

W-1 PLENARY
9a-12p

Overdose- Knoxville, TN

Dr. Darinka Mileusnic-Polchan-

Clinical Focus

Forensic Pathology

Education

Medical School

University of Rijeka, Rijeka, Croatia, September 1981-November 1986

Postgraduate School

Clinical Pharmacology, Medical School, University of Rijeka, Rijeka, Croatia, September 1988-September 1990

Neuroscience Graduate Program, Loyola University Graduate School, Maywood, Illinois August 1992-August 1999

Internship

Department of Internal Medicine Clinical Center, University of Rijeka, Rijeka, Croatia, January 1986â€“March 1987

Institute for Mother and Child, University of Belgrade, Yugoslavia, March 1987â€“January 1988

Residency

Anatomic Pathology/Neuropathology, Loyola University Medical Center, Maywood, Illinois, June 1995â€“July 1998

Fellowship

Forensic Pathology, Office of the Medical Examiner, Chicago, Cook County, Illinois, August 1998â€“August 1999

Certifications

American Board of Pathology Certification in Anatomic Pathology, October 2000

American Board of Pathology Certification in Forensic Pathology, September 2001

Professional Affiliations

American College of Physician Executives

American Academy of Forensic Science

National Association of Medical Examiners

College of American Pathologists

Knoxville Academy of Medicine

Tennessee Medical Association

Forensic Toxicology Talk Outline for March 2023:

Per Centers of Disease Control and Prevention data, more than 110,000 Americans died of fatal drug overdose in 2022. At least 4,000 of those deaths occurred in Tennessee and well over a quarter of those took place in East Tennessee. We believe those numbers are underestimated. Review of medical records of drug overdose victims reveal a number of previous emergency room, urgent care, and primary care visits in most of those cases. Almost all of those instances presented different points of either missed opportunities or failed interventions for their drug addiction. In this presentation we will discuss the medical examiner's role in gathering, interpreting, and disseminating data used by the public health officials, health care community including addiction specialists, and law enforcement. Our data has also been utilized for surveilling successes and/or failures of different preventative and treatment modalities used in the so-called "war-on-drugs." Finally, an emphasis will be made on novel synthetic drugs of abuse, their development, supplies, and distribution chains in order to predict the future trends and their general impact on our communities and the society at large.

Luncheon Session

Vivitrol

Afternoon Sessions

2p-5p

W-2

Anatomy of a Relapse

Kristen Robinson, is a LADAC, Level II and NCAC, Level II. She works at Village Behavioral Health in Louisville, TN and created the THRIVE Program to address all types of addictions. Kristen got her undergraduate degree from ETSU and has worked in different levels of treatment. She was a nominee for the Knoxville Sphere Award in 2009 by the City of Knoxville. Kristen was nominated for ETAADAC Catherine S. Scarlett Award in 2015, 2016, and received it in 2019.

Summary of Presentation: The purpose of this workshop is to help professionals expose unhealthy conditions and sequences that are located within the anatomy of a relapse. Participants will examine the complex patterns and disruptive cycles that often occur during periods of abstinence that exacerbate the probability of relapse. Case studies about persons with substance use and/or process disorders will be presented that include effective techniques to interrupt or reverse the relapse process through the use of analyzing the individuals own

experiences and specific behaviors. This interactive workshop will allow professionals and their patients how to learn and develop skills from their past experiences so that they are no longer a source of shame, but provide remarkable fuel their recovery.

Description of the Presentation: As professionals you work diligently to help your patients transform their lives. Recovery is impacted by each patients specific addictive behaviors that increase the probability of relapse. This workshop focuses on providing an in-depth analysis of a relapse to assist patients in recovery. Case studies about persons with addictions will be dissected to examine the complex patterns cycles that fuel relapse. It will include information and techniques to fuel the recovery by identifying unhealthy parts in the relapse that create the initial lapse. Understanding the anatomy of a relapse to interrupt (or reverse) the process can empower a patients ability to maintain recovery.

Learning Objectives:

Objective 1: Complex patterns and disruptive cycles that are hidden within the relapse process will be identified and analyzed as a way to reinforce recovery.

Objective 2: Case Studies from individuals with substance use and/ or process disorders will be explored as an effective tool to uncover the cause of the initial lapse. The case studies will also provide clarity to the process that facilitated the relapse.

Objective 3: Participants will be provided vital information that allows their patients to utilize their specific relapse process as a resource that fuels their recovery.

W-3

Kathryn Benson LADAC II, QCS, NCAC II

OUR ETHICAL SELVES

W-4

Metro Drug Coalition

Community Resources

Narcan
Faith based
Life line

**Evening Sessions
6-8p**

W-5

Medicine Wheel

Lori McCarter LADAC II, QCS, NCAC I has worked in the recovery field for 33 years. She began her career at Cornerstone of Recovery in 1989 one of the first 4 nurses hired when Cornerstone opened their doors. Under careful leadership of Bill Hood and Ms. Polly Bales Lori found her passion was in the counseling arena. She became licensed in 1992 and became QCS

in 2010. She has since helped multiple others gain their licensure. Her career has taken her through multiple facets in the field from inpatient/residential treatment, IOP, and recovery living. In 2007 she and her late husband opened an IOP and supportive living called White Spirit Lodge. Lori has worked in Corrections with Anderson Co. Drug Court and Program Director of Serenity Centers. This last year has found her back at Cornerstone of Recovery as Program Director of the Stepping Stone to Recovery Program, a 46 bed facility for TNCare patients. She has been awarded the Professional Of The Year through ETAADAC 2013 and the Lifetime Achievement through ETAADAC in 2016. She is past president of ETAADAC x2 and Past President of TAADAC. This year she is recognized on Who's Who in America. She has followed a Native Spiritual path since 1995 and had many teachers along the way. Being of Native Heritage she has sought out elders to help her grow in her spiritual connection.

This presentation will introduce you to the Native Spiritual teaching that all things are connected. The Medicine Wheel is a representation of the circle of life, the directions, the color of man, the stages of life, the medicines, and the seasons. Come take a walk and learn how to connect to your spirit guides that walk with you...Mitakuye Oyasin (All My Relations)

Morning Sessions 9-12p

T-1

Presentation Title: Creating an Intentional Culture in the Therapeutic Community

Bio: Karen Moran, LADAC II, NCAC II, QCS is a clinician and consultant in Nashville, Tennessee, and has actively promoted wellness, recovery, and professionalism in the treatment community for over thirty years. Recognized for her specialized skills and expertise with substance use disorders, Karen also has also provided clinical supervision to over 100 clinicians, spanning over 25 agencies, as well as cofacilitates 8 Domain training with Pleiades Clinical Consulting.

This Session will include small and large group work, centering around the elements of an "intentional" culture; what it means to have one, and what the value is to the client community as well as the therapeutic team. Participants will share elements of their current clinical culture, to include culture around nicotine and caffeine, privacy, self-care, clinical philosophy, and clinical team collaboration, to name but a few. Each participant will then have an opportunity to design their ideal intentional culture, based on that clinician's own philosophy and best practices, as well as identify immediate action steps to implement those practices within her/his/their own program.

Learning Objectives:

- 1) Identify core values and beliefs regarding best practices for client care.
- 2) Demonstrate understanding of how creating an intentional clinical culture integrates core values and enhances the clinical experience for clients and clinical team

3) Explore old habits and cultures that do not match core values, identifying ways to begin to place more

intention around those structures.

4) Create an immediate “intentional clinical culture” action plan for self and/or clinical team to implement.

T-2

Tennessee Suicide Prevention Network

Suicide Prevention (All LADACs are required to have this every 2 years)

T-3

Counseling Katie Medicus, LADAC 1, RAS

Katie Medicus, LADAC 1, RAS graduated from the University of Tennessee’s College of Social Work with her Bachelor’s degree and Master’s degree. After working several years at a substance abuse facility, she obtained her licensure. Katie has provided group, individual, and family therapy throughout her career as well as educational groups and supervision. She currently lives in Knoxville with her husband and three sons.

Back to Basics for Group Therapy

Group therapy is one of the most challenging and rewarding parts of the therapeutic environment. When group goes well, clients can make great strides. When group does not proceed well, group leaders are left questioning how they could have improved the experience. In this training, we will cover some of the basics about group dynamics such as setting, population, goals, and procedures that establish the therapeutic milieu. We will also cover some tools and frameworks to help group leaders make the experience more rewarding for the clinician and the client.

Thursday Luncheon Presentation

INSTRUCTOR BIOGRAPHY

THOMAS N. FARMER is a Special Agent in Charge with the Tennessee Bureau of Investigation and is the State Director of the Tennessee Dangerous Drugs Task Force (formerly named the Methamphetamine & Pharmaceutical Task Force). He holds a B.S. in Criminal Justice and has over 34 years of law enforcement experience of which over 24 years has been in the field of drug enforcement. Tommy has received extensive specialized training and certifications from various accredited federal, state, local and private training programs such as DEA, FBI, Department of Justice, Homeland Security,

TBI, etc., in the areas of advanced investigation, drug enforcement, chemical and pharmaceutical diversion, clandestine laboratory, special weapons and tactics.

He has been a major participant in the Task Force since its inception in 1999 and through the phenomenal growth to become the State Dangerous Drugs Task Force. He served as an advisor to the Tennessee Governors Methamphetamine Drug Task Force responsible for the Meth-Free Tennessee Act and is currently the Director of the Governor's Task Force over Marijuana Eradication.

T-4

Activity Therapy

Wayne Terrazas is an Activity Therapist for English Mountain Recovery in Sevierville, TN. I have been an Activity Therapist for 26 years. Activity Therapy is to help the clients re-develop – rebuild their listening, communication, problem solving and team building skills; also helps the clients to ask for help.

Summary of Presentation: Participants will engage in activities to rebuild the listening/communication/problem solving/team building/asking for help skills and learn to have fun again.

Description of the Presentation: Re-developing the Team Building, listening/communication, problem solving skills.

Learning Objectives: To learn some new skills to share with your clients, and to teach your clients that learning in recovery can be fun.

T-5

Plants In Recovery

Jody Butler/ Carolyn Weisenberger

Carolyn R. Weisenberger, BS, LPN, ADS is an experienced facilitator and trainer with 40 years of facilitating wellness and growth for others. She is an Appreciative Inquiry consultant, who has worked with hundreds of corporations, community organizations and schools to develop individual and organizational excellence. Carolyn co-designed and patented Mobile Team Challenge, (an innovative, high performance portable low ropes course) and co-authored *From Conflict to Collaboration, MTC Low Ropes Course Facilitator's Manual and Inspire Cooperation*. She has her coaching certification in BarOn EQ-I, BarOn EQ-360, Myers-Briggs Type Instrument, Golden Personality Type Profiler and

is a 1:1 Provider for HeartMath® Institute. Carolyn is currently Founding Partner/CEO for MTC Associates and is a Registered Trainer for the National Acupuncture Detoxification Association.

Jody Butler, LCSW, LADAC, MAC, CEAP, SAP, ADS brings 30 years of experience working in the addiction field. She has worked in residential treatment, counseling as an Employee Assistance Professional, and has been in Private Practice since 2009. Jody has a strong belief in healing and her love of working with clients that have problems associated with addiction and trauma has inspired her to always seek new knowledge and tools to help her clients. She uses EMDR Therapy (Eye Movement Desensitization and Reprocessing) and AAIT (Acceptance and Integration Training) to address PTSD and other mental health issues. Jody is also an Acupuncture Detoxification Specialist in the state of Tennessee. Jody currently has a puppy in training to become a therapy dog.

Come dig in the dirt with us! Plants, Nature and Mental Health

An experiential experience. A brief introduction to Horticultural Therapy. An exploration of how plants and nature affect our lives personally, professionally, spiritually and otherwise. It doesn't matter if you consider yourself to have a green, brown, or black thumb, join us for sharing and connection.

Limited to the first 25 participants.

T-6

HIV Melodie Daniels

BIO- Melodie Daniels is the HIV Program Coordinator for Helen Ross McNabb Center. She received her BS in Corrections/Criminal Justice and Social Services. She is responsible for the implementation of HIV Outreach, Prevention and Testing Services and the KYS Care Program (Know Your Status, Link to Care). She has worked in the HIV/AIDS field for over 8 years and has 20 years of experience of working with women with co-occurring or substance use disorders. She has worked as an outreach worker, case manager before being promoted to Program Coordinator. She provides HIV/HCV Education at HRMC for new employees during orientation. She continues HIV/HCV education and testing to A&D treatment clients and other areas in the community. She has presented HIV/STD Education to our ETAADAC and other alcohol and drug treatment staff in target areas. She was awarded the 2012 YWCA Tribute to Women for her advocacy in working with those who experience co-occurring or substance use disorders and those who have HIV/AIDS or are high risk.

Presentation: There will be a lecture/slides about HIV/AIDS with discussion, demonstrations and participation to increase awareness and reduce stigma. The lecture will include basic HIV 101, viral hepatitis A, B, and C, ways of transmission and methods of prevention. It will include group activities to demonstrate ways of transmission and prevention.

Objectives- Will have increased knowledge of HIV/AIDS, ways of transmission and prevention. Increased knowledge of STDs/ STIs to include viral hepatitis A, B, and C ways of transmission and prevention. Available community resources for HIV/AIDS and STDs/DTIs services

T-7

Awards Banquet and Guest Speaker

Brief Bio 2023 Dr Daniel Sumrok

Daniel Sumrok MD is a Fellow of the American Academy of Family Practice and a Distinguished Fellow of the American Society of Addiction Medicine.

He is the current president of the Tennessee Society of Addiction Medicine and will finish a three year term in April of 2023.

He is board certified in family medicine,addictions, and preventive medicine and served on the UT Health Science Center College of Medicine faculty from 1991 to 2022.

Dr Sumrok got his bachelor's degree from West Virginia University and MD from Marshall University and did master's work in community medicine at Marshall where he also became a CDC certified epidemiologist.

Dr Sumrok has been a leader in rural healthcare in Tennessee for more than 3 decades and delivered babies in McKenzie,Huntingdon,Jackson, and Memphis, while sponsoring a women's healthcare fellowship in McKenzie that was highly regarded by UT and its trainees.

In 2005 he became one of North America's first group of 106 doctors board certified in Addiction Medicine and was able to help found the specialty and gain its recognition by the American Board of Medical Specialties.

In 2015 he started the Center For Addiction Science at the University of Tennessee Health Science Center in Memphis and in 2017 the program was recognized by the American Board of Addiction Medicine as the United States first center of excellence for training physicians in addictions care.

Dr Sumrok has worked in the Obama,Trump,and Biden White Houses and is particularly known for his trauma research, education,treatment and community outreach in addictions care.

He has served in the military from the jungles of the equator to the Arctic and from Apache to Appalachia caring for marginalized people.

Declining to retire, Dr. Sumrok was recruited as the medical director of Steppingstones to Recovery and Cornerstone of Recovery by Webster Bailey in March of 2022.

Dr Sumrok moved with his wife ,Marquita and teenage daughters ,Abigail and Lydia, to Maryville in June of 2022.

In September, Dr Sumrok and his colleagues at Bradford Health began an outpatient program at Cornerstone that is currently serving more than 200 clients with SUD from across East Tennessee using the latest approaches to trauma informed MAT, group, and individual counseling.

The licensed outpatient center serves people across the demographics from TennCare to blue collar workers and professionals and recently passed its first state inspection with high marks.

Dr Sumrok is a nationally known speaker in topics of addictions care.

F-1

NAADAC Code of Ethics

Hilde Phipps LADAC II (retired)

Hilde Phipps retired in 2021 after twenty-nine years in the field of substance use prevention, intervention, and treatment. After working directly with clients and families for several years, the remainder of her employment was spent in executive leadership roles with increasing levels of responsibility at the McNabb Center. During her career she was humbled to be acknowledged several times with awards for the work she was honored to do. In retirement, Hilde spends time with family and friends, her beloved pets, with church pals, and serves as Fundraising Chair on the board of Blount County Master Gardeners. She obtained Master Gardener certification in the Fall of 2021. Her goals are to spread joy, peace, and beauty and to inspire others to learn the therapeutic benefits of gardening.

Ethics: Exploring an ancient value in a post-modern world.

The workshop will feature a blend of lecturette and experiential learning for professionals working in substance use, mental health, co-occurring, and other helping professions.

Participants will be able to define ethics and demonstrate its usage in real world scenarios.

Participants will learn the value of employing ethics in decision-making and ethical service delivery.

Participants will be able to identify ways to increase personal and professional adherence to ethical practices.