

**Presenter Bio's for WTAADAC Conference:**

**Dr. Irene Y Bernard**, CEO of Spirit Builders, Inc., a non-profit organization dedicated to providing counseling, coaching, and consultation services. Through this organization, she impacts lives and promotes well-being. is a remarkable clinician with a wealth of experience and a unique perspective. She holds several certifications, including LADACII (Licensed Alcohol and Drug Abuse Counselor II), CAADC (Certified Advanced Alcohol and Drug Counselor), CPRS II (Certified Peer Recovery Specialist II), and QCS (Qualified Clinical Supervisor). Her training in EMDR (Eye Movement Desensitization and Reprocessing) adds to her expertise. As an ordained minister, Dr. Bernard brings a distinctive perspective to her work. She operates at the intersection of faith and science, recognizing the interconnectedness of mental health, emotions, and spirituality. She also serves as an adjunct professor at Memphis Theological Seminary and Huntsville Bible College. Her focus is on pastoral care, peer counseling, and licensure preparation.

Dr. Irene Y Bernard's commitment to holistic well-being, her unique blend of faith and science, and her dedication to helping others make her an inspiring figure in the field of mental health and counseling. If you're seeking support during life transitions or dealing with addiction, trauma, or grief, Dr. Bernard's expertise can guide you toward healing and growth. Her expertise spans both non-profit and for-profit sectors, focusing on various specialties:

**Substance Use Disorder (S.U.D):** Dr. Bernard helps individuals struggling with addiction, providing support and guidance.

**Behavioral Addiction:** She addresses non-chemical addictions such as shopping or gambling, helping clients redirect unhealthy behaviors.

**Trauma and Grief:** Dr. Bernard utilizes innovative approaches, including Expressive Therapies, to assist clients in navigating grief associated with life changes.

**Diverse Work Settings:**

Her extensive experience includes working in diverse environments: Behavioral Hospitals, Residential Treatment Centers, School Districts, and Juvenile Detention Centers.

**Professional Contributions:**

Dr. Bernard actively participates in several professional associations, serving on boards and contributing to organizations like NAADAC and TSPN.

**Presentation: Unraveling Trauma: A Journey towards Healing** “Embark on a journey into the realm of Trauma Focused Therapy (TFT) with Dr. Irene Bernard. This workshop offers a comprehensive exploration of trauma, tackled from an Evidence-Based, Multidisciplinary Approach. Participants will be actively involved in practical exercises designed to equip them with strategies to assist clients in crisis situations and address lingering trauma. The workshop is particularly tailored for professionals operating in environments where Brief Therapy is prevalent. All necessary materials will be provided.”

- **Orisha Bowers, PhD** Orixa Healing Arts Wellness and Spiritual Centre

With a BFA, MA, MEd, PhD in Interdisciplinary Studies, a Graduate Certificate in Women and Gender Studies, and a Certificate in Complementary Alternative Medicine, **Orisha A. Bowers**

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has over 25 years of experience in social services, nonprofit leadership, grants management, program design, and civic leadership. Her life's work is focused on the intentional merging of women's movement. studies, Orisha education, leverages interdisciplinary her scholarship and and vocation creativity, to spirituality, do healing, work in communities wellness, and of color, specifically in reproductive health, women's issues, and communities of faith. As an ordained minister through the Universal Life Church, she seamlessly combines a spiritual focus with the therapeutic disciplines of mindfulness dancing to offer dynamic Dancing Mindfulness and other healing practices across the U.S.

**Training Description:** The purpose of this harm reduction training course is to convey a working understanding of the history of harm reduction as it is applied to substance use disorder, discussions of how any organization or individual can implement principles, policies, and practices that strengthen harm reduction service delivery by engaging people who use drugs at every level, and to discuss and define recovery is a highly personal process and it can occur via many pathways. Pathways may include clinical treatment, faith-based approaches, medications, peer support, family support, self-care, and/or holistic practices to heal the body and the mind.

**Training Objectives Upon completing this training, participants will be able to: Define & Discuss** The History of Harm Reduction in Multiple Contexts Discuss Best Practices For Harm Reduction Discuss the Role of Culture, Race & Ethnicity in Harm Reduction Discuss harm reduction as an approach to reducing health and social risks associated with drug use. Identify 3 harm reduction interventions. Define & Discuss the Intersection of Recovery and Harm Reduction Describe Recovery and Harm Reduction in Multiple Contexts Discuss Multiple Pathways of Recovery Discuss meaningfully engaging with people who use drugs.

- **Thomas Corman**
- Has worked as an addiction counselor for over 25 years. He has worked in non-profits, corrections and behavior health hospitals, both with adults and adolescents, as well as, their families.

Presentation Title: Suicide and Addiction

Summary of Presentation: The learning objectives is from my PowerPoint slide that I created for Lakeside on Suicide and Addiction. My experience derives from working as a Crisis Clinician and responding, on call, to patients with suicidal ideations, intent and attempts. I would often identify patients with SUD as well in the assessment process. I gleaned a lot of information from TIP 50 and other research. I have attended other trainings as well to be further versed on the topic.

### **Description of the Presentation:**

Addiction counselors are often faced with clients that present with suicidal behaviors. It is estimated that up to 40% of clients seeking treatment for SUD report a history of suicide attempts. The rise in opioids has added to this pandemic. This training will address co-occurring disorders as well in identifying suicidal ideation, intent and attempts. The training is designed to leave you confident in asking probing questions for identifying suicide intent.

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### **Learning Objectives**

- \* To identify current trends influencing the suicide rate.
- \* Identify warning signs for suicide with those struggling with Substance Use Disorder.
- \* Identify how to engage and utilize specific action steps for addressing suicidal clients
- \* How to safeguard and use preventative care services when addressing suicidal patients

- **David Fuller**

- Has worked in the field of substance abuse treatment and/or prevention for the last 14 years. Most of that time he has worked in outpatient substance abuse programs, including Intensive Outpatient Programs (IOP) and Medication for Opioid Use Disorder (MOUD) programs, both here in Memphis, TN and his home state of Alabama. David has been in his current role as a Regional Overdose Prevention Specialist (ROPS) with the Memphis Area Prevention Coalition (MAPC) for the last 2 1/2 years.

### **Description of the Presentation:**

Most importantly, participants will conclude this presentation by learning how to Save A Life by utilizing Naloxone (Narcan) medication to reverse an opioid overdose. Attendees will also learn about overdose statistics, stigma & harm reduction, fentanyl & other emerging drug trends, stimulant overdoses and detailed information about opioid overdoses. Participants will also have an opportunity to learn other ways they can help address the overdose crisis.

### **Charles Winton, Jr.**

is a dynamic speaker, as well as a therapist, author, musician, whose passion is helping people navigate life's challenges. By taking a holistic approach to therapy, Charles strives to bring hope, healing, and restoration to those struggling with mental health issues. After graduating from the University of Memphis, Charles has worked as a counselor at the Shelby County Division of Corrections until his retirement. Feeling called to continue working to offer healing to families, Charles went back to school to earn a master's degree in Marriage and Family Therapy from Capella University. Charles is a Licensed Professional Counselor with state of TN and, a certified EMDR-II trauma therapist. Charles has worked at the Transformation Center for Women and at Delta Specialty Hospital, where he started their first trauma outpatient program. Charles currently serves as the Program Director of The Oaks of Lakeside, a trauma informed outpatient treatment center. He is also the owner of WellSprings Counseling, he specializes in marriage and family, individual, adolescent and trauma counseling. Charles has won numerous awards for his work, including the Top Performer award for the Shelby County Government, the Lakeside Hospital Employee of the Year, the West Tennessee Counseling Association Counselor of the Year and many others. Charles served as the President of the West Tennessee Counseling Association in 2022 and 2023. He is an author of his first book, Psalms of the Heart.

### **Description of the Presentation:**

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**Title: My Event, My Story, My Behavior** In this teaching, Charles will discuss how the events in our lives has shaped the negative stories we tell about ourselves, when then leads to the behaviors we participate. Charles wants the letter to travel from the current behavior back to the root of the behavior, and that is where the healing takes place. Charles teaches in this lesson how our stories we tell ourselves not only shape our behavior, but how those stories dictate our entire lives.

### **Frances Patterson, Ph.D., LADAC II, MAC, DAC, SAP, QCS**

Dr. Frances Patterson received her Bachelor of Science and Master of Science at Virginia Commonwealth University in the Alcohol and Drug Education Rehabilitation Program and PhD in Clinical Psychology at California Southern University. In addition to being a level 2 licensed alcohol and drug abuse counselor in TN, she is a National Association of Addiction Professionals (NAADAC) certified Master Addictions Counselor and Qualified Substance Abuse Professional. She also holds a certification as a Doctoral Addictions Counselor with the National Association of Forensic Counselors. She is certified by the State of TN as a Qualified Clinical Supervisor for Alcohol and Drug licensure. She has worked as a counselor and program administrator in treatment programs in Virginia and Tennessee for almost 35 years, providing clinical supervision for 25 of those years. She is owner of Footprints Consulting Services, LLC in Nashville, TN. Dr. Patterson provides client education, program consultation, professional training, and clinical supervision. She is also working part time with The DePriest Center in Murfreesboro, TN to manage their substance use disorders services. Dr. Patterson has conducted professional training locally, statewide and nationally for over 28 years on a variety of topics in addictions, mental health and professional counseling issues. She has extensive experience as a trainer and is skilled in training development. Dr. Patterson is 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 Middle TN Association of Alcohol and Drug Counselors (MTAADAC) Professional of the year award in 2004 and the MTAADAC and TAADAC Lifetime Achievement

### **Description of the Presentation**

**Dark Empathy in the Dark Triad Personalities** During this workshop Dr. Patterson will explore, through didactic, discussion and multimedia methods, different ways Anti-Social/Narcissistic personalities manifest themselves through empathy. How they manipulate and view others is often a recipe for disaster. She will summarize existing empirical findings on the empathy and narcissism-anti-social relationship. Discussion will include DSM-5-TR Criterion for Antisocial and Narcissistic Personality Disorders

### **Karen Morgan**

is a Tennessee licensed addictions counselor. She is nationally certified as a Master Counselor through NAADAC and holds a national certification as a Substance Abuse Professional. She specializes in working with people that struggle with substance use

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disorders and co-occurring mental health conditions with an emphasis on trauma. Karen utilizes a multifaceted holistic therapeutic approach to allow her clients to achieve their individualized therapeutic, professional, and personal goals. Mrs. Morgan possesses more than 30 years of clinical experience working for various local agencies and private practice with adults and families. She has served on a variety of community boards including the Memphis Area Prevention Coalition (MAPC) and the Tennessee Association of Alcohol, Drug and other Addiction Services (TAADAS). In 2022, Karen rejoined Grace House of Memphis in the role of Clinical Director as a path to the Executive Director position which she assumed in January 2023. Through instruction and oversight by Bobby Scott, Karen became skilled in Dialectical Behavioral Therapy (DBT) and has presented to many clinical groups about DBT Basics. She completed ARISE Intervention Training with Dr. Judith Landau in the fall of 2016. Karen holds degrees in Counseling, Psychology and Marketing and is in the process of gaining her supervised hours for Clinical Counseling Licensure. Karen's primary focus is educating the public about addiction and other mental health conditions to decrease stigma and ensure treatment accessibility.

### **Description of the Presentation**

This workshop will cover NAADAC's Code of Ethics from both a practitioner and supervisor perspective. Emphasis will be placed on how self-care or lack thereof either helps to insulate clinicians from ethical violations or sets the stage to make them vulnerable to ethical oversights.

**Paula Hopper** currently serves as the Executive director of Serenity Recovery Centers and has worked in behavioral health for over 30 years. Mrs. Hopper has worked with adolescents, families and adults struggling with substance use disorders. Mrs. Hopper has worked in various capacities in her work experiences to include working in clinical, academic, training, and leadership. She currently works with the Shelby County Opioid Coalition as the chair of Treatment and Recovery workgroup, currently serves as the Treasurer of the Tennessee Alcohol and Drug Association, works as chair of the Shelby County Treatment Consortium and is currently a surveyor for the Commission on Accreditation for Rehabilitation Facilities.

### **Description of the Presentation**

Mrs. Hopper will be presenting updates and insights for the behavioral health. Presentation will include recent national, state and local data relating to behavioral health, latest updates relating to clinical practice, as well as challenges facing the industry for practitioners, leaders and business. Mrs. Hopper will share resources to enhance overall quality of services offered and insights for future work and leadership.

## **Bio for Rev. Dr. Sarita M. Wilson-Anderson**

### **Description of the Presentation**

### **Master level spiritual realm/ aspect intersecting Addiction**

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Dr. Sarita Wilson-Anderson (She/Her/Hers) serves as an Associate Minister at St. Andrew A.M.E. Church in Memphis, TN. She is the Director of Spiritual Care and Director of Diversity, Equity and Inclusion at Le Bonheur Children's Hospital. Additionally, Dr. Sarita is a board-certified chaplain, pediatric chaplain and a certified grief counselor. In 2022, she founded Women of Color in Chaplaincy, a Sister Circle to support women who work in professional chaplaincy. She is also the Founder and Director of Dance the Word Ministries, a unique combination of liturgical dance and therapy for self-report mood disorders, specifically designed for African-American women. Currently she serves as the Connectional Director of Dance for the entire A.M.E. Denomination. Dr. Sarita's mission is to restore hope and bring healing to all. She received her Ed.D. from Argosy University; her M.Div. from Payne Theological Seminary in Wilberforce, OH, and her BA in Broadcast Productions from Howard University. Dr. Sarita is a member of Delta Sigma Theta Sorority, Inc. She is the mother of three adult daughters and is married to Eddie Anderson III.

## **Bio for Eddie Anderson**

### **Description of the Presentation**

#### **Master level spiritual realm/ aspect intersecting Addiction**

Eddie Anderson is a native of Memphis, TN, and a graduate of the University of Memphis and Southwest Community College. He is a Licensed Drug and Alcohol Counselor (LADAC) and a Certified Alcohol and Drug Counselor (CADC). Helping those battling addiction is Eddie's calling and passion. He is employed with GEO Re-Entry Program where he works with the TN Department of Corrections and helps prepare clients to live healthy lifestyles through behavior modification. Additionally, he works with Innovative Counseling, where he serves as the Coordinator of the Shelby County (TN) Drug Court. In this role he educates and counsels those struggling with addictions through intensive treatment modalities. His life experiences have allowed him to journey with those experiencing the perils of addiction to bring life, light and hope. Eddie believes help is available to all who have their minds set to overcome their addictions and have their spirit rooted in God. He is married to Rev. Dr. Sarita Wilson-Anderson.