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**Third Annual  
Community Collaboration Conference**

**Friday September 27, 2013  
9am—4pm**

**American Family Training Center  
Building A  
6000 American Family Parkway  
Madison, WI**



*Hosted by Community Partnerships, Inc.*

*A nonprofit organization supporting individuals with mental health needs to be successful in their homes, schools, and communities. Find out more about our programs at [www.community-partnerships.org](http://www.community-partnerships.org).*

# The Game of LIFE: The Addictions Edition

American Family Training Center  
September 27, 2012  
9am— 4pm



**A Conference on Community Collaboration:** The effects of addictions run across lifespan, social status and community. This full day training will explore current trends that youth, adults, and families face when addictions are present; as well as break out sessions covering multiple types of intervention and treatment approaches.

## Schedule

8:15—9:00am	Registration	12:30—1:30pm	Keynote by Thomas Ritchie
9:00—9:15am	Welcome	1:30—1:45pm	Break
9:15—10:15am	Keynote by Dr. Thomas Wright	1:45—2:45pm	Workshops (D, E, F, or G)
10:15—10:30am	Break	2:45—3:00pm	Break
10:30—11:30am	Workshops (A, B, or C)	3:00—4:00pm	Workshops (H, I, or J)
11:30—12:30pm	Lunch (provided)		

### **AM Keynote:** Dr. Thomas Wright, MD, Addictionologist

#### **Chief Medical Officer/Senior Vice President of Medical Affairs**

#### **Title: Substance Abuse Treatment in Adolescents: A Developmental Approach**

Substance abuse and dependence is a disease that affects individuals from 10 years old to 100 years old. The treatment involves an integrated BioPsychoSocialSpiritual approach. How this approach is practiced over this diverse age range is dependent on the developmental stage of the patient. This presentation will discuss and explore a developmental approach to substance abuse treatment based on conventional developmental theory and evidence based best practices.

Dr. Wright oversees all medical operations for Rosecrance located in Rockford, IL. He specializes in working with adolescents who have a co-existing or secondary diagnosis in addition to an addiction disorder. He has more than 20 years of experience in the field. Dr. Wright is certified as a child and adolescent psychiatrist by the American Board of Psychiatry and Neurology as well as Addiction Medicine by the American Society of Addiction Medicine. He served on the faculty at Northwestern Medical College in Chicago and at The University of Illinois College of Medicine in Chicago and Rockford. Dr. Wright is a regular conference presenter and has been recognized as a medical educator and leader in the field of Child and Adolescent Psychiatry. He joined Rosecrance in 2005.

### **PM Keynote:** Thomas Ritchie, CSAC, CSW, ICS

#### **Libertas Clinical Supervisor**

#### **Title: The Levels of Care with Addiction**

This presentation will focus on accessing the appropriate level of substance abuse treatment for adolescents and will include a description of the ASAM levels of care. Mr. Ritchie will discuss referrals to appropriate resources, and difficulties often encountered in accessing services. Additional topics covered will include the current state of substance treatment services; evidence based treatment and therapeutic goals; client and family engagement in treatment; and developing therapeutic alliances.

Thomas A Ritchie is currently employed as the Clinical Supervisor for Libertas Treatment Programs in Green Bay, WI. Libertas treatment programs provide inpatient and outpatient substance abuse treatment for adolescents, and outpatient substance abuse treatment for adults. He has been employed with Libertas since 1997 and has been working in the addictions field since 1982. His special achievements include being a Clinical Substance Abuse Counselor, Independent Clinical Supervisor, and Certified Social Worker. He served on the Wisconsin Alcoholism and Drug Counselor Certification Board Peer Review Board from 1993—2003.

# WORKSHOPS

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## **Breakout 1 Workshops**

### **A. Female Trauma Survivors and Opiate Use Disorder: Understanding Personal Paradigms**

*Skye Tikkanen, MS, CSAC, LPC-IT*

Participants will learn the basic concepts of paradigm theory and how to relate this to the individual. These personal paradigms will be used to explain the link between substance abuse and trauma along with strategies for intervention. A client will share how this understanding helped her begin to heal from past trauma.

### **B. Sex Addiction 101**

*Shari Cohn, MSSW, LCSW, CSAT*

Sex Addiction 101 will introduce the participant to criteria for assessment and diagnosis of sex addiction, screening tools, components of treatment for sexual addiction, issues and treatment for spouses/partners and families of sex addicts.

### **C. An Introduction to Eating Disorders**

*Sarah Hessenauer, MSW, LCSW, PhD*

This session will provide an introduction to different types of eating disorders, identify warning signs, and provide an overview of medical complications. The presentation will also provide information on treatment options.

## **Breakout 2 Workshops**

### **D. Street Gangs and Drugs**

*Aaron G. Perry & Lester Moore*

Gangs are prevalent in our community and in our schools. Gangs are increasingly responsible for the crime and violence that impacts the perception of safety in our neighborhoods. This training will explore the complexity of gang activity and the factors influencing its relationship to drug addiction.

### **E. Multidimensional Family Therapy (MDFT)—An Introduction to the Model**

*Cynthia Green, MSW, CSAC, ICS*

This presentation will be a brief description of the evidence-based practice of Multi-Dimensional Family Therapy (MDFT). MDFT is a family-based treatment system for adolescent substance use, delinquency, and related behavioral and emotional problems. Therapists work simultaneously in four interdependent domains: the adolescent, parent, family, and extra-familial. Once a therapeutic alliance is established and youth and parent motivation is enhanced, the MDFT therapist focuses on facilitating behavioral and interactional change.

### **F. Understanding Addiction From The Inside Out**

*Dr. Steve Stein, PhD*

This breakout session will facilitate understanding of addiction and its effects on the person and the family. Focusing on recent developments in neuroscience, this workshop will explore the etiology, assessment, risk factors, and treatment of addiction.

### **G. The Mind/Brain System and Mindfulness: Clinical Tools for Addiction**

*Victoria Goodman-Strenski LCSW CSAC*

This presentation will provide explanations and direct experience of what Mindfulness Meditative strategies are and are not. The session will have a brief exploration of how mindfulness is being used in the field of addiction and why, when combined with CBT, it is made for supporting brain/mind health.



## WORKSHOPS CONT.



### **Breakout 3 Workshops**

#### **H: Relapse Prevention in Addictions Treatment**

*Rebecca Lehnen, LCSW, CSAC*

The typical struggle for most people with addictions lies not in arresting their substance use, but in maintaining abstinence for a sustained period. The main goals of relapse prevention in addictions treatment are exploring relapse warning signs and developing skills for reducing or preventing its occurrence. In this workshop, participants will briefly explore the brain chemistry that perpetuates the cycle of addiction as well as common relapse warning signs. The session will then explore evidence based treatment interventions that are used for relapse prevention planning in addictions treatment settings, including cognitive behavioral and mindfulness techniques.

#### **I. Treating Opioid Dependency in Dane County**

*James Benkard, CSAC*

This presentation will provide an overview of medication-assisted treatment, present courses of action to pursue when working with someone with an opioid dependency, and offer a forum to discuss how the implementation of the Affordable Care Act will affect the market for services to address a chemical dependency.

#### **J. DBT as a Treatment Option for Addictive Behaviors**

*Jenn Ebbott, LCSW*

This session will provide an introduction and overview of Dialectical Behavior Therapy (DBT) and will also describe essential elements that provide the framework for a comprehensive DBT program. The session will also describe how DBT is an effective treatment option for addressing addictive behaviors.

Thank you to American Family for their generous contribution of space for this annual conference.





# Breakout Presenters



**Skye Tikkanen**, MS, CSAC, LPC-IT, specializes in working with teens and those suffering from opiate dependence at Connections Counseling. She believes that people change from their strengths and resiliencies not their weaknesses. Skye encourages family involvement in the treatment process and connections to sober peers as the keys to recovery. She facilitates the mentor program and is a tireless advocate for overdose prevention. Skye is passionate about recovery and believes living life sober is living life to the fullest.

**Shari Cohn**, MSSW, LCSW, CSAT, is a Certified Sex Addiction Therapist (CSAT) certified by the International Institute of Trauma and Addiction Professionals (IITAP) and has been providing psychotherapy and sex therapy services in the Madison area for over twenty years.

**Sarah Hessenauer** MSW, LCSW, PhD, is an assistant professor at the University of Wisconsin-Whitewater. Sarah received her PhD in Social Work from Loyola University and her MSW from the University of Wisconsin-Milwaukee. Sarah is a Licensed Clinical Social Worker who has experience working in the field of eating disorders.

**Aaron G. Perry** is a former Police Officer who is currently employed fulltime with the Gang Response Intervention Team (GRIT), a unit of the Dane County Human Services Neighborhood Intervention Program. Mr. Perry also works part-time as a Supervisor with Rock County Detention Center in Janesville and has worked extensively with Juvenile Corrections in Iowa and Illinois. Previous experience also includes working as an AODA Counselor in Madison. Mr. Perry is the current host of the Tuesday 8'oclock Buzz on WORT 89.9 FM. He is the author of "Through The Storm" which is a story about his achievement with becoming the world's 1<sup>st</sup> African American Diabetic to complete the Ironman Triathlon.

**Lester Moore** Officer Lester Moore has served in Law Enforcement for seventeen years and has worked as a beat officer and neighborhood officer in one of the most challenged areas in the City of Madison. He is currently assigned as a Gang Officer for the City of Madison Police Department and is certified by the National Gang Crime Research Center as a specialist in advanced gang identification and gang investigations. Officer Moore has worked on several federal and state prosecutions of gang members and has been called upon to give expert testimony in state and federal court cases involving identification of gang tattoos, lingo, graffiti and hand signs.

**Cynthia Green**, MSW, CSAC, ICS, is the Manager of the University of Wisconsin Hospital and Clinics, Adolescent Alcohol and Drug Assessment and Intervention Program (UWHC-AADAIP) in Madison. She has worked with adolescents and their families for many years and is energized by overseeing the implementation of Multi-Dimensional Family Therapy at the UWHC-AADAIP clinic. Cynthia is a certified MDFT trainer. She completed her Masters in Social Work at the University of Wisconsin with a certificate in Family Therapy.

**Dr. Steve Stein**, PhD, is the co-founder and clinical supervisor of NorthStar Day Treatment for Adolescents, which has successfully treated troubled teens and their families for the past 23 years in Dane County. He is also a licensed psychologist who has practiced in the Madison area for the past 40 years. He has worked with a wide range of psychological, psychiatric and addiction disorders utilizing an eclectic approach. He proudly accepted an appointment as an Assistant Professor in Psychology for Upper Iowa University, dedicated to providing a quality non-profit higher education to nontraditional students in Madison and other centers worldwide. His present research interest is developing and enhancing mental health delivery systems in Nicaragua. In Madison he is also engaged in developing undergraduate internship experiences that serve the student and community.

**Victoria Goodman-Strenski**, LCSW CSAC, has worked as a mental health and addictions specialist for close to 25 years. Vicki worked for 20 years in community mental health and has worked with people who suffer from trauma, anxiety, depression, addiction and co-occurring disorders. Vicki currently works for the UW Hospital in the Center for Addictive Disorders.

**Rebecca Lehnen**, LCSW, CSAC, completed a master's degree in social work at the University of Wisconsin-Madison. Rebecca has worked in the addictions treatment field for over eight years. In 2010, she was recognized as Distinguished Social Worker for inspiring community action by the local chapter of the National Association of Social Workers. Rebecca is currently employed at UW Health Behavioral Health and Recovery, where her clinical responsibilities include providing counseling services in Spanish and facilitating the Mindfulness Based Recovery group. In addition, as a Behavioral Health and Recovery's Utilization Management Specialist, she manages access to AODA treatment services and makes authorization decisions for Unity Health Insurance.

**James Benkard**, CSAC, is an AODA counselor at Madison Health Services, a medication-assisted treatment program in Madison. He is a graduate student in Social Work at UW-Madison. MHS employs eleven counselors, a medical director, nursing staff, and managers to deliver individual and group counseling to supplement clients' doses of Methadone, Suboxone, or Subutex.

**Jenn Ebbott**, LCSW, has an MSW and a BSW from UW-Madison and is currently employed at Open Door Center for Change in Madison. She is a therapist with more than 15 years experience working with youth of all ages and their families. Jennifer has worked in both inpatient and outpatient mental health settings and brings a wide variety of training and experience to the field including trauma-informed care and the effects of domestic violence on children.

## REGISTRATION

### The Game of LIFE: The Addictions Edition

#### Registration Fees:

\$60/person by Sept 19, 2013

\$75/person after Sept 19 or day of

\$15/person Student Rate

All Registration Fees Include Lunch

\*\*CEU's will be made available for all attendees.\*\*



#### To Register: Return this form and payment to:

**Community Partnerships, Inc.**

**ATTN: Karen Bittner**

**1334 Dewey Court**

**Madison, WI 53703**

For more information contact Karen at  
(608) 250-6634, ext. 126 or karen.bittner@commpart.org

### Workshop Options

*Please select your preferred sessions:*

\_\_\_\_\_ Breakout 1 (Select A, B, or C) 10:30-11:30AM

\_\_\_\_\_ Breakout 2 (Select D, E, F, or G) 1:45-2:45PM

\_\_\_\_\_ Breakout 3 (Select H, I, or J) 3:00-4:00PM

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

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Phone: \_\_\_\_\_

Email: \_\_\_\_\_

#### Method of Payment:

Check/Cash

\$ \_\_\_\_\_ Amount enclosed

(Payable to: Community Partnerships, Inc.)

Credit Card/Pay Pal (preferred option for credit card)

Go to link: <http://www.commpart.org/get-involved/donate-now/>

\$ \_\_\_\_\_ Amount paid

**\*\*BE SURE TO SEND IN FORM TO COMPLETE REGISTRATION\*\***

Credit Card

\$ \_\_\_\_\_ Amount enclosed

Visa                      Mastercard

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Name on Card

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Email Address to Send Confirmation To



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