

# *Embracing Change:*



## **Promoting Recovery**

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**The 36th Summer Institute  
on Substance Abuse and Mental Health  
July 23-27, 2007**

**Clayton Hall  
University of Delaware  
Newark, Delaware**



**DELAWARE HEALTH  
AND SOCIAL SERVICES**  
Division of Substance Abuse  
and Mental Health Training Office

<http://www.dhss.delaware.gov/si07>

# Welcome

Welcome to the 36th Summer Institute on Substance Abuse and Mental Health. Your participation underscores how strongly you already support this year's theme, "Embracing Change: Promoting Recovery." This week, you will have many opportunities to expand and enhance your knowledge and skills in service delivery outcomes, and you will be part of the change we know needs to happen for a truly recovery-based environment.

Throughout your participation in workshops and exhibits and in networking with colleagues you are going to be challenged. With open and honest exploration we will learn how to make the personal and system changes necessary to support person-centered, strengths-based services. Your commitment to "embracing change" will "promote recovery" and support the community to join with us as we provide opportunities for positive change. Thank you for all you do to promote recovery. Enjoy the Summer Institute!

## Delaware Department of Health and Social Services, Division of Substance Abuse and Mental Health Executive Staff:

Renata J. Henry, Division Director	Benjamin J. Klein
Michael Kelleher, Deputy Director	Carol L. Kuprevich, EDD
Penny Chelucci	Melissa A. Smith
Steven Dettwyler, PHD	Susan Robinson, MPA
Gerard Gallucci, MD, MHS	Maurice Tippet
Jack Kemp, MS	Harris Taylor

## The 36th Summer Institute was designed and developed by:

Carol Kuprevich EDD, Director	Laura Taylor, MA, Chair
Reginald H. Brown, MS	Chris Oakes
Sandra Clark	Robert Panadero, JD
Christina Dean, RN, MSN	Kathy Pearce, PSYD
Imad Jarwan	Marilyn Siebold, MS
Christopher Knox, MA	Jessica Washer
Nina Licht, MS	Dana Wise
Jeremy McEntire, LPMHC	John Zuger



## Special Events

Monday through Friday  
Clayton Hall Lobby

### Simulator Room: Exploring Psychosis

Monday through Friday 8:30am- 3:00pm  
Clayton Hall: Room 123

DSAMH invites you to spend time exploring psychosis through virtual reality. These unique educational tools use three dimensional imaging and sound system to simulate auditory and visual hallucinations to promote a greater understanding of psychosis.

### Community Exhibitors

Wednesday and Thursday 8:00am- 3:00pm  
Clayton Hall

Visit more than 30 community exhibitors who will be available with valuable information, literature, and educational resources. They include: addiction and mental health providers, state agencies, pharmaceutical companies, local businesses, and area colleges. Border's bookstore will also be available with a selection of books on substance use and behavioral health conditions, and other related topics.

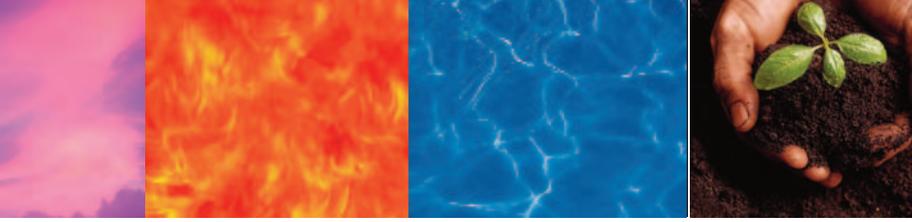
## Special Exhibit:

### Fine Line

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### Photographer Michael Nye

Clayton Hall Lobby  
Monday through Thursday 8:30am- 8:30pm  
Friday 8:30am-12:00pm



# THE DIVISION OF SUBSTANCE ABUSE AND MENTAL HEALTH

## PLATINUM PARTNER

Department of Correction  
Division of Services for Aging and Adults with Physical Disabilities  
National Association of Case Management

## GOLD PARTNER

Central East Addiction Technology Transfer Center  
Delaware Council on Gambling Problems  
Delaware Department of Education Safe and Drug Free Programs  
Department of Services for Children, Youth and Their Families –  
Office of Prevention and Early Intervention &  
Division of Child Mental Health

## SILVER PARTNER

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University of Delaware, Center for Disabilities Studies  
University of Pennsylvania Center for Mental Health Policy and  
Services Research

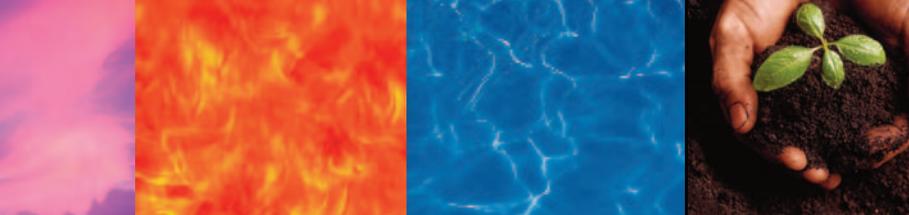
## BRONZE PARTNER

Brandywine Counseling, Inc.  
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CRC Health Group, Inc.  
Delaware Coalition Against Domestic Violence  
Delaware Physicians Care Incorporated  
Fellowship Health Resources  
MeadowWood Hospital  
Mental Health Association of Delaware  
Northeast Treatment Centers  
Northeast Regional FAS Training Center, UMDNJ-NJMS  
Rockford Center

## NETWORKING AND COLLABORATION SPONSORSHIPS

CHOICE Advocacy and Case Management Services  
Delaware Army National Guard, Counterdrug Task Force  
Division of Developmental Disabilities Services  
Elwyn Delaware  
Philadelphia Behavioral Health System

would like to express our gratitude to these agencies and corporations for their generous support of the 36th Annual Summer Institute. Their sponsorships are essential to the Division of Substance Abuse and Mental Health's ability to deliver an annual Summer Institute providing strong educational training, professional development, and networking opportunities which promote recovery throughout Delaware.



# The 36th Summer Institute on Substance Abuse and Mental Health

## Institute Objectives

By the conclusion of this Institute participants will be able to:

- Demonstrate how education has increased their personal capacity to deliver person-centered, holistic, strengths-based services for mental health and substance use conditions
- Explore evidence-based strategies and best practices that empower individuals and support continual growth
- Identify at least three areas in which changes can be implemented to promote recovery and enhance service delivery outcomes
- Understand the importance of cultural competence as an integral component of system transformation, individual recovery efforts, and prevention planning
- Explore organization, system, and personal changes to create an environment where individuals are self-directed, respected, and supported in reaching their goals
- Identify additional workforce development needs that will provide opportunities for positive change

## CERTIFICATION & CONTINUING EDUCATION CREDITS

In compliance with certification board requirements, certificates will only be issued to those who complete the entire duration of the workshop with no exceptions. Certificates of completion provided by Summer Institute are not guaranteed to be accepted by every licensing organization. Participants assume all responsibility for ensuring that the certificate of completion will be accepted by their professional licensing organization.

### Continuing education hours are awarded as follows:

Keynote Address = 3	1 Day Workshop = 6.5 (Tues.- Thurs.)
Keynote Address and ½ Day Workshop = 6	1 Day Workshop = 5 (Friday only)
3 Day Workshop = 16	Mini-Workshop = 3
2 Day Workshop = 11.5	Evening Session = 2

**CEAP:** Professional development hours for Certified Employee Assistance Professionals.\*

**CRC:** Commission on Rehabilitation Counselor Certification.\*

**DBN:** The Division of Substance Abuse and Mental Health is an approved provider under the rules and regulations for mandatory education set forth by the Delaware Board of Nursing. DBN approval does not necessarily imply endorsement or approval of individual offerings.

**DCB:** Delaware Certification Board, Inc. \*

**DSBSWE:** The Board does not “pre-approve” continuing education workshops. Workshops will be evaluated for acceptability at the time they are submitted by individuals applying for license renewal.

**NAADAC:** The Division of Substance Abuse and Mental Health is an approved provider of continuing education for the National Association of Alcoholism and Drug Abuse Counselors (Provider #112). Courses leading to basic counselor training and/or personal self-improvement are not acceptable as continuing education courses.

**NCC:** The DSAMH Training Office is approved by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. NBCC approval is limited to the sponsoring organization/individuals and does not necessarily imply endorsement or approval of individual offerings.

**NCGC:** National Certified Gambling Council. Please call the Delaware Council on Gambling Problems at (302) 655-3261 if you have questions. \*

**CE-** The DSAMH office will also be awarding an individual certificate of attendance to each participant for successful completion of each workshop.

\*Applications for continuing education units have been submitted to these certification boards.

Please note: Individual workshops may be eligible for separate certifications or continuing medical education.



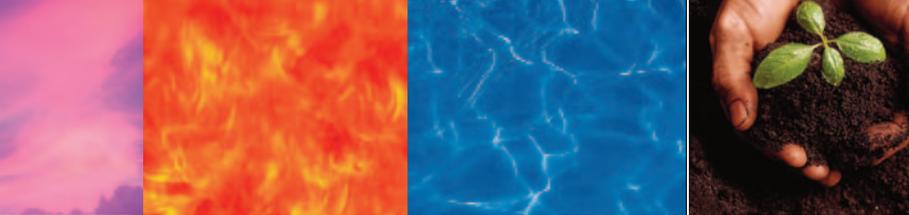
# The Delaware Summer Institute Welcomes Carlo DiClemente, Ph.D.

Presenting The Dr. Mario Pazzaglini Keynote Address  
Embracing Change: Promoting Recovery (Workshop #1090)  
Monday July 23, 2007 9:00 AM - Noon



**Carlo C. DiClemente, PhD**, is a Professor in the Department of Psychology, University of Maryland. Dr. DiClemente is internationally recognized as co-creator of the Transtheoretical Model of Change, a model that identifies stages of change and other factors that predict treatment engagement and outcomes and allows people to enter treatment at earlier stages of readiness. The Transtheoretical model has revolutionized prevention and treatment and has been adopted around the world. Dr. DiClemente is the author of more than 140 publications and his most recent book, *Addiction and Change: How Addictions Develop and Addicted People Recover* was released in paperback in 2006 by Guilford Press. Dr. DiClemente received his diploma in Clinical Psychology from the American Board of Professional Psychology. He began his career as an assistant pastor in Wilmington, Delaware.

Transforming the nation's behavioral healthcare system is the vision of the President's 2003 "New Freedom Commission on Mental Health" and the Institute of Medicine's 2005 report, "Improving the Quality of Healthcare for Mental Health and Substance-Use Conditions." Dr. DiClemente will address how the call for transformation can be answered in Delaware. His work will inform us how we can achieve lasting recovery, promote quality services, and create a system of integrated client-centered care by embracing change. He will describe the stages of change in terms of the key motivational tasks needed for successful action and how to help people progress through them on their personal journey to recovery. The keynote address will provide insights and strategies that can help clients, treatment professionals, prevention workers, and leaders to immediately enhance the effectiveness of their work.



## Half-Day Workshops Monday 1:30pm-4:30pm

### HALF-DAY WORKSHOPS

Monday July 23, 2007

*Registration fee includes the Keynote and Awards Luncheon*

#### #1088 The Challenge of Leading Change

**Faculty: Carlo DiClemente**

In order to empower individuals to discover what recovery means to them and partner with them in striving towards their goals, our leaders must understand how to develop an atmosphere in which change is embraced and service providers become change agents. Change is difficult. Leading others through the uncertainty of organizational and culture change initiatives is challenging. Key ingredients to successful culture and organizational change are leadership and an understanding of the change process. Have you considered your team members' readiness for change? Are they motivated, resistant, or stuck? This workshop will focus on developing a team that is ready to plan and implement positive changes in the workplace.

##### **Learning Objectives:**

- Understand the difference between leading change and management
- Learn keys to sustaining changes
- Evaluate team members and systems readiness for change
- Identify how to assist others in moving through the stages of change

#### #1061 Advanced Ethics

**Faculty: Taylor Anderson**

This workshop is intended for persons who have had a previous introduction to ethics. Content will include information and discussion about multiculturalism, spirituality, clinical documentation, and reporting to secondary parties such as probation officers, employee assistance programs, insurance agencies, spouses, parents, referral agencies, etc. Discussion will incorporate the importance of using clinical judgment when organizational or funding demands differ from service recommendations.

##### **Learning Objectives:**

- Describe ethical methods of engaging an individual in the process of disclosure
- List at least five items that should be in a disclosure statement
- Identify ethical issues involved in the inclusion of spirituality concerns in the provisions of services
- Discuss the steps involved in making ethical decisions when faced with conflicting demands

#### #1087 Adolescent Cannabis Use:

**Consequences & Treatment**

**Faculty: Martha Gregor**

Patterns of adolescent drug and alcohol use have shifted over the past two decades. Marijuana now outstrips alcohol as the substance primarily associated with emergency room visits and treatment referrals. In addition, there exists an increase in the number of published, controlled studies on adolescent outpatient treatment. This workshop will update substance abuse and mental health professionals on the prevalence and assessment of adolescent substance abuse, as well as current options for evidence-based treatment.

##### **Learning Objectives:**

- Identify recent changes in the pattern of adolescent substance abuse (ASA)
- List at least 5 risk factors and co-morbid problems associated with ASA
- Understand the current design and limitations of diagnostic criteria for ASA

#### #1089 Co-Occurring Developmental Disabilities and Behavioral Health Concerns

**Faculty: Patricia Brierley-Bowers, Diane Dressler, Gerard Gallucci, Thomas Kelly, Joseph Keyes, and Jason Noel**

This workshop describes a process for defining best practices related to clinical services for individuals with developmental disabilities and behavioral health conditions. Best practices in clinical services are guided by empirical research and expert opinion. In the field of developmental disabilities empirical research may not always be available, as ethical limitations constrain research. Available evidence is then supplemented by expert consensus. In Maryland, a group of clinicians, administrators, and advocates attempted to define best practices related to clinical services. Topics covered included: values, assessment, integrated treatment, behavioral, psychotherapeutic, and psychiatric interventions, training, forensics and consent. The outcome of Maryland's efforts and data from a one-year follow-up survey will be presented. Finally, discussion will focus on adapting this process in Delaware.

##### **Learning Objectives:**

- Discuss the process of defining best practices
- List five "best practices" formed by the Maryland consensus
- Identify adaptations of this process which may potentially promote outcomes for Delawareans

# Three-Day Workshops

Monday 1:30pm-4:30pm  
Tuesday & Wednesday 9:00am-4:30pm



## THREE-DAY WORKSHOPS

Monday July 23, 2007 through Wednesday July 25, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### #1039 Numbing the Pain

**Faculty:** Kay Johnson

This workshop will present the Seeking Safety model for co-morbid post traumatic stress disorder (PTSD) and substance abuse. Topics addressed will include the clinical presentation of co-morbid PTSD and substance abuse, demographic rates, models and stages of treatment, clinical dilemmas, and gender issues. Specific clinical interventions will be introduced and demonstrated, along with available assessment tools and community resources.

#### Learning Objectives:

- Cite scientific literature on rates and clinical presentation of these co-morbid conditions
- Describe at least three therapeutic strategies for treating individuals with PTSD & substance abuse issues
- Identify at least three assessment tools and treatment resources

### #1059 Creative Arts Therapies: A Map for Embracing Change and Promoting Recovery

**Faculty:** Mary Braheny and Diane Halperin

This workshop will introduce the Creative Arts Therapies which empower change and promote recovery through the creative processes. This action-oriented approach encourages the individual to be present, embrace change and honesty, and focus on the process of change as opposed to the outcome. This workshop teaches the use of creative expressions and daily discipline to stay focused, healthy and vibrant. Participants will be introduced to the theoretical concepts of creative arts therapies and non-verbal tools. Participants should wear comfortable clothes and be ready to involve mind, body, and spirit.

#### Learning Objectives:

- Describe the theoretical framework of art and movement therapies
- Identify at least three creative arts strategies for treating a variety of diagnoses
- Describe the therapeutic application of self-care techniques
- Describe at least three ways for utilizing positive self-talk and affirmations to facilitate change

### #1060 Promoting Family Change: Strategies for the Real World

**Faculty:** Steve Eichel

This evidenced based workshop will present the intra-dynamics between substance abuse, recovery, and the family. Participants will learn to assess family strengths and resources, and how to incorporate these strengths and resources in family interventions which promote recovery. Individualized strategies for engaging family members in the process of change and recovery will also be discussed.

#### Learning Objectives:

- Describe the dynamics of family and substance abuse
- Describe techniques for assessing family member's readiness for change
- Describe at least three techniques for utilizing family involvement in treatment planning and interventions

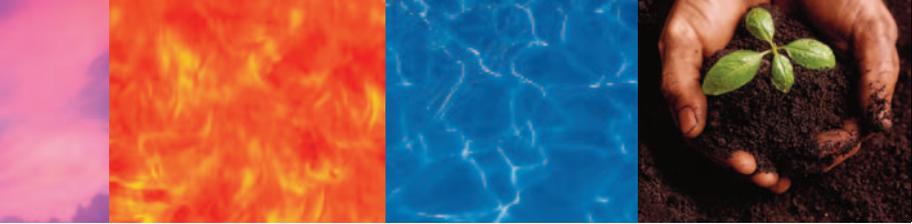
### #1075 Emerging Best Practices in Behavioral Healthcare

**Faculty:** Wilma Townsend and Fran Register-Joyner

This workshop will present the guiding principles of mental health recovery, as well as the consumer and system outcomes of a recovery oriented system. Participants will be introduced to the Recovery Management Plan and the Emerging Best Practices in Mental Health Recovery models. These models reveal that consumers function optimally when clinicians, family members and significant others, and community services provide support and services consistent with best practices. A discussion of how the utilization of best practices results in successful consumer outcomes will be included, along with the most current research on mental health recovery. This workshop is appropriate for all mental health practitioners and support staff, as well as consumers and their family members.

#### Learning Objectives:

- Describe the basic concepts of mental health recovery
- Build skills and knowledge beneficial to the individual's recovery process
- Develop strategies for partnership between consumers and clinicians in the recovery process
- Describe strategies for involving consumers in the process of selecting and participating in services and activities that facilitate recovery



# Three-Day Workshops

Monday 1:30pm-4:30pm  
Tuesday & Wednesday 9:00am-4:30pm

## THREE-DAY WORKSHOPS

Monday July 23, 2007 through Wednesday July 25, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### #1076 Show Me the Money! The Secrets of Successful Grant Writing Faculty: Theophilus R. Nix, Jr.

This interactive workshop will introduce important aspects, techniques, and tools required for writing grants and obtaining funding utilizing specially-designed templates prepared by the Non-profit Development Institute. Participants will learn to apply the Institute's "tricks of the trade," which have resulted in a 76% success rate for grant approval. Specific contact information and resources for funding opportunities through the federal government will also be provided. Participants will review actual grants that have successfully attained approval and funding, and then write an actual grant using the techniques learned in the workshop.

#### Learning Objectives:

- Develop skills for writing and obtaining grants
- Utilize grant writing templates for successful completion
- Describe at least three strategies for identifying sources of program funding

### #1077 Group Counseling: Effective Strategies and Techniques Faculty: Heidi O'Toole and Michelle Christy

This skill-building workshop will address the complexities of providing counseling in a group setting. Components covered will include: types of groups, group structure and planning, and theoretical basis for therapy in groups. In addition to observing and participating in demonstrations of group techniques and exercises, participants will process group activities and exercises that they have learned.

#### Learning Objectives:

- Demonstrate techniques that will augment participants group counseling approach
- Discuss and demonstrate the sequence of structuring/planning effective groups
- Synthesize techniques into current group practices

### #1080 Complex and Concurrent Issues in Treatment: Know the Facts Faculty: Tony Tommasello

As we become more deeply engaged in providing treatment for substance use conditions we become increasingly aware of the complex nature of the disease. Some individuals are homeless, others are struggling with mental illness and some are infected with HIV and are diagnosed with AIDS. There are indeed cases of concurrent problems in all of these areas. We have also been confronted with the reality that chemically dependent patients will undergo periods of need for pain management, a particularly perplexing problem for healthcare providers and patients alike. This program addresses these complicated issues in treatment including complex pharmacotherapy and drug interactions.

#### Learning Objectives:

- Convey to clients the fundamental pathology of substance use conditions
- Resolve points of confusion regarding pain treatment and substance use
- Develop a recovery plan that incorporates at least one complicating factor
- Identify situations in which a drug interaction may be having a clinical impact

### #1078 Adults on the Autism Spectrum: Success in the Community and Workplace Faculty: Jed Baker and Peter Gerhardt

Adults with Autism Spectrum Disorders (ASDs) such as Asperger Syndrome, PDD-NOS, non-verbal learning disorders, and high functioning autism are often misdiagnosed and misunderstood. This workshop will help participants differentiate the ASDs and recognize their unique attributes. The significant role of non-verbal social and communication rules will be addressed, as well as how difficulties in these areas create challenges in personal, social, and occupational relationships. Effective tools for addressing the unique issues of adults on the spectrum will be presented, including managing anxiety, frustration, and anger.

#### Learning Objectives:

- Describe the social, communication, sensory and behavioral attributes of ASD's
- Identify common co-morbid behavioral health concerns in individuals with ASDs
- Describe at least three strategies for teaching social skills to individuals with ASD



# Three-Day Workshops

Monday 1:30pm-4:30pm  
Tuesday & Wednesday 9:00am-4:30pm



## THREE-DAY WORKSHOPS

Monday July 23, 2007 through Wednesday July 25, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### #1086 Supervision: An Interactional Process Promoting Engagement Faculty: Anita Kinsley and Taylor Anderson

The effectiveness of Lawrence Shulman's methods of supervising within the human services field are well known but there is little evidence of their consistent use. In this workshop we will demonstrate the application of this model within the working relationship. There are a number of dynamics and skills core to all supervision processes and many of them have parallels between other helping relationship interactions. By integrating concepts from strengths-based practice supervisors will gain tools to use in conducting successful, growth-producing, and effective individual and group supervision.

#### Learning Objectives:

- Describe and experience Shulman's Interactional Skills approach
- Discuss the rationale for using strengths-based supervision
- Identify phases of supervision
- List critical skills for culturally competent supervisors
- Identify ways to use learning from this workshop in daily practice

### #1092 Motivational Interviewing: An Experiential Introduction Faculty: Joseph Ciarrocchi

This workshop will introduce the model of Motivational Interviewing, an empirically tested and proven strategy for use with substance abuse conditions that is now being applied to a wide range of additional mental health and diagnostic issues. This model is a brief intervention format that uses a variety of interviewing styles and strategies to help motivate individuals. Values, a topic ordinarily avoided in counseling, are explicitly addressed and utilized in Motivational Interviewing.

#### Learning Objectives:

- Describe the application of motivational interviewing for addressing ambivalence
- Explain utilization of the counseling relationship to resolve resistance and defensiveness
- Describe at least three approaches for enhancing empathy skills and developing rapport
- Explain inclusion of the individual's value system and spirituality as tools for motivating change

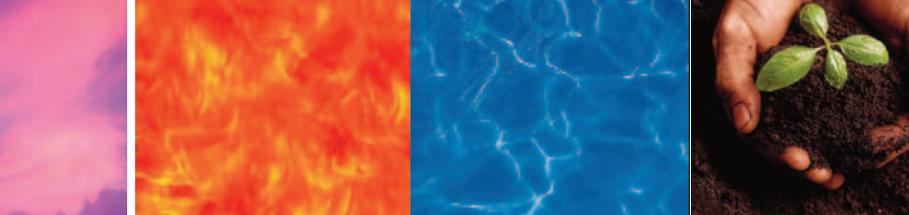
### #924 Mindfulness Based Stress Reduction Faculty: James M. Walsh

The Mindfulness Based Stress Reduction (MBSR) program is a unique practice-oriented program that teaches people to integrate stress management skills into their everyday lives. The well-documented program integrates instruction in mindfulness meditation and philosophical underpinnings with cognitive therapy in a supportive and compassionate group environment. This experiential workshop is a shortened version of the full eight week MBSR program developed by the University of Massachusetts Medical School's Center for Mindfulness (CFM). Scientific data describing the efficacy of mindfulness training in the treatment of a number of stress related disorders will also be presented.

#### Learning Objectives:

- Establish a formal mindfulness meditation practice including sitting, body scanning, yoga, and walking
- Examine the treatment efficacy of mindfulness meditation
- Understand how mindfulness may be a useful component of psychotherapy





## Two-Day Workshops

Thursday 9:00am-4:30pm  
Friday 9:00am-3:00pm

### TWO-DAY WORKSHOPS

Thursday July 26, 2007 and Friday July 27, 2007  
*Registration fee includes the Keynote and Awards Luncheon*

#### #1054 Grief, Loss, and Recovery: Gestalt Perspectives and Practices

**Faculty:** David S. Henrich and Mark Magerman

Mourning is a universal experience and is closely linked to issues associated with attachment. This workshop will introduce Gestalt Therapy's unique approach to facilitating grief, and is designed for experienced and novice counselors alike. Content will include theories of human response to major loss, the normal grieving process, how the grieving process may be interrupted, and how to support the individual in re-summing focus on the grieving process. Role plays and experiential exercises will be utilized to help participants expand their clinical skills.

##### Learning Objectives:

- Distinguish between uncomplicated and complicated grief
- Describe the Gestalt Therapy approach for facilitating the grieving process
- Describe how the clinician's personal experiences with loss may impact the therapy process

#### #1055 Utilizing the Creative Arts to Promote a Healthy Body, Mind, and Spirit

**Faculty:** Mary Braheny and Diane Halperin

Health and wellness are more than the mere absence of sickness. Achieving wellness requires an incorporation of knowledge from the fields of psychology, physical health, and spirituality with what is unique about the individual. Care givers can especially benefit from learning how to balance their work with family life, and personal development in order to promote personal health and wellness. This workshop will introduce the Creative Arts approach to "whole brain learning," and the specific tools of art, movement, visualization, affirmation, and storytelling for body-mind learning and healing.

##### Learning Objectives:

- Describe three methods for incorporating creative arts into daily life style
- Explain three strategies for balancing body-mind in times of transition and change
- Describe strategies for interrupting negative behaviors and re-establishing wellness

#### #1053 Prevention and Intervention for Fetal Alcohol Spectrum Disorders

**Faculty:** Susan Aduato and Mary Curran DeJoseph

This workshop, based on guidelines from the Center for Disease Control, will provide information and review case examples pertaining to prenatal alcohol use and Fetal Alcohol Spectrum Disorders (FASD). Specific topics will include the psychology of addiction, screening of women of child-bearing age for prenatal alcohol use, the effects of alcohol on the development of the fetal brain, diagnosis of FASD, and the impact of FASD on the individual throughout the lifespan. Related ethical, legal, and media considerations will also be addressed.

##### Learning Objectives:

- Identify at least four key components of screening protocols for FASD
- Describe at least three primary and secondary disabilities associated with FASD
- Describe at least three treatment approaches for working with individuals with FASD

#### # 1056 Positive Psychology and Spirituality

**Faculty:** Joseph Ciarrocchi

Many models of therapy focus on deficits, problems and pathology. Positive psychology shifts focus from what is "wrong" to what is "right" and focuses on the influence of individual strengths, such as virtue, courage, optimism, work ethic, hope, honesty, and perseverance. The individual's mental and emotional well-being is viewed as unique characteristics that can be built upon to reach goals and find fulfillment. This workshop will introduce the integration of positive psychology and spirituality, and will discuss the clinical application of positive psychology for treatment of mental health and substance use conditions.

##### Learning Objectives:

- Describe the strengths and limitations of the positive psychology movement
- Describe at least three major themes in positive psychology
- Experience positive psychology exercises

# Two-Day Workshops

Thursday 9:00am-4:30pm

Friday 9:00am-3:00pm



## TWO-DAY WORKSHOPS

Thursday July 26, 2007 and Friday July 27, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### #1057 White Bears, Craving, and Addiction: Working With the Preoccupied Mind

**Faculty: James M. Walsh**

At the heart of an individual's addiction, one finds a mind preoccupied with the substance or process that is the source of its pleasure. Research indicates that the harder the individual works to suppress these unwanted thoughts, feelings and urges, the greater authority and unwanted influence they seem to have on the individual's response to them. Drawing from the work of Wegner, Linehan, and Marlatt, participants in this workshop will examine the "white bear" phenomenon and consider radical acceptance as an alternative to cognitive and affective suppression. Strategies grounded in Acceptance and Commitment Therapy (ACT) will be introduced as a values-based approach to treatment.

#### Learning Objectives:

- Describe the works of Wegner, Linehan, and Marlatt
- Describe the integration of cognitive therapy with mindfulness and other experiential approaches
- Explain how to integrate these approaches in treatment

### #1058 Transformation: Using a Recovery Oriented Approach in Case Management

**Faculty: Taylor Anderson and Anita Kinsley**

The field of behavioral health is being asked not just to change but to transform. True transformation requires an embracing of the recovery model, a model that calls us to partner with individuals in helping them achieve the goals of their recovery journey. This workshop will examine the basic principles and practices of recovery-oriented services, including establishing a working alliance, co-creating realistic plans for achieving recovery goals, and using recovery-focused therapeutic interventions. Professional boundary and safety issues will also be addressed.

#### Learning Objectives:

- List the major principles of the recovery-oriented approach
- Describe methods for assessing progress in the creation of recovery-focused organizations and practitioners
- Discuss programmatic and individual strengths and needs for shaping recovery-focused organizations and practitioners

### #1074 Advanced Relapse Prevention

**Faculty: Arthur Trundy**

Despite advances in treatment for substance use conditions, relapse remains a misunderstood process and a challenge for the treatment community. This intensive workshop is designed to help us work with individuals who have moved through the stages of change and recovery and achieved established periods of sobriety, followed by a relapse. This workshop will focus on helping individuals identify and manage their relapse warning signs and will include demonstrations, experiential exercises, and a review of the Generic Warning Sign List.

#### Learning Objectives:

- Describe the processes of relapse and recovery
- Identify at least three clinical exercise for relapse prevention
- Explain the components of the Generic Warning Sign List
- Describe methods to assist clients in identifying and managing warning signs and developing a plan for healthier living

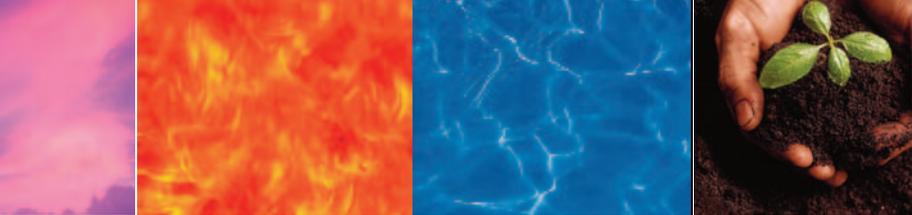
### #1082 Substance Abuse and the Brain: Implications for Treatment

**Faculty: Thomas Freese**

Advancements in the use of brain imaging have revealed cognitive deficits and dysfunctions resulting from substance use, their impact on memory, decision-making, affect-regulation, and how the brain recovers from substance use across time. Impairments in areas of memory, decision making, and affect regulation are often misinterpreted as denial or non-adherence. This workshop will present these findings, and identify appropriate behavioral targets for treatment, and effective interventions. Participants will gain a practical understanding of the brain and simple, effective skills to work with individuals in recovery.

#### Learning Objectives:

- Describe the resulting cognitive deficits common for heroin, alcohol, methamphetamine, marijuana, and cocaine abuse
- Explain how cognitive deficits contribute to clinical presentation
- Identify at least three targeted, brain-based strategies for promoting recovery
- Describe how findings in brain imaging can be utilized with clients and family members to promote recovery



## Two-Day/One-Day Workshops

Tuesday 9:00am-4:30pm

Thursday 9:00am-4:30pm

Friday 9:00am-3:00pm

### TWO-DAY WORKSHOPS

Thursday July 26, 2007 and Friday July 27, 2007

*Registration fee includes the Keynote and Awards Luncheon*

#### #1091 Substance Abuse Treatment for Persons with Co-Occurring Disorders In-Service Training

**Faculty: Stan Sacks and Mary McCarty-Arias**

Become a Trainer! Receive instruction directly from the chair of the consensus panel! SAMHSA has recently released an In-Service Training Manual to accompany TIP #42, Substance Abuse Treatment for Persons with Co-Occurring Disorders, an extensive treatise covering such topics as screening and assessment, mental disorders, treatment strategies and models. This train-the-trainer workshop will present features selected from the manual's eighteen 45-minute training modules to familiarize participants with the manual and to prepare them to deliver TIP 42 in-service training within their own agencies and to other organizations. This workshop is recommended for people with knowledge of co-occurring disorders who have training and supervisory roles or who have training skills and aspire to become a trainer.

#### Learning Objectives:

- Introduce participants to the In-Service Training Manual for TIP 42
- Define the goals and objectives of each module of the In-Service Training Manual for TIP 42
- Practice exercises from the In-Service Training Manual

### ONE-DAY WORKSHOPS

Tuesday July 24, 2007

*Registration fee includes the Keynote and Awards Luncheon*

#### #1081 Chronic Pain: Causes and Solutions

**Faculty: Rollin M. Gallagher and Nancy Wiedemer**

Pain is one of the most common reasons people seek medical care. Despite its prevalence, research shows that it is under-treated, resulting in numerous personal problems and medical and mental health co-morbidities. This workshop will present the epidemiology, pathophysiology, and diagnosis of multiple pain conditions with mental health and substance abuse co-morbidities, and the efficacy of treatment options. Case presentations will illustrate goal-oriented planning and mechanism-based pharmacology integrated with behavioral and physical therapies. The discussion will also include a new organizational approach to managing pain, The Pain Medicine and Primary Care Community Rehabilitation Model. Participants will be encouraged to discuss specific pain management difficulties individuals face within their programs.

#### Learning Objectives:

- Identify strategies for managing opioids and substance use conditions in pain management
- Describe the pathophysiologic mechanisms of chronic pain
- Specify biopsychosocial assessment strategies for evaluating chronic pain
- Describe mechanism-based treatments of pain for achieving improved functional outcomes

#### #1084 Cognitive Behavioral Therapy:

**Crisis Intervention and Suicide**

**Faculty: Gina Fusco**

Skill in crisis intervention is an essential aspect of being a clinician. This workshop will provide an overview of crisis theory, strategies, and intervention. A comprehensive clinically-driven sequence of topics targeting various crisis situations, including suicidality will also be presented, including cognitive-behavioral interventions for specific crisis scenarios. Participants will learn how to apply the theoretical concepts and strategies of crisis intervention to clinical practice.

#### Learning Objectives:

- Identify the skills required for case conceptualization and treatment planning in crisis situations
- Describe interview techniques to assist in crisis triage and assessment
- Describe methods for identifying and individualizing interventions for the individual in crisis
- Describe how an individual's cultural may influence the crisis situation

# One-Day Workshops

9:00am-4:30pm



## ONE-DAY WORKSHOPS

Tuesday July 24, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### # 1049 Hip-Hop Development™: Using Popular Culture 4 Positive Youth Engagement

**Faculty: Hicks Harper, Timothy Jones, and Christopher Trower**

Hip-Hop Development™ is a new construct aimed at engaging youth and promoting healthy lifestyle choices. This lively, interactive, multimedia workshop will introduce educators, health professionals, policy makers, and youth workers to the Hip-Hop culture, and discuss how its elements can be used to facilitate learning in youth. Concrete strategies for utilizing Hip-Hop as a tool for motivating youth will also be discussed. Participants will engage in fun and educational experiences to increase their awareness of the Hip-Hop culture, and will have the opportunity to develop and perform their own positive educational Hip-Hop “raps.”

#### Learning Objectives:

- Describe at least three components of the Hip-Hop culture
- Describe methods for utilizing the Hip-Hop culture to enhance messages targeting youth
- Explain how Hip-Hop-based themes, tools, and activities can be integrated into prevention and educational programs and practices for youth

## ONE-DAY WORKSHOPS

Wednesday July 25, 2007

### #1072 Recovery, Trauma, and Empowerment

**Faculty: Patrick A. Risser and Scott Snedecor**

This consumer oriented workshop will present the history of the Consumer/Survivor movement and its roots in other civil rights movements. There will be discussion about the two different aspects of the movement, self-help and advocacy, and how these aspects converge into a system that is recovery-focused. Additional topics will include the impact of trauma on the lives of people in the mental health and substance abuse system. More specifically, ways in which the system can help in healing past traumas as well as ways in which it can re-traumatize the individual and stifle the healing process will be explored. Discussion will focus on how helping others can facilitate the healing process for oneself, and suggest ways for people to get involved in the trauma-sensitive, self-help, peer support movement.

#### Learning Objectives:

- Describe trauma-informed service systems
- Explain the concept of "mentalism" and how to overcome these attitudes
- Explain the two branches of the modern mental health "consumer" movement and describe how they differ

### #1045 Effective Case Planning in Parole Supervision

**Faculty: Faye Taxman**

Parole supervision is an effective strategy for reducing offender recidivism, yet has historically been an undervalued component of the re-entry process. This workshop will present recent innovations and research findings in the field and discuss their relevance to parole supervision. Participants will learn the components of effective case planning and how to integrate assessment information into the parole supervision plan. Participants will also have the opportunity to learn and practice applying new strategies for engaging the offender in the parole supervision planning process.

#### Learning Objectives:

- Discuss current research findings and their relevance to parole supervision
- Develop a case plan that integrates assessment into the parole supervision plan
- Describe three strategies for engaging the offender in the parole supervision planning process

For information about consumer scholarships,  
contact Penny Chelucci at (302) 255-9421.

## ONE-DAY WORKSHOPS

Wednesday July 25, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### #1047 The Parenting Toolbox for Service Providers

**Faculty: C.J. Johnson**

Parenting is both a challenge and a privilege, relying on a combination of knowledge, skills, and attitudes that promote growth throughout the child's life. This workshop will provide a simple, down-to-earth parenting approach that considers the developmental needs from childhood through to adolescence. The easy-to-apply methodology will help service providers teach effective and consistent parenting concepts that foster positive interactions between parent and child. These approaches will facilitate clear and consistent expectations between parent and child, while reducing factors that develop into power struggles, inconsistency, and anxiety for parent and child alike.

#### Learning Objectives:

- Describe three methods for promoting bonding between parent and child/adolescent
- Explain how a consistent and predictable environment reduces anxiety for the child/adolescent
- Describe at least three techniques that promote effective parenting interventions
- Identify four key areas of promoting self-esteem

## ONE-DAY WORKSHOPS

Thursday July 26, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### #1071 Cognitive Behavioral Therapy: Management of Chronic Pain

**Faculty: Barbara Golden**

This workshop will present the history of the treatment of individuals with co-morbid mental health concerns and chronic illness. A biopsychosocial approach to assessment and treatment will be discussed with specific application to individuals with chronic pain, asthma, diabetes, and other chronic illnesses. Particular attention will be paid to the identification and use of cognitive-behavioral treatment strategies. Potential barriers to successful treatment outcomes will be covered, along with specific clinical skills and interventions for overcoming these barriers. Case studies will be reviewed as a learning tool.

#### Learning Objectives:

- Apply the biopsychosocial model to specific chronic illnesses
- Identify at least three potential obstacles to treatment with this population
- Explain the application of at least three cognitive behavioral strategies for treatment

### #1048 Leadership in Changing Times

**Faculty: C.J. Johnson**

Individuals who serve in leadership roles within the behavioral healthcare field are increasingly aware of the need to increase personal and agency performance outcomes. This workshop will introduce effective methods for improved effectiveness and efficiency, explore the role of coaching and work-teams, and address the utility of delegation in enhancing performance outcomes. Additional topics will include data collection, data management, and the critical components of analysis necessary for achieving successful performance outcomes.

#### Learning Objectives:

- Identify the steps to effective coaching for enhanced performance outcomes
- Explain at least three participatory management concepts that promote team work
- Describe the utilization of outcome tools for the development, monitoring, evaluation, and improvement of agency goals and objectives

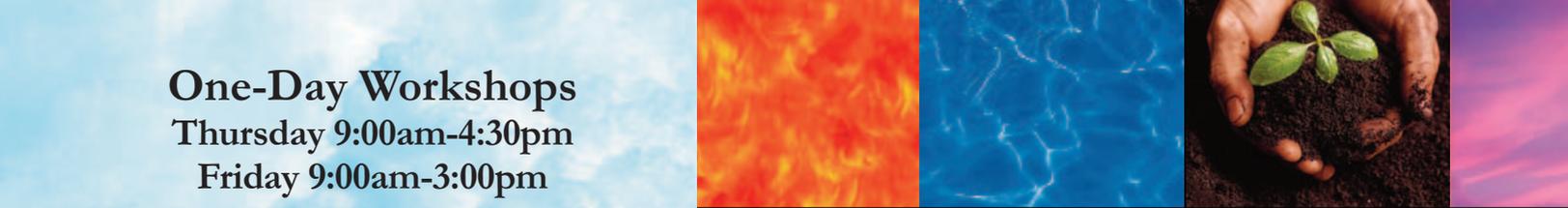
### #1085 Resiliency: Seven Skills for Greater Results

**Faculty: Robert Knowlton**

Life today demands more from us than ever before, and the need for personal resilience has never been greater. How does one remain energized, goal-oriented, and optimistic in the face of life's many adversities? This workshop will introduce seven concrete skills for boosting resilience, based on decades of research on why some people succeed in the face of challenge and change while others do not. Participants will be asked to complete a brief on-line resilience assessment prior to the workshop and to bring the results with them. Participants will learn more about their specific resilience strengths while learning specific skills for bolstering areas in which they would like to improve. More than 20,000 people have participated in this workshop worldwide, with results ranging from improved mood to measurable increases in productivity.

#### Learning Objectives:

- Describe how thoughts affect feelings and behavior
- Explain how adversity can affect the accuracy of one's thoughts and perceptions
- Identify and develop skills for increasing flexibility, problem-solving, and resiliency



**One-Day Workshops**  
**Thursday 9:00am-4:30pm**  
**Friday 9:00am-3:00pm**

**ONE-DAY WORKSHOPS**

Thursday July 26, 2007

*Registration fee includes the Keynote and Awards Luncheon*

**#1083 Self-Advocacy and Negotiations**

**Faculty: Patrick A. Risser and Scott Snedecor**

The consumer-driven self-advocacy movement for recovery and transformation has awakened the need for change at all levels of the mental health and substance use system. One particular call for change encourages consumers and their families to become advocates for their rights and treatment needs. This interactive workshop will engage participants in identifying and developing strategies self-advocacy and negotiation within the mental health and substance use system. Topics will include developing tools for active participation in the treatment team and treatment planning process. Role-play and other forms of practice will help to reinforce these tools and strategies. There will also be a discussion of the consumer-driven progress accomplished thus far, and areas of yet-needed change for achieving true systems transformation.

**Learning Objectives:**

- Describe various ways in which a person might be an advocate
- Explain three tools of negotiation
- Describe skills for accomplishing positive change

**#1050 Understanding Dementia:**

**Providing Care that Makes a Difference**

**Faculty: Teepa Snow**

This interactive workshop will introduce the most current information about dementia and Alzheimer's disease and how to provide assistance and care to those who are affected by it. Emphasis will be on assessment, recognizing and responding to dementia-related symptoms, and effective strategies for interacting with people who have a dementia-related illness. Participants will be introduced to methods for distinguishing between cognitive changes associated with the normal aging process and cognitive changes related to the onset of dementia. Behaviors that promote well-being and reduce the risk of developing a dementia-related illness will be discussed. Issues related to dual diagnoses, such as the impact of dementia on pre-existing mental health conditions, will be highlighted.

**Learning Objectives:**

- Describe the differences between cognitive changes associated with aging and those associated with the onset of dementia
- Explain how to effectively respond to behaviors and requests from individuals with dementia
- Describe the impact of dual diagnosis on the provision of care

**ONE-DAY WORKSHOPS**

Friday July 27, 2007

*Registration fee includes the Keynote and Awards Luncheon*

**#1079 Cognitive Behavioral Therapy: Medical Conditions**

**Faculty: Stephanie H. Felgoise**

Problem-solving therapy (PST) is based on cognitive-behavioral theory and offers a structured approach to coping and adjusting to major and minor life events. This workshop will instruct participants on how to conduct this empirically-supported therapy and how to adopt a problem-solving approach to clinical decision-making. Emphasis will be on problem-solving therapy for persons with medical conditions such as cancer, irritable bowel syndrome, diabetes, and cardiac disorders. Further discussion and examples of PST's application to treatment of anxiety and depression will be highlighted.

**Learning Objectives:**

- Describe the theories of cognitive-behavior therapy that are the foundations for PST
- Explain the application of visual imagery for enhancing client's motivation to learn new coping skills
- Describe the social problem-solving model of distress
- Describe how to assess and teach problem-solving skills to clients

## ONE-DAY WORKSHOPS

Friday July 27, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### **#1070 Cognitive Behavioral Therapy: Personality Disorders** **Faculty: Gina M. Fusco**

Individuals who have a personality disorder can present a challenge to therapists in case conceptualization, goal setting, rapport building, and positive treatment outcomes. This workshop will define the concept of a personality disorder, introduce Millon's diagnostic system for personality disorders, and present case conceptualization strategies. Each of the personality disorders will be described, with primary focus on Borderline Personality Disorder (BPD). Key traits and cognitive distortions will be identified and discussed with an emphasis on treatment strategies. As clients with BPD are often prone to crisis, specific crisis management and intervention strategies will be reviewed. Countertransference issues and impediments to treatment will also be discussed.

#### **Learning Objectives:**

- Identify the main traits consistent with each personality disorder
- Describe the cognitive distortions, schema, and overall conceptualization of BPD
- Identify key crisis management and intervention strategies to utilize with high-risk, crisis prone individuals with BPD

### **#1068 Empowerment and Consumer Culture** **Faculty: Scott Snedecor and Patrick A. Risser**

This workshop will introduce participants to the contributions of the consumer/survivor movement and how they are influencing the provision of services for mental health and substance use conditions today. Current terms such as "recovery" and "empowerment" will be explored in depth, along with strategies for achieving these goals both personally and within our professional work with clients. A discussion of potential barriers and obstacles to achieving a recovery-oriented system will be included, along with strategies for overcoming these barriers and achieving a truly transformed system of services. Consumers and service providers are encouraged to attend this workshop together.

#### **Learning Objectives:**

- Define the terms recovery and empowerment
- Explain the political structure of federal and local level mental health systems
- Discuss the goals of a transformed system
- Describe at least three methods for facilitating recovery

### **#1052 Hiring, Supervising, and If Necessary Firing Service Providers in Recovery** **Faculty: Joshua Koerner and Deborah Max**

The behavioral healthcare workforce includes many consumer-providers; individuals who are themselves in recovery from some form of mental health or substance use condition. This workshop will provide practical guidance and proven policies for the hiring and retention of staff members who are in recovery. Other related performance issues such as recruitment, supervision, and termination will be addressed. The information presented will help to dispel common misconceptions about this practice, and illustrate the rich and unique attributes that consumer-providers contribute to the profession.

#### **Learning Objectives:**

- Describe policies and procedures for maintaining therapeutic boundaries between consumer-providers and recipients of their services
- Describe at least two benefits and risks of provider self-disclosure
- Describe EEOC guidelines regarding disability and their impact on supervisory practice

### **#1051 In Her Shoes: How Domestic Violence Affects Women's Lives and Choices** **Faculty: Noel Duckworth and Toni Durbano**

This workshop will provide an interactive look into the lives of battered women as they seek assistance from a community and social resources. Participants will be asked to "step into the shoes" of battered women, experiencing first-hand what it is like to be confronted with difficult and complicated decisions about life and safety. As a result, participants will better understand the answer to the often-asked question, "Why does she stay?" This workshop will introduce current research, philosophies, and terminology of programs within the fields of substance abuse and domestic violence. At the conclusion of this workshop, participants will be better equipped to collaborate effectively with women affected by violence while enhancing their chances for achieving safety and sobriety.

#### **Learning Objectives:**

- Identify at least three interventions for supporting victims of domestic violence
- Describe the respective roles, shared values, and importance of language within the fields of substance abuse and domestic violence
- List action steps for creating a coordinated system of care for females affected by domestic violence
- Identify referral information for battered women

# One-Day Workshops

Friday 9:00am-3:00pm



## ONE-DAY WORKSHOPS

Friday July 27, 2007

*Registration fee includes the Keynote and Awards Luncheon*

### **#1046 Promoting Positive Outcomes for Families: The Parallel Supervisory Process** **Faculty: Deborah Miller and Jamison Ream**

The most powerful environment for learning takes place in the context of relationships. This workshop will explore the supervisory relationship and how supervision is translated into the message that staff relay to children/adolescents and their families. Affirmation of successes and focus on the positive changes accomplished by staff in their work with children/adolescents and their families can be translated into the sense of accomplishment that families feel when overcoming their own challenges. Supervisors will learn how they can model helpful relationships with families and create opportunities for service providers to assist families in functioning in more positive and constructive ways. Content is valuable for both staff and supervisors, in that the workshop looks at the supervisory relationship from both perspectives.

#### **Learning Objectives:**

- Describe how the supervisory process impacts the relationship between staff and the families with whom they work
- Describe three strategies to help staff address the impact of supervision on their clinical work with children/adolescents and their families
- Participate in experiential learning to reinforce the above concepts

### **#1069 Understanding and Supporting the Aging Individual** **Faculty: Sarah Stookey**

This workshop will explore aging from several perspectives as well as the changes that have taken place over the past century that affect the life span. Participants will learn about the normal physical changes of the body and the brain, and the social and psychological changes common to older adults in our society. The interaction of the biological, social, and psychological influences on the older individual will be explored, with an emphasis on prevention and intervention strategies. Participants will learn about the Recognize, Educate, Motivate, and Support plan for helping older adults access appropriate mental health services.

#### **Learning Objectives:**

- Identify common variables that affect life expectancy
- Define and identify age-determined changes and age-associated changes
- Describe social and psychological factors that affect older adults

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## MINI WORKSHOPS

6:00pm – 9:00pm

Pre-registration and Payment Required

### **Monday July 23, 2007**

#### **#787 Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Training** **Faculty: Earl Robinson and David Salerno** (\$30.00 registration fee)

Successful completion of this presentation will result in American Heart Association certification in Heartsaver/AED. Training in CPR and AED skills will enable the rescuer to use all the steps in the cardiac chain of survival.

#### **Learning Objectives:**

- Complete the Heartsaver CPR and AED skills practice session
- Understand the role of the AED
- Describe cardiac arrest symptoms and the chain of survival concept for adults, children and infants

### **Wednesday July 25, 2007**

#### **#1061 Advanced Ethics** **Faculty: Taylor Anderson and Anita Kinsley** (\$75.00 registration fee)

This workshop is intended for persons who have had a previous introduction to ethics. Content will include information and discussion about multiculturalism, spirituality, clinical documentation, and reporting to secondary parties such as probation, employee assistance, other departments, spouse, parents, referral sources, etc. Discussion will incorporate the importance of using clinical judgment when organizational or funding demands differ from service recommendations.

**See page 5 of brochure for learning objectives.**

## FREE EVENING SESSIONS

7:00pm – 9:00pm

Sessions are open to the public and do NOT require pre-registration

### Monday July 23, 2007

**#1062 Alcohol Awareness**

**Presenter: John Rowe and  
Jaime Wolhar**

This presentation will provide information on alcohol and its effects on the human body. It is interactive and thought provoking. Physical and mental consequences of drinking before the legal drinking age as well as alcohol abuse and misuse will be highlighted. This presentation incorporates multi-media tools along with Fatal Vision goggles simulating the effects of alcohol on the human body. Content is appropriate for both adolescents and adults.

### Tuesday July 24, 2007

**#1064 An Introduction to the  
Parenting Toolbox**

**Presenter: C.J. Johnson**

“The Parenting Toolbox” takes a look at essential elements and approaches to promote positive interactions with children and adolescents. The techniques are easily implemented by parents, childcare providers, parenting educators, and clinicians and in any setting. The approaches to discipline promote more time to developing relationships with children and adolescents while maintaining clear and consistent expectations. Understanding challenging children and how to reduce the likelihood of negative behaviors will be included.

### Wednesday July 25, 2007

**#1063 Family Psycho-education for Caregivers of  
Youth with Behavioral Health Challenges**

**Presenter: Malisa Knox**

A child’s behavioral health problems can overwhelm the entire family. Participants will be exposed to a free online Family Psycho-education Program for parents and caregivers of youth with behavioral health problems. Practical and useful information for caregivers, behavioral health practitioners and school personnel will be provided. Topics will include stress reduction strategies, behavioral health disorders, behavior support strategies, problem-solving, and navigating systems.

### Thursday July 26, 2007

**#1067 Experience A Virtual  
Dementia Tour**

**Presenter: Donna Stowell**

The Virtual Dementia Tour Experience will forever change the way staff and caregivers work with elderly adults with dementia and Alzheimer’s disease. This sensitivity training simulates dementia conditions to promote greater understanding of the daily challenges. Meaningful sensitization provides the caregiver with the experience to provide quality care. This interactive “tour” simulates dementia as well as some of the physical problems associated with the general aging process.

## ADDITIONAL EVENING SESSION

6:00pm – 7:00pm

Sessions are open to the public and do NOT require pre-registration

### Tuesday July 24, 2007

**#423 The Delaware Alcohol & Drug Counselor Certification Process**

**Presenter: DCB Board Member**

This presentation will provide an overview of the certification process for those who are new to the field and those renewing certification.



# Week At A Glance

Monday									Tuesday							Wednesday							Thursday							Friday								
9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:30	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:30	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:30	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:30	9:00	10:00	11:00	12:00	1:00	2:00	3:00
Michael Nye Exhibit (Lobby)																																						
Simulator Room - Exploring Psychosis (Room 123)																																						
<b>Keynote Address #1090 Embracing change: Promoting Recovery</b>	<b>Awards Luncheon</b>	#1078 Adults on the Autism Spectrum: Success in the Community and the Workplace															#1074 Advanced Relapse Prevention																					
		#1080 Complex and Concurrent Issues in Treatment: Know the Facts															#1054 Grief, Loss, and Recovery: Gestalt Perspectives																					
		#1059 Creative Arts Therapies: A Map for Embracing Change and Promoting Recovery															#1056 Positive Psychology and Spirituality																					
		#1075 Emerging Best Practices in Behavioral Healthcare															#1053 Prevention and Intervention for FASD																					
		#1077 Group Counseling: Effective Strategies and Techniques															#1082 Substance Abuse and the Brain: Implications for Treatment																					
		#0924 Mindfulness Based Stress Reduction															#1091 Sub. Abuse Treatment for Persons with Co-Occurring Disorders																					
		#1092 Motivational Interviewing: An Experiential Introduction															#1058 Transformation: Using a Recovery-Oriented Approach																					
		#1039 Numbing the Pain															#1055 Utilizing the Creative Arts																					
		#1060 Promoting Family Change: Strategies for the Real World															#1057 White Bears, Craving, and Addiction																					
		#1076 Show Me the Money! The Secrets of Successful Grant Writing															#1071 CBT: Management of Chronic Pain						#1079 Cognitive Behavioral Therapy: Medical Conditions															
		#1086 Supervision: An Interactional Process Promoting Engagement															#1048 Leadership in Changing Times						#1070 Cognitive Behavioral Therapy: Personality Disorders															
		#1087 Adolescent Cannabis Use					#1081 Chronic Pain: Causes and Solutions					#1072 Recovery, Trauma, and Empowerment					#1085 Resiliency: Seven Skills for Greater Results					#1068 Empowerment and Consumer Culture																
		#1061 Advanced Ethics					#1084 CBT: Crisis Intervention and Suicide					#1045 Effective Case Planning in Parole Supervision					#1083 Self-Advocacy and Negotiations					#1052 Hiring, Supervising, and, If Necessary, Firing Service																
		#1089 Co-Occurring Developmental Dis.					#1049 Hip-Hop Development™:					#1047 The Parenting Toolbox for Service Providers					#1050 Understanding Dementia					#1051 In Her Shoes: How Domestic Violence Affects Women's Lives and Choices																
#1088 Leading Change																				#1046 Promoting Positive Outcomes					#1069 The Aging Individual													
Monday									Tuesday							Wednesday							Thursday							Friday								
6:00 PM	7:00 PM	8:00 PM	9:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM															
Michael Nye Exhibit (Lobby)																																						
#787 CPR and AED Training					#423 DADCC					#1061 Advanced Ethics					#1067 Virtual Dementia Tour																							
#1062 Alcohol Awareness					#1064 An Introduction to the Parenting Toolbox					#1063 Family Psycho-Education for Caregivers																												

- Legend**
- 3 – Day Workshops
  - 2 – Day Workshops
  - 1 – Day Workshops
  - Evening Sessions
  - Monday Half-Day Workshops

# Summer Institute Faculty



**SUSAN ADUBATO, PHD** is the coordinator of the Northern NJ Regional Fetal Alcohol Syndrome Diagnostic Center in the Department of Pediatrics at University of Medicine and Dentistry of New Jersey. Dr. Aduabato is a perinatal addictions specialist and a Diplomat with the American College of Forensic Examiners.

**TAYLOR B. ANDERSON, MSW, LSW, CPRP** is Associate Director of the Behavioral Healthcare Education Division at Drexel University. She oversees curriculum development by all Division faculty as well as being main author of a number of curricula. She has been the Executive Director of a community mental health center, has managed a NIMH training research grant, and continues a private practice.

**JED BAKER, PHD** is a clinical psychologist and a behavioral consultant for several New Jersey School systems, where he teaches social skills to students with pervasive developmental disorders and learning disabilities. His newest book, *Preparing for Life*, is a guide on transition to adult life for individuals with Asperger's.

**MARY BRAHENY, MA, MFT** is an art therapist, reiki master, and consultant who uses the creative arts for substance abuse and recovery programs, personal growth, and transformation. She is co-author of the book and visualization tape *Mind, Body, Spirit: Connecting with Your Creative Self*. She is co-creator of Life Designs, a therapeutic arts consulting business.

**PATRICIA BRIERLEY-BOWERS, EDD** is a psychologist who has specialized in serving individuals with co-occurring developmental disabilities and behavioral health concerns. She has presented regionally, nationally, and internationally, and has published on innovative treatment techniques. Dr. Brierley-Bowers chaired the best-practices effort in Maryland.

**MICHELLE CHRISTY, MSW, CAC** has 15 years of experience in the areas of co-occurring mental health and substance use conditions, chronic mental illness, and employee assistance. She is currently in private practice and is an adjunct instructor at Marshall University Graduate College.

**JOSEPH W. CIARROCCHI, PHD** is chairperson of pastoral counseling graduate programs at Loyola College. He has written books and published research in the areas of family environments of pathological gambling, personality profiles of addicted persons, and the relationship between spirituality and emotional well-being.

**MARY CURRAN-DEJOSEPH, DO** is certified in Family Medicine in Pennsylvania, and is an active member of the New Jersey Governor's Task Force on Fetal Alcohol Syndrome (FAS). She also sits on the National FAS Task Force, and serves as a consultant to the North East Regional FAS Regional Training Center.

**DIANE L. DRESSLER** is the statewide training coordinator and housing specialist for the Maryland Developmental Disabilities Administration (DDA), and is chairperson for the Statewide Behavior Supports Committee. She has provided services to individuals with developmental disabilities in both institutional and community settings, and has consulted on co-occurring developmental disabilities and mental health conditions.

**NOEL DUCKWORTH** is a training and prevention coordinator for the Delaware Coalition Against Domestic Violence. She has over 15 years of experience in training administration and working with families and individuals in crisis, including serving as the program administrator for the Delaware Health & Social Services' Adopt-a-Family Program. She has worked with military families as the program manager for the U.S.O. in Hanau, Germany.

**TONI DURBANO, MS** is a training and prevention specialist for the Delaware Coalition Against Domestic Violence. Her experience includes working as a victim advocate for military families at McGuire Air Force Base, as a volunteer advocate at the Victim Advocacy Center in New Castle County Family Court, and as a victim assistant at the National Center for Victims of Crime

**STEVE K. D. EICHEL, PHD, ABPP, MAC** is a licensed and board-certified psychologist and a Certified Master Addictions Counselor. His private practice is devoted to clinical counseling and forensic psychology. Dr. Eichel is on the executive council of the Delaware Psychological Association, serves as the administrative director of the Delaware Counseling Association, and is the current president of the American Academy of Counseling Psychology.

**STEPHANIE FELGOISE, PHD, ABPP** is a psychology professor at the Philadelphia College of Osteopathic Medicine, and conducts research on quality of life issues, coping and adjustment, and psychosocial aspects of various medical conditions, including Lou Gherig's Disease, Long QT Syndrome, irritable bowel syndrome, and sexual dysfunctions.

**THOMAS E. FREESE, PHD** is the director of training for UCLA Integrated Substance Abuse Programs, director of the Pacific Southwest Addictions Technology Transfer Center, oversees the NIDA Institutional Training Grant, and has planned and implemented major CSAT and NIDA-funded conferences. He was project director for studies on methamphetamine use, HIV risk in gay/bisexual men, and smoking cessation interventions.

**GINA M. FUSCO, PSYD** is executive clinical director of the Northeastern Region for Alternative Behavioral Services. Her responsibilities include the design, program development, and implementation of a residential unit for adolescent male juveniles, and overseeing a continuum of care for high risk adolescents. She has published two books on borderline personality disorder.

**ROLLIN M. GALLAGHER, MD, MPH** is a Clinical Professor of Psychiatry and Anesthesiology, Director of the Center for Pain Medicine, Research and Policy of the University of Pennsylvania. Following his interest in patient advocacy and public awareness and policy, he is a founding Director of the National Pain Foundation and represents the AAPM as a member of the Steering Committee for the Pain Care Coalition in Washington DC.

**GERARD GALLUCCI, MD, MHS** is Medical Director of Division of Substance Abuse and Mental Health of the Delaware Department of Health and Social Services. He previously served as Medical Director of the Community Psychiatry Program of the Johns Hopkins Bayview Medical Center and as Director of the Special Needs Clinic.

**PETER GERHARDT, PHD** is President of the Organization for Autism Research whose mission is to fund applied research and disseminate the relevant findings in support of learners with Autism Spectrum Disorders and their families. He co-founded the Douglass Group, a social skills and support service for adults with Aspergers Disorder or High Functioning Autism.

**BARBARA GOLDEN, PSYD, ABPP** is an associate professor of psychology at the Philadelphia College of Osteopathic Medicine and Director of the PCOM Center for Brief Therapy. Working in collaboration with physicians and other healthcare providers, she has taught doctoral students and medical students in a biopsychosocial model of assessment and treatment for clients with chronic pain and illness.

**MARTHA GREGOR, LCSW** is director Drug and Alcohol Services for the Division of Child Mental Health. She has provided crisis and residential drug and alcohol counseling, worked with juvenile sex offenders and their families, and provided outpatient therapy for children and families.

**DIANE HALPERIN, MFT, ADTR** is a therapist, consultant, and trainer in the use of the creative arts for substance abuse and recovery programs and personal growth and transformation. She is co-author of the book and visualization tape *Mind, Body, Spirit: Connecting with Your Creative Self*, and author of *Lives Well Lived: I Remember Baubie and Zadie*. Ms. Halperin is co-creator of Life Designs, a therapeutic arts consulting business.

**HICKS HARPER, PHD** is the President of Youth Popular Culture Institute, Inc. and an internationally recognized authority on Hip-Hop culture. She was among the first researchers to document the Hip-Hop culture phenomenon and to investigate its usefulness as a catalyst for education, positive behavioral change in youth, and successful community building.

**DAVID S. HENRICH, LCSW, BCD** is co-director of the Gestalt Therapy Institute of Philadelphia and is a faculty member of the Family Institute of Philadelphia. He has served as a clinical supervisor at the Fox Chase Cancer Center, and has worked with clients around issues of grief and loss for over 35 years.

**C.J. JOHNSON, MSW, LCSW, LMFT** is the Regional Administrator with Region V Systems which serves as a network management entity for behavioral health services for adults, youth, children, and their families. He also maintains a private practice and specializes in clinical treatment with children and adolescents and their families.

**KAY M. JOHNSON, LCSW** specializes in treating individuals with trauma and addiction disorders. She currently works at St. Luke's-Roosevelt Hospital Crime Victims Treatment Center-NYC as well as under a collaborative CSAT/SAMHSA grant to provide integrated treatment through the Health Recovery Institute-MA.

**TIMOTHY D. JONES** is Director of Youth Operations for the Youth Popular Culture Institute, Inc. He has successfully endeavored to employ Hip-Hop as an educational/social tool of development, not only for young people, but for their parents as well. His company, Beat of Life, assisted in producing the first Hip-Hop conference at Howard University in 1991.

**THOMAS F. KELLY, MD** is the Medical Director of the Division of Developmental Disabilities Services, Vice President for Advocacy and Policy of the American Academy of Developmental Medicine and Dentistry, and a faculty presenter for the Delaware Psychiatry Center's Residency Program. He is board certified in general pediatrics and adult internal medicine.

**JOSEPH KEYES, PHD** is a licensed psychologist and is director of professional services for the Division of Developmental Disabilities, Delaware Health and Social Services. Dr. Keyes is a member of the American Association on Mental Retardation and is on the Board of Examiners of Psychologists.

**ANITA L. KINSLEY, MA** has served as a residential program director, case manager and supervisor, county program specialist, and educator. She directs the Case Management continuing education program of Behavioral Healthcare Education, and is the Board Chair of the National Association of Case Management.

**ROBERT KNOWLTON** is a senior business coach and teacher. His journey covers 30 years of meditation practice, teaching and training of advanced communication skills and over 10 years as a business and developmental coach. Robert teaches *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles for Adaptive Learning* in Philadelphia.

**MALISA KNOX, LCSW** is project director of the Family PsychoEducation Project at the University of Delaware's Center for Disabilities Studies, and facilitates the monitoring of after school programs funded by the Delaware Department of Education. Ms. Knox has worked in behavioral health managed care for children and adults, as a foster care administrator, and as a family therapist.

# Summer Institute Faculty

**JOSHUA KOERNER** is executive director of CHOICE: Consumers Helping Others In a Caring Environment and co-president of the New York Association of Psychiatric Rehabilitation Services. He has spoken at Alternatives, the Mental Health Empowerment Project, and the National Mental Health Association, and has lectured at Brown and Columbia Universities. He writes a column that appears in Mental Health News, and was a 2001 recipient of the Art Lewis Award for Exemplary Achievement in Rehabilitation and Recovery.

**MARK MAGERMAN, PHD, LCSW, BCD** is a graduate and faculty member of the Gestalt Therapy Institute of Philadelphia. He is a psychotherapist, educator, consultant, and coach with interests in creativity, intimate relational systems, personal growth, individual, team, and organizational performance, use-of self, and contemplative practices.

**DEBORAH MAX** the survivor of both state and private psychiatric institutions is the Deputy Director of CHOICE of New Rochelle, Inc. She consults and lectures nationally addressing recipients and providers on matters related to benefits and work incentives, patient's rights, empowerment and implementing harm reduction into the administration of mental health services. In 2003 Deborah was presented the Brendan Nugent Leadership Award for her work in promoting the empowerment of people with psychiatric disabilities.

**MARY McCARTY-ARIAS, MA, CRC** is program manager for the Training Institute at the National Development and Research Institute. She also works with the Co-Occurring Center for Excellence where she developed a training matrix to assess training curricula on co-occurring disorders, as well as trainings on evidence-based and consensus-based practices for persons with co-occurring conditions.

**DEBORAH MILLER, MED** is associate executive director at St. Joseph's Orphanage in Cincinnati, Ohio. Ms. Miller is responsible for clinical, administrative, and budgetary oversight of case management and home based therapy programs for seriously emotionally disturbed children, adolescents, and their families. Collectively, these programs serve about 450 families in Southwest Ohio.

**THEOPHILUS R. NIX, JR., ESQ.** is Vice President and Director of Development for the Nonprofit Development Institute, Inc. where he provides consulting services in grant writing and has raised millions of dollars around the nation. Mr. Nix is corporate counsel for the DuPont Corporation.

**JASON NOEL, PHARMD, BCPP** is an assistant professor at the University of Maryland School of Pharmacy and a clinical pharmacy specialist for the inpatient psychiatric services at the University of Maryland Medical Center. Dr. Noel serves as director of clinical pharmacy services at Rosewood Center in Owings Mills, Maryland, a residential facility for individuals with developmental disabilities, and as a drug therapy consultant for numerous developmental disabilities provider agencies throughout Maryland.

**HEIDI O'TOOLE, MS** teaches at Marshall University Graduate College and West Virginia University. She specializes in the areas of addictions, co-occurring conditions, and family and adolescent counseling. She has developed two group curriculums which are currently being implemented in residential adolescent facilities.

**JAMISON L. REAM, MPA, LCSW** is a program manager of Child and Family Community Services for Sweetser, the largest and most comprehensive behavioral health care provider in the state of Maine. She is responsible for overseeing case managers and home based clinicians, as well as administrative and fiscal oversight of this program in Cumberland County.

**FRAN REGISTER-JOYNER, MED** is director of the Targeted Case Management Unit for the Philadelphia Behavioral Health System, where she provides administrative oversight to intensive case management, community treatment, and ACT teams throughout the city. Ms. Register-Joyner has also participated in program development and systems integration for individuals with co-occurring disorders.

**PATRICK A. RISSER** is a nationally recognized leader in the consumer/survivor movement. He is on the Board of Directors of the National Association of Case Management and won the XCEL Award as the Consumer Case Manager of the Year in 2000. In 2005, Mr. Risser was awarded the Clifford Beers Award from the National Mental Health Association. He is one of six consumer/survivors whose role is to advise the federal government. His specialties are recovery, trauma issues, and employment. Mr. Risser is a storyteller extraordinaire, an outspoken, successful and vocal advocate.

**EARL ROBINSON, RN, MSN, CS** is a nurse consultant and nursing supervisor for the Delaware Psychiatric Center. He serves as an active certified instructor in crisis prevention and management through the Crisis Prevention Institute. Mr. Robinson is a past recipient of the Nursing Excellence Award in Clinical and Administrative Practice from New York Presbyterian Hospital.

**STAFF SERGEANT JOHN ROWE** is a non-commissioned officer for the Counterdrug Task Force of the Delaware National Guard. He has provided countless presentations about the harmful effects of illegal narcotics, alcohol, and tobacco to students, coalitions, parents, and educators throughout the state.

**STANLEY SACKS, PHD** is a clinical-research psychologist and director of the Center for the Integration of Research & Practice at the National Development and Research Institutes, Inc. in New York City. He specializes in technology transfer that infuses evidence- and consensus-based approaches into clinical practice. He is the principal investigator on several NIDA and SAMHSA funded studies, author of numerous publications, and chair for the Treatment Improvement Protocol, Substance Abuse Treatment for Persons with Co-Occurring Disorders.

**DAVID E. SALERNO, RN** specializes in the acute-care setting, working for adult consumers affected by psychiatric and co-occurring conditions. He is a certified instructor in American Heart Association Basic Life Support and Nonviolet Crisis Intervention.

**SCOTT SNEDECOR** has a wide range of experiences in the mental health and addictions field as a consumer and advocate. He has worked as an addictions counselor, a project coordinator of a treatment program for homeless teens, team leader for a consumer operated outreach program, community mental health center program manager, and a community reintegration specialist. Mr. Snedecor received the 2001 Mental Health Award of Excellence from the Oregon Department of Human Services, and the 2002 Garrett Smith Memorial Award for his work as an advocate.

**TEEPA SNOW, MS, OTR/L, FAOTA** is the Director of Educational Programs for the Alzheimer's Association – Eastern North Carolina Chapter. She is a Counseling Associate with Duke University School of nursing. For over 24 years, Ms. Snow has worked in long-term care, assisted living, home health, hospitals, and retirement communities. She has taught with the School of Medicine and the School of Nursing at Duke and UNC Chapel Hill. She has presented on a wide variety of topics internationally.

**SARAH STOOKEY, PHD**, works for Holcomb Behavioral Health Systems where she supervises pre-doctoral psychology interns and practicum students, and provides direct service in outpatient and assisted living settings. She provides services at Open Door, Inc. where she is assisting in the development of an outreach program to provide mental health services to older adults.

**FAYE S. TAXMAN, PHD** is a Professor in the Wilder School of Government and Public Affairs at Virginia Commonwealth University. She is the PI for the Coordinating Center for the Criminal Justice National Drug Treatment Studies. She received the University of Cincinnati award from the American Probation and Parole Association in 2002 for her contributions to the field. She is the senior author of Tools of the Trade: A Guide to Incorporating Science into Practice, a publication of the National Institute on Corrections.

**ANTHONY TOMMASELLO, PHD** is an associate professor of clinical pharmacology at the University of Maryland School of Pharmacology, and is founder/director of the Office of Substance Abuse Studies. He is published in areas of general principles of assessment and treatment, methadone maintenance care, and adolescent drug abuse and addiction.

**WILMA TOWNSEND** is a nationally recognized expert and consultant on consumer focused recovery. She is involved in a research project entitled "Actualization of Best Practice Model System-Wide: Examination of Recovery-Oriented Services and Outcomes." Ms. Townsend contributed to the President's New Freedom Mental Health Commission and developed trainings on Recovery Management Plan, a person-centered care roadmap to bring recovery alive in treatment planning.

**CHRISTOPHER J. TROWER** is from Delaware and is a nationally known deejay playing all types of music. His expertise lies in his ability to utilize the Hip-Hop art of deejaying for positively engaging young people. He teaches and utilizes his talents to inform and share how Hip-Hop culture can work for positive youth development.

**ARTHUR TRUNDY, MED, CADAC, ACRPS** is recognized for his knowledge, insight, and humor as a trainer. He is the immediate past president of the International Certification and Reciprocity Consortium that oversees substance abuse counselor, clinical supervisor, and prevention specialist standards and testing in forty states, the United States Army, Navy, and Air Force, and many foreign countries. He has taught in Japan, Panama, Canada, and throughout the United States.

**JAMES M. WALSH, PHD** is an assistant professor and assistant program coordinator of the Master of Science in Community Counseling program at Wilmington College. As a licensed and board-certified counselor, he provides services to individuals with chronic mental health conditions. He also maintains a private practice in pastoral counseling, and is a psycho-forensic evaluator for the Office of the Public Defender in Delaware.

**NANCY WIEDEMER, CRNP, MSN** is the Pain Management Coordinator at the Philadelphia VA Medical Center. She is responsible for the development of the Chronic Pain Consult Service and the Opioid Renewal Clinic, an innovative structured program for pain management in a primary care setting. She is principal investigator on a research team investigating the characteristics of patients with different patterns of opioid use.

**FIRST LIEUTENANT JAIME WOLHAR** is the Drug Reduction Administrator for the Counterdrug Task Force with the Delaware National Guard. He is also an active member of numerous coalitions focused on reducing illegal narcotics and the degrading effects they have within the community, including Weed and Seed Coalitions of Wilmington and Dover, Safe and Drug-Free Schools and Community, Building Bridges Coalition, and the University Schools Alliance.

## Registration & Payment

- Registration fees are listed on the Registration Form.
- Registrations should be received by Friday July 13, 2007 and can be completed via U.S. mail, fax, or on-line at <http://www.dhss.delaware.gov/si07>
- FAX and ON-LINE registrations are accepted ONLY if payment is by credit card. Send faxes to: University of Delaware, Conference Services, to the attention of Gail Lanius at (302) 831-2998.
- Payment in the form of cash, check, or credit card MUST accompany all registrations.
- If a scholarship has been awarded, a copy of the scholarship award letter MUST accompany the registration. Registrations will not be processed if fees and copy of scholarship award letter (as applicable) are missing.
- Walk-in registrations will be accepted on a space available basis.

**Take  
5 days for  
best daily  
rate & save  
\$\$!**

### CANCELLATION/NO SHOW/REFUND POLICY

Registrants who do not cancel and do not attend will forfeit all fees paid and are obligated to pay any outstanding balance. Cancellations received in writing at Conference Services by Friday July 20, 2007 will result in a refund of all fees paid. Cancellations after that date will not be eligible for a refund.

### ACCOMMODATIONS

Participants may opt to stay at The Courtyard Newark at The University of Delaware, phone (302) 737-0900, which is located adjacent to Clayton Hall. The Courtyard daily rates for conference participants are \$109.00 plus 8% occupancy tax. You must identify yourself as a conference participant at the time you make your reservation in order to get this conference rate. Participants may also opt to stay at any of the surrounding hotels. Reservations for hotel accommodations should be made separately by participants. Additional basic accommodations are available in the university dormitories, more detailed information is provided on the registration page.

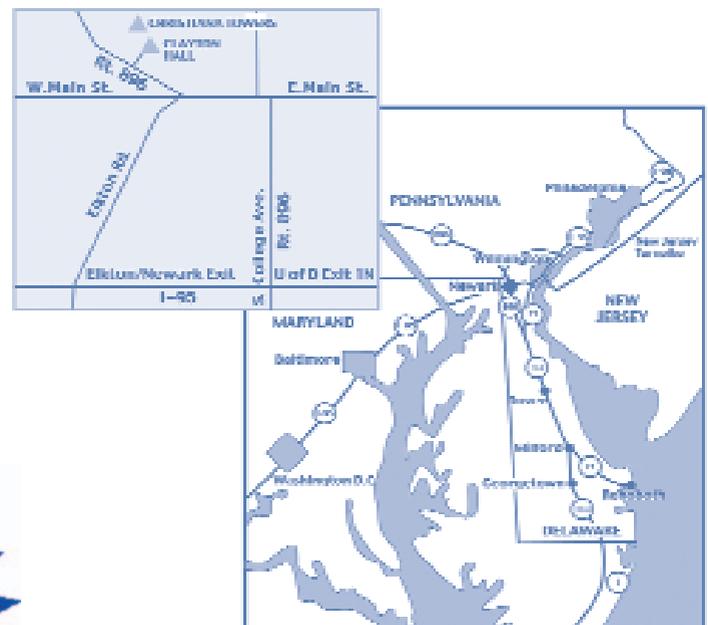
### DISABILITY ACCOMMODATIONS

Designated handicapped parking is available to the right of the front entrance of Clayton Hall. To request other disability accommodations, contact Conference Services at the University of Delaware at least 10 days in advance of the program.

(302) 831-2216 (voice) (302) 831-4552 (TDD) (302) 831-2998 (FAX)

### LOCATION

The Summer Institute is held at The University of Delaware Clayton Hall in Newark, Delaware. It is located off of Route 896, approximately 5 miles north of Interstate 95. Clayton Hall is easily accessible by car (I-95), train (Amtrak Station, Wilmington), or air (Philadelphia Airport with limousine service to Newark between 6:30 am and 1:30 am).



The University of Delaware is committed to assuring equal opportunity to all persons and does not discriminate on the basis of race, color, gender, religion, ancestry, national origin, sexual orientation, veteran status, age or disability in its educational programs, activities, admissions or employment practices as required by Title IX of the Education Amendments of 1972, Title VI of the Civil Rights Act of 1964, the Rehabilitation Act of 1973, The American with Disabilities Act, and other applicable statutes. Inquiries concerning these statutes and information regarding campus accessibility should be referred to the Affirmative Action Officer, 305 Hullihen Hall. (302) 831-2835 (voice), (302) 831-4552 (TDD).

### MEALS

#### Keynote Awards Luncheon

The Keynote Address and Awards Luncheon on Monday July 23 is open to all participants who are registered for any daytime workshop at no additional charge.

#### Pencader Cafeteria

If you choose to dine in the Pencader Cafeteria, you must select your meals in advance on the registration form.

### FOR ADDITIONAL INFORMATION

Registration, fees, cancellations, rooms, and meals:  
Gail Lanius (302) 831-2214 or e-mail [glanius@udel.edu](mailto:glanius@udel.edu)

#### Other Issues:

Contact Dana Wise or John Zugger at the DSAMH Training Office (302) 255-9480 or e-mail [DSAMH.training@state.de.us](mailto:DSAMH.training@state.de.us)

**Delaware Division of Substance Abuse and Mental Health**



**KELLEY/PAZZAGLINI AWARD**

**NOMINATION GUIDELINES**

The Kelley/Pazzaglini Award is a very special and meaningful honor in Delaware and recognizes an individual who has demonstrated a significant commitment to the field of behavioral healthcare and whose involvement, service, and contributions to the improvement of the field is noteworthy and exceptional. The nominee's contribution should be recognized as making an important and ongoing impact on the system, which is above and beyond the expectations of their day-to-day work. This award is intended to recognize someone who considers personal and professional development as critical to the effective provision of services and who has clearly demonstrated this in their practice.

Patrick Kelley and Mario Pazzaglini, Ph.D. were teachers, psychotherapists, and associates to many people within the Division of Substance Abuse and Mental Health and within other human service agencies in Delaware. Pat Kelley taught at the Institute from 1975 to 1982 and died of AIDS in 1984. Pat's work challenged us to explore and examine ourselves as the prerequisite for effectiveness as change agents with institutions or with individuals.

Mario Pazzaglini, Ph.D. taught at the Institute from 1978 through the 27th Institute in 1998. He died on December 5, 1998. Mario was a master teacher and psychologist. His interests in ancient civilizations, mathematics, and art brought a depth to his work that presented to all who worked with him, an understanding of the human psyche not tethered by any current fad or limitation of previous learning. Mario viewed learning and growth as containing within it all the emotions, thoughts, and imaginations of a person. He consulted with or worked in just about every addiction and mental health program in the state during thirty years as a psychologist.

To be eligible nominees must be employees of DSAMH or staff of DSAMH contracted programs. Nominations are invited from state operated and contracted DSAMH programs and the Central Office of DSAMH. Executive Staff of the Delaware Division of Substance Abuse and Mental Health will make the final selection.

The individual selected for this award will receive a full scholarship to the Summer Institute, documentation as to the receipt of the award, and recognition of receipt during the Institute Awards Ceremony on Monday, July 23, 2007.

*Questions should be directed to the Training Office, (302/255-9480).*

## Nomination For Kelley/Pazzaglini Award

36th Summer Institute, 2007



Please see the reverse side of this form for a description of characteristics to be considered in nominating for this Award.  
Use one form per nominee.

**Please Print or Type:**

**NAME:** \_\_\_\_\_

*Individual being nominated for award.*

**NOMINEE JOB TITLE:** \_\_\_\_\_

**NOMINEE AGENCY/PROGRAM:** \_\_\_\_\_

**HOW DOES THE NOMINEE EXEMPLIFY THE CRITERIA AND HIGH STANDARDS OF THIS AWARD:**

Based on the criteria listed on the reverse side of this form, why is this person being nominated? (Use attachment if additional space is needed)

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**THREE** (3) or more examples of how the individual exemplifies personal/professional excellence and their commitment to professional development and practice: (Use attachment if additional space is needed.) \_\_\_\_\_

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Attach/include documentation to support this application. Resume/Curricula Vita would be helpful.

**NOMINATOR(S) NAME:** Who has provided above information? \_\_\_\_\_

**NOMINATOR TELEPHONE:** \_\_\_\_\_ **NOMINATOR TITLE (S):** \_\_\_\_\_

**NOMINATOR AGENCY:** \_\_\_\_\_

**NOMINATOR ADDRESS:** \_\_\_\_\_

**THANK YOU** for taking the time to acknowledge the importance of recognizing our colleague's work.

**To be considered, nominations must be submitted on this form, by Friday, June 29, 2007 to:**

**Pazzaglini Award Committee • Division of Substance Abuse and Mental Health Training Office  
Springer Building • 1901 N. Dupont Highway • New Castle, DE 19720 • 302/255-4450 (fax)**

## TO REGISTER:

**Online:** [www.dhss.delaware.gov/si07](http://www.dhss.delaware.gov/si07) (credit card only)

**FAX:** (302)831-2998 attn: Gail Lanius, Conference Services (credit card only)

**Mail:** Conference Services, University of Delaware, Newark, DE 19716-7430 (checks and credit card)

**PRINT neatly and fill out both sides of this form. Illegible registrations will not be processed!**

Business Phone: (\_\_\_\_) \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_ Gender:  Male  Female  
Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Disabled:  Yes  No  
Business Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Billing Address (If different from Business Address) \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Organization: \_\_\_\_\_ Title: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_

Highest Grade Completed: (Circle One): 12 GED AA LPN RN BA/S MA/S MSW PH/MD

Ethnicity/Culture (Circle One): African American Alaskan Native Asian American Caucasian Hispanic Native American Pacific Islander Other

Do you request any of the following services?  Sign Language Interpreter  Oral Interpreter  Other

I will be applying for CE credit with  CEAP  CRC  DBN  DCB  DSBSWE  NAADAC  NCC  NCGC

Check here if you do NOT want to be included on the distributed List of Attendees for the 2007 Summer Institute

### KEYNOTE: MONDAY JULY 23, 2007 9:00AM- NOON

\_\_\_#1090 Embracing Change: Promoting Recovery

### KEYNOTE AND HALF DAY WORKSHOP:

#### MONDAY JULY 23, 2007 9:00AM- 4:30PM

- \_\_\_#1087 Adolescent Cannabis Use: Consequences and Treatment
- \_\_\_#1061 Advanced Ethics
- \_\_\_#1089 Co-Occurring Developmental Disabilities and Behavioral Health Concerns
- \_\_\_#1088 The Challenge of Leading Change

### 3-DAY WORKSHOPS: MONDAY JULY 23 1:30pm-4:30pm

#### TUESDAY & WEDNESDAY JULY 24 & 25 9:00am-4:30pm

- \_\_\_#1078 Adults on the Autism Spectrum: Success in the Community and the Workplace
- \_\_\_#1080 Complex and Concurrent Issues in Treatment: Know the Facts
- \_\_\_#1059 Creative Arts Therapies: A Map for Embracing Change and Promoting Recovery
- \_\_\_#1075 Emerging Best Practices in Behavioral Healthcare
- \_\_\_#1077 Group Counseling: Effective Strategies and Techniques
- \_\_\_#0924 Mindfulness Based Stress Reduction
- \_\_\_#1092 Motivational Interviewing: An Experiential Introduction
- \_\_\_#1039 Numbing the Pain
- \_\_\_#1060 Promoting Family Change: Strategies for the Real World
- \_\_\_#1076 Show Me the Money! The Secrets of Successful Grant Writing
- \_\_\_#1086 Supervision: An Interactional Process Promoting Engagement

### 2-DAY WORKSHOPS: THURSDAY 9:00 am-4:30 pm FRIDAY 9:00 am-3:00pm

- \_\_\_#1074 Advanced Relapse Prevention
- \_\_\_#1054 Grief, Loss, and Recovery: Gestalt Perspectives and Practices
- \_\_\_#1056 Positive Psychology and Spirituality
- \_\_\_#1053 Prevention and Intervention for Fetal Alcohol Spectrum Disorders
- \_\_\_#1082 Substance Abuse and the Brain: Implications for Treatment
- \_\_\_#1091 Substance Abuse Treatment for Persons with Co-Occurring Disorders In-Service Training
- \_\_\_#1058 Transformation: Using a Recovery-Oriented Approach In Case Management
- \_\_\_#1055 Utilizing the Creative Arts to Promote a Healthy Body, Mind, and Spirit
- \_\_\_#1057 White Bears, Craving, and Addiction: Working With the Preoccupied Mind

### ONE-DAY WORKSHOPS:

#### TUESDAY JULY 24, 2007 9:00AM- 4:30PM

- \_\_\_#1081 Chronic Pain: Causes and Solutions
- \_\_\_#1084 Cognitive Behavioral Therapy: Crisis Intervention and Suicide
- \_\_\_#1049 Hip-Hop Development: Using Popular Culture 4 Positive Youth Engagement

#### WEDNESDAY JULY 25, 2007 9:00AM- 4:30PM

- \_\_\_#1072 Recovery, Trauma, and Empowerment
- \_\_\_#1045 Effective Case Planning in Parole Supervision
- \_\_\_#1047 The Parenting Toolbox for Service Providers

#### THURSDAY JULY 26, 2007 9:00AM- 4:30PM

- \_\_\_#1071 Cognitive-Behavioral Therapy: Management of Chronic Pain
- \_\_\_#1048 Leadership in Changing Times
- \_\_\_#1085 Resiliency: Seven Skills for Greater Results
- \_\_\_#1083 Self-Advocacy and Negotiations
- \_\_\_#1050 Understanding Dementia: Providing Care that Makes a Difference

#### FRIDAY JULY 27, 2007 9:00AM- 3:00PM

- \_\_\_#1079 Cognitive Behavioral Therapy: Medical Conditions
- \_\_\_#1070 Cognitive Behavioral Therapy: Personality Disorders
- \_\_\_#1068 Empowerment and Consumer Culture
- \_\_\_#1052 Hiring, Supervising, and, If Necessary, Firing Service Providers In Recovery
- \_\_\_#1051 In Her Shoes: How Domestic Violence Affects Women's Lives and Choices
- \_\_\_#1046 Promoting Positive Outcomes for Families: The Parallel Supervisory Process
- \_\_\_#1069 Understanding and Supporting the Aging Individual

### MINI-WORKSHOPS 6:00 PM- 9:00 PM:

#### MONDAY JULY 23, 2007

- \_\_\_#787 Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Training

#### WEDNESDAY JULY 25, 2007

- \_\_\_#1061 Advanced Ethics

# Registration



**Registration:** You may register for any combination of the workshops. Monday's keynote address and luncheon are included in your fee when you register for any daytime workshop. Tuition is based on the total number of days of training for which you are registering, and are as follows:

- |             |  |          |
|-------------|--|----------|
| 1. Tuition: | 3 Hour Evening Mini-Workshop: CPR/AED                      | \$30.00  |
|             | 3 Hour Evening Mini-Workshop: Ethics                       | \$75.00  |
|             | 3 Hour Keynote Address and Awards Luncheon only            | \$75.00  |
|             | 1 Full Day of Training/Continuing education- Choose from:  |          |
|             | Keynote/Awards Luncheon and 1/2 Day Workshop (Monday only) | \$150.00 |
|             | 1-Day Workshop   | \$150.00 |
|             | 2 Full Days of Training                                    | \$250.00 |
|             | 3 Full Days of Training                                    | \$350.00 |
|             | 4 Full Days of Training                                    | \$450.00 |
|             | 5 Full Days of Training                                    | \$550.00 |

Total Tuition .....\$ \_\_\_\_\_

I  will  will not be attending the Keynote and Luncheon on Monday

2. Lodging Options: Dormitory Apartments
- |                          |                     |                               |          |
|--------------------------|---------------------|-------------------------------|----------|
| <input type="checkbox"/> | 1 bedroom, 1 person | \$54.00/night.....            | \$ _____ |
| <input type="checkbox"/> | 2 bedroom, 2 people | \$44.00/per person/night..... | \$ _____ |

Date of check-in \_\_\_\_\_ Date of checkout \_\_\_\_\_

Total Lodging (Number of Days x Daily Rate).....\$ \_\_\_\_\_

3. Meals: (Please circle your meal choices below)

Pencader Cafeteria

Breakfast	\$ 6.80/meal	M	T	W	TH	F	\$ _____
Lunch	\$10.20/meal		T	W	TH	F	\$ _____
Dinner	\$12.40/meal	M	T	W	TH	F	\$ _____

Total Meals.....\$ \_\_\_\_\_

Tuition and Meals.....\$ \_\_\_\_\_

Scholarship Amount (if applicable- include copy of award).....minus \$ \_\_\_\_\_

4. **TOTAL AMOUNT DUE**.....\$ \_\_\_\_\_

**PAYMENT METHOD:**

Enclosed is a check made payable to: University of Delaware

Please charge my credit card:    VISA            MasterCard            Discover            Amex



**Visa, MasterCard, or Discover:** Please enter your account number (include all raised numbers on your credit card) followed by the last 3 imprinted digits on the back of the card.

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

**American Express:** Please enter your account number (include all raised numbers on your credit card) followed by the last 4 imprinted digits on the front of the card.

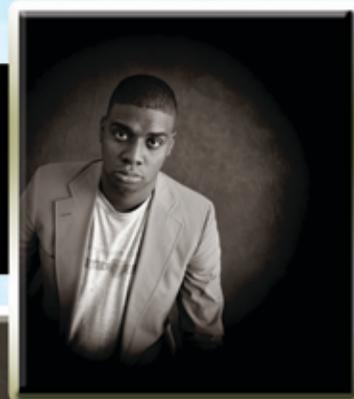
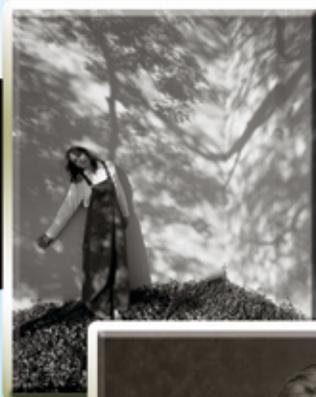
Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

**AUTHORIZED SIGNATURE ON CREDIT CARD** \_\_\_\_\_

# Special Exhibit: Fine Line Photographer: Michael Nye

## Fine Line: Mental Health/Mental Illness A Multimedia Traveling Exhibition

Fine Line: Mental Health/Mental Illness confronts stereotypes by documenting the personal stories and portraits of persons living with mental illness. Michael Nye spent four years photographing and recording individual stories, and in simple and eloquent detail, the black-and-white portraits and voices draw viewers closer into each life by addressing and exploring many topics: family, confusion, pain, abuse, treatment, healing and, recovery. Fine Line is powerful and unbelievably moving. It connects you with each individual in a personal way. Deeply personal stories can take us inside complicated issues where empathy and understanding begin. The artist simultaneously demystifies and destigmatizes mental illness. Nye serves his subjects by celebrating their lives as human beings.



**July 23, 2007 through July 26, 2007 8:30am- 8:30pm**

**July 27, 2007 8:30am- 12:00pm**

**University of Delaware**

**Clayton Hall Lobby**

Delaware Division of Substance Abuse and Mental Health  
Springer Building  
1901 N. DuPont Highway  
New Castle, Delaware 19720

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