

Sunday - July 20 3:30 – 5:30 PM **PRE-CONFERENCE** - An Introduction to SMART Recovery - Chris Gatewood, LPC, CSAC, SMART Recovery Regional Coordinator for Virginia

Level: **Introductory**
Limited: **Open**
Other: **0.5 Ethics included**
Contact Hours: **2.0**

Brief Description: The presentation will consist of an overview of SMART Recovery, split into multiple sections. The first would be on the history of the organization. Next would be an in-depth breakdown on the 4-points of SMART. These 4 points encompass philosophical themes of self-empowerment and practical applications. The focus of the ethics discussion will be on Autonomy and Nonmaleficence. This specifically surrounds the notion of providing options to clients that are not Judeo-Christian coded. While 12-step organizations are self-proclaimed as “spiritual, not religious”, this is not necessarily how many see it. Providing options for clients is an ethical duty to support their ability to choose what path they want to take. Beyond just that, the recent shift towards embracing harm reduction likewise supports that autonomy.

Educational Objectives:

- To provide an understanding of the SMART Recovery program.
- Comparison and contrast to 12-step
- Identify recent shift in SMART to embracing harm reduction
- Identify important aspects of ethics in regards to referral to community supports.

Themes Addressed:

- Recovery
- Approaches to providing peer recovery supports
- Ethics

Monday - July 21 8:30 - 12:00 PM **KEYNOTE** - Supporting Clients With Co-Occurring Mental Health & Substance Use Disorders - Fredrick Dombrowski, Ph.D. Fred Dombrowski

Level: **Intermediate**
Limited: **Open**
Other: **0.5 Ethics included**
Contact Hours: **3.0 Contact Hours**

Brief Description: Substance use professionals are often tasked with helping individuals with various co-occurring mental health diagnoses to take steps to recovery. The professionals may often feel a lack of support and a lack of clarity in their role of working with a client with various diagnoses. Additionally, client mental health symptoms can negatively impact their steps to recovery from substance use and many mental health clinics may require clients to have several weeks or time in which they haven't used

substances before they are considered appropriate for treatment. This places the substance use professional in a difficult situation as they must make adjustments to assist clients with various mental health diagnoses, traumas, and personality disorders. This presentation will identify the interactions between substance use and various mental health diagnoses; will assist substance use clinicians with identifying ways of navigating various mental health symptoms while operating ethically within their scope of practice; and will also identify ways substance use clinicians can make adjustments to their treatment provision to accommodate those living with co-occurring disorders.

Educational Objectives:

- Identify how common substances can mimic and interact with common mental health diagnoses.
- Identify ways to navigate mental health needs of a client while still operating ethically within their scope of practice.
- Identify ways to adjust treatment provision to enhance treatment outcomes for those living with co-occurring disorders.

Themes Addressed

- Cultural Competency
- Basics (Core Competencies including Ethics)
- Skills Training (i.e. Enhancing Skills of Clinicians)

Lunchbox 12:00 - 1:00 - Wired for Recovery: Embracing Neurodivergence in Addiction Recovery and Self-Care - Sharde' O'Rourke, LMFT, LSATP, LPC, SAP, CCTP, PAI

Level:	Intermediate
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	1.0 Contact Hours

Brief Description: This session delves into the intersection of neurodivergence and addiction, exploring how neurological differences such as ADHD, autism spectrum disorder, and other neurodivergent conditions influence substance use and recovery processes. Participants will gain insights into the unique challenges and strengths of neurodivergent individuals within the context of addiction. The presentation offers practical, neurodiversity-affirming self-care strategies for both clinicians and clients, promoting resilience and well-being. Attendees will learn how to implement inclusive, evidence-based practices that support neurodivergent individuals across the continuum of care, fostering more effective and compassionate recovery pathways.

Educational Objectives:

- Understand the Role of Neurodivergence in Addiction
- Learn evidence-based strategies tailored to support neurodivergent individuals in addiction recovery.
- Adapt interventions to meet the unique needs of neurodivergent clients.

- Develop Self-Care Strategies for Clinicians and Clients
- Address Ethical and Cultural Competence Considerations

Themes Addressed:

- Neurodiversity-Affirming Therapy: Tailoring interventions to respect and utilize the strengths of neurodivergent individuals.
- Trauma-Informed Care: Recognizing the heightened risk of trauma in neurodivergent populations and its role in substance use.
- Sensory Integration Techniques: Incorporating strategies to manage sensory processing differences common in neurodivergent individuals.
- Executive Function Support: Implementing tools to aid planning, organization, and impulse control.

Lunchbox 12:00 - 1:00 - How Opioid Settlement Funding in Virginia is Opening New Pathways to Progress and Recovery - Anthony McDowell, Executive Director, OAA

Level:	Intermediate
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	1.0 Contact Hours

Brief Description: This session will include an overview and update of Virginia's participation in the various opioid-related settlements, which are expected to result in more than \$1.1 billion to the Commonwealth over the life of the settlements. The presenter will include examples of grants that have been awarded and the results of those efforts.

Educational Objectives:

- Understand the allowable uses of opioid settlement funds in Virginia.
- Learn how the structure of the settlements is reforming the role of local governments in providing behavioral health services.
- Hear examples of how these funds are being used to expand treatment and recovery capacity across the commonwealth.

Themes Addressed:

- Healthcare

1:15 - 4:45 PM - Your Existential Dragon & Exploring Inner Dungeon – Dr. Abie Tremblay, Ph.D., LPC, CAADC, NCC, CCMHC & Dr. Mary Darden-Robinson, PsyD., LPC, LSATP, MAC, CSAC, CCTP, HS-BCP

Level:	Intermediate/Advanced
Limited:	30-35
Other:	0.5 Ethics included
Contact Hours:	3.0

Brief Description: This workshop offers Tabletop Role Play Game (TTRPG) as an option to engage persons with substance use concerns in the exploration of habits and thought processes when facing conflict. Because TTRPG is, fundamentally, a combination of play and social identity, the TTRPG encourages group members to communicate, resolve conflict, and take others' perspectives. Current research states outcomes are a sense of connection between group members, specifically, improved cognitive and psychosocial skills, and the decrease of social anxiety, depressive symptoms, and feelings of isolation. This workshop provides didactic information, a TTRPG fishbowl experience, and therapeutic processing of the TTRPG experience.

Educational Objectives:

- Will be able to identify components of a TTRPG group that are therapeutic and applicable to SUD and underrepresented populations
- Will be able to lead/facilitate beginner-level TTRPG group for SUD
- Will be able to process experiences of TTRPG group members
- Will be able to identify ethical considerations associated with use of TTRPG as a SUD therapy group
- Will be able to identify ethical considerations for use of TTRPG as a treatment modality for SUD (30 minutes)

Themes Addressed:

- Adolescents
- Skills Training
- Ethics

1:15 - 4:45 PM - The Emotional Disease that No One Wants to Talk About - Jenny Fariss, LSATP, LPC & Amy Pierce, LPC, CSAC

Level:	Advanced
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0 Contact Hours

Brief Description: This workshop will cover the topic of trauma and emotion regulation as it is related to substance abuse. Facilitators will emphasize the inclusion of DBT skills in group therapy. Facilitators will provide hands-on activities that can be directly used with clients of various populations. Emphasis will be had on the progression of awareness between the direct correlation of trauma and substance abuse.

Educational Objectives:

- Provide education on DBT skills, specifically distress tolerance and emotion regulation skills

- Education on the progression of awareness between the direct correlation of trauma and substance abuse
- Practice of therapeutic DBT activities that can be utilized in therapeutic practice

Themes Addressed:

- Basics (Core Competencies including Ethics)
- Skills Training (i.e. Enhancing Skills of Clinicians)

1:15 - 4:45 PM - The Frontline Approach: Addressing SUD Treatment Challenges in Public Safety - Jesalyn Moore, LCSW, LSATP, CAADC

Level:	Intermediate
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0 Contact Hours

Brief Description: The treatment of substance use disorders (SUD) among public safety professionals presents unique challenges due to the high-stakes nature of their work, the cultural and organizational norms within their professions, and the ethical considerations tied to confidentiality, accountability, and public trust. This presentation explores these complexities, emphasizing the importance of culturally competent care and tailored approaches to support recovery while maintaining the integrity of safety-sensitive roles.

Educational Objectives:

To equip clinicians with the knowledge and tools needed to effectively address the unique challenges of SUD treatment for public safety professionals, focusing on cultural competency, ethical decision-making, and strategies to foster recovery while preserving professional readiness and public safety.

- Increase Awareness of Unique Challenges
- Enhance Cultural Competency
- Promote Ethical Decision-Making
- Develop Effective Treatment Strategies
- Support Recovery and Resilience
- Encourage Collaboration and Advocacy
- Inspire Confidence in Practice

Themes Addressed:

- Ethics
- Cultural competency

- Clinical Supervision
- Skills training
- Prevention

1:15 - 4:45 PM - Hidden in Plain Sight: How Dissociation Systems Affect Recovery - Roseann Lynch, Ph.D.

Level:	Introductory
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0 Contact Hours

Brief Description: Co-occurring disorders present significant challenges within pathways of recovery. When complex trauma is part of an individual's history, recovery becomes even more complex. Clients who zone out in group sessions, miss appointments, display fluctuating progress, inconsistent recovery, or mood instability may also be experiencing dissociation symptoms. For these clients, their pathway to progress can become a revolving door for going in and out of treatment over many years. Understanding dissociation symptoms positively impacts a client's recovery across the continuum of treatment.

Dissociation is a psychological defense that enables individuals to continue functioning in daily life. When left undiagnosed, dissociation can disrupt addiction recovery and lead to poor treatment options or dropout. This workshop will delve into attachment theory and how attachment patterns contribute to addiction, illustrating how these patterns are linked to complex PTSD and dissociation, and can result in lapses and relapses. Ethical standards and dilemmas will be highlighted to strengthen addiction professionals' competence and confidence, ultimately providing a smoother pathway for recovery for their clients.

Participants will gain the skills to recognize both subtle and overt dissociative symptoms, learn tools to screen for dissociation, and how to score and interpret the Dissociative Experiences Scale.

Educational Objectives:

- Participants will be able to identify how childhood insecure attachment patterns influence addiction.
- Participants will learn to identify subtle and overt signs of dissociation to reduce relapse.
- Participants will learn how to administer and score the Dissociative Experience Scale.
- Participants will understand the role of ethics when treating clients experiencing dissociation symptoms.

Themes Addressed:

- Skills Training

Tuesday - July 22 8:30 AM - 12:00 PM **PLENARY** - Driven to Attach: Correlating Substance Use Disorder with Attachment Theory - Paul Hardy, D.Min., QMHP, MAC, CSAC

Level: Intermediate
Limited: Open
Other: 0.5 Ethics included
Contact Hours: 3.0

Brief Description: Based on attachment theory, substance use can be understood as "self-medication," an attempt to compensate for lacking attachment strategies. If we can understand and help clients embrace this concept, it may help them improve. Attachment theory suggests a developmental pathway, or link from insecure attachment to SUD and, on the other hand, a negative impact of substance abuse on attachment security.

In this presentation, participants will apply Attachment theory is a psychosocial explanation for human bonding used to inform psychotherapeutic approaches. According to attachment theory, everyone is born with a biological system for attachment, which seeks to maintain proximity to others in times of vulnerability, especially as an infant. Informing: romantic attachments, family relations, friendships, long-term partnerships, even interactions with strangers.

Educational Objectives:

- DISCOVER the concepts of attachment theory according to John Bowlby and Mary Ainsworth.
- CORRELATE how behaviors occur because of unconscious urges and instinctual biological drives that increase their chances of survival.
- EXAMINE possible deficiencies and challenges of unmet needs of attachment.
- INTEGRATE attachment principles to the basic concepts of substance use disorder and how they affect individuals in the recovery process.

Themes Addressed:

- Skills

1:15 - 4:45 PM - Resilience in Action: Overcoming Compassion Fatigue For Mental Health Professionals - Lisa Duez, LCSW

Level: Introductory
Limited: Open
Other: 0.5 Ethics included
Contact Hours: 3.0

Brief Description: This presentation, led by Lisa Duez, LCSW, provides an in-depth exploration of resilience as a crucial tool for mental health professionals to manage compassion fatigue and sustain their well-being. Shifting from traditional notions of self-care to a focus on self-agency and resilience, the workshop emphasizes long-term strategies for personal and professional growth. Using evidence-based frameworks like Internal Family Systems and concepts such as self-agency and the Spoon Theory, the presentation encourages participants to reassess their relationship with their roles and

responsibilities. It highlights the importance of balancing personal capacities against professional demands. The presentation also stresses the importance of allowing others to support us, setting boundaries between our professional and personal selves, and identifying triggers that disrupt emotional balance. Through interactive exercises and relatable examples, participants will leave with actionable strategies to foster resilience and sustain their capacity for compassionate care. Ethical considerations will be discussed. This aligns with the broader mission of promoting recovery and progress across the continuum in the mental health field.

Educational Objectives:

- Define resilience and its components, differentiating it from traditional self-care practices.
- Identify the differences between burnout, fatigue, and compassion fatigue, and explore strategies to address each.
- Use tools like the Spoon Theory and resilience planning to assess and manage daily energy expenditure.
- Develop a personalized plan to set boundaries between personal identity and professional roles, reducing emotional overload.
- Introduce practical exercises to recognize and respond to emotional triggers, promoting self-awareness and stress management.
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Themes Addressed:

- Basics
- Compassion Fatigue
- Ethics

1:15 - 4:45 PM - The Vital Role of Smoking Cessation in Addiction Recovery - Chandell Miller, MS, LPC, LSATP, SAP, NCNTT, ADS & SAP, Dawn Brower, CSAC-A, CSAC Resident; Christina Hampton, LPC-Resident; Santos Polanco, CSAC-A; Brian Hampton, CSAC-A

Level:	Advanced
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0 Contact Hours

Brief Description: Smoking cessation, including the cessation of vaping, represents a critical step in the journey of addiction recovery and self-care. Nicotine, the primary addictive substance in cigarettes and e-cigarettes, exerts profound effects on the brain, creating dependency and sustaining cycles of addiction. For recovery centers aiming to promote holistic wellness, addressing nicotine dependence is essential for fostering long-term health and resilience. This narrative delves into the importance of smoking cessation, the science of nicotine addiction, the distinctions between vaping and smoking, and strategies for promoting cessation within recovery facilities.

Nicotine is one of the most addictive substances known, rivaling drugs like heroin and cocaine in its ability to hijack the brain's reward system. When nicotine enters the bloodstream, it stimulates the release of dopamine, a neurotransmitter associated with pleasure and reward. Over time, the brain becomes reliant on nicotine to achieve normal dopamine levels, leading to physical dependence and withdrawal symptoms, including irritability, anxiety, and cravings.

Educational Objectives:

- Educate on the Science of Nicotine Addiction
- Highlight the Risks of Smoking and Vaping
- Promote Smoking Cessation as a Vital Component of Addiction Recovery
- Introduce Evidence-Based Strategies for Cessation
- Discuss Ethical Responsibilities of Counselors

Themes Addressed:

- Skills
- Ethics

1:15 - 4:45 PM - Wrecks in Ethics – The 3 Ethical Dilemmas That Wreck Clinicians - Saulo Ortiz, LCSW

Level:	Introductory
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0

Brief Description: It is impossible to be a strong clinician without sound ethical principles to guide your clinical work. Often clinicians fail to fully understand the ethical guidelines of their governing body, and as a result they violate the rights of their clients, their agencies, and their profession. By identifying the top ethical principles most often violated by clinicians, we will establish a deeper foundation for appropriate clinical work. Utilizing an engaging PowerPoint and interactive discussion approach, this presentation will include music, engaging tools, and real client scenarios to provide the attendees with a variety of resources for building a thriving and ethical clinical program.

Educational Objectives:

- Establish a thorough understanding of the ethical guidelines outlined by NSAW, APA, and other clinical governing bodies intended to make clinical work safe and secure for practitioners and service recipients.
- Gain a clear approach for managing the top ethical principles that are most often misunderstood and transgressed by clinicians in various settings.
- Examine the characteristics of a strong, ethical practitioner, and the value of accountability and consistency.
- Develop a reliable framework for approaching future clients and providing clinical service, thereby safeguarding any collaborating clinicians and agencies providing care and treatment to your clientele

Themes Addressed:

- Cultural Competency
- Basics (Core Competencies including Ethics)
- Skills Training (i.e. Enhancing Skills of Clinicians)
- Recovery Community
- Ethics

1:15 - 4:45 PM - Intentional Supervision: Promoting Developmental Growth with Substance Abuse Counselors - Jennifer Walden, LPC, LSATP & Sue Morrison, Ph.D., MBA, LCSW

Level:	Advanced/Supervisory Level
Limited:	30

Other: 0.5 Ethics included
Contact Hours: 3.0

Brief Description: Across the treatment continuum, agencies face challenges in counselor (and supervisor) compassion fatigue, emotional exhaustion, and burnout. Ongoing challenges for every treatment organization are retention and counselor burnout. Whether at the residential, partial hospitalization, or outpatient level of care, counselors and clinical supervisors struggle with emotional exhaustion and burnout. The first (didactic) portion of the workshop will explore research cited in SAMHSA's Tip #52 ("Clinical Supervision and Professional Development of the Substance Abuse Counselor") and draw from seminal counseling texts including Carl Rogers' On Becoming a Person. The clinical supervisor will discover new ways to integrate developmental perspectives into training, supervision, and clinical leadership. Signs of clinician burnout and compassion fatigue will be identified, and methods of intervening will be explored. Participants will also consider ethical implications that arise in clinical supervision. The second (experiential) portion of the workshop will include a live demonstration of a clinical supervision group that explores compassion fatigue. A new offering this year includes a review of research conducted by Sue Morrison, PhD (Substance Abuse Treatment Professionals' Emotional Exhaustion: The Mediating Effect of Job Satisfaction on Turnover Intention).

Educational Objectives: Clinical supervisors will explore their own supervisory styles and consider how they can implement developmental strategies in intentional supervision sessions or groups.

- Attendees will also learn the signs of counselor and supervisor burnout, emotional exhaustion, and compassion fatigue and gain new skills for addressing this common concern in the substance abuse field.
- Attendees will explore ethical considerations that arise in supervisory relationships, especially when working through compassion fatigue.
- Attendees will observe (or participate in) a live demonstration of a supervision group based on the topic of self-care.

Themes Addressed:

- Clinical Supervision
- Compassion Fatigue
- Ethics

Wednesday - July 23 8:30 - 12:00 PM **PLENARY** - Ethics and Cannabis in the Clinical Setting: Legalization is Coming - Michael Gillette, Ph.D.

Level: Intermediate
Limited: Open
Other: 3.0 Ethics included
Contact Hours: 3.0 Ethics Contact Hours

Brief Description: This session will consider a series of ethical issues that arise as Virginia moves from

its stance of allowing medical marijuana to its future legalization of recreational use of cannabis for adults. We will review the history of these changes in the law and discuss specific case studies involving client access to cannabis on facility property, dispensing cannabis in agency programs, the prescribing activity of staff members who disagree about its appropriate use, response to positive blood tests for THC both in clients and staff members, and ethical quandaries for SUD services.

Educational Objectives:

- To identify the range of ethical issues that will emerge as the use of both medical and recreational cannabis proliferates in Virginia
- To examine the ethical duties of providers to support client preferences regarding cannabis use.
- To outline the ethical response that employers should take with regard to cannabis use among its employees

Themes Addressed:

- Ethics

Lunchbox 12:00 - 1:00 - Pathways Addressing Problem Gambling: Peer Support, Resources, and Recovery Strategies - Elizabeth D. Childress, QMHP-A, RPRS, CPRS-PG-T & Matthew E. Britt, CPRS, I-FPRS-tot, CPRSPG-tot, ADS

Level:	Introductory
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	1.0 Contact Hour

Brief Description: Virginia has experienced a concerning increase in problem gambling as gaming and gambling opportunities continue to expand across the state. Addiction professionals are encountering more individuals and families profoundly affected by gambling-related issues, highlighting the urgent need for comprehensive solutions. This presentation will explore how the Virginia Partnership for Gaming and Health (VPGH) addresses this challenge by offering innovative, inclusive recovery pathways, emphasizing the essential role of Certified Peer Recovery Support Specialist (CPRS).

The audience will gain actionable insights into the impact VPGH partnered Clinician therapy, peer support, resources, and harm reduction techniques that help individuals struggling with problem gambling—and their loved ones—achieve meaningful progress on their recovery journeys.

Educational Objectives:

- Recognize the growing prevalence of problem gambling in Virginia and its impact on individuals, families, and communities
- Understand the critical role of Peer Support in recovery, and how individuals with lived experience empower others to take the first steps toward change.

- Identify effective tools and strategies, including harm reduction techniques, to support people with gambling problems in achieving recovery, regardless of their chosen pathway (abstinence or otherwise).
- Learn about the comprehensive services VPGH offers in addition to Peer Support, including individual problem gambling therapy by trained clinicians, family therapy, updated resources like blockers, self-exclusion, support groups, financial counseling for both problem gamblers and their families and more.
- Possess the resources necessary to refer those suffering with Problem Gambling to services, as well as information on how addiction professionals can partner with VPGH to assist in treating individuals struggling with Problem Gambling.

Themes Addressed:

- Cultural Competency
- Approaches to providing peer recovery support
- Ethics

Lunchbox 12:00 - 1:00 - Good Times or Hard Times? Unpacking Systemic Barriers and Equipping Therapists with Strategies to Support BIPOC Clients - Tierra W, Ruffin, LPC with a Certification in Grief

Level:	Introductory
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	1.0 Contact Hour

Brief Description: Generational trauma, deeply rooted in centuries of systemic discrimination and exclusion, continues to profoundly affect the mental health and substance use patterns within BIPOC communities, contributing to heightened rates of addiction, PTSD, anxiety, and depression (Conner, 2020). For counselors working in substance abuse recovery, addressing the intersections of historical trauma, systemic barriers, and addiction requires adopting culturally informed practices that honor the lived experiences of African American clients.

Participants will gain practical tools to validate clients' lived experiences, help them connect their struggles with addiction to broader historical and systemic contexts, and empower them to reframe their recovery journeys through recognizing their inherent strengths and resilience. This session will equip counselor educators and practitioners with strategies to challenge traditional Eurocentric frameworks, address racial trauma, and provide more effective support for African American clients in navigating recovery while confronting the ongoing impacts of generational injustice.

Educational Objectives:

- **Examine Historical and Systemic Influences**
Participants will identify the historical and systemic factors, including policies like the War on

Drugs, redlining, and the 1944 GI Bill, that have disproportionately shaped substance abuse rates and mental health disparities within African American communities.

➤ **Enhance Cultural Competence in Counseling**

Participants will explore culturally responsive strategies, such as critical race theory (CRT) and social justice supervision models, to improve counseling practices for African American clients dealing with substance abuse and trauma.

➤ **Validate Lived Experiences and Foster Connection**

Participants will learn techniques to validate clients' lived experiences and connect their struggles with addiction to broader historical and systemic contexts, enhancing therapeutic rapport and client empowerment.

➤ **Promote Narrative Reframing in Recovery**

Participants will gain tools to help clients reframe their recovery narratives by recognizing their inherent strengths, resilience, and the impact of generational trauma on their journey.

➤ **Challenge Eurocentric Frameworks in Counseling**

Participants will develop skills to critically evaluate and adapt traditional Eurocentric counseling frameworks to better address racial trauma and promote equity in substance abuse recovery for African American clients.

Themes Addressed:

- Cultural Competency

1:15 - 4:45 PM - CHATS: Fostering Connection Among Diverse Groups - Samantha Crockett, MS & Ginny Moorer, M.Ed.

Level:	Introductory/Intermediate
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0 Contact Hours

Brief Description: Mental health professionals continue to educate communities about the profound impact of trauma and Adverse Childhood Experiences (ACEs). However, awareness is only the beginning—what comes next in supporting communities on their journey toward healing and resilience? This hands-on session addresses the essential next steps in the trauma-informed care continuum by introducing C.H.A.T.S. (Connecting Humans and Telling Stories), an innovative series developed by Mount Rogers Community Services in partnership with Emory & Henry College's Appalachian Center for Civic Life and the Appalachian Community Connectors. C.H.A.T.S. was designed to foster genuine connections, strengthen protective factors, and build resilience in communities.

This interactive workshop introduces C.H.A.T.S. (Connecting Humans and Telling Stories), a three-part series developed by Mount Rogers Community Services to foster connection and resilience in communities impacted by trauma and Adverse Childhood Experiences (ACEs). Participants will explore

practical skills such as active listening, questioning assumptions, and adopting diverse perspectives. Through hands-on activities, attendees will learn strategies to strengthen trust, build belonging, and enhance protective factors for resilience. This session provides actionable tools for deepening understanding, bridging divides, and supporting recovery in households, workplaces, and communities, helping participants advance along the trauma-informed care continuum.

Educational Objectives:

- Understand Next Steps in Trauma-Informed Care: Explain how C.H.A.T.S. supports progression within the trauma-informed care continuum by fostering connection and resilience.
- Apply Relational Tools in Everyday Practice: Utilize skills for active listening, assumption-checking, and perspective-taking to build trust and empathy in community and workplace settings.
- Promote Inclusion and Belonging: Identify strategies to create inclusive spaces encouraging diverse voices, reducing stigma, and enhancing a sense of belonging.
- Enhance Protective Factors for Resilience: Demonstrate how building relationships through C.H.A.T.S. can strengthen protective factors and promote behavioral health equity.
- Facilitate Dynamic Conversations: Lead or participate in conversations using prompts and techniques from C.H.A.T.S. that encourage curiosity, compassion, and understanding of different perspectives.

Themes Addressed

- Prevention
- Cultural Competency
- Skills

1:15 - 4:45 PM - Utilizing Peer Recovery Services in Jail Based Treatment Programs Bailey Hilliard, MSW, Virginia Bogese, CPRS & Caitlyn Mundie, CPRS

Level:	Advanced
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0

Brief Description: The integration of Peer Recovery Specialists (PRS) within the justice system is transforming how jails address substance use disorders and mental health challenges. This presentation explores the diverse roles PRS play in enhancing recovery and reducing recidivism, focusing on innovative programs utilized within a jail setting.

DBHDS 72 Hour Peer Training - 72 Hours Peer Recovery specialist Training administered in jail setting.

Peer-Run Groups - Within the jail, Peer Recovery Specialists facilitate group sessions daily. This is the foundation of the nationally recognized Helping Addicts Recover Progressively (HARP) Program.

Peer Ride-Along and Overdose Response - Peer Recovery Specialists collaborate directly with local police departments, participating in ride-along programs. These peers accompany law enforcement to respond to overdose incidents and other substance-related crises.

Peer Specialists at Intake for Rapid Release - Upon entry into the jail system, Peer Recovery Specialists engage with individuals during the intake process. Their role focuses on assessing immediate needs and establishing a plan for recovery support services upon release. This "rapid release" approach ensures a seamless transition from incarceration to community-based resources, minimizing the risk of relapse and supporting long-term recovery.

Peer Ethics and Boundaries - CPRS will review peer ethics and boundaries in a correctional setting.

Educational Objectives:

- Understand the Role of Peer Recovery Specialists in Jails: Highlight how PRS contribute to addressing substance use disorders and mental health challenges within the justice system.
- Explore the Impact of Peer-Led Programs: Examine the effectiveness of daily peer-run groups, including the foundation of the nationally recognized HARP program.
- Discuss Innovative Peer Interventions: Learn about the Peer Ride-Along and Overdose Response initiative, showcasing collaboration between PRS and law enforcement to address crises.
- Analyze the Intake and Rapid Release Process: Understand how PRS engage with individuals during jail intake to establish recovery plans, ensuring a smooth transition to community-based support upon release.
- Promote Recovery and Reduce Recidivism: Demonstrate how embedding PRS throughout the justice system creates a compassionate framework that enhances recovery and supports successful reintegration.

Themes Addressed:

- Ethics
- Approaches to providing peer recovery supports

1:15 - 4:45 PM - Pathways to Progress in Supervision: Intentional, Compassionate, and Parallel Practices
- Tara Matthews, Ph.D., LPC

Level:	Advanced
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0

Brief Description: This presentation invites you to get creative, intentional, model self-compassion, and to explore the parallel practices of clinical supervision as we seek to reach a new generation of addiction professionals. This collaborative presentation invites your experiences, challenges your current practices, and offers the opportunity to integrate new tools into your supervision toolbox. We will explore common issues in clinical supervision, apply compassionate supervision processes, and integrate the NAADAC and NCC AP Code of Ethics throughout our work together. Intentionally using compassionate and creative tools with supervisees can cultivate ethical, competent addiction professionals, as well as ethical, inspired supervisors.

Educational Objectives:

- The participant will be invited to review strengths of current supervision practices while seeking creative approaches to add to current practices.
- The participant will be able to identify creative and compassion-focused supervision strategies for common supervisory issues.
- The participant will explore the parallel process of the supervisory relationship and identify the impact on supervisee development.
- The participant will be able to navigate the ethical responsibilities as a clinical supervisor as defined by the NAADAC and NCC AP Code of Ethics.

Themes Addressed:

- Clinical Supervision
- Ethics

1:15 - 4:45 PM - Let's Talk About Sex! A Trauma-Informed, Ethical Approach with SUD Clients - Madeline Vann, LPC, CSAC, EMDRIA Certified EMDR

Level:	Introductory
Limited:	Open
Other:	0.5 Ethics included
Contact Hours:	3.0

Brief Description: The purpose of this presentation is to increase the confidence of people working in addiction treatment with conversations with their clients about sex in an ethical and trauma informed manner. We often give our clients in recovery the message that we can't talk about or acknowledge their experiences of attraction, desire, and sex – either in treatment or in early recovery, or, worse, that their sexual experiences and/or interest in sex are shameful or symptoms of another diagnosis. This presentation will provide data on sex and addiction/recovery for psychoeducation purposes, explore the PLISSIT model for broaching the conversation, the ecosystemic approach to understanding the meaning of sex in clients' lives, the six aspects of sexual health, relapse risk factors related to sex, clients' experiences of sex work, taking a trauma informed and sex positive approach to discussing sex in

addition/recovery, cultural competency around sex, when to refer to a specialist, and also will raise critically important ethical issues related to sex counseling with SUD clients. Attendees will leave session with strategies they can immediately implement as well as important questions and issues about which to self-reflect. The presentation format will be PowerPoint with 2-3 experiential activities that can be implemented with clients.

Educational Objectives:

- Describe the PLISSIT and ecosystemic models for discussing sex in therapy.
- Describe the six aspects of sexual health and how they intersect with substance use and recovery.
- Provide the most recent data related to addiction, recovery, and sex.
- Identify ethical concerns in sex counseling with SUD clients.

Themes Addressed:

- Cultural competence
- Clinical skills
- Ethics