



# Attendee Prospectus

## Reaching Out for Recovery

**1st Annual Northern ICADD Conference**  
**October 11-12, 2019**  
**Best Western Plus Coeur d'Alene Inn**

For more information: [www.attendicadd.com](http://www.attendicadd.com)



# 2019 NORTHERN ICADD CONFERENCE DETAILS

## MISSION STATEMENT

To provide education and training for substance abuse and dependence professionals and educators in behavioral health care, criminal justice and recovery support.

## CONTINUING EDUCATION CREDITS

You can earn 13.5 CE hours at Northern ICADD 2019, 6:45 hours each of the two days.

## CONFERENCE LOCATION

Best Western Plus Coeur d'Alene Inn  
West 506 Appleway  
Coeur d'Alene, ID 83814

## CONTACT ICADD

PO Box 1311, Meridian, ID 83680  
Ph: 208-466-2519 Fax: 208-895-7872  
Email: [info@attendicadd.com](mailto:info@attendicadd.com)

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## PARKING INFORMATION

Free parking is available at the hotel.

## NEARBY LUNCH OPTIONS:

Mulligan's Rotisserie Grill, Inside Hotel  
Tomato Street, 221 W. Appleway Ave.  
Elmer's Restaurant, 290 W. Appleway Ave.  
Cosmic Cowboy Grill, 412 W. Haycraft Ave.  
Pizza Factory, 503 W. Appleway Ave.  
JB's Restaurant, 704 W. Appleway Ave.  
Arby's, 604 W. Appleway Ave.  
Taco Bell, 217 W. Appleway Ave.

## 2019 ICADD CONFERENCE SCHEDULE

### Friday, October 11th

- 7:00am - 5:00pm Registration
- 8:00am - 8:15am Welcome and Introductions
- 8:15am - 10:00am Keynote: Jason Coombs
- 10:00am - 10:15am Break
- 10:15pm - 11:45am Breakout Session 1
- 11:45am - 1:15pm Lunch (on your own)
- 1:15pm - 3:00pm Breakout Session 2
- 3:00pm - 3:15pm Break
- 3:15pm - 5:00pm Breakout Session 3

### Saturday, October 12th

- 7:00am - 5:00pm Registration
- 8:00am - 8:15am Welcome and Introductions
- 8:15am - 10:00am Keynote: Catherine Brown, PhD, LLC
- 10:00am - 10:15am Break
- 10:15pm - 11:45am Breakout Session 4
- 11:45am - 1:15pm Lunch (on your own)
- 1:15pm - 3:00pm Breakout Session 5
- 3:00pm - 3:15pm Break
- 3:15pm - 5:00pm Breakout Session 6

## 2019 NORTHERN ICADD GENERAL INFORMATION

The ICADD Foundation and Planning Committee welcome you to the 1st Northern Idaho Conference on Alcohol and Drug Dependency (ICADD). The ICADD Foundation Board has identified the need to serve the rural areas and spent a great deal of time to make this new Northern Idaho Conference happen. I hope the attendees enjoy the conference and give us lots of feedback for future conferences.

Thank you to the Foundation and Planning Groups who have worked volunteering their time to help organize this conference and make it a success. Also, thank you to those entities contributing to the conference and the attendees that support this conference by attending.

Sincerely,

Nancy Irvin, 2019 Chair, Northern Idaho ICADD

### NORTHERN ICADD 2019 BOARD MEMBERS

Gail Baker	Nancy Irvin, Chair	Darin Burrell
Sara Bartles	Amy Jeppesen, Past Chair	Norma Jaeger
Joe Blume	Rosie Andueza, Secretary	Amy Jeppesen
Jason Coombs	Ryan Porter, CFO	Melinda Smyser

### NORTHERN ICADD 2019 COMMITTEE MEMBERS

Keri Anderson	Amy Jeppesen
Gail Baker	Sharlene Johnson
Michelle Barker	Leah Kalk
Joe Blume	Claryce Manweiler
Darin Burrell	Jim Meldrum
Jason Coombs	Jeff Morrell
Liza Crook	Kim Nealey
Chris Daniel	Pat Neeser
Susan Esp	Jennifer Oberle
Shawna Forsmann	Ryan Porter
Tom Hogan	Sylvia Ryan
Nancy Irvin	Melinda Smyser
Norma Jaeger	



**Friday, October 11, 2019 -- 8:15am-10:00am**

### **Jason Coombs**

#### **How to *Actually* Help an Addicted Person Recover by Integrating Evidence-Based Practices**

Around the country, Jason Coombs enthusiastically offers personal insight and wisdom in bringing together evidence-based approaches into realistic context. He strongly believes that Motivational Interviewing and person-centered skills & techniques only go so far without relatable application to influence an addicted person. Many professionals and family members believe that addiction recovery happens in good facilities, programs or jails. The truth is, people don't recover in buildings, treatment centers, or prison cells. Addicted people recover in RELATIONSHIPS. So how do you help an addicted person recover? Furthermore, how do you help an addicted person want to change, and then sustain recovery-oriented actions over time? Jason will address these questions and provide simple and actionable suggestions that drive measurable results.



**Saturday, October 12, 2019 -- 8:15am-10:00am**

### **Catherine Brown, PhD, LLC**

#### **Attachment Trauma vs. Event Trauma and its Effects on Sobriety**

Trauma recovery is an important part of long-term addictions recovery. This is true whether the addiction began as an attempt to self-manage the thoughts and emotions residual from trauma, or whether the trauma was "self-inflicted" by addiction behaviors.

Much of trauma treatment focuses on event trauma. However, attachment trauma is often more prevalent and impactful. Unfortunately, there is little training in recognizing and treating attachment trauma, so it is buried under a focus on other behavioral symptoms, thoughts, and emotions and often goes unrecognized and untreated. It then continues to undermine sobriety. In this presentation we will discuss:

- What is attachment trauma vs event trauma
- The Four Core that make up the base of attachment
- Brief neurobiology of the brain reaction involved (which explain symptoms)
- How to recognize clients' hot spots around the Four Core
- Basic treatment model
- Questions/Discussion

**THANK YOU TO OUR GENEROUS SPONSORS!**

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# SCHEDULE OF BREAKOUT SESSIONS

## Friday Breakout Sessions

### **Breakout Session 1** **10:15am-11:45am**

**To Be or Not to Be; Ambivalence in Treatment**  
Amy Jeppesen, LCSW, ACADC

Often times as a clinician, the hardest part of working with clients is the ability to identify and work with ambivalence. More times than not, ambivalence is seen as resistance, denial or non-treatment compliant behavior, when in fact it is a normal part of the change process. In this workshop we will be identifying what ambivalence looks like in clients and using Motivational Interviewing techniques to help clients move through ambivalence to change talk.

### **Breakout Session 2** **1:15pm-3:00pm**

**Medication Assisted Treatment – The Gold Standard for Opioid Use Disorder**  
Magni Hamso MD MPH FACP  
Medical Director, Division of Medicaid

In 2017, the opioid epidemic killed more than 70,000 Americans; 236 of those deaths occurred here in Idaho. When it comes to treating patients with Opioid Use Disorder, we know what works. Medication Assisted Treatment, or MAT, for opioid-use disorder saves lives. MAT helps people maintain recovery, saves money, reduces crime, and helps people regain their health and their lives. These are just some of the reasons why the U.S. surgeon general's Spotlight on Opioids report calls MAT the "gold standard" for treatment. Hear the Department of Health and Welfare Division of Medicaid's medical director explain how MAT works and why it is a critical component to saving lives during this opioid epidemic.

### **Breakout Session 3** **3:15pm-5:00pm**

**Medicaid Expansion...What It Means to the People We Serve**  
Speaker Panel: Magni Hamso MD MPH FACP, Medical Director, Division of Medicaid  
Julie Hammon, Administrator for the Division of Welfare  
Sara Bartles, Compliance Director, Optum Idaho  
Rosie Andueza, Division of Behavioral Health Program Manager

On January 1, 2020, Idaho will implement expanded Medicaid, making this insurance coverage available to upwards of 70,000 adults in Idaho. What does this mean in terms of Substance Use Disorders? Who will be eligible for Medicaid? What services will be covered? How does this change the landscape for treatment providers? Come get answers to these questions and many more. Panel members include representatives from Optum Idaho, and Department of Health & Welfare Divisions of Medicaid, Self-Reliance and Behavioral Health.

## Saturday Breakout Sessions

### **Breakout Session 4** **10:15am-11:45am**

**Risk/Need Assessment and the LSI-R**  
Brenda LaMott

Participants will explore how clients can be better situated to avoid re-arrest when they work together with providers and officers who share an accurate, current picture of their criminogenic risk and needs.

### **Breakout Session 4-A (See Map Pg. 7)**

**10:15am-11:45am**

**THIS SESSION IS OFF SITE AT  
PROBATION & PAROLE OFFICE  
202 E. ANTON, STE 100  
COEUR D'ALENE, ID 83815-3779**

**Free parking on site at P&P, or 15 min walk from hotel**

**A Review of Cognitive Behavioral Interventions Advanced Practice (CBI-AP)**  
Jim Meldrum, Matt Albaugh

This training is for SUD treatment providers to learn basic CBI-AP principles. It addresses skill building and group management techniques for use with CBI-AP.

### **Breakout Session 5** **1:15pm-3:00pm**

**Wellness and Self Care: An Ethical Imperative, Session 1 of 2**  
Susan Esp, PhD, LCPC

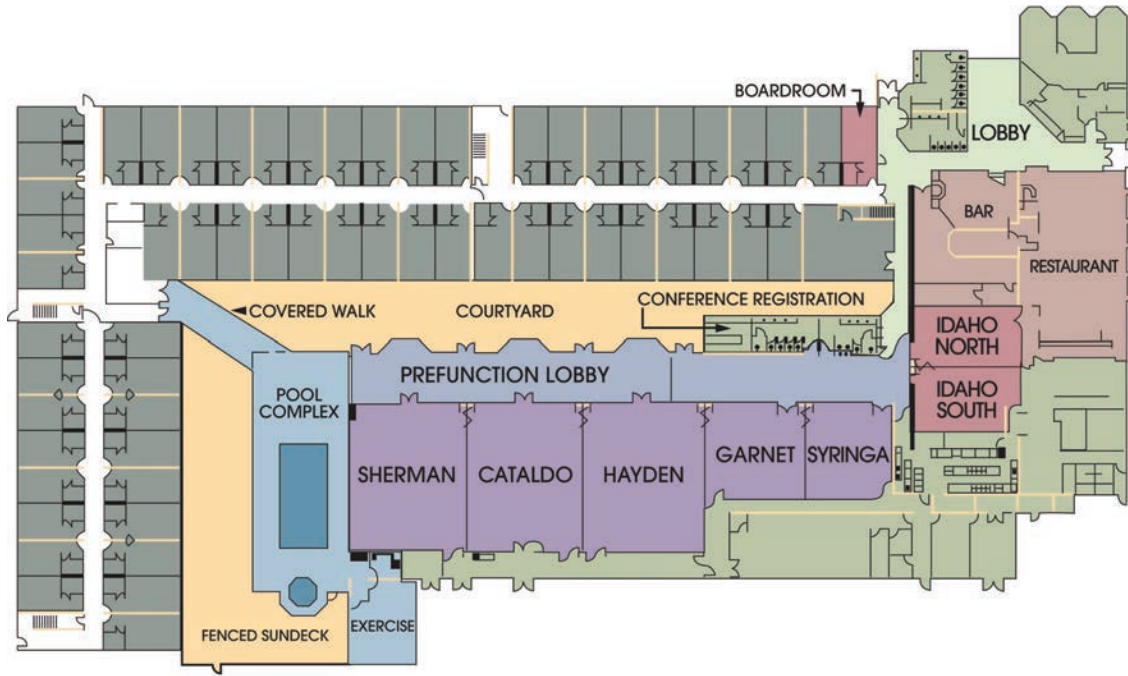
This ethics training consists of two sessions. We will cover ACA and NASW ethical guidelines, including the ethics of documentation. In addition participants will identify aspects of counseling wellness and impairment, evaluate how counselor wellness impacts ethical decision making (including documentation) and assess personal wellness.

### **Breakout Session 6** **3:15pm-5:00pm**

**Wellness and Self Care: An Ethical Imperative, Session 2 of 2**  
Susan Esp, PhD, LCPC

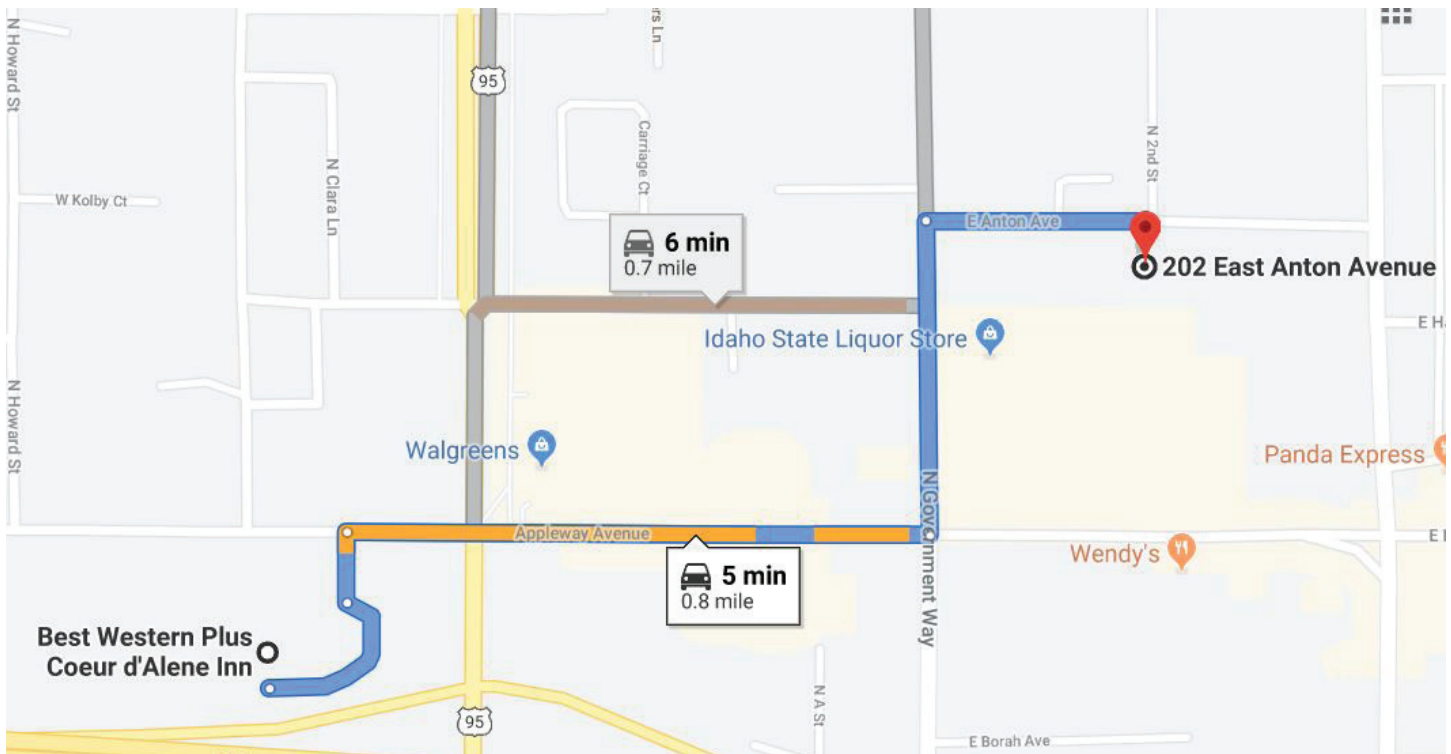
See Breakout Session 5.

# HOTEL MAP



The Conference will be held in the Cataldo Room

## Map to Breakout Session 4-A



Directions to Probation & Parole Office (Breakout Session 4-A)

