

15th Annual Substance Abuse Conference
CREATING HEALTHY FAMILIES AND COMMUNITIES
January 29-31, 2003
Southern Hills Marriott Hotel
Tulsa

FEATURED SPEAKERS

Stephanie Covington, Ph.D., LCSW. Dr. Stephanie Covington is a clinician, author, organizational consultant, and lecturer. Based in La Jolla, CA, she is co-director of both the Institute for Relational Development and the Center for Gender and Justice. Recognized for her pioneering work in the area of women's issues, she specializes in the development and implementation of gender-responsive services. She has conducted seminars worldwide on addiction, sexuality, families, and relationships for health professionals, business and community organizations, and recovery groups. Her work as a consultant to the Betty Ford Treatment Center included the creation of a progressive and innovative program for women. She has also served as a consultant to the Center for Substance Abuse Treatment in Washington, D.C. and to the North Carolina Department of Mental Health. She currently serves as the lead consultant for the National Institute of Corrections research project, "Gender-Responsive Strategies: Research, Practice, and Guiding Principles for Women Offenders."

Educated at Columbia University and the Union Institute, Dr. Covington has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology. She is a board-certified Diplomate of the National Association of Social Workers, the American Board of Sexology, and the American Board of Medical Psychotherapists.

Dr. Covington will lead the January 29 treatment institute entitled *Helping Women Recover: Creating Gender-Responsive Services*. The session will offer a comprehensive treatment model that integrates theories of addiction, women's psychological development, and trauma. In addition, Dr. Covington will present the Substance Abuse Conference's keynote address, *Families Living in the Age of Compulsivity*, and lead three workshop sessions.

H. Westley Clark, M.D., J.D., M.P.H., CAS, FASAM. As director of the Center for Substance Abuse Treatment at SAMHSA, Dr. H. Westley Clark leads the agency's efforts to provide effective and accessible treatment to all Americans with addictive disorders. He was the former chief of the Associated Substance Abuse Programs at San Francisco's Department of Veterans Affairs Medical Center. In addition, he was a consultant to the Robert Wood Johnson Substance Abuse Policy Program and a co-investigator on a number of National Institute on Drug Abuse-funded research grants in conjunction with the University of California at San Francisco. He is currently on leave of absence as an associate professor of psychiatry in the UCSF Department of Psychiatry. Dr. Clark's areas of expertise include substance abuse treatment, methadone maintenance, pain management, dual diagnosis, psychopharmacology, anger management, and medical and legal issues. He is a noted author with many published works in the field of substance abuse.

Dr. Clark received the Vernelle Fox Award from the California Society of Addiction Medicine in 2000 for excellence in addiction medicine, education, and public service. He also was honored with the 1999 Solomon Carter Fuller Award from the American Psychiatric Association, among many other honors. He received his medical degree from the University of Michigan and his law degree from Harvard University Law School. He is board certified by the American Board of Psychiatry and Neurology in Psychiatry.

Dr. Clark will present a special plenary address to open the conference.

Don L. Coyhis. A member of the Mohican Nation from the Stockbridge-Munsee Reservation in Wisconsin, Don L. Coyhis draws on his upbringing on the reservation and 15 years of experience in corporate America to bring a unique perspective on community development issues. In 1988, he founded White Bison, Inc., a non-profit corporation dedicated to the development of the Native American community.

As a corporate trainer, Mr. Coyhis has designed, developed, and taught a variety of programs on leadership, diversity, and organizational change. His clients have included AT&T, Lucent Technologies, the U.S. Forest Service, the Bureau of Land Management, and key agencies of the federal government. He has authored or produced a variety of print materials and video training programs on wellness and addiction recovery.

His community change initiatives are based on the teaching of the Medicine Wheel and a system of principles, laws, and values that were entrusted to him by Native American elders. The concepts and strategies Mr. Coyhis teaches bridge the gaps that exist between cultures, races, personal styles, and countries. His programs encourage communication and understanding among all people through conflict resolution and non-violence initiatives.

Mr. Coyhis will be featured in a plenary address that examines the process of change and a luncheon address on the Wellbriety Movement. He will also lead a workshop that encourages us to take a fresh approach to appreciating cultural differences.

Charles C. Lee-Johnson, M.S.W. Charles Lee-Johnson is the executive director of the National Family Life and Education Center. In this position, he carries on the legacy of his father, Ron Johnson, founder of the NFLEC and the Ten-Step Rites of Passage program. He is the chief facilitator of the Sankofa Preparatory Academy Charter School advisory board and provides consultation and training services across the nation. He is committed to the positive development of young people, families, and communities.

Mr. Lee-Johnson was raised in Los Angeles, and received a bachelor's degree in sociology from Morehouse College. He joined the NFLEC in 1997 and, in the same year, received his license to preach in the African Methodist Episcopal Church. He completed his master's degree in social welfare from the University of California, Los Angeles, in 2001.

Mr. Lee-Johnson's day-long institute, designed to be of special interest to young people, will explore the importance of education and community service to African American youth and inspire young people to avoid becoming involved in substance abuse and violence.

The Prevention Institute/Youth Participation Workshop is sponsored by the African American Specialty Center at the Oklahoma State University Center for Health Sciences, Tulsa.

Jeffrey S. Wigand, Ph.D. As the vice president for research and development at Brown & Williamson Tobacco Company from 1988 to 1993, Jeffrey S. Wigand, Ph.D., had an insider's view of the way the tobacco industry conceals the real addictive nature of tobacco and targets young people with marketing efforts aimed at ensuring the industry's customer base for decades to come.

Dr. Wigand had spent the previous 25 years in senior management positions in the healthcare industry, working for companies such as Pfizer, Merck, and Johnson & Johnson. With master's and doctoral degrees in biochemistry from the State University of New York, he was accustomed to using science to search for the truth, to make products better, to improve the quality of life, and even to save lives. At Brown & Williamson, he soon learned that he was expected to perpetuate the two basic tenets of the tobacco industry:

that there is no causal relationship between tobacco use and disease and that nicotine is not addictive. After making unsuccessful attempts to change the deceitful tactics of the corporation, Dr. Wigand was terminated by Brown & Williamson in 1993. The following year, he was contacted by members of Congress seeking information on tobacco-related issues. Dr. Wigand and his family were threatened with physical harm by individuals in the tobacco industry to prevent his cooperation with the congressional inquiry. In 1995, he decided to go public about the internal practices of Big Tobacco and agreed to be interviewed by CBS 60 Minutes. That decision, and its aftermath, were dramatized in the hit movie, *The Insider*.

In 1998, Dr Wigand founded Smoke-Free Kids, Inc., an organization dedicated to preventing young people's tobacco use. He consults with a variety of governmental agencies, including the U.S. Centers for Disease Control and Prevention, Office of Smoking and Health. He received the American Heart Association's Hero of the Year Award in 2002, the General Norman Schwarzkopf Action Award in 2001, and the World Health Organization's 2000 Award for Tobacco Control, among many other honors.

Dr. Wigand will close the conference in a special plenary session, *Behind the Smokescreen*, designed to renew our commitment to changing our society's norms about the use of tobacco by young people.

CONFERENCE SPONSORS

Oklahoma Department of Mental Health and Substance Abuse Services
Center for Substance Abuse Treatment
NAIC-Center for Oklahoma Alcohol and Drug Studies, Inc.
Oklahoma Area Prevention Resource Centers
Oklahoma Association of Prevention Professionals and Advocates
Oklahoma Department of Education
Oklahoma Drug and Alcohol Professional Counselors Association
Oklahoma National Guard
Oklahoma State Department of Health
Oklahoma State University, Center for Health Sciences, Prevention Programs
The University of Oklahoma, College of Continuing Education, Southwest Center for the Application of Prevention Technology
The University of Oklahoma, Juvenile Personnel Training Program

WHO SHOULD ATTEND?

The 15th Annual Substance Abuse Conference will appeal to anyone interested in promoting healthy behaviors. It will be of particular value to educators; service providers in the areas of mental health, substance abuse prevention, intervention, treatment, and aftercare; social workers; public health workers; counselors; therapists; community task force members; regional advisory board members; clergy; tribal administrators and councils; human services providers; child abuse preventionists; medical professionals; psychologists; caregivers; parents; law enforcement and criminal justice representatives; child development specialists; and city, county, and state government officials.

LODGING

Tulsa's Southern Hills Marriott Hotel, 1902 East 71st Street, is the official conference hotel. Participants must make their own lodging reservations. A block of rooms has been set aside for participants until January 13, 2003. Call the Marriott reservation desk at 918-493-7000 or toll free at 866-242-5060 and ask for the special group rate for the 15th Annual Substance Abuse Conference. Lodging is \$74 per night (plus 13

percent tax) for single, double, triple, or quadruple occupancy. After January 13, the special conference rate will be offered on a space-available basis only.

REGISTRATION AND FEES

Please complete your registration before January 22, 2003. Cost for the full three-day conference is \$120 (or \$40 per day) if registration is postmarked on or before that date. Note that there is no charge for the Prevention Institute/Youth Participation Workshop. Fees for later or on-site registrations are \$180 for the full conference or \$60 per day. Please indicate on the registration form the days you will attend. By Mail. Complete the form provided and mail 2401 W. 23rd St., Suite 82, Oklahoma City, OK 73107.

By Fax. Faxed registrations are accepted at 405-522-8320.

Cancellation Policy. The registration fee will be returned only if notice of cancellation is provided in writing and postmarked no later than January 22, 2003. After that date, registrations may be transferred, but refunds cannot be granted.

For More Information. Call Shannon Manning at 405-522-8300 if you have questions about the conference, or e-mail her at smanning@odmhsas.org.

CONTINUING EDUCATION CREDIT

The DMHSAS Institute for Mental Health and Substance Abuse Education and Training has applied for 18 hours of continuing education credit for social workers, alcohol and drug counselors, certified prevention specialists, licensed professional counselors, members of the Association of Mental Health Administrators, psychologists, licensed marital and family therapists, speech-language pathologists, and nurses attending all three days of the 15th Annual Substance Abuse Conference. CLEET certification has also been requested. Please indicate on the registration form the type of CEU credit required.

CALL FOR EXHIBITORS

Is your organization one you want others to know about? An exhibit at the 15th Annual Substance Abuse Conference will introduce you to prevention and treatment professionals from Oklahoma and surrounding states. To discuss becoming an exhibitor, call the DMHSAS Human Resource Division at 405-522-8300.

AGENDA

January 29, 2003

8:30 a.m. - 4:30 p.m. **Treatment Institute. Helping Women Recover: Creating Gender-Responsive Services. Stephanie Covington, Ph.D.**

9:00 a.m. - 2:30 p.m. **Prevention Institute/Youth Participation Workshop. Charles C. Lee-Johnson, M.S.W.**

January 30, 2003

- 7:30 a.m. - 8:30 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. - 8:45 a.m. **Welcome. Terry Cline, Ph.D., DMHSAS Commissioner, and Ben Brown, M.S.W., DMHSAS Deputy Commissioner for Substance Abuse Services**
- 8:45 a.m. - 9:15 a.m. **Plenary Session. H. Westley Clark, M.D., J.D., M.P.H., CAS, FASAM**
- 9:15 a.m. - 10:15 a.m. **Keynote Address. Families Living the the Age of Compulsivity. Stephanie Covington, Ph.D.**
- 10:15 - 10:30 a.m. **Break**
- 10:30 - Noon **Concurrent Workshops: Session 1**

1-A. Creating Loving Relationships in Families, Part 1. Stephanie Covington, Ph.D. The past 30 years have seen radical changes in the way we view love, marriage, family, and relationships. Many people find it difficult to develop and maintain intimate relationships amid the stress of daily life. Many people, especially those who have been chemically dependent and/or abused, are challenged by issues of attachment and sexual intimacy. This workshop is an opportunity to examine the elements of healthy relationships, develop treatment strategies for improving relationships, and explore the nature of intimacy and love. This workshop will continue in Session 2-A.

1-B. The Art of War: Against Big Tobacco. Sean P. Byrne, Executive Director, Preventionworkz, Inc., Enid. Big Tobacco companies have manipulated minds and targeted youth for addiction for too long. This session will demonstrate how to use philosophies developed centuries ago by Sun Zu in The Art of War to counter the influence of the Big Tobacco cartels and win the war against tobacco use.

1-C. The Media is the Message. Percy Brown, Oklahoma State University, Center for Health Sciences, Tulsa. Because the media has such a powerful influence on youth, preventionists should give particular attention to the methods it uses, as well as the message content. This session will examine marketing techniques that get the attention of youth, and present ways to access local media systems and conduct activities that complement national media efforts.

1-D. The Pharmacology of Addiction. John Duncan, Ph.D., Oklahoma Bureau of Narcotics and Dangerous Drugs Control, Oklahoma City. This workshop will be a basic overview of the pharmacology of addiction, paying special attention to the drugs of abuse that are most prevalent in Oklahoma. Connections will be drawn between biological changes due to drug use and their cognitive manifestations and behavioral correlates.

1-E. Internet Resources: Using the Web Effectively. Steve Johnson, I-Net Administrator, Mid-America Addiction Technology Transfer Center, Kansas City, MO. The Internet is a vast storehouse of information and assistance that is available to anyone with a computer and an Internet Service Provider. This workshop will provide a basic overview of how to navigate the Internet, how to search for specific kinds of data, and how to download information for later reference.

1-F. Placing a Bullhorn to the Voices of Youth. Julie Geddes, DMHSAS Teenline Coordinator; James Allen, M.P.H., Program Consultant, Oklahoma State Department of Health; and Jacquelyn Pereira, DMHSAS Teenline Resource Assistant. This workshop will provide participants the knowledge they need to implement area-wide youth listening conferences in their communities. Such conferences, already operative in five Oklahoma counties, allow young people to speak out on issues they

face and to propose community-based solutions to problems affecting young people. Participants will learn about coalition building as well as empowering and motivating youth.

1-G. Shadow of the Neanderthal: Breakthroughs to Understanding. LaDonna Coy, M.H.R., Product Development and Technology Transfer Coordinator, Southwest Center for the Application of Prevention Technologies, Norman. Based on the book *Shadows of the Neanderthal* by David Hutchens, this workshop is designed to guide participants through an understanding of how we come to assume, conclude, believe, and act on observable data. It will provide guidelines for examining our mental models for accuracy and decision-making skill.

1-H. Service Learning and Authentic Youth Involvement as a Substance Abuse Prevention Strategy. Julia Lindsey, Youth Volunteer Coordinator, Community Service Council, Tulsa, and young people from Central High School and Union Alternative High School. This session will guide participants through the key steps in developing a service learning project, discuss benefits of service learning to young people, and offer the perspectives of Tulsa area youth who are engaged in service learning activities.

1-I. Systems of Care and The Wraparound Model. Keith Pirtle, M.S.W., DMHSAS Systems of Care State Project Director, and Jennifer Babek, M.S., Care Coordinator, Beckham County Systems of Care Project. The Systems of Care model, recognized nationally as the cutting edge in mental health services for seriously emotionally disturbed children and adolescents, can also be useful in substance abuse treatment and prevention. SOC has been implemented in five Oklahoma counties. Participants in this workshop will learn how SOC is being used to reduce out-of-home placements, improve school attendance, reduce contacts with the juvenile justice system, and support families.

1-J. Communities That Care: Using Prevention Science to Promote Positive Youth Development. Rick Cady, Senior Consultant/Project Manager, Channing Bete Company, Prevention Sciences Group, South Deerfield, MA. This workshop is designed to help participants use the data-driven, outcome-focused community planning system of Communities That Care. Discussion will encompass the research based risk and protective factors; the methods used to assess the risk and protective factors in a community; and the use of tested, effective programs to address the unique assessment profile of the community. (This workshop will be repeated in session 4-B.)

Noon - 1:15 p.m. **Lunch on Your Own**

1:15 p.m. - 2:45 p.m. **Concurrent Workshops: Session 2**

2-A. Creating Loving Relationships in Families, Part 2. Stephanie Covington, Ph.D. A continuation of workshop 1-A.

2-B. Neighborhood Centers. Linda A. Terrell, Executive Director, and Amy Belcher, Director of Neighborhood Centers Program, Center for Children and Families, Inc., Norman. This session will provide information on getting other organizations involved in your program, developing and working with volunteers, creating activities to increase neighborhood cohesiveness, and contributing to an asset-rich environment for your community that can help create strong neighborhoods and healthy children and families.

2-C. Drug Court Sanctions and Incentives: the Science of Behavior Change. Wanda King, M.A. In a drug court setting, the goal of incentives and sanctions is to assist in changing behavior. This workshop will review how the application of behavior modification techniques can be incorporated into the development and implementation of incentives and sanctions to make them more effective.

2-D. Everyone is an Asset-Builder. Angela Mahlock and Rachelle Cook, Coordinators, Neighborhood Centers Program, Center for Children and Families, Inc., Norman. Many factors influence why some young people have success in life and others have a harder time. Economic circumstances, genetics, trauma, and many other factors play a role. Research by the Search Institute has identified 40 concrete, positive experiences and qualities, called developmental assets, that have a tremendous influence on lives. Families, schools, neighborhoods, congregations, organizations, and individuals in a community can help build these assets. This interactive workshop will prepare participants to integrate asset-building principles in their everyday lives.

2-E. Neurospirituality: The Triune Brain Model of Addiction Counseling. Tom Shadid, Ph.D., Private Practitioner, Edmond. The brain stem, limbic system, and neocortex have structures and functions similar to reptilian, old mammalian, and new mammalian brains, respectively. This presentation will expand this triune description into a neurospirituality model and will explain the behavior of the addicted person through description of each structural level of brain function. Therapeutic interventions will be discussed in this framework, and a neurological basis of spirituality and addiction-free life will be presented through analysis of how the frontal lobes of the neocortex operate in the mentally healthy human being.

2-F. All Stars Junior--A New Approach to Prevention for Later Elementary Youth. Janice Donoghue, Prevention Specialist, Tanglewood Research, Milford, NE. This workshop provides an overview of All Stars Junior, an innovative program that promotes positive student behavior and works to prevent high-risk behavior among fourth and fifth graders. It focuses on the concepts of honesty/dishonesty, aggression, and attitudes about alcohol and drug use. The program is a preparatory component to the All Stars middle school program, which has been recognized as a promising program by CSAP and the Department of Education.

2-G. Equipping the Faith Community to be a Partner in Prevention and Recovery. Trish Merrill, R.N., Executive Director, Faith Partners, Inc., Austin, TX, and Sallie McLaughlin, Executive Director, Gateway to Prevention and Recovery, Shawnee. This session will address the role of the faith community in prevention and recovery, the barriers that exist in involving clergy and congregations, and a step-by-step approach to building a successful and sustainable congregational team ministry. This approach taps into the most valuable resource within the congregation--individuals and family members with special expertise and those who have experienced healing and recovery from addiction.

2-H. Treatment Planning and Progress Note Writing. Sharron Jones, R.N. and Jan Gentry, M.S.W., DMHSAS Program Field Representatives, Oklahoma City. This is a beginning level workshop for treatment providers to learn the basics of treatment planning and progress note writing with the substance abuse population. The overall goals of this workshop will be to assist providers in developing appropriate and individualized treatment plans, to develop a set guideline for documenting progress in treatment, and discuss the importance of clinical consultation as a part of the treatment planning/documentation process.

2-I. Tobacco Prevention Changes in the Ethnic Communities. Eugene M. Johnson, M.A., State Coordinator, African American Tobacco Prevention Network, Area Health Education Center, Tulsa. This workshop will underscore the need to promote representation and involvement from all cultural groups in making decisions about tobacco-related health issues. Discussion will also focus on using data to identify groups with significantly higher tobacco use and exposure to secondhand smoke and developing comprehensive initiatives to address the needs of these most-affected groups.

2-J. teenGetgoing: Using the Internet to Engage Teens. Judi Kosterman, Vice President, eGetgoing/CRC Health Corporation, San Jose, CA. teenGetgoing Internet-based programs maximize the latest technology, including live audio and video, to engage teens between 13-17 who are

facing real world questions, decisions, and experiences with alcohol and drugs. teenGetgoing programs offer assistance at several points in the lives of teens-whether they simply have questions, are experimenting with use, are lost in their own use, or are concerned about their friends' use. The program also reaches parents and other adults who want to help a teen. This session will provide a live, real-time demonstration of this innovative tool.

2:45 p.m. - 3:00 p.m. **Break**

3:00 p.m. - 4:30 p.m. **Concurrent Workshops: Session 3**

3-A. How to Implement New Approaches in Your Program. Stephanie Covington, Ph.D. Sometimes we are unsure how to put into effect the innovative principles and practices we learn about through continuing education. This workshop will give participants a chance to ask for specific, practical guidance and discuss their real-world challenges in integrating new approaches into substance abuse treatment services.

3-B. Evaluating Your Substance Abuse Program. Doreen Branch, M.S., Senior Program Manager, Pacific Institute for Research and Evaluation, Calverton, MD. Program evaluation is a key component to advancing the science of prevention and to succeeding in securing funding for program implementation. This workshop will cover the basics of the evaluation process, including designing an evaluation instrument that is responsive to the goals and objectives of your program, determining what data should be collected, analyzing and interpreting the data, and gaining buy-in to the evaluation process among all constituencies.

3-C. Multi-jurisdictional Drug Court in a Rural Setting: How to Plan, Coordinate, and Implement. Tamee Daniel, Drug Court Coordinator; Douglas L. Combs, District Judge; members of the Potawatomie County Drug Court; Members of the Citizen Potawatomi Nation Tribal Drug Court, Shawnee. In this workshop, participants in drug court activities in Potawatomie County will present the challenges they have faced, what worked and what didn't work, and how they have built a very successful drug court. All will describe their roles on the team, share statistics, and offer suggestions to participants considering development of a drug court program.

3-D. Innovative Practices in Drug Court. Londa Johnson, ICDAC, Pontotoc County Drug Court, Ada. This session will explore techniques and strategies that can contribute to the success of drug court programs.

3-E. Using Communication Strategies to Prevent Underage Alcohol Use. Gwyndolyn Ensley, M.Ed., and Dr. Bettina Scott, Center for Substance Abuse Prevention, Rockville, MD. This session will provide an overview of CSAP's Underage Drinking Prevention Initiative, whose goals are to build communication and decision-making skills in young people and their parents, enhance knowledge and advocacy skills that enable people to put underage drinking on the national agenda, and change social norms about alcohol use.

3-F. Spirituality in Chemical Dependency Recovery: How it Works. Judith K. Adams, Ph.D., CADC, Private Practitioner, Tulsa. It is often asserted that true recovery cannot take place without a spiritual transformation. This workshop will explore the stages of this transformation: spiritual surrender, initial recognition of the chemical dependency problem, awareness of the irrationality of one's behavior, and ownership of personal responsibility for one's actions. Discussion will focus on humility, sanity, trust, realistic self-esteem, compassion, and empathy. Twelve-step and other spiritual approaches to recovery will be explored.

3-G. Court Related Opportunities and Interventions: A Dream or a Nightmare? Bill Sharp, Ph.D., ICAADC, Director of Behavioral Health Services, Children's Justice Center, El Reno. Traditionally, chemical dependency counselors have been advised to avoid attending court proceedings on behalf of clients. Yet in some cases, the professional's expertise can be a benefit. This workshop will provide an overview of circumstances in which court interventions can be helpful, what training is needed before the professional embarks on this kind of work, what kind of problems might arise in such circumstances, and how to know whether this kind of work is suitable for a practitioner, personally and professionally.

3-H. Hue@tudes--Developing an Art@tude. Sharon Heath, M.B.S., LPC, ATR-BC, Clinical Art Therapist, Central Oklahoma Community Mental Health Center, Norman. Colors, like attitudes, have a variety of hues, tints, or shades which are referred to as values. What hue is your attitude. What tint to you place on your values? This workshop will explore the pain and pleasure twin targets that people constantly are seeking or avoiding, depending on the situation, and how this enhances or sabotages lives. The use of art as a therapeutic tool will be introduced in assessing the twin target states.

3-I. Treating Tobacco Use and Dependence. Amber Jaworsky, M.S., Cessation Programs Coordinator, Tulsa City-County Health Department. Tobacco use kills an estimated 6,000 Oklahomans each year and the State Board of Health has declared tobacco use to be Oklahoma's number one public health problem. This presentation will promote the use of a system-level approach to treating tobacco use, review research on various cessation strategies, and discuss what really works in helping people quit tobacco.

3-J. Seeking Funding for Drug Courts. Anthony Corio, U.S. Department of Justice, Drug Court Programs. Oklahoma has been fortunate in receiving legislative appropriations for drug courts, yet funding continues to be a concern. This session will explore how to access other avenues of funding to support drug court programs.

January 31, 2003

7:30 a.m. - 8:30 a.m. **Registration and Continental Breakfast**

8:30 a.m. – 8:45 a.m. **Welcome**

8:45 a.m. – 9:45 a.m. **Plenary Session. Natural Order of Change to Create Healthy Families. Don L. Coyhis**

9:45 a.m. - 10:00 a.m. **Break**

10:00 a.m. - 11:30 a.m. **Concurrent Workshops: Session 4**

4-A. A CARE-ing Approach to Violence Prevention. Cindy Coney, M.E., Executive Director, C.E. Mendez Foundation, Tampa, FL. This workshop will provide the information necessary to implement a comprehensive school-based violence prevention program. Examples of lessons in conflict resolution, anger management, respect for self and others, and effective communication will be presented. Participants will get "hands-on" examples of ways to turn their schools into A Peace-Able Place.

4-B. Communities That Care: Using Prevention Science to Promote Positive Youth Development. Rick Cady, Senior Consultant/Project Manager, Channing Bete Company, Prevention Sciences Group, South Deerfield, MA. This workshop is designed to help participants use the data-driven, outcome-focused community planning system of Communities That Care. Discussion will encompass the research based risk and protective factors; the methods used to assess the risk and protective factors in a

community; and the use of tested, effective programs to address the unique assessment profile of the community. (A repeat of Workshop 1-J.)

4-C. Critical Elements of Juvenile Drug Courts through a Resource Lens. Wanda King, M.A. Recognizing that a juvenile drug court participant can often present various challenges to successful treatment, this workshop will focus on the significance of the community and family involvement, essential components for successful treatment and ongoing recovery. Basic case management, resources in a community, and pulling all the pieces and parts together to strengthen drug court teams and programs will also be discussed.

4-D. Stop the Power of Trauma Bonds: Hidden Sabotage to Recovery. Brenda Crawford-Clark, M.P.H., Private Practitioner, Tampa, FL. Clients often relapse after substance abuse treatment because deep issues related to past trauma and loss resurface to sabotage their best intentions. Once clients understand this process they realize they can choose better alternatives. Participants in this session will learn techniques for dissolving damaging core feelings and messages, intervening on flashbacks that can trigger destructive behaviors, and using other means to prevent relapse.

4-E. The Nurturing Parent: A Program of Self-Nurturing and Parenting for Adult Children of Substance Dependents and Their Partners. Jenny Roberts, M.Div., CAADC, Jenny Roberts & Associates, Tahlequah. This session will explore the Nurturing Parent program, developed to strengthen families of adult children of substance dependent people and their partners, whose ability to create an environment of unconditional love for their own children in the present is compromised by family substance dependence in the past.

4-F. Media as a Risk Factor. Julie Stevens, LCDC, Texas State Liaison, Southwest Center for the Application of Prevention Technology, Austin, TX. Messages about tobacco, alcohol, and illicit drugs reach our nation's youth through the media--television, movies, the Internet, music lyrics and videos, print advertising, and other means. This workshop will provide participants a better understanding of the impact of the media on the overall health and well being of youth and help them teach critical thinking and viewing skills to youth to minimize the influence of negative media messages.

4-G. Confidentiality and Ethics. Jami Fenner, J.D., DMHSAS General Counsel and Brian Karnes, M.P.H., J.D., DMHSAS Drug Court Field Representative. Knowledge of confidentiality rules and laws is imperative for members of any drug court team, and knowledge of boundaries is essential to success. This workshop will explore these issues and their power to protect the integrity of the drug court program.

4-H. Humor and Recovery. Jackie Jordan, CADC, DMHSAS Coordinator of Substance Abuse Services, Oklahoma City. This workshop will help each participant understand there is more to sobriety than just not drinking or drugging. We all have personality characteristics that can be problematic. Recovery allows one to identify these problematic characteristics and make changes as needed. Humor in recovery helps us laugh along the way.

4-I. Measuring the Effectiveness of Treatment. Ric Jerez, Ph.D., Cameron University, Lawton. Mental health and substance abuse treatment outcome has long been ignored. Several variables have been cited as reasons for not collecting outcome data. A collaborative model will be presented that addresses all facets of outcome data collection and analysis. Data will be presented from existing databases to examine the usefulness of this model.

4-J. TANF Provider Update: Am I Handling this Contract or is this Contract Handling Me? Jennifer Glover, DMHSAS Program Field Representative and June Elkins, DMHSAS Substance Abuse Services Specialist. This workshop is geared toward individuals providing substance abuse services to

recipients of Temporary Assistance to Needy Families. Discussion will cover gender-specific issues, program development, appropriate record-keeping, and contractual requirements.

11:30 a.m. - 1:15 p.m. **Luncheon. *The Wellbriety Movement*. Don L. Coyhis**

1:15 - 2:45 p.m. **Concurrent Workshops: Session 5**

5-A. Diversity: Honoring Differences. Don L. Coyhis. This session offers a different approach to diversity--not looking at who's to blame, but exploring the interconnectedness between people and the work culture (system). Discussion will focus on a four-fold method for diversity training: teachings, talking circle, healing circle, and cognitive self-change. This educational slant on diversity offers an effective and non-confrontational direction which has been utilized in hundreds of organizations and communities.

5-B. America's Kids: Diamonds in the Rough. Cindy Coney, M.E., Executive Director, C.E. Mendez Foundation, Tampa, FL. This workshop will provide the information to implement a comprehensive alcohol, tobacco, and other drug prevention program. Those attending will learn how to recognize their students as diamonds in the rough and adopt the five essential "polishing" skills: goal setting, decision making, bonding with others, identifying and managing emotions, and communicating effectively.

5-C. Native American Drug Courts. Janna Gourd-Gallegos and Chico Gallegos, Native American Alliance Foundation. Native American Drug Courts are growing in Oklahoma. Our state has the largest population of Native Americans in the nation and a high percentage of substance abusing offenders. This workshop will focus on tribal healing to wellness. The Native American community is celebrating a tremendous cultural restoration; such restoration is truly the restoration of life itself and the hope it brings.

5-D. When Death Comes to School. Shelli Selby, LPC, Yukon Public Schools, Yukon. School personnel are sometimes called on to help students deal with the death of a friend, family member, or pet. This presentation will explore the different stages of grief and how reactions vary according to the student's age. Attention will also be given to taking care of oneself and dealing with one's own death-related issues while assisting others who are grieving.

5-E. Effects of Trauma on Children. Virginia Ludlow, R.N., Director of Children's Services, and Joe Westerheide, Ph.D., LPC, Director of Mental Health Services, A Chance to Change Foundation, Oklahoma City. The presenters will acquaint participants with current thinking in trauma related to childhood abuse and neglect, signs and symptoms of trauma reactions in children, and how children heal. Information will be shared on children's reactions to such disasters as the Oklahoma City bombing and the World Trade Center attacks.

5-F. Faith-Based Counseling: An Alternative to Traditional Treatment of Addiction to Alcohol and Other Drugs. Susan Hinkle, ICADC, Executive Director; and Sherrel Buerck Barnhard, M.B.S., ICADC, Clinical Director, Shekinah Counseling Services, Durant. Participants will hear a discussion of the nature of faith-based counseling, how it differs from traditional treatment, and how it performs in terms of treatment effectiveness.

5-G. Clients Have Rights?? Brad McLerran, J.D., DMHSAS Consumer Advocate, and Brian Karnes, M.P.H., J.D., DMHSAS Drug Court Field Representative, Oklahoma City. This workshop will present an overview of the substance abuse client's rights and how professionals must work to protect those rights.

5-H. Taming the Methamphetamine Monster. Trudy Hoffman, M.B.S., Executive Director, The Lighthouse, Woodward, and Terry Simpson, CADC, Outpatient Counselor, St. Anthony Hospital,

Oklahoma City. The methamphetamine epidemic in Oklahoma is becoming a major problem for treatment professionals, as well as the criminal justice system. These treatment providers will address issues specific to methamphetamine, including symptomology and dealing with detoxification of methamphetamine addicts.

5-I. Youth Development: The Vital Link. Jean Carpenter Williams, M.S., CTRS, Trainer/Consultant, University of Oklahoma National Resource Center for Youth Services, Tulsa. In the past, youth have had access to programs that do "to" or "for" them. Often, young people respond in a passive or rebellious manner and do not learn the skills needed to successfully transition to adulthood. Youth are more successful in programs that do "with" them, providing opportunities for them to make decisions and play active roles in the community. This session explores the latter approach's potential for contributing to the healthy development of young people.

5-J. Documenting Success for Drug Courts: The Key Role of Data Collection and Evaluation. David Wright, Ph.D., Oklahoma Criminal Justice Resource Center, Oklahoma City. Quality data collection is critical in producing effective results for drug court programs. Clear outcome measures are imperative for continued or increased funding. If drug courts are to continue, with the growth of new programs and the ability for established programs to reach their full potential, the "proof of success" must be available.

Registration for January 29-31, 2003

15th Annual Substance Abuse Conference
CREATING HEALTHY FAMILIES AND COMMUNITIES

Print out and complete the form below and mail it to:
Seminar Coordinator
Human Resource Development Division
Institute for Mental Health and Substance Abuse Education and Training
2401 W. 23rd St., Suite 82,
Oklahoma City, OK 73107.

By Fax. Faxed registrations are accepted at 405-522-8320.

Name _____

Social Security Number _____

Occupation or Job Title _____

Place of Employment _____

Address _____

City, State, _____

ZIP _____

Daytime Phone _____

E-Mail Address

Please Circle Your Workshop Preferences:

1-A	1-B	1-C	1-D	1-E	1-F	1-G	1-H	1-I	1-J
2-A	2-B	2-C	2-D	2-E	2-F	2-G	2-H	2-I	2-J
3-A	3-B	3-C	3-D	3-E	3-F	3-G	3-H	3-I	3-J
4-A	4-B	4-C	4-D	4-E	4-F	4-G	4-H	4-I	4-J
5-A	5-B	5-C	5-D	5-E	5-F	5-G	5-H	5-I	5-J

Continuing Education Credit Requested:

<input type="checkbox"/> CME	<input type="checkbox"/> LPC/LMFT
<input type="checkbox"/> LBP	<input type="checkbox"/> Case Management Certification
<input type="checkbox"/> Psychologist	<input type="checkbox"/> CADDC
<input type="checkbox"/> LSW	<input type="checkbox"/> Other:

Please check in at the registration desk upon your arrival to verify your attendance. You will need to complete an on-site registration form if you have not pre-registered. On-site registration is \$180. Continuing education credit is not provided without verification. At the completion of the conference, all participants will receive a certificate of attendance from the DMHSAS Institute for Mental Health and Substance Abuse Education and Training.

For information, call 405-522-8300.