5th Annual Co-Occurring Conference

Innovation and Integration for Person Centered Care

Announcing Minnesota Alternatives Fifth Annual Co-Occurring Conference

A great chance to get the mandatory 8 hours of training for all clinical staff who work in Rule 31 programs that offer mental health services.

- April 25th, 2016
- 8:30 – 4:30pm (Doors open at 8:00)
- Roseville Banquet Center: 2661 Civic Center Drive
  Roseville, MN 55113. Upon entering Civic Center Drive, proceed to farthest building on your left
- Lunch, snacks and beverages will be provided

Agenda:

8:30 – 9:00 Paula DeSanto - Welcome and Conference Introduction

9:00-10:30 Kelley Murphy and Sarah Johnson – Understanding the role of attachment, meaning and empowerment in treatment

Objectives of this presentation:

- Provide history and tenets of Attachment Theory
- Conceptualize addiction as a disorder of attachment
- Explore the importance of connection, meaning and empowerment in effectively treating the disorder which includes:
  - Considering the counseling relationship as foundation for new, healthy connection
  - Empowering clients through the identification and development of subjective meaning and purpose
  - Generalizing “new self”, new worldview and new connection skills into daily functioning and relationships with others
- Sharing experience of this process from client, Sarah Johnson

10:30 – 10:45 – Break

10:45 – 12:15 Paula DeSanto – Key skills and strategies to promote self-regulation

Objectives of this presentation:
• Review basic brain functioning and identify ways severe substance use disorders lead to brain changes
• Increase understanding as to why behavior change is so difficult
• Identify strategies to help promote improved brain functioning
• Discuss strategies and skills to improve self-regulation

12:15 – 1:00 Networking lunch provided on-site

1:00 – 2:30 Jeff Glover – **Trends for the effective treatment of adolescents**

Objectives of this presentation:
• Understand a historical context of approached used in adolescent treatment
• Recognize some of the problems and challenges with existing systems
• Examine some of the latest research for best practices in adolescent treatment,
• Explore examples of program implementation including some of the challenges they experience

2:30 – 2:45 Break

2:45 – 4:15 Dr. Mark Willenbring – **Use of anti-relapse medications in the treatment of SUDs: An evidence-based approach**

Objectives of this presentation:
• Articulate 3 basic principles used to target anti-relapse medications
• List at least 5 anti-relapse medications for the treatment of substance use disorders
• Apply principles of support for clients who are prescribed anti-relapse medications in order to enhance adherence.

4:15 – 4:30 – Paula DeSanto - **Wrapping things up**

**Presenter Bios:**

**Paula DeSanto MS, LSW, CPRP, CCDP-D**

Paula has developed programs that serve adults with mental illness and/or substance use issues for over 30 years. She is currently the owner and director of Minnesota Alternatives, a program providing consultation, training, and outpatient substance use disorder treatment. She has a master’s degree from Boston University in Psychiatric Rehabilitation Counseling, is a licensed social worker and is certified as a Co-Occurring Disorders Professional Diplomate.
She is an adjunct professor at the University of Minnesota in the Integrated Behavioral Health graduate program teaching about person centered interventions and the Minnesota Alternative Model of care.

**Kelley Murphy, BA, LADC, JD**

Kelley is a Licensed Alcohol and Drug Counselor who has been working at Minnesota Alternatives for the past four years. She entered the field of co-occurring disorder treatment after a decade of legal practice in Washington, D.C..

She has a bachelor’s degree in Political Science from the University of Wisconsin, Madison, a Juris Doctorate (JD) from the University of Minnesota Law School, and a graduate-level certificate in Addiction Studies from the University of Minnesota. She is trained in Somatic Experiencing trauma therapy, Therapeutic Journaling, and will complete EAGALA (Equine-Assisted Growth and Learning Association) certification in July, 2016.

**Sarah Johnson**

Sarah is a 43 year old woman who has been involved in the behavioral health system since age 14. She is a survivor of childhood and adult sexual and emotional abuse, maltreatment at the hands of providers and multiple systemic injustices. She has fought a long and arduous journey to mental wellness through self-education and self-empowerment.

Over the past four years, Sarah has mindfully developed and maintained an increasingly self-directed life. She lives independently in a one-bedroom apartment she has carefully decorated to reflect the woman she has become—who knew she would develop a fondness for butterflies? Sarah has been working as a PCA for her nephew three times a week for the past year, and she is active with her church. She has developed a passion for learning, and has become an avid reader, adding more books to her ever-expanding library on a weekly basis. Her favorite genre is reference material, and she is often found with a holistic medical practice book of some kind in her backpack.

Sarah has transformed herself from a survivor to a conqueror, and she’s far from finished with her story. Her ultimate goal is to use her experience to help others struggling know that they are not alone. Sarah is deeply committed to helping others become informed, empowered and independent. She is a success story in the truest sense of the word.

**Jeff Glover, MA, LPCC, LADC**
Jeff Glover has worked with adolescents and their families for 20 years, the majority of which has been in the field of substance abuse treatment. During that time he has worked in a wide variety environments within the broad spectrum of prevention and treatment, from schools to all levels of outpatient and residential treatments. His experience has also focused on more specialized populations such as co-occurring disorders, eating disorders and more culturally specific populations.

**Mark Willenbring, MD**

Mark Willenbring, MD, is an internationally known leader in research and treatment regarding substance use disorders. He was Professor of Psychiatry at the University of Minnesota for 24 years, and then was recruited to direct the Division of Treatment and Recovery Research at the National Institute on Alcohol Abuse and Alcoholism in Bethesda, MA, from 2004-2009. Upon returning to Minnesota in 2010, he developed Altyr Clinic ([www.altyr.com](http://www.altyr.com)) as an alternative to rehab. Altyr Clinic provides scientifically based, professional treatment for both substance use and mental disorders, thus providing an alternative to outdated rehab approaches. He has appeared on HBO, NBC, CBS, ABC, NPR, Fox News, MSNBC, The Larry King Show, The Washington Post, The Wall Street Journal, Radiolab, The Minneapolis StarTribune, MN Public Television, and was recently profiled in The New York Times as a pioneer in new approaches to treating substance use disorders.