Team Coordinator, Domestic Violence & Child Advocacy Center, Cleveland, Ohio  
 Tim Boehnlein, Advocate Supervisor, Public Safety & Justice Services Witness Victim Center, Cleveland, Ohio  
 Erin Becker, Cuyahoga County Probation Officer, Founder & Chair of Edna House, Cleveland, Ohio  
 Detective Mielnik, Cleveland Division of Police Domestic Violence Unit, Cleveland, Ohio
- C7. You're On your Way A WARM HAND OFF: Transitional Youth Housing Program**  
*Learn about the Peer Support Model of Recovery, which utilizes trained individuals who have lived experience of mental health and /or substance abuse disorder and have sustained recovery to offer emotional support to youth and young adults by sharing information on preparing for adulthood by teaching skills to maintain behavioral health, obtain/maintain employment, manage finances, initiate higher educational goals and develop social supports in the community resulting in the goal of obtaining permanent housing as defined by the individual.*
- Presenter: Donnamarie Randolph, Lead Peer Recovery Specialist, Life Exchange Center's Youth Transitional Housing Program, Cleveland, Ohio  
 Jody M. Bell, Transitional Youth Housing Program, Ohio Certified Peer Recovery Supporter/Consultant/Trainer Advocate/Group Facilitator, Life Exchange Center's Youth Transitional Housing Program, Cleveland, Ohio
- C8. Talk Time with Playwright Greg Vavos About How to be a Respectable Junkie**  
*Greg Vavos, the playwright of How to be a Respectable Junkie will share his experiences during a series of interviews he held with a Cleveland-area man living in recovery for 10 years and who works to help others get clean and stay sober. He will explain how their collaboration resulted in the raw, eloquent and deeply moving response to the heroin and opioid epidemic.*
- Presenter: Greg Vovos, Playwright and Director, Cleveland, Ohio

3:45 P.M. – 5:15 P.M.

**Workshops – Session C (continued):**

C9.

**Therapeutic Community Model in Prison-based Environment**

*The Therapeutic Community Model is a hierarchical structured phase and incentive based treatment program for both men and women. In the state of Ohio Therapeutic Communities are represented in six correctional facilities. The history of the Therapeutic Community model will be reviewed as a prison based treatment modality. In the review a brief scope of the Model will include specific groups, behavioral interventions and metrics that are used for behavioral modification with offenders.*

Presenter: Lisa Brickner, MS, LICDC, CompDrug, Inc., Columbus, Ohio

C10.

**Equine Assisted Psychotherapy: Harnessing the Power of Horses to Evoke Change**

*This presentation will explore how work with horses can be helpful for those with addiction and co-occurring diagnoses, as well as their family members. Addiction treatment programs across the country including Hazelden and several VA medical centers utilize Equine Assisted Psychotherapy (EAP). Attendees will learn the key components of EAP; understand the theoretical concepts and evidence base that makes EAP a brief and effective treatment and learn about local resources for accessing EAP in North East Ohio.*

Presenters: Christina Goddall, MSSA, LISW -S- Zenquestrian, LLC., Novelty, Ohio  
Melissa Hauserman, MBA-A, Leg Up with Horses, Chagrin Falls, Ohio  
Karen Cahill, MBA, Reining Hope, Olmsted Falls, Ohio  
Toni Lima, Green-Fisher Farms, Novelty, Ohio

C11.

**Assessing Grief and Loss in the Mental Health Community**

*Everyone grieves, but grief is not a one-size-fits-all experience. The grief needs in persons with an addiction or mental health concern often go untreated. Without healthy coping skills, an unresolved traumatic grief incident can trigger an addiction or relapse. Supporting the grief needs of clients with addictions can reduce the recidivism rate in inpatient and outpatient treatment facilities. This workshop will focus on defining grief and complicated/traumatic grief, including DSM-V criteria. Clinical interventions, tools for assessing grief needs in a person who is experiencing a mental health crisis or addiction, and supporting someone who lost a loved one to an accidental overdose will be discussed.*

Presenter: Julia Elifritt, LISW-S, Program and Education Director, Cornerstone of Hope Bereavement Center, Brecksville, Ohio

5:15 P.M. – 5:30 P.M.

**CEU/RCH Conference Evaluation & Certificates**

*Roads to Recovery '17*  
*Conference Registration Information*

**Registration Fee: \$100 -- includes breakfast, lunch, and afternoon snack.**

**Register at Eventbrite: <http://roadstorecovery17.eventbrite.com>**

**Register by: October 11, 2017!** Due to limited capacity, only 370 registrations will be accepted to the ADAMHS Board of Cuyahoga County *Roads to Recovery '17: Heading in the Right Direction to Attain Mental Health and Addiction Recovery!* on Monday, October 23, 2017. A separate registration must be completed for each person attending. The Board is using Eventbrite to manage ALL registrations. **When registering, payment must be made by credit card.** Organizations may register individuals with a purchase order and be invoiced.

*All conference participants must be registered and confirmed in advance through Eventbrite. An order confirmation and entrance ticket to the conference will be e-mailed through Eventbrite immediately after the registration process is complete. Walk-ups and cash payments will not be accepted.*

When you are registering on Eventbrite, **you will be required to SELECT ONE WORKSHOP that you wish to attend from EACH OF THE THREE SESSIONS.** You will automatically be registered for the Keynote and Plenary addresses. **If you are requesting CEUs or RCHs you must provide your license number during the registration process.**

If you are a person living with mental illness and/or addictions in Cuyahoga County, \$10.00 registrations may be available. Please contact Vicki Roemer, Conference Assistant, at 216-241-3400, ext. 809, or via e-mail at [roemer@adamhsc.org](mailto:roemer@adamhsc.org).

Any questions, please contact Tonya Birney, Conference Co-Director at 216-241-3400, ext. 813, or via e-mail at [birney@adamhsc.org](mailto:birney@adamhsc.org), or Scott Osiecki, Conference Co-Director, at ext. 814, or [osiecki@adamhsc.org](mailto:osiecki@adamhsc.org).



# ADAMHS

BOARD OF CUYAHOGA COUNTY  
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

## Roads to Recovery '17 Conference Specifics



Cleveland Airport Marriott Hotel  
4277 West 150<sup>th</sup> Street  
Cleveland, Ohio 44114  
1-800-228-9290  
216-252-5333

### *Hotel Amenities:*

The Marriott Cleveland Hopkins Airport hotel includes 372 guest rooms with stylish décor, upgraded bathrooms, refrigerators, 37-inch flat screen TVs and Marriott plug-in technology. The hotel also offers an indoor pool and 24-hour fitness center.

### *Hotel Reservations:*

Conference attendees must make their own hotel reservations by calling the Marriott Cleveland Hopkins Airport at **216-252-5333** or **1-800-228-9290**. When making your reservations, mention the ADAMHS Roads to Recovery Conference to get the **conference room rate of \$129 per night for single, double, triple or quad occupancy**. Rooms must be reserved by October 1, 2017, to receive the special room rate.

### *Transportation & FREE Parking:*

Attendees of the Roads to Recovery Conference should make their own travel arrangements. The hotel offers plenty of **FREE parking**. The hotel is about a 15 minute drive from Downtown Cleveland, and is near the RTA Red Line Rail West 150<sup>th</sup>/Puritas Station.

### *Meals:*

The Roads to Recovery Conference \$100 registration fee includes breakfast, lunch, and afternoon snack.

### *Client Scholarships:*

Your local ADAMHS Board or provider may be offering client scholarships for the conference registration fee and/or hotel. Please contact your local Board or provider directly.

### *CEUs:*

The Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board of Cuyahoga County's Training Institute is an approved provider through the Ohio Chemical Dependency Professionals Board and the Ohio Counselor, Social Worker, Marriage and Family Therapist Board offering Recognized Clock Hours (RCH) to Chemical Dependency Professionals, as well as Continuing Professional Education hours (CEUs) to Counselors and Social Workers, and has awarded 7.5 CEU/RCHs for this conference.

SOCIAL WORK & PROFESSIONAL COUNSELOR	RCS110677	7.5 CEUs
CHEMICAL DEPENDENCY COUNSELOR OR ASSISTANT & PREVENTION SPECIALIST OR CONSULTANT	50-17837	7.5 RCHs

**All attendees must attend the entire conference and complete an evaluation form for each session attended on the overall conference evaluation form to receive CEUs and/or RCHs.**

**No partial CEUs or RCHs will be provided.**

**Note: No registration refunds will be issued.**



2012 West 25<sup>th</sup> Street, 6<sup>th</sup> Floor  
Cleveland, Ohio 44113

(216) 241-3400 ♦ TDD/TTY (216) 241-3983

Web site: [www.adamhsc.org](http://www.adamhsc.org)

Eugenia Kirkland, LSW, MSSA, CDCA  
Board Chair

Valeria A. Harper, MA, CDCA  
Chief Executive Officer

*The ADAMHS Board of Cuyahoga County does not discriminate on the basis of race, color, religion, sex, national origin, ancestry, age, handicap, political affiliation and sexual orientation in its contracts, programs, activities or employment.*

# Register by: October 11, 2017



## Roads to Recovery '17:

*Heading in the Right  
Direction to Attain  
Mental Health &  
Addiction Recovery*

Cleveland, Ohio  
Cleveland Airport Marriott Hotel  
4277 West 150<sup>th</sup> Street  
Cleveland, Ohio 44114

*October 23, 2017  
Register Now!!*

Registration Fee: Only \$100