Roads to Recovery ’19:
Navigating Person-Centered Care...
Recovery, Resiliency and Beyond

Cleveland Airport Marriott Hotel West 150th
Cleveland, Ohio
Monday, October 21, 2019

Conference Registration Brochure

Register by: October 9, 2019

Rev. Benjamin F. Gohlstin, Sr.                                         Scott S. Osiecki
Board Chair                                           Chief Executive Officer

Celebrating 10 Years
2009-2019
ADAMHS
BOARD OF CUYAHOGA COUNTY
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES
October 21, 2019
Register Now!!

Check your maps and make your way to Roads to Recovery '19: Navigating Person-Centered Care...Recovery, Resiliency and Beyond. This conference will be held Monday, October 21, 2019, at the Cleveland Airport Marriott Hotel at West 150th Street and I-71, in Cleveland, Ohio.

Who Should Attend?
The Roads to Recovery '19: Navigating Person-Centered Care...Recovery, Resiliency and Beyond. agenda offers a variety of information and inspiration for everyone, especially as Ohio is in its transformation to a Recovery Oriented System of Care (ROSC):

- 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:

- Dakota L. King-White, Ph.D., LPC, LPSC is an Assistant Professor of Counseling and School Counseling Coordinator with Cleveland State University. She has published work on a variety of topics, including trauma and working with youth in schools. In 2018, she was named a Crain’s Cleveland Business Top Forty Under 40.

- Improbable Players is a theater prevention group new to Cleveland. The organization has been in Boston and New York for decades. Improbable Players uses theater performances and workshops to address addiction, alcoholism and the opioid epidemic. All of their programs are aligned to Health and Social Emotional Learning curriculum frameworks and all of the actors are in recovery. The troupe is led by Karen Snyder, the Ohio Regional Director of Improbable Players.

- 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.
### Conference Registration

### Marketplace & Exhibits

### Breakfast

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 A.M. – 8:45 A.M.</td>
<td><strong>Welcome, Program Introduction &amp; Comments</strong>&lt;br&gt;<strong>Presenter:</strong> Scott S. Osiecki&lt;br&gt;<strong>Chief Executive Officer, ADAMHS Board of Cuyahoga County</strong></td>
</tr>
<tr>
<td>8:30 A.M. – 9:00 A.M.</td>
<td><strong>Keynote Address:</strong>&lt;br&gt;<strong>Trauma-Informed Approaches to Strengthen Our Communities</strong>&lt;br&gt;In the U.S., millions of children and adolescents are impacted by traumatic experiences, and are often left without the tools necessary to cope with these experiences. Trauma can have a lasting impact on children, families and communities. If we want to strengthen our communities, we must address childhood trauma with effective strategies. This year’s keynote speaker will discuss trauma, its impact on our communities and trauma-informed approaches that can be used to strengthen our communities.&lt;br&gt;<strong>Presenter:</strong> Dakota L. King-White, Ph.D., LPC, LPSC&lt;br&gt;<strong>Assistant Professor of Counseling &amp; School Counseling Coordinator,</strong>&lt;br&gt;Cleveland State University</td>
</tr>
<tr>
<td>9:00 A.M. – 10:00 A.M.</td>
<td><strong>Workshops – Session A:</strong>&lt;br&gt;<strong>Special Institute Session Part I:</strong> (Participants must attend Part I and Part II)&lt;br&gt;<strong>Updated Recommendations on the Use of Buprenorphine for Opioid Use Disorder and Medical Marijuana</strong>&lt;br&gt;This workshop will cover the updated recommendations on the use of buprenorphine for the treatment of Opioid Use Disorder (OUD) and the rationale for removing the X-waiver in order to move OUD treatment into the mainstream of medical care. The presenter will also cover components of Ohio’s Medical Marijuana Program, the utility of medical marijuana for treating chronic pain syndromes, and potential impacts of medical marijuana on mental health status and substance use patterns. A list of recent resources published in the last five years regarding buprenorphine treatment of OUD will be made available.&lt;br&gt;<strong>Presenter:</strong> Christina M. Delos Reyes, MD, FASAM&lt;br&gt;<strong>Associate Professor, Department of Psychiatry,</strong>&lt;br&gt;University Hospitals of Cleveland</td>
</tr>
<tr>
<td>10:15 A.M. – 11:45 A.M.</td>
<td><strong>Special Institute Session Part I:</strong> (Participants must attend Part I and Part II)&lt;br&gt;<strong>“Trojan Horse” Attacks Youth: Big Tobacco Strikes Again</strong>&lt;br&gt;Nicotine is the world’s most addictive drug and tobacco is the deadliest substance. 40 million American are addicted to nicotine and more than 500,000 die annually from tobacco related disease. A review of existing research indicates that traditional tobacco use among youth has decreased in recent years. However, findings also reveal a substantial increase in the use of other nicotine delivery systems such as e-cigarettes, Juul, hookahs and flavored cigars, particularly among adolescents and young adults. These less expensive, unregulated products are rapidly becoming the replacement product of choice among youth users, particularly in high disparity areas. This presentation will discuss existing incidence rates, adolescent nicotine use as primary neurologic and behavioral gateway to other substance abuse/mental health issues and the susceptibility of youth to the tobacco industry’s marketing schemes.&lt;br&gt;<strong>Presenter:</strong> Wendy Hyde, M.Ed., CHES&lt;br&gt;<strong>Assistant Professor, Baldwin Wallace University</strong>&lt;br&gt;<strong>OH/MI Regional Director,</strong>&lt;br&gt;The Preventing Tobacco Addiction Foundation, Tobacco 21</td>
</tr>
</tbody>
</table>
Special Institute Session Part I: (Participants must attend Part I and Part II)

Eye Movement Desensitization and Reprocessing (EMDR)

Unprocessed trauma is cumulative and may affect many parts of the individual over their lifespan. It may cause strong mood swings, contribute to maladaptive coping strategies, disrupt relationships, strongly imprint on personality, or make life unmanageable. This presentation provides an overview of how traumatic stress, traumatic events, and developmental trauma disrupt functioning and how EMDR Therapy offers hope to clients by directly targeting and rapidly resolving wounding experiences. This workshop will cover the Adaptive Information Processing (AIP) model, which provides the conceptual foundation for EMDR Therapy. EMDR Therapy follows an eight-phase protocol, which will be reviewed to explore how EMDR Therapy is similar to and different from many other psychotherapies. Participants will be introduced to many of the resources that are taught to clients to help them gain over some of the worst aspects of intrusive trauma symptoms and help prepare them to better tolerate the distress that may come when working with traumatic memory content. Issues that complicate trauma reprocessing are explored and normalized, including developmental trauma, dissociation, substance use, rage episodes, severe mood episodes (including panic), self-harm and personality disorders. Post-traumatic growth and resilience are central concepts in EMDR Therapy and this presentation explores what comprehensive recovery looks like. Because any effective therapy should be sustainable in the long term, this presentation ends by focusing on therapist self-care in the context of working with profoundly unwell and severely traumatized clients.

Presenter: Thomas Zimmerman, MS.Ed., LPCC
Training Facilitator, Institute for Creative Mindfulness

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

Dialectical Behavior Therapy to Treat Substance Use Disorders “The Perfect Match”

Marsha Linehan is an example of person-centered care, recovery, resiliency and beyond after being hospitalized at the age of 17 for over two years. She went on to develop Dialectical Behavioral Therapy (DBT) to treat Borderline Personality Disorder, which she experienced. DBT has since been adapted to treat substance abuse, children with emotion dysregulation issues, and bulimia nervosa. This workshop will explore the use of DBT distress tolerance skills utilized to treat substance abuse.

Presenter: Samantha Mishne, LISW-S, LICDC-CS
Founder, Center for Behavioral Therapy

A5. Adverse Childhood Experiences (ACEs) in the Workplace

ACEs can have a lasting impact on a person’s health and long-term functioning. This workshop will introduce ACEs, examine the ways that ACEs can impact the workplace, and provide strategies to help adults with ACEs succeed and thrive.

Presenters: Natalie Kirk, JD, HCM
Senior Analyst, Ohio Department of Developmental Disabilities

A6. Stress Relief: Learn Tapping - An Emotional Freedom Technique

This workshop will address the high levels of vicarious trauma, compassion fatigue and burnout that service providers experience. Participants will walk away from this workshop with more than just theory. They will learn and practice evidence-based Emotional Freedom Technique/EFT (also called Tapping) that will instantly lower stress reactions in the body while, more importantly, rewheeling the brain to not be triggered in the first place. Clinical trials have shown that EFT is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress. This workshop will be highly experiential, and participants will apply EFT to their own circumstances in order to learn how to apply it to clients. Please be prepared to engage at this level to maximize the learning experience and personal benefit.

Presenter: Tijana Coso, MA, Certified EFT
Coso Coaching
**Workshops – Session A (continued):**

**A7.**  
A Person-Centered Approach to Suicide Assessment  
This workshop will review person-centered therapy by discussing elements and techniques of this approach. The presenter will discuss suicide assessment and how to conduct them from a person-centered perspective. Statistics associated with suicide assessment among professionals will be reviewed, and there will be discussion on why it is important to be competent in such assessment. How to document suicide assessment will also be covered as it is important to comply with legal and ethical responsibilities.  
Presenter: **Chloe Dean, MA**  
Business Development Representative, Highland Springs

**A8.**  
Faith Communities Positioned to Influence Recovery  
This workshop will address the practical application of recovery tools and resources to empower faith communities to meet the needs of those affected by substance use disorders. This workshop will include a historical review of faith communities meeting their community needs, themes of “otherness” associated with alcohol, drugs, and substance abuse, and barriers to implementation of recovery services specific to faith communities. The workshop ends with an activity on formulating a basic framework for recovery services within a faith community.  
Presenter: **Charissa Prunty, MPA, MDiv, DMin**  
Chaplin & Coordinator of Spiritual Care Services, Southwest General Hospital

**A9.**  
Mental Health Specialized Docket: Engaging Individuals in a Holistic Manner  
Creating a therapeutic environment for all participants, meeting the clients where they are emotionally and mentally while addressing legal issues, holding court docket in the community as opposed to the courtroom. Explore how the docket addressed the participants holistically (each participant is linked with a provider if not already established, the individualized treatment plan (ITP) of the participant is reviewed by the docket’s liaison). Reviewing the ITP allows the court treatment team to address any issues, concerns and fill in gaps of services/coverages (i.e. if housing is an issue, entitlements, substance use disorder treatment, birth certificate, identification, employment, pro social activities, etc.). The participants are introduced to art therapy, community gardening, National Alliance on Mental Illness, and other community supports/activities to assist with managing symptoms of mental illness.  
Presenters:  
- **Judge Emanuella Groves**  
Mental Health Specialized Docket, Cleveland Municipal Court  
- **Tara Hubrins- Lett, LISW**  
Independent Contractor, DBC LLC  
- **Marsha Mitchell-Blanks, MSW, LSW, CAOP**  
Program Director, NAMI Greater Cleveland  
- **Michelle Murphy, LPCC-S, LICDC-CS**  
Advanced Internship Supervisor, Moore Counseling and Mediation Services, Inc.

**A10.**  
Trauma Informed Approaches to Support Youth in our Community  
When youth are exposed to traumatic events, they can be impacted academically, socially and emotionally. They may struggle with anxiety and depression and have difficulty focusing. While there has been research done pertaining to the impact of trauma on youth, more resources and evidence-based strategies must be utilized within communities to help address the mental health needs that come along with youth who have been exposed to traumatic events. This interactive workshop will provide participants with 1) recent statistics on the impact of trauma on youth in our communities 2) information on behaviors and other symptoms related to trauma on youth and 3) evidence-based approaches to support youth who have been impacted by trauma.  
Presenter: **Dakota L. King-White, Ph.D., LPC, LPSC**  
Assistant Professor of Counseling & School Counseling Coordinator, Cleveland State University
### Developing a Heart for Change

This workshop presents the eight steps of change developed by Dr. John Kotter, which is the framework for the faith-based “Developing a Heart for Change” program. This eight-week program follows an eight-step process of change. The first four steps help to increase the motivation to change. While steps five to seven introduce new practices. Step eight serves to ground changes made.

**Presenter:** Reverend Karell T. McDaniel, LICDC-CS  
Executive Director/Senior Chaplin, Life Recovery Ministries

---

### Workshops – Session A (continued):

#### 12:00 P.M. – 12:45 P.M.

**Plenary Session:**

Performance by the Improbable Players

Improbable Players, a theater prevention group new to Cleveland, will perform “Stages,” a high-energy sketch satirizing misconceptions and consequences of substance use disorders. Improbable Players uses theater performances and workshops to address addiction, alcoholism and the opioid epidemic. All of their programs are aligned to Health and Social Emotional Learning curriculum frameworks and all of the actors are in recovery. A Q&A session will follow the performance.

---

### Workshops - Session B:

#### 1:45 P.M. – 3:15 P.M.

**Special Institute Session Part II:** (Participants must attend Part I and Part II)  
Updated Recommendation on the Use of Buprenorphine for Opioid Use Disorder and Medical Marijuana

**Part II: See description from Session I.**

**Presenter:** Christina M. Delos Reyes, MD, FASAM  
Associate Professor, Department of Psychiatry, University Hospitals of Cleveland

**Special Institute Session Part II:** (Participants must attend Part I and Part II)  
“Trojan Horse” Attacks Youth: Big Tobacco Strikes Again

**Part II: See description from Session I.**

**Presenter:** Wendy Hyde, M.Ed., CHES  
Assistant Professor, Baldwin Wallace University  
OH/MI Regional Director, The Preventing Tobacco Addiction Foundation, Tobacco 21

**Special Institute Session Part II:** (Participants must attend Part I and Part II)  
Eye Movement Desensitization and Reprocessing (EMDR)

**Part II: See description from Session I.**

**Presenter:** Thomas Zimmerman, MS.Ed., LPCC  
Training Facilitator, Institute for Creative Mindfulness

**Special Institute Session Part II:** (Participants must attend Part I and Part II)  
Dialectical Behavior Therapy to Treat Substance Use Disorders “The Perfect Match”

**Part II: See description from Session I.**

**Presenter:** Samantha Mishne, LISW-S, LICDC-CS  
Founder, Center for Behavioral Therapy

---

### Cultural Humility – Bridging the Gap to Serve Our Clients More Effectively

Most professional organizations have a Code of Ethics which mandates that practitioners are competent with regards to cultural diversity. This applies to practitioners in every population, mental health, children and chemical dependency, just to name a few. Most are working with ever increasingly diverse people, both clients and colleagues. This course sets participants on the path to engage in the continual exploration of knowledge, skills and values that will help assume quality of care for persons of all cultures. This program will explore using person-centered care to build a culturally competent practice in the clinical setting.

**Presenter:** Julia Ellifritt, LISW-S  
Education Director, Cornerstone of Hope Bereavement Center
<table>
<thead>
<tr>
<th>1:45 P.M. – 3:15 P.M.</th>
<th>Workshops – Session B (continued):</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>B6.</strong> Understanding Compassion Fatigue and Addressing it Through Resiliency</td>
<td>People who work to help others every day often face challenges like high work demands and exposure to clients’ traumatic experiences. This can result in elevated stress, including compassion fatigue, burnout and vicarious trauma. In this workshop, helping professionals will learn about the different types of work-related stress, situations and behaviors that contribute to stress, and symptoms of stress within themselves. This experiential workshop will guide participants through several self-care techniques that reflect the Office for Victims of Crime’s Five Core Elements of Resiliency.</td>
</tr>
<tr>
<td>Presenter: Kimberly Kiley, MA, Research and Evaluation Specialist Trauma Services, FrontLine Service</td>
<td></td>
</tr>
<tr>
<td><strong>B7.</strong> Stress, Mental Health and the Families First Program</td>
<td>The mission was clear: form a coalition, partnering with Judges and Magistrates, to shine a light on the issues of mental illness and drug addiction in the family and the effects of these disorders on children. These issues affect 25 percent of the general population, but due to the stigma associated with these diseases, there are many individuals who suffer alone for fear of being ostracized by their communities and others. One effort to combat this issue is the Cuyahoga County Families First Program. This is a collaborative effort between the Cuyahoga County Domestic Relations Court, the (ADAMHS Board of Cuyahoga County and other community partners. The goal is to bridge the gap for families struggling with substance abuse and/or mental health issues by connecting them with treatment services in our communities. It is a voluntary intervention program designed to support parents who are experiencing behavioral health issues that may impact their ability to co-parent. It is the first program of its type in the state. Typically, intervention programs of this sort are reserved for individuals with criminal cases pending.</td>
</tr>
<tr>
<td>Presenters: Judge Tonya Jones Court of Common Pleas, Division of Domestic Relations Magistrate Judy Jackson-Winston, LISW-S Post Decree Magistrate for the Honorable Tonya Jones</td>
<td></td>
</tr>
<tr>
<td><strong>B8.</strong> Peer Recovery Support in Unique Situations</td>
<td>This workshop will incorporate a combination of a panel discussion and presentation to outline how peer recovery support can be effective in unique locations. Panel presenters will include peer supporters who provide peer support virtually, in emergency departments, within a community setting and within other institutional settings. There will be a presentation on supervision of peer recovery supporters and how to incorporate continuing education for peer recovery supporters.</td>
</tr>
<tr>
<td>Presenters: Jody Morgan Director of Special Projects, Thrive Peer Support Brian Bailys Chief Executive Officer &amp; Chief Financial Officer, Thrive Peer Support</td>
<td></td>
</tr>
<tr>
<td><strong>B9.</strong> Human Trafficking: What You Need to Know</td>
<td>This workshop will focus on the different types of missing persons, the profiles and vulnerability factors of victims, recruitment and grooming tactics used by traffickers of both sexual trafficking and labor trafficking, and the terminology and rules associated with trafficking. The presenter will also provide tips on how to identify and interact with victims. Relevant legislative changes in Ohio and the nation will be discussed.</td>
</tr>
<tr>
<td>Presenter: Tanisha L. Knighton, Ph.D. Trainer, Knighton Consulting Group</td>
<td></td>
</tr>
<tr>
<td><strong>B10.</strong> Eliminating Automatic Negative Thoughts (ANTS)</td>
<td>ANTS are those “Automatic Negative Thoughts” that bug your mind and hinder your relationships with your clients, family and others. After this workshop, you will be able to identify the nine types of negative thoughts which infiltrate our minds and the minds of the vulnerable adults you work with. Participants will explore practical and creative methods of exterminating these ANTS to have healthier, happier relationships.</td>
</tr>
<tr>
<td>Presenter: John Ward, LCDC III, CTS Chief Executive Officer, Ward Consulting and Training Services</td>
<td></td>
</tr>
</tbody>
</table>
B11. Gambling and Gaming Among Youth and Young Adults

In 2015, the scope of prevention professionals through the Ohio Chemical Dependency Board was broadened to include behavioral health and gambling prevention. This workshop will explore the implications of this change and how prevention professionals can prepare to further integrate behavioral health and gambling into their initiatives.

Presenter: Ashley Yee, M.Ed, CHES, OCPA
Health Promotion and Prevention Specialist, Recovery Resources

3:15 P.M. – 3:30 P.M. Refreshment Break

3:30 P.M. – 5:15 P.M. Workshops - Session C:

C1. Wraparound Recovery: What’s Working

This workshop will highlight Rosary Hall’s person-centered wraparound services and overall approach to recovery. Data and implementation information for each wraparound service will be shared. The unique wraparound services that will be highlighted are free civil legal services, on-demand transportation, and walk-in hours for individuals seeking chemical dependency assessments and inpatient detoxification. Workshop participants will be able to walk away prepared to replicate these services that may be of value to their particular person-centered approach.

Presenters:
Desiree Darton, LISW
Lead Intensive Outpatient Coordinator,
St. Vincent Charity Medical Center’s Rosary Hall
Jennifer Kinsley, Esq.
Attorney, Legal Aid Society of Cleveland

C2. Resolving Workplace Issues

Certified peer recovery supporters come from various backgrounds, professions, and experiences. Peer support itself is a grassroots movement and, although this profession is growing exponentially, not everyone in the behavioral health field has a clear understanding of peer support. This workshop will offer strategies to help alleviate and resolve common issues encountered by peer recovery supporters. Communication techniques, employment conflict and resolution techniques will all be discussed. This workshop will be interactive, and attendees will be asked to participate in peer support role playing examples.

Presenter: Chann N. Payton
Ohio Certified Peer Recovery Supporter

C3. Working with African American Males: Treating Aggression, Trauma and Apathy

This workshop for social workers will raise awareness of the possibility of misdiagnosis and treatment referrals because of a lack of cultural inclusion surrounding African American males who exhibit aggression and apathy. Viewing apathy as a defense mechanism encourages social workers to strengthen their assessments and challenge diagnosis. It allows for a deeper understanding of how trauma experiences can manifest into aggression and apathy based on cultural norms and environmental factors that have not been evaluated within the DSM 5. Through cultural competence and inclusion of cultural differences, social workers can develop changes in the field of mental health and social services. Social workers can promote equity in educational programming and support, court referrals for treatment that lead to a decrease in confinement, and more effective assessments and treatment interventions that have a direct impact on individuals, families and communities.

Presenter: LaToya Logan, LISW-S, CCTP
Owner, Logan Clinical Consultations, LLC

C4. Art Therapy: Fostering Cultural Awareness and Moving Towards Cultural Competency

Art therapy fosters cultural awareness with clients and in the supervisory relationship. This workshop will cover the evidence backing the need for creative arts in trauma treatment and ways to incorporate these interventions into treatment plans and supervisory relationships. Participants will also learn ways creative arts interventions build resiliency.

Presenter: Misty Ramos, ATR, LPCC-S, EMDR, ACTP
Educator, Art Therapist and Counselor, P.A.L.S. for Healing
Learn to Use the Drughelp.care App
This workshop covers how to use the drughelp.care app to search for available substance abuse treatment for your client that matches your client’s needs and characteristics. The website was developed by a team of researchers at Cleveland State University, and is available for free to anyone who is looking for a substance abuse treatment facility. This workshop will cover some of the challenges that drughelp.care aims to address – long wait times to secure treatment, or the next stage of treatment for individual seeking substance abuse treatment; treatment providers, clients, and their family members often call countless treatment providers in search of treatment that matches their needs; significant amount of agency resources goes toward calling around to secure next stage of treatment.

Presenters: Patricia Stoddard-Dare, Ph.D.
Professor, School of Social Work & Director of the Women’s and Gender Studies Program, Cleveland State University

Miyuki Fukushima Tedor, Ph.D.
Associate Professor, Department of Criminology, Anthropology and Sociology, Cleveland State University

Supporting the Recovering Workforce
This workshop will provide information on basic Alcoholics Anonymous (AA) concepts. Participants will be challenged to explore their organization’s work culture and consider new ways to encourage a recovery-supportive environment.

Presenters: Samantha Reid, LPCC-S, LCDCII
Counselor, Hope Behavioral Health, LLC

Self-Care for Families Struggling with Opiate Use Disorder
Addiction is a family disease. Many families experience it. This training will give family members whose loved ones are struggling with an Opiate Use Disorder (OUD) the tools necessary to confront the illness while setting appropriate boundaries.

Presenter: Anita Bradley, MSW, LSW, LICDC-CS
Founder/Executive Director, Northern Ohio Recovery Association

HIV Isn’t Like It Used to Be: PrEP 101
PrEP 101 is a conversation about what human immunodeficiency virus (HIV) is, how it is contracted and how to prevent it. Truvada is a medication used for Pre-exposure Prophylaxis (or PrEP). In this workshop, providers, counselors and community members will learn about how Truvada works, where someone can get it and how to refer someone who is at risk of contracting HIV. This workshop will also cover the correlation between addiction and sexual risk practices.

Presenter: Akeem Rollins
PrEP Navigator, The MetroHealth System

Beyond Trauma Informed Care with At-Risk Youth: Healing Individual and Collective Trauma
This workshop will explore the many layers of trauma that impact at-risk youth. Research shows that 90% of youth in detention have experienced at least one trauma, 84% experienced more than one trauma, and over 55% reported being exposed to trauma six or more times. It’s imperative that we not only look at the individualized trauma needs for these young people, but also how systemic patterns of marginalization, racism, poverty and other forms of oppression impact them on a collective level. This workshop will cover engaging and collaborative approaches that are being utilized to facilitate healing in our local community and detention homes today, such as juvenile justice jeopardy, storytelling, drumming and yoga. This workshop will include personal narratives, research, clinical cases, creative arts and participatory embodied exercises. Utilizing these integrated approaches to healing keeps us away from “victim-blaming” and encourages us to see the entire context from which the youth comes from and lives within. Through this holistic lens, we engage in transformational practices that address the root causes of trauma in our at-risk youth today rather than just its manifestations. By promoting healing of trauma on both the individual and collective levels we can promote true social change and justice.

Presenter: Lynn Williams, Ph.D.
Psychologist, Ohio Department of Youth Services
**Roads to Recovery ’19**

**Conference Registration Information**

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

Register at Eventbrite: https://roadstorecovery19.eventbrite.com

Register by: October 9, 2019! Due to limited capacity, only 370 registrations will be accepted to the ADAMHS Board of Cuyahoga County Roads to Recovery ’19: Navigating Person-Centered Care...

Recovery, Resiliency and Beyond on Monday, October 21, 2019. 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 full 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 Madison Scagnetti, External Affairs Officer, at 216-241-3400, ext. 861, or via e-mail at scagnetti@adamhsc.org.

Any questions, please contact Beth Zietlow-DeJesus, Director of External Affairs, at 216-241-3400 ext. 812, or via email at dejesus@adamhsc.org.

---

<table>
<thead>
<tr>
<th>3:30 P.M. – 5:15 P.M.</th>
<th><strong>Workshops – Session C (continued):</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>C10.</td>
<td><strong>LGBT 101: Cultural Competency</strong></td>
</tr>
<tr>
<td></td>
<td><em>This workshop will provide a fundamental understanding of the Lesbian Gay Bisexual Transgender community. Part of this understanding is also raising awareness of the issues that affect those that identify as part of the larger LGBT community. This awareness should translate into increasing sensitivity and efficacy in working with a vulnerable population. Workshop participants will leave with increased knowledge, awareness and resources.</em></td>
</tr>
<tr>
<td></td>
<td>Presenter: <strong>John Licatatiso</strong></td>
</tr>
<tr>
<td></td>
<td>Training Coordinator,</td>
</tr>
<tr>
<td></td>
<td>Lesbian Gay Bisexual Transgender Community Center of Greater Cleveland</td>
</tr>
</tbody>
</table>

| C11.                 | **Fair Housing Laws: Overview for Recovery Housing Providers** |
|                      | *This workshop will educate social workers, service providers and advocates on how best to serve their clients when fair housing issues come up. Participants will become more knowledgeable about how to write a reasonable accommodation/modification letter on their client’s behalf. This workshop will also cover how to recognize domestic violence and how to help clients get housing despite the domestic violence they have experienced, which can be a barrier to housing.* |
|                      | Presenter: **Darlene English**, Director of Education & Outreach |
|                      | Fair Housing Center for Rights & Research |

| 5:15 P.M. – 6:00 P.M. | **CEU/RCH Conference Evaluation & Certificates** |

---
Roads to Recovery ’19 Conference Specifics

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. Rooms must be reserved by September 27 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 150th/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.

<table>
<thead>
<tr>
<th>SOCIAL WORK &amp; PROFESSIONAL COUNSELOR</th>
<th>RCS110677</th>
<th>7.5 CEUs</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEMICAL DEPENDENCY COUNSELOR OR ASSISTANT &amp; PREVENTION SPECIALIST OR CONSULTANT</td>
<td>50-17837</td>
<td>7.5 RCHs</td>
</tr>
</tbody>
</table>

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.
Register Now!!

Roads to Recovery ’19:
Navigating Person-Centered Care...
Recovery, Resiliency and Beyond

Cleveland, Ohio
Cleveland Airport Marriott Hotel
4277 West 150th Street
Cleveland, Ohio  44114

October 21, 2019
Register Now!!

Registration Fee: Only $100