

**MIDDLE TN ASSOC. OF ALCOHOLISM
AND DRUG ABUSE COUNSELORS**

Journey Together Conference
2505 21st Avenue South - Suite 410
Nashville, Tennessee 37212

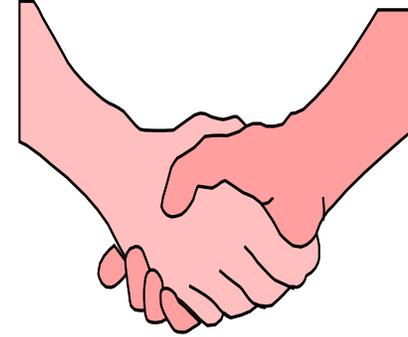
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Journey Together Conference 2022

A Conference for Addiction Professionals

Presented by
**Middle Tennessee Association
for Addiction Professionals**



Franklin Marriott Cool Springs
700 Cool Springs Blvd
Franklin, TN 37067
(615) 261-6100
(800) 228-9290

August 29th, 30th, 31st, September 1st, 2022

**Conference begins Monday, August 29
with Evening Workshops**

Conference General Information

Program Description and Objectives

The overall goal of the conference is to bring together professionals working with addictions, substance use disorders, prevention and treatment. Participants will explore a variety of topics related to the medical, psychological, and familial aspects of the disease of addiction and share knowledge, expertise, and resource networking.

Participants who attend this conference will:

- explore the impact of alcohol and drug use on adolescent, adult and older adult clients and family systems;
- be introduced to the latest research and clinical interventions in addressing the relationship between alcohol and drug use, mood disorders, abuse, other addictions and the newest treatment modalities;
- understand and practice creative and unique treatment approaches, identifying other addictions, treatment issues when working with adolescents and older adults, addressing relapse prevention, and other professional issues.

Welcome to the Journey Together Conference!

The conference committee would like to thank each of you for your support and participation.

**Hospitality Suite in Appaloosa Room hours:
Tuesday - Thursday, open 7:30am - 6:00pm
Closed during lunch from 12:00 noon -
2:00pm everyday
Coffee is available during morning breaks in the lobby.**

Location and Accommodations

Marriott Cool Springs

700 Cool Springs Blvd, Franklin, TN 37067

(615) 261-6100

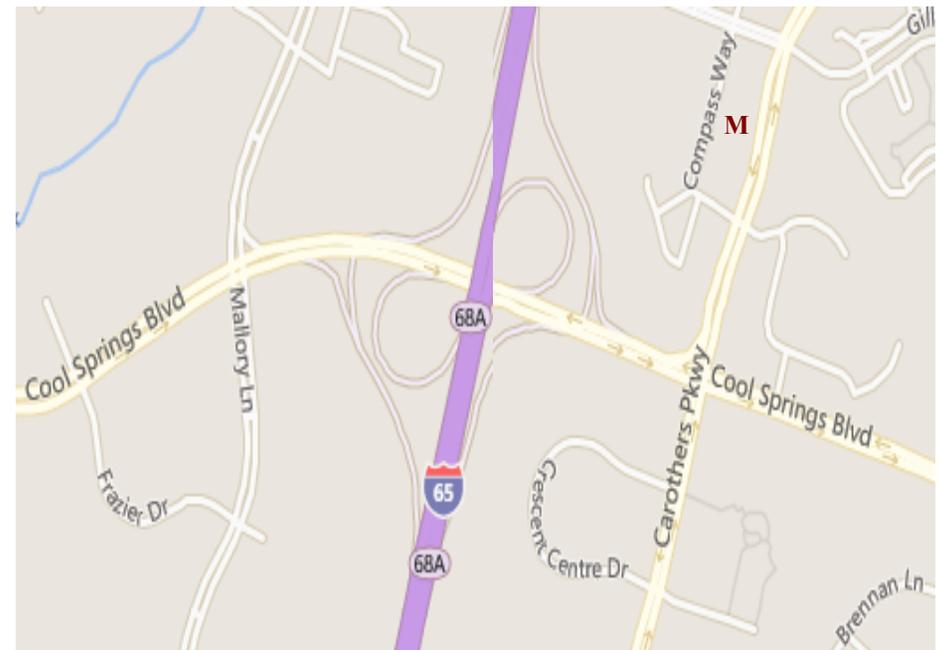
(800) 228-9290

Newly renovated Marriott Cool Springs is just 20 minutes south of Nashville. Unique among hotels in historic Franklin, TN, it is surrounded by upscale shopping, dining and history. Cool Springs Galleria Mall, Crescent Centre and Highwoods are within walking distance or just a short ride away from our Cool Springs hotel. They offer wireless Internet access at no charge and free shuttle service within a five-mile radius. Stave Regional Kitchen and Lounge offers a variety of dining and entertainment options to inspire productivity and interaction at Franklin Marriott Cool Springs. Ask for the Journey Together Conference room rate of **\$139** per night (includes free internet), by **8/19/2022**. Do not delay and miss this early bargain!

Directions

From the south: Follow I-65 north to Exit 68A (Cool Springs Blvd.). Follow signs for Cool Springs Blvd. East. Upon exiting, turn right at the bottom of ramp. Turn left on Carothers Pkwy. Hotel is on the right.

From the Airport: Take I-40 West from Nashville Int'l Airport to I-24 E, to I-440 West. Take I-65 South (to Huntsville). Follow approx. 17 miles. Take exit 68-A to Cool Springs Blvd. East. The hotel is located on the left corner at the first stop light.



Fee and Payment for Conference

Registration:

Early Bird Rate through August 19

TAADAC Members: \$295 ____

Non-Members: \$330 ____

Rates after August 19

TAADAC Members: \$315 ____

Non-Members: \$360 ____

One Day Rate:

TAADAC Members: \$125 ____

Non-Members: \$150 ____

Committee member _____

Presenter _____

Payment: ____ Check/MO ____ Credit Card Visa/MC

Total \$ _____

For Credit Card Charges:

Card Type: MasterCard ____ Visa ____ AmEx ____ Discover ____

Account Number _____

Expiration Date _____

CVVS _____ (3 digit code on back of card or 4 digit code on front of AmEx)

Billing address including zip code _____

Signature of Card Holder: _____

**Credit card registrations can be phoned in, faxed or mailed to
Phil Guinsburg**

Phone: 615-386-3333 ext. 103 Fax: 615-386-3353

Organizational discount for 5 or more attendees.

Partial scholarships are available and limited to the first 50 applicants.

**Please fax requests for organizational discounts and scholarships to
Phil Guinsburg or submit in writing to the address below.**

**Submit completed registration form and payment to:
MTAADAC 2505 21st Ave. S., Suite 410, Nashville, TN 37212**

Continuing Education, LADAC Licensure and License Renewal Hours, and Social Work CE credits

This conference has been planned and implemented in accordance with the credentialing standards of the licensed Alcohol and Drug Abuse Counselor standards and provides **26** possible CE credits total. Credit hours will be broken into primary functions for those individuals pursuing licensure. This program was approved by the National Association of Social Workers – Tennessee Chapter (Provider Number: **(NASWTN2022-0079)** for **26** continuing education units.

Conference Etiquette: Participants are asked to turn off cell phones when attending sessions or change to a silent signal. Please step outside the room when responding to a call.

Conference Credits: Each participant is responsible for recording his or her attendance at workshops and should claim only those hours of credit actually spent in the educational activities.

Breakout Sessions: Plenaries and some workshops are in the **Champion Ballroom, Salons 6-10**. Workshop designations will be posted at the registration table and by meeting room doors.

Conference Registration

Registration is located in the **Morgan Room** throughout the conference.

Printing of Workshop Handouts

Please print handouts for your workshops prior to the conference. Handouts that have been submitted by presenters can be accessed in the week prior to the conference and downloaded at:

www.TAADAC.org/conferences/Presentations

Stay Warm! Remember to bring a sweater or jacket as we cannot control the temperature in the training rooms.

- Please join and “like” us on
- Facebook at MTAADAC and
- Go to www.TAADAC.org for up-
- dates regarding educational opportunities,
- meeting updates, and all the latest news.



PLENARY SESSIONS—KEYNOTE SPEAKERS

Tuesday, August 30th

Kate Roselle, LPCC

“Addiction in the Family”

When individuals or families come to us for clinical support, it's imperative that we are able to grasp how one impacts the whole. Whether the individual seeking our services is the one struggling with a substance use disorder, or whether they love someone who is, it's our job to facilitate healing. We cannot do that well until we understand how addiction changes everything - for everyone. This presentation will take a deep dive into how addiction impacts a family system, and techniques to help families heal. We will dig into family roles, communication, and recovery for all. You will walk away from this presentation being able to identify if addiction may be present in a family system, how addiction impacts family roles and communication, and will have tangible tools to help families heal and grow, whether or not the individual chooses recovery.

Wednesday, August 31st

Carlo DiClemente, PhD, ABPP

“Addiction and Change: Understanding the Journey of Initiation and Recovery”

This plenary will describe how people change using the stages of change to understand initiation of and recovery from addiction including both substance use disorders and behavioral addictions like pathological gambling. The tasks of the stage can provide a way to understand the journey into and out of addiction and a template for how providers can tailor interventions to tasks of the stages and support the journey through recovery. This presentation will also describe mechanisms of addiction and how to understand and address impaired self-regulation.

Thursday, September 1st

Frances Patterson, PhD, LADAC II, MAC, DAC

“Ethics in the Movies”

Movies and TV programs often include counseling or therapy scenes depicting counselor behaviors with clients. More often than not, the behaviors are ethically questionable. Untrained or unaware viewers may think that these behaviors are acceptable in the professional world. We, as counselors, need to be able to explain to clients why ethically sound practice is not what they see in the media. This plenary session will explore some of these media examples through discussion and thought provoking questions. The NAADAC Code of Ethics will be utilized as a guide to help participants explore their own ethical compass.

Registration Form

Journey Together Conference
August 29th, 30th, 31st, September 1st

NAME: _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

EMPLOYER: _____

DAY PHONE: () _____ CELL: () _____

E-MAIL ADDRESS: _____

Indicate which workshops and lunches (included in conference registration fee) you plan to attend:

____ Tuesday Lunch ____ Wednesday Lunch ____ Thursday Lunch
Vegetarian meals? ____ Yes ____ No

Please choose only one workshop for each time slot:

Monday, August 29th Evening Sessions

4:15-5:15 M1 ____ Cunningham/Taylor

5:30-8:30 M2 ____ Tommy Farmer

Tuesday, August 30th

2:00-3:30 T1 ____ Roselle
T2 ____ Benson/Patterson
T3 ____ Harper
T4 ____ Guinsburg/Abrams
T5 ____ Licensure Board

6:00-8:00 T11 ____ Lester
T12 ____ Benson/Patterson
T13 ____ Taylor

4:00-5:30 T6 ____ Roselle
T7 ____ Benson/Patterson
T8 ____ Buffington
T9 ____ Guinsburg/Abrams
T10 ____ Robinson

Wednesday, 31st

2:00-3:30 W1 ____ DiClemente
W2 ____ Jenkins
W3 ____ Hirsch
W4 ____ Mulloy
W5 ____ Squires

6:00-8:00 W11 ____ Abraham
W12 ____ Nihan
W13 ____ Guion

4:00-5:30 W6 ____ DiClemente
W7 ____ Buchanan/Stancil
W8 ____ Hirsch
W9 ____ Driggs
W10 ____ Hodes

Thursday, September 1st

2:00-3:30 TH1 ____ Holiday
TH2 ____ Corman
TH3 ____ McClung/McDaniel
TH4 ____ Buffington
TH5 ____ Crawford

4:00-5:30 TH6 ____ Holiday
TH7 ____ Binkley
TH8 ____ Buchanan/Stancil
TH9 ____ Schleisinger
TH10 ____ Driggs

CONFERENCE SCHEDULE AT A GLANCE

**Registration begins at 3:00 pm Monday, August 29
in The Morgan Room**

Tuesday	Wednesday	Thursday
7:30-9:00 Registration	7:30-9:00 Registration	7:30-9:00 Registration
8:45 Opening Ceremonies: Color Guard	8:45 Announcements	8:45 Announcements
9:00 Plenary 1 Kate Roselle	9:00 Plenary 2 Carlo DiClemente	9:00 Plenary 3 Frances Patterson
10:30 BREAK 10:50 Door Prizes	10:30 BREAK 10:50 Door Prizes	10:30 BREAK 10:50 Door Prizes
11:00 Plenary 1 Kate Roselle	11:00 Plenary 2 Carlo DiClemente	11:00 Plenary 3 Frances Patterson
12:30 LUNCH	12:30 LUNCH Regional Meetings	12:30 LUNCH TAADAC announcements
1:30 Silent Auction Opens	Breakout Sessions	1:30 Silent Auction ends
2-3:30 T1: Kate Roselle T2: Benson/Patterson T3: Charles Harper T4: Guinsburg/Abrams T5: Licensure Board	2-3:30 W1: Carlo DiClemente W2: Jerry Jenkins W3: Jessica Hirsch W4: Paul Mulloy W5: Michele Squires	2-3:30 TH1: Jonathan Holiday TH2: Thomas Corman TH3: McClung/McDaniel TH4: Jon Buffington TH5: Robert Crawford
3:30 BREAK	3:30 BREAK	3:30 BREAK
4-5:30 T6: Kate Roselle T7: Benson/Patterson T8: Jon Buffington T9: Guinsburg/Abrams T10: Kristen Robinson	4-5:30 W6: Carlo DiClemente W7: Buchanan/Stancil W8: Jessica Hirsch W9: Deborah Driggs W10: Peter Hodes	4-5:30 TH6: Jonathan Holiday TH7: Lisa Binkley TH8: Buchanan/Stancil TH9: Erica Schleisinger TH10: Deborah Driggs
6:00-8:00 T11: Ross Lester T12: Benson/Patterson T13: Will Taylor	6:00-8:00 W11: Jane Abraham W12: James Nihan W13: Matt Guion	5:30 Certificates Distributed

Welcome to our Journey Together Conference! To begin your experience, visit our registration staff in the Morgan Room to sign in, receive your name badge and conference materials. On your three and a half day journey be sure to visit the exhibitor tables and hospitality suite, network with colleagues from across the state and participate in a variety of workshops. If this is your first conference journey, we suggest you attend the orientation workshop on Monday afternoon to enhance your experience.

Monday, August 29th
M1 Evening Session 4:15-5:15
M2 Evening Session 5:30-8:30

M1 Susan Cunningham, LCSW, LADAC II, MAC
Jane Taylor, BSW, LADAC II
“The Journey Together Conference -
Mapping out a Successful Experience”

Attending any conference can be overwhelming! You've read the brochure but still have questions. Possibly, you attended last year and hope this year you get more out of the three and half days. Regardless of how often you've attended, this workshop will help you get the most from your experience. Our goal is to map out the journey from start to finish and make this an awesome experience where you learn and earn credits, make new professional relationships and the seed is planted for you to return every year. Hopefully, you will become a workshop presenter or committee member in the future!

M2 Tommy Farmer, Special Agent in Charge
“The Delta’s and Other Trending Street Drugs in Tennessee ”

Drugs in today’s world have become more complex and confusing to understand. Clients ask questions about what the difference is between the different deltas, what they do and will they be positive on a UDS with all of them. New drugs are appearing on the street and over the counter. During this plenary session, Tommy Farmer will present information and updates on marijuana, high potency THC and THC-P and the difference between Delta variants. He will also discuss current drug trends across Tennessee to include ISOs, Tianeptines and Zaza Red.

PRESENTERS AND WORKSHOPS

T1 **Kate Roselle, LPCC**
“Hooks & Communication ”
Addiction will say just about anything to those around it; it's willing to push any button in order to ensure its own survival. In this workshop we will explore the hooks addiction throws, and how to combat them. You will walk away from this presentation being able to identify what a hook is, how addiction uses hooks for its survival, and will have tangible tools to help families communicate with clarity and strength.

T2 **Kathryn Benson, LADAC II, NCAC II**
Frances Patterson, PhD, LADAC II, MAC, DAC
“Ethical Challenges in Clinical Supervision” Part 1
As supervisors, those we supervise will “listen” to our behaviors and professionalism much more than our words. When we agree to be a supervisor, we are agreeing to be held to the highest standards of ethics and professionalism. Frances and Kathy will utilize discussion, activities, role plays and multimedia to enhance learning of ethical issues for supervisors and skills in creating a safe and ethical supervision environment.

T3 **Charles Harper, LADAC**
“Building and Maintaining Motivation through Support, Self Esteem, Aspirations and Gratitude”
Charles has developed some CBT techniques to help motivate change through a DBT wise mind mentality of connecting the head and the heart. He will discuss how he utilizes CBT, DBT, MET and REBT to help himself and others to develop a realistic view of themselves in their Now without the distorted view of their past. Charles will show tools he uses such as a Self Esteem Calendar, Aspirations List, his version of a Gratitude list, along with his Sober self vs Addict /Dysfunctional Self worksheet.

T4 **Phil Guinsburg, PhD, PC, MAC**
Toby Abrams, LADAC II, NCAC II
“Learning Group Therapy From the Inside Out” Limit 15 participants
This three hour workshop will allow participants to fully appreciate the group experience. A process group teaches people to keep personal things that have nothing to do with the group, out of the group. We will learn how to be involved with each other and develop a sense of connection that allows participants to grow as individuals. Phil Guinsburg and Toby Abrams have been practicing together for 17 years. They share a lot of time in supervision and have a wealth of experience with group process and training.

T5 **Licensure Board Panel Discussion**
Mark Loftis, LPE, LADAC II, Chair, Paul Richardson, Board Attorney
Jane Abraham, LCSW, LADAC II, Terry Kinnaman, LADAC II,
Britney Baker, LADAC II
“Demystifying Alcohol & Drug Abuse Licensure”
Licensure rules, practices, and processes can be confusing to the newly licensed or the veteran counselor. Join the panel discussion with the professional staff who administer and legally support your state board along with board members. This is an interactive workshop where the panel will provide insight to simplify these administrative and legal topics to strengthen or reinforce your foundation for an ethical and sound practice.

T6 **Kate Roselle, LPCC**
“Boundaries”
Boundary-setting can so often feel like a four-letter word. Why is that? What makes boundaries so difficult to create, set, and maintain? This workshop will be a hands-on, engaging discussion where we will join together in dialogue to unpack client scenarios, and practice creating and applying appropriate boundaries.

WORKSHOP PRESENTER BIOGRAPHIES

Paul Richardson, Attorney
Paul Richardson is currently serving as the Attorney for the Tennessee Department of Health Board of Alcohol and Drug Abuse Counselors.

Kristen Robinson, LADAC II, NCAC II
Kristen is the Recovery Services Therapist at Village Behavioral Health in Louisville, TN. She created the THRIVE Program that promotes recovery insurance skills to address substance and process addictions. She has worked with adolescents for the past thirteen years in different levels of treatment. She was a top nominee for the Inspiration and Guidance Knoxville Sphere Award in 2009 by the City of Knoxville and the Metropolitan Drug Commission. Kristen received the ETAADAC Counselor of the Year Award in 2019.

Erica Schlesinger, Pharm.D
Erica is a West TN native and graduate of the UT Health Science Center College of Pharmacy (2017). She completed a PGY-1 Managed Care residency with the TN Dept of Mental Health and Substance Abuse Services and UT. She is currently the Assistant Chief Pharmacist and State Opioid Treatment Authority Designee for the TDMHSAS.

Michele Squires, MS, LADAC II, MAC, CAADC, QCS
In 2010, Michele became Program Director for Lakeside Behavioral Hospital. and in 2013, Clinical Director for Grace House of Memphis and Adjunct Professor for Memphis Theological Seminaries Addiction Counseling Program. She was Executive Director of Chemical Dependency for Strategic Behavioral Health and in 2019, began work with First Step Recovery Centers and is currently Chief Clinical Officer. She is past president of TAADAC and is on the Southwest Community College Advisory Board and Shelby County Opioid Taskforce.

Nicole Stancil, BS
Nicole works with Buchanan Counseling and Consulting in Lebanon, TN. She attended the University of North Alabama and holds an Associates in Business and a Bachelor's degree in Science. Nicole is currently working on obtaining her LADAC I, CADC I and NCAC I. She incorporates REBT into her counseling practice along with TA, Motivational Interviewing and CBT.

Jane Taylor, BSW, LADAC II
Jane has worked as an A&D counselor since 1989 and received her LADAC in 2000. She worked for Koala Treatment Center before going to work in treatment in the jail system. She has been working in Family and Juvenile Recovery Courts in Davidson County since 2002 where she is now the Recovery Court Coordinator. In 2019 she was awarded MTAADAC Counselor of the Year.

Will Taylor, LADAC I, CPRS
Will currently serves as a Faith-Based Community Coordinator for Middle TN Grand Division & Regional Overdose Prevention Specialist for TN through the DMHSAS. Will provides Naloxone training and distribution to individuals at high risk of opiate overdose. He creates access points for individuals seeking recovery support. Will works closely with health counsels, recovery courts, probation & parole officers. Previously he worked as a clinical counselor. He holds a BS in psychology from TSU, as well as an array of certifications.

Michelle Webster, LADAC II, QCS
Michelle has been a CPRS for 9 years. She is from Nashville who holds a BA in Business Administration. She is currently the Peer Recovery Coordinator for the Peer Recovery Specialist program. Michelle has been a Certified Peer Recovery Specialist for 9 years and her passion for recovery advocacy work won her the Advocate of Peer Recovery Services award in 2015 and CPRS of the Year award in 2016.

WORKSHOP PRESENTER BIOGRAPHIES

Terry Kinnaman, LADAC II

Terry sits on the TN Board of Alcohol and Drug Counselors. He is currently employed at the Ranch as Program Director.

Ross Lester, Founder, Everybody Drum Some

Ross is founder of Everybody Drum Some. His mission is to communicate the wonders of rhythm and drums with others and to make the way easy for people to make a joyful song together. For over 10 years, Ross has worked in various settings throughout middle TN with youth groups, recovery groups, at-risk kids, military veterans, churches, schools, and businesses, as well as everyday folks who are drawn to the drum. Helping people experience the pleasure of making music has become his greatest treasure.

Mark Loftis, LPE, LADAC II

Mr. Loftis is the current chair of the TN Board of Alcohol and Drug Counselors and is a counselor in Cookeville, TN where he provides marriage counseling. Additionally, he is an associate professor in the Counseling and Psychology Department at Tennessee Tech. His current research interests are suicide prevention and risk assessments, alexithymia, adverse childhood experiences, addiction and prevention interventions. He also provides mental health consultation for early childhood programs and services.

Darlene McClung, MS

Darleen began her Corrections Career in El Paso Texas. In 1992, she accepted a position with Keeton Corrections as a Federal Program Director where she served as administrator of two halfway houses located in Huntsville and Nashville. In 1998, she began working for Project Return Inc. as the Associate Executive Director and in 2005 began working for Davidson County Sheriff's Office as a DV Counselor. Two years later she became the director of the SAAFE Program and remains in that position today. The program follows prevention best practices for adolescents to young adults.

Larmonz (Moniez) McDaniel, BS, MBA

In 2006, Monzie graduated with a BA in Business Marketing, Sociology, and Criminal Justice from UT and achieved his MBA in 2020. In 2007, he began counseling, lecturing, and giving motivational speeches at schools and throughout his community for Davidson County Sheriff's Office. Monzie works with juveniles that have been charged as adults for offenses such as rape, robbery and murder. He is a liaison between the parents, the court system, and various agencies in the community. He also teaches classes on gun and gang prevention as well as, drug and alcohol prevention.

Paul Mulloy, MA, LADAC II

Paul has worked for the Nashville Sheriff's office for 30 years and Director of Programs for 11 years, which includes Pretrial Release, Day Reporting Program, DUI School, Batterer Intervention, SAAFE and Transition from Jail to Community. His role at DCSO is a unique one whereby programming is offered to those incarcerated and those on alternative sentences. Paul is a member of the Am Jail Association, Am Correctional Assoc National and TN Coalitions Against Domestic Violence. Paul works with community agencies through an initiative Transition from Jail to Community and with the National Institute of Corrections and Urban Institutes.

James Nihan, LADAC II, NCAC I, ASAT

James has worked in the field of addictions and recovery in the Nashville area for 20 years. Personal recovery began in 1975 as a teen in Boston and, in 1980, his story was featured in a book published by the Rutgers Center of Alcohol Studies. An award-winning songwriter, poet and artist, James often brings music and creative writing into the therapeutic process. He contributed to the popular musical, Nanyehi: The Nancy Ward Story, supported by the Cherokee Nation. TN's ancestral landscapes provide the perfect setting for his passionate guidance, supporting clients on diverse spiritual paths. In 2020, he joined the team at Onsite Workshops.

T7

Kathryn Benson, LADAC II, NCAC II Frances Patterson, PhD, LADAC II, MAC, DAC "Ethical Challenges in Clinical Supervision" Part 2

This session is continued from T2 session. You do not have to attend T2 to participate in T7.

T8

Jon Buffington, LCSW, LADAC II "Self Care For The Substance Abuse Therapist: Minimizing Burnout and Maximizing Effectiveness"

This workshop will explore issues that create burnout and empathy reduction in addictions treatment. We will explore issues surrounding counter-transference, secondary trauma, emotional fatigue, personal mental health awareness and needs, physical health needs, social needs and spiritual needs. The ultimate goal is to validate our unique needs, manage those needs and to flourish in this profession to be of maximum benefit to the clients we serve.

T9

Phil Guinsburg, PhD, PC, MAC Toby Abrams, LADAC II, NCAC II "Learning Group Therapy From the Inside Out"

This is a continuation of T4. You must attend T4 to attend T9. Limit 15 participants.

T10

Kristen Robinson, LADAC II, NCAC II "Analysis of Addictive Behaviors Impact on Relapse and the Progression of Addiction"

The relapse process can be effectively interrupted with reliable skills. An important skill for recovery is understanding that avoidance of triggers only amplifies their power. Addictive behaviors are powerful triggers that aggravate an individual's ability to thrive and maintain recovery. Recognizing the importance of addressing triggers, especially addictive behaviors is a vital part of holistic recovery from addiction. During this session, participants will learn effective ways to identify and interrupt the addictive process and to also reinforce recovery through useful skills, effective strategies and collaborative activities.

T11

Ross Lester, Founder of Everybody Drum Some "Drumming for Life"

Ross Lester and Everybody Drum Some will conduct a low-stress, enjoyable drum circle for all interested conference attendees. Participants will experience collaborative music making in a relaxed environment and will leave feeling refreshed, energized, and encouraged. No experience or skills required.

T12

Kathryn Benson, LADAC II, NCAC II Frances Patterson, PhD, LADAC II, MAC "Ethical Challenges in Clinical Supervision" Part 3

This session is continued from T7 session. You do not have to attend T2 and T7 to participate in T12.

T13

Will Taylor, LADAC I, CPRS "Addressing Substance Abuse in Suicide Prevention"

Suicide is a difficult topic to address but is necessary for clinicians to understand when working with individuals who struggle with addiction. This presentation will discuss suicide from the standpoint of individuals in long-term recovery and delve into the behaviors and circumstances that often lead to suicide. It will help provide tools to prevent suicide, not just among patients, but among employees, colleagues, friends, and family members.

W1 **Carlo DiClemente, PhD, ABPP**
“Relapse and Recycling: The Function of Failure in Successful Behavior Change”
This presentation will discuss the difficulties of defining relapse and how different models address this failure to sustain behavior change. Literature on failure and how failure is a critical component of learning how to be successful and sustain change will be presented. Finally ways to avoid the stigma of relapse and how to incorporate ways of addressing reoccurrence of a behavior after an attempt to change and aid in promoting successful recovery will be discussed.

W2 **Jerry A Jenkins, M.Ed., LADAC, MAC**
“Taking a Strategic Look at Strategic Planning”
Managing, leading and directing requires many skills when involved with substance use disorders prevention, treatment or education and training. Recognizing that change is constant requires leaders to be looking at the lessons learned from the past while focusing on operations today and planning ahead. This workshop will review TAADAC’s rich history of strategic planning and emphasize the importance of strategically planning ahead as a core function for all leaders and members.

W3 **Jessica Hirsch, M.Ed., LADAC II, CADC I**
“The Power of Play” Limit 20 participants
This is your invitation to open up to the possibilities of play. The purpose of this workshop is to have fun, nurture creativity, let the unseen be seen, and take something back to our practices that we didn’t know we had before. The session will be appropriate for anyone who wants to have a good time connecting with self and with other professionals. Bring an open heart and perhaps sprinkle a little glitter with us.
Note: Jessica will be working with her service dog, Leeper. If he is unvested, feel free to visit with him. Otherwise, please do not distract (talk to or touch) him while he is working.

W4 **Paul Mulloy, MA, LADAC II**
“Transition from Jail to Community through a Pandemic”
This workshop will explore the process of how an individual enters the jail facility and in release with services already set up through a process called Transition from Jail to Community. This process will discuss how using an identifying Proxy score along with a Needs Assessment in conjunction with a Comprehensive Release plan is a road map to success in the community. Also, we will discuss how this process has changed through the pandemic.

W5 **Michele Squires, MS, LADAC II, MAC, CAADC, QCS**
“Art Therapy: Using Creative Methods to Engage your Clients ”
Are your groups becoming stale? Are you looking to add a little fun to your groups to maximize participation? Art Therapy is a surprising tool to add life to the process of Group Therapy. Through the use of simple, thought provoking exercises, you can encourage clients to share their stories in a new way. Art Therapy can be utilized in correctional settings, as well as psychiatric and addiction treatment settings. It is effective regardless of gender or level of cognitive functioning. Participants will complete a simple Art Therapy exercise with paper and crayons and share with the class.

W6 **Carlo DiClemente, PhD, ABPP**
“Mechanisms of Change: Understanding the Personal Processes of Change that Influence the Journey of Change ”
This workshop will define 10 specific processes of change discovered in the research on the Transtheoretical Model and how they interact with the tasks of the stages of change. Examples of each of the processes and a MI interview video example will illustrate key processes. Discussion of how to engage processes and how they fit into treatment will be included.

WORKSHOP PRESENTER BIOGRAPHIES

Deborah Driggs, PhD, LPC/MHSP, ACS
Deborah is a Licensed Mental Health Provider and Clinical Supervisor in private practice in Murfreesboro, TN. Her Master’s is in Clinical Mental Health Counseling and her Ph.D. is in Counselor Education and Supervision. Deborah is certified as a Clinical Trauma Professional and has been trained in numerous evidence-based trauma models. She is currently a LADAC II candidate. She has a particular interest in the treatment areas of trauma, grief and loss, self-concept, and spiritual struggle.

Matt Guion, MD
Dr. Guion attended the University of Cincinnati College of Medicine. After medical school, he trained in internal medicine and has spent the majority of his time since then in medical affairs with several biopharmaceutical companies. He has extensive medical affairs experience in HCV, HBV, HDV, and NASH. He currently works as an Executive Medical Scientist with Gilead Sciences, Inc. where he has been a part of several launches of transformative HCV therapies.

Philip Guinsburg, PhD, LADAC II, MAC
Dr. Guinsburg has been in the A&D field for almost 50 years. He was awarded, by TAADAC, both the Professional of the Year Award and the Lifetime Achievement Award. In 2004, NAADAC awarded him national Professional of the Year. Phil has presented on various topics over the years. He was an oral examiner for over 15 years for the LADAC Licensing Board. He has been instrumental in helping to plan and implement the JT Conference since it’s beginning.

Charles Harper, LADAC
Charles has been working in the addiction treatment field for almost 15 years and has had his LADAC since 2016. He feels the relationship with ourselves is the most important relationship we have to work on and by building and maintaining motivation through support, self esteem, aspirations and gratitude is key to its success.

Jessica Hirsch, M.Ed., LADAC II, CADC I
Jessica’s education includes a Master’s in Education from Vanderbilt University (2001); she has been working with family systems since 1998. After years of teaching middle and high school, she transitioned into the substance abuse field and built Nashville’s first alumni program for clients leaving residential treatment. In 2020, Jessica opened her private practice. She loves training other clinicians, facilitating workshops, attending conferences, hosting retreats, and working with individuals and families.

Peter Hodes, MBA
Peter has always been interested in Asian culture. After completing a B.A. in Asian Studies and studying abroad in Japan, Peter began practicing Tai Chi in 1990 on a beach in Thailand. While pursuing an international M.B.A degree, Peter learned the Professor Cheng’s 37-Posture Form. Peter now teaches at various locations around Nashville, and live on ZOOM for social distancing. At this point, Peter has been practicing Tai Chi continuously for 30 years.

Jonathan Holiday, MS, LADAC II, NCAC II, CADC II
Jonathan has a BBA in Healthcare and an MS in psychology. He is currently the Clinical Supervision Specialist for DCSO Behavioral Health Division. He has over 20 years' experience working with multiple populations that are struggling with Co-occurring disorders, and Criminogenic Behavior. He has written and developed several Programs for Addictions and Co-occurring disorders, for Juvenile and Adult offenders. He is also a nationally recognized Interventionist.

Jerry A. Jenkins, M.Ed., LADAC, MAC
Jerry started treating substance use disorders and mental illness in TN in 1982. He began doing strategic planning in 1992 by leading TAADAC Towards Two Thousand. He has been a member of NAADAC since 1986 and served as TAADAC Secretary and President in the 1990s. He moved to AK in 2003 where he was CEO of Anchorage and Fairbanks Community Mental Health Services (2003-2018). He currently is the NAADAC Treasurer.

WORKSHOP PRESENTER BIOGRAPHIES

Rev. Dr. Jane Abraham, LCSW, LADAC II, ADS, CPS II

Dr. Abraham is Chief Executive Officer for Healing Hearts Foundation and Executive Director of The Healing Arts Research Training Center. She is founder of The Heart Way. She received her Doctorate of Theology from the New Mexico Theological Seminary, and MSSW from UT. She is a Certified Acupuncture Detoxification Specialist with 36 years of experience helping individuals recover from attachments. She has 30 years of experience training professionals and lay persons.

Toby Abrams, LADAC II, NCAC II

Ms. Abrams is a past President of TAADAC, Tennessee affiliate of NAADAC. Her practice at Psychiatric and Psychological Services in Nashville includes clients from the wealthiest families as well as chronically homeless and addicted men, experiencing the poorest living conditions. This dual perspective affords a unique view of offering strategies for clients in recovery.

Britney Baker, LADAC II

Britney is currently employed at Centurion, a behavioral/healthcare that is contracted with TN Department of Corrections. She has been a program manager for the substance abuse program for almost 2 years and enjoys the team with whom she works. Her top goal is to see others succeed and become LADACs. I have learned from others and have remained teachable. It's not the mistakes that are made, it's how you handle the correction and accountability.

Kathryn Benson, LADAC II, NCAC II, QSAP, QCS

Ms. Benson has worked in the counseling field since 1972 with an initial emphasis on domestic violence, intervention, and re-parenting of abusive parents. She has specialized in addiction issues since 1978. She maintains a clinical consulting practice in Nashville, TN where she provides therapeutic services, clinical program development, professional education and clinical competency services and clinical supervision services.

Charlotte (Chris) Buchanan, LADAC II, NCAC II, MCAC, QSC

For 25 years Chris has worked with multiple counties in Middle TN. She has been in private practice as a counselor, educator and supervisor for Buchanan Counseling and Consulting in Lebanon, TN for 22 years. She is certified in Struggle Reduction counseling. Chris' primary focus is individual counseling and supervision to new counselors in the addiction field.

Jon Buffington, LCSW, LADAC II

Jon is currently in Private Practice in Sewanee, TN. He has worked in Addictions and Mental Health treatment for the past 14 years, coming from a completely different professional background. He is a former clinical director of an Outpatient A&D program, former Outpatient and Inpatient Substance Abuse Counselor and family therapist.

Thomas Corman, MA, LADAC II, QCS

Mr. Corman has been working in the addiction field for over 20 years. His experience includes adolescents and adults, families, couples and individual care. He has worked in Behavior health hospitals, non-profits and corrections. He served on the Board of Alcohol and Drug Abuse Counselors for the State of Tennessee from 2017-2020. He currently oversees the growth and development of CPRS in Tennessee prisons.

Robert Crawford

Robert is in charge of the syringe service program at Street Works in Nashville, TN.

Susan Cunningham, LCSW, LADAC II, MAC, QCS

Ms. Cunningham is a past member of the board of Alcohol and Drug Abuse Counselors. She holds national certifications as a Master Addiction Counselor, Globalcerti Career Development Facilitator with an emphasis in Offender Workforce Development Instructor, and Trainer for NIC's Thinking for A Change cognitive behavioral program. She has over 30 years working in a range of settings including hospitals, transitional housing, government and non-profit agencies.

W7

Charlotte Buchanan, LADAC II, NCAC II, MCAC, QSC

Nicole Stancil, BS "REBT and The ABCs"

Participants in this workshop will have the opportunity to explore Albert Ellis' REBT philosophy of treatment and how to successfully implement this step-by-step philosophy into their individual or group sessions with clients. We will examine how Ellis created his philosophy and how he took his knowledge and added an easy 'go to' tool for clinicians and clients alike.

W8

Jessica Hirsch, M.Ed., LADAC II, CADC I

"The Power of Play" This is a continuation of W3

You must attend W3 to attend this session. The purpose of this workshop is to have fun, nurture creativity, let the unseen be seen, and take something back to our practices that we didn't know we had before. The session will be appropriate for anyone who wants to have a good time connecting with self and with other professionals. Bring an open heart and perhaps sprinkle a little glitter with us.

W9

Deborah Driggs, PhD, LPC/MHSP, ACS

"EMDR Therapy to Address Trauma and Addiction"

The link between trauma and addiction is irrefutable in research and the counseling office. This presentation will provide an overview of EMDR as a treatment option for the addiction counselor, discuss training requirements for ethical use (do no harm), and demonstrate recovery-focused EMDR tools utilized in EMDR for treating trauma and addiction.

W10

Peter Hodes, MBA

"Introduction to Tai Chi"

Stand up and follow us for this Introduction to Tai Chi. These simple movements are safe for all and bring enormous health benefits - both physically and mentally. We will learn a variety of movements that can be done by anyone no matter the current conditions. Learn Tai Chi and Feel BETTER!

W11

Rev. Dr. Jane Abraham, LCSW, LADAC, ADS, CPS II

"Experiential Process Work"

Dr. Abraham will provide participants with several unique ways to access their inner strength through breathing techniques, meditation, sound therapy, and music. She will offer the opportunity for participants to feel the vibrational healing qualities of sound.

W12

James Nihan, LADAC II, NCAC I, ASAT

"Totems and Metaphors: A Medicine Wheel Experience"

The medicine wheel and its totems provide an opportunity for us to awaken and increase our awareness, using the symbolic traits of our animal friends, as well as the four directions that represent the cycles of life. This group will include information, music and meditation, and delve into totem meanings. Participants will process personal insights and Q&A on how to use these concepts with clients. Sitting pillows will be provided. Bring a personal blanket, pillow, or camp chair to ensure your comfort.

W13

Matt Guion, MD

"Hepatitis C Virus Treatment for New Providers"

This presentation will provide the necessary information for participants to have a basic understanding of Hepatitis C. It will include information on the epidemiology and virology of HCV, proper screening, pre-, during-, and post-treatment testing, as well as a simplified treatment algorithm.

PLENARY PRESENTER BIOGRAPHIES

TH1 Jonathan D'Wayne Holiday MS, LADAC II, QCS **“What is Effective Treatment?”**

During this workshop D'Wayne will explore roadblocks to recovery and measures we can take to assist clients in achieving sustained recovery against all odds. Discussion will include an exploration of various schools of thought on why individuals continue to re-offend and return to the criminal justice system.

TH2 Thomas Corman, LADAC II, QCS **Michelle Webster, CPRS**

“Working with Certified Peer Recovery Specialists in Tennessee ”

The Certified Peer Recovery Specialist position has been growing exponentially for the last couple of years as the drug epidemic continues to be of great concern. This workshop prepared to address questions on how to best utilize a CPRS for your clients. The CPRS provides direct peer-to-peer support services for many of the clients in treatment who are working with addiction counselors. This workshop will include in depth information about a CPRS' qualifications, scope of practice, how they are supportive for counseling, and helping them to develop as a CPRS, as many LADACs are asked to supervise CPRS'. Case presentations and role plays will be utilized.

TH3 Larmonz “Monzie” McDaniel, BS, MBA **Darlene McClung, MS**

“What is the face of overcoming adversity?”

Someone once said, “Life is 10% what happens to you and 90% how you respond.” How would you respond to a natural disaster? What if your wife was senselessly abducted, tortured, and executed? Imagine the most undesirable, gruesome situation you can conceive. What if that horrible picture in your mind is only 10% of your life? What if your life is 90% of how you respond? This thought-provoking workshop mirrors the recommendation process for participants. Topics include journey to my truth, and perspective- what do you see?, mindset shift and how murder couldn't kill me.

TH4 Jon Buffington, LADAC **“Addressing Communication and Conflict Management Needs in addiction counseling from an individual, family and group perspective”**

This workshop will address the differences between effective and ineffective communication, as well as conflict management, and how to approach this topic effectively whether in a group, family or private setting. Components of this workshop will include a conflict resolution framework that will be incorporated into experiential role plays.

TH5 Robert Crawford **“Harm Reduction and Needle Exchange Programs”**

During this workshop, Mr. Crawford will share information about the Tennessee legislation passed last year regarding needle exchange across the state of TN. He will discuss harm reduction kits, including fentanyl test strips. Join Mr. Crawford to have your questions answered and your concerns addressed.

Kate Roselle, LPCC **Tuesday Plenary Speaker**

“On the first day of my psychology Master’s program, neuropsychiatrist Dr. Curt Thompson said: ‘The greatest thing you will do in life is create space for others to be known.’ That one sentence stuck with me and built the foundation for my functioning and drive as a human, a professional, and as a leader.”

Kate was born, raised, and still resides in the Bold North of Minnesota. She has over a decade of experience on both the clinical and business development sides of national dual diagnosis treatment organizations. Having poured her heart into years of family support work with the Hazelden Betty Ford Foundation, Kate comes to this year’s Journey Together Conference eager to share insights, and engage in dialogue that will create lasting change for the clients we serve. Kate holds a bachelor’s degree in Psychology and Communications, a master’s degree in Counseling Psychology with a national license in Clinical Counseling (LPCC), as well as a master’s degree in Business Administration and Leadership. In her spare time, Kate regularly supports Secondhand Hounds, an animal rescue organization in MN.

Carlo DiClemente, PhD, ABPP **Wednesday Plenary Speaker**

Dr. DiClemente is emeritus professor of psychology at the UMBC. He co-developed the Transtheoretical Model of behavior change, and published widely on motivation and behavior change with health and addictive behaviors. He published *Addiction and Change: How Addictions Develop and Addicted People Recover* in 2018 and co-authored several professional books, *The Transtheoretical Model*, *Substance Abuse Treatment and the Stages of Change*, and *Group Treatment for Substance Abuse: A Stages of Change Therapy Manual* and a self-help book, *Changing for Good*.

Frances Patterson, PhD, LADAC II, MAC, DAC, QCS **Thursday Plenary Speaker**

Frances received her BS and MS at Virginia Commonwealth University in the Alcohol and Drug Education Rehabilitation Program and PhD in Clinical Psychology at California Southern University. She has worked as a counselor and program administrator in treatment programs in VA and TN for more than 30 years. She is owner of Footprints Consulting Services, LLC in Nashville, TN. where she provides client education classes, program consultation, professional training, and clinical supervision. In addition, she currently works parttime at the Davidson County Sheriff’s Office where she supervises addiction counselors toward licensure, provides program staff training and assists with program development. Frances has conducted professional training locally, statewide and nationally for over 25 years on a variety of topics in addictions, mental health and professional counseling issues and is skilled in training development. She is a past president of TAADAC, past chair of NAADAC’s clinical issues committee and past ethics committee member. She served 4 years as SE regional Vice President, is a member of the NAADAC Trainers Academy, and is a trainer for “Trainings by NAADAC”. She received the Mel Schulstad award in 2006, NAADAC’s national Professional of the Year award. For several years, Frances has published articles in professional magazines and in 2020 completed her book “The Addiction Supervisor’s Toolbox”. In her spare time she loves to play and have fun with her husband and family. She enjoys her dogs, knitting, travelling, scuba diving, reading, and fantasy fairs.

Conference Planning Committee

Toby Abrams, LADAC II, Conference Chair

Phone # 615-386-3333 x103

Frances Patterson - Workshop Presenter Chair/Brochure

Ramie Siler - Registration Chair/Communications

Cassie Gray - Exhibitor Chair

Phil Guinsburg - Finance, Hospitality

Jane Taylor - Auction Chair/Door prizes

Susan Cunningham - LCSW Liaison/Presenters

Terry Kinnaman - Hospitality/Advertising

Heather Loveland - Registration, General duties

Mike Coupe - Exhibitors

James Nihan - AV/Auction

Darleen McClung - Hospitality/Sponsorships

Adjunct:

Floyd Patterson - Badges/Certificates

Clifford Fiedler - Computers

Exhibitors

We encourage you to visit exhibitors in the exhibit areas.

Exhibitors at the Journey Together Conference are not necessarily endorsed by MTAADAC or the conference.

Remember to visit the TAADAS Recovery bookstore located in the **Saddlebred Room**.

NAADAC/TAADAC Membership

Are you a member of NAADAC, your professional association? Pick up membership benefits information and an application in the exhibit area. If you join during the conference you will receive a \$50 certificate towards your Journey Together 2023 registration fee.

TH6 **Jonathan D'Wayne Holiday, MS, LADAC II, QCS** **"Psychopathic Empathy"**

During this workshop D'Wayne will explore different ways Anti-Social/Narcissistic personalities manifest themselves through empathy. How they manipulate and see others is a recipe for disaster. He will summarize existing empirical findings on the empathy and narcissism-anti-social relationship. Discussion will include DSM 5 Criterion A for Antisocial Personality Disorder.

TH7 **Lisa Binkley, HIV Educator** **"HIV and Addiction "**

During this workshop, Lisa will discuss HIV, updates in treatment and prevention, including PREP. In her matter of fact manner, she will address questions and encourage discussion. Lisa will be accompanied by a first-person speaker to discuss HIV and addiction.

TH8 **Charlotte Buchanan, LADAC II, NCAC II, MCAC, QCS** **Nicole Stancil, BS**

"Energy is Everything; Thoughts, Emotions and Actions"

Any dictionary will define 'energy' as 'the strength and vitality required for sustained physical or mental activity'... that's the truest definition, but how does energy apply to counseling. The minute we walk into any room 'our' energy walks in with us, whether it be in a personal or professional setting. Our energy combined with the energy that already exists within a place, a person or a group of people can either result in a positive or negative outcome. This workshop will utilize two different 'energy' activities that can bring a group of colleagues or clients together for the betterment of all.

TH9 **Erica Schleisinger, Pharm.D.** **"Medication Assisted Treatment: The Facts"**

This workshop will give participants an overview of the brain during addiction, the medications used to treat Opioid Use Disorder and their roles in treatment. Dr. Schleisinger will give a basic overview of how the medications work and the role of naloxone in treatment. The national leading guidance on Opioid Use Disorder and how it is influencing treatment will also be discussed.

TH10 **Deborah Driggs, PhD, LPC** **"Ethical Steps for Containment of Trauma Disclosure During Group "**

Group leaders working with addiction can reasonably anticipate trauma disclosure to occur by a group participant at any given moment. Understanding the risks associated with trauma disclosure during group, how trauma survivors become triggered, and ways to ethically guide group dynamics following a trauma disclosure is essential for the group leader to maintain safety within the group process for each of its members. This workshop will add containment skills to your toolbox to effectively manage trauma disclosure during group.

The Journey Together Conference Welcomes all attendees to YOUR conference this year!

TAADAC mission:

As an association for addiction professionals we educate, advocate, and promote healthy communities for an addiction free Tennessee.

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Our special thanks to The Davidson County Sheriff's Office Color Guard

The color guard will open the Conference with the presentation of the Flags Pledge of Allegiance led by Jacques Tate National Anthem led by Clifford Fiedler

.....

Thank you to those who offer the morning meditations:

**Kathryn Benson
James Nihan
Jane Taylor**

.....

The Middle Tennessee Association for Addiction Professionals would like to offer our special thanks and acknowledge the following benefactors of our conference:

**BILL AND ROBIN KING
JANE TAYLOR
TAADAS**

**MEMPHIS AND SHELBY COUNTY ADDICTION AND BEHAVIORAL HEALTH TREATMENT CONSORTIUM
TN DEPT OF MH AND SA SERVICES**

These generous donors enable us to provide scholarships to our conference and conference handouts for our participants.

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Door Prizes

Thanks to all who donated door prizes. *Please enter for door prize drawings at the registration desk.*

Only one entry per conference participant.

Silent Auction

This year we will again have this fun event. Beginning on Tuesday we have a silent auction to benefit the scholarship program for the 2023 conference.

Auction opens Tues. at 1:30 and closes Thurs. at 1:30
Auction items can be picked up after being paid for in the registration room on Thursday afternoon.