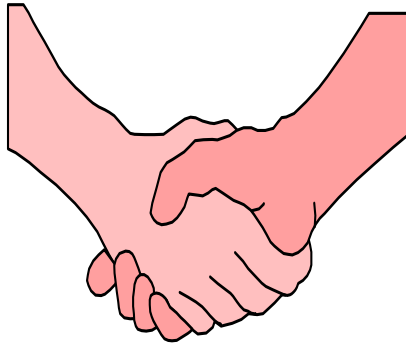


Journey Together Conference 2023

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

September 4th, 5th, 6th, 7th, 2023

**Conference begins Monday, September 4th
with Workshops beginning at 4:00**

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.**

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 **26.5** 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: (NASWTN 2023-0099) for **26.5** 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 updates regarding educational
- opportunities, meeting updates,
- Conference registration and more.

PLENARY SESSIONS—KEYNOTE SPEAKERS

Tuesday, September 5th

Amy Cooper, MS, Director, Family Life Center

“How Trauma Shapes the Developing Brain”

During this plenary, Amy will be discussing, in depth, how brains are built, what a developing child needs for optimal growth and development, and the impact of stress on the brain. The research around the Adverse Childhood Experiences (ACE) study and how it came to be, the devastating impact of trauma on children, and how childhood experiences impact our health and inform our behavior as adults will also be discussed. Early experiences shape how the brain gets built and establish a foundation for the development and behavior that follows. Amy will explore how toxic stress harms the developing brain and body, compromising the foundation for lifelong health. From academic failure to alcoholism, from crime to cancer, the presence of ACE impacts the safety, tax dollars, and quality of life for all people. Participants will better understand the behavior of those we work with on an individual level, as well as societal supports and changes that can be made to help improve the outcome of so many.

Wednesday, September 6th

Kenneth Leonard, PhD

“Alcohol's Role in Marital Conflict and Violence”

Although excessive alcohol use is viewed as a contributing cause of intimate partner violence, it is also clear that this effect is stronger in some people under some circumstances. This presentation will review evidence that excessive alcohol use is a contributing cause of intimate partner violence and describe those characteristics that are associated with a stronger link between drinking and partner violence. These findings provide a potentially valuable framework with respect to who should be targeted for interventions with respect to alcohol-related partner violence and what those interventions should address.

Thursday, September 7th

Erica Schleisinger Hurst, Pharm.D

“Medication Assisted Treatment: The Facts”

This plenary session will give participants an overview of the brain during addiction, the medications used to treat Opioid Use Disorder and their roles in treatment. Dr. Schlesinger Hurst will give a full overview of how the medications work, the role of naloxone in treatment, and the role stigma plays in the continuum of care. The leading national guidance on Opioid Use Disorder and its influence on treatment will also be discussed.

Registration begins at 3:00 pm Monday, September 4th in The Morgan Room

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, September 4th M1 and M2 Evening Session 4:15-5:15 M3 Evening Session 5:30-8:30

M1 Susan Cunningham, LCSW, LADAC II, MAC Jane Taylor, BSW, LADAC II

“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.

M2 Charlotte Buchanan and Nicole Stancil, “What’s on your plate? ”

We all become overwhelmed at times or we can feel overwhelmed all the time. Work, family, friends, school, housework and homework can all contribute to a stressful day or a stressful life. How do you know if you are overwhelmed? Are you able to identify stressors and triggers in our life easily? Do you know ‘what’s on your plate’ and if these events are inside or outside of your control? In this workshop two activities will be used so you, or your clients, can actually see what you and they have going on in their lives on a daily, weekly or monthly basis and how to know what events you can or cannot control and how to know the difference.

M3 Mark Loftis, LPC-MH, LADAC II, MAC Mason Hale, Temp. LPC-MHSP, NCC, BCC “Keeping out of Ethical Jeopardy: Implications for Supervisors and Counselors”

This presentation is an interactive exploration of the 2021 NAADAC Code of Ethics, the TN Code Annotated, and the Rules and Regulations of the licensing board. A comparison of disciplinary actions across the different mental health licensing boards in TN will be presented to explore themes related to recurring ethical issues. Part of the presentation will ask for group participation to test working knowledge of ethics and jurisprudence for clinicians and supervisors.

PRESENTERS AND WORKSHOPS

T1 Amy Cooper, MS “The Principles of Creating a Trauma Informed Culture ”

People who have experienced trauma have an elevated risk for challenges across the lifespan, including substance use disorders, mental and physical health problems, and involvement in the justice system. The trauma-informed model of care is an evidence-based framework that focuses on how trauma affects both clients and staff. This training provides evidence-based and best practice information for service providers and administrators who want to work more effectively with people who have been exposed to trauma.

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 Irene Y. Bernard, LADAC II, CAADC, FCPRS “G.A.L.: Grieving All Loss ”

G.A.L. is an acronym for grieving all losses, a therapeutic approach that uses grief as a model for mental, emotional, and spiritual healing. This interactive training offers space for participants to process personal losses while gaining a fresh additional skillset. This workshop offers fresh insights and new approaches that help address unresolved grief. You'll leave with an understanding of how to incorporate G.A.L. as a global approach to many therapeutic concerns and learn an additional methodology for your recovery and reoccurrence work.

T4 Jessica Hirsch, M.Ed., LADAC II, CADC I “Heart Sounds”

Sounding is a way home to our hearts. During this workshop we will explore what it is to listen to our own, unique voices and witness others using theirs. When we harness voice, live sound vibrations, and mindfulness practices, we can find new ways to safety, sanctuary, and spirituality within our own bodies. Come swaddle your mind, body, and spirit in safety and sound. This workshop is hands-on, experiential and includes the use of percussion instruments and voices.

T5 Licensure Board Panel Discussion Mark Loftis, LPC-MH, LADAC II, Chair, Terry Kinnaman, LADAC II, Britney Baker, LADAC II, Paul Richardson, Board Attorney “Demystifying Alcohol & Drug Abuse Licensure”

Licensure rules, practices, policies and processes can be confusing to newly licensed or veteran counselors. 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 Amy Cooper, MS “Having Difficult Conversations”

Disappointing news, a hard truth, a tough diagnosis can all be hard to hear, but they can also be stressful to deliver. In this breakout session we will examine why some conversations can be difficult, how our own experiences and history can bring stress to an interaction, and how to prepare ourselves and our environment to mitigate some of the inherent stress we may encounter so that we can have these conversations well.

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 **Susan Cunningham, LCSW, LADAC II**
“Workforce Development Model that Increases Retention Success of Justice-Involved Individuals ”
This is an introductory interactive workforce development training developed by the National Institute of Corrections, to provide basic concepts and skills for increasing employment retention rates with a focus, developed through research, on the justice-involved individuals you serve whether it is in corrections or community organizations. This training will increase your understanding of the risk factors for job loss and provide techniques to help your clients maintain employment.

T9 **James Bush, LPC**
“The Adolescent Emergency Toolkit: What Parents Need to Know About Today's Teens”
Raising kids now is different. Our parents didn't have to deal with many of our common day advancements. Many parenting strategies from yesterday are antiquated. They won't work. In this presentation, “The Adolescent Emergency Toolkit: What Parents Need to Know About Today's Teens”, James seeks to provide information on common challenges parents face today and potential strategies. He will discuss conflict resolution pitfalls and provide insight on why neglecting self-care is no longer admirable.

T10 **Trey French, LADAC II**
Karl Bolton, LADAC II
“Trans and Queer Informed Care 101 ”
Cultural competency when working with any specialized population is an ethical duty for any clinician. When working with clients who are members of the LGBTQIA+ community, well-meaning helpers are often unsure of how to most respectfully interact with a client, gather information, and provide treatment to this population. This presentation will cover the basics in providing that care in ways that can be both transformative and affirming.

T11 **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.

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 **Peter Hodes, MBA**
Guy Freeman, LADAC II
“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!

W1 **Kenneth Leonard, PhD**
“The Pervasive Links Between Close Relationships and Substance Use ”
Limit 20 participants
This workshop will review the impact of entering, leaving, and having close a relationship on alcohol and substance use. Participants will discuss the impact that alcohol/substance use exert on close relationships. In addition, the potential role of other people in the social network of the couple and the implications for intervention will be discussed.

W2 **Briana Torgerson, MA, LADAC II**
“Positive Psychology Applications in Recovery: Addiction Treatment Interventions Using the PERMA Model ”
Addiction is a lifelong disease that requires a lasting solution. Various interventions exist to aid clients in choosing and initiating sobriety, but what about interventions to motivate them to continue this journey when they leave our offices? When chips come less frequently? This presentation will provide an introduction to positive psychology, research supporting its lasting effects, and interventions that can compliment any approach. Interventions will be presented through case examples from individual and group settings.

W3 **Karen Moran, LADAC II, QCS**
“Creating an Intentional Culture in the Therapeutic Community”
This workshop 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.

W4 **Deborah Driggs, PhD, LPC/MHSP, LADAC II, ACS**
“Neurofeedback- A Personal Training Session that Allows the Participant's Brain to be the “Trainer and Expert in the Room”
Neurofeedback is a specialized application of biofeedback that utilizes brainwave pathways to treat clinical conditions as well as to enhance performance. Principles of human learning theory, basic neurophysiology, and neuroanatomy are utilized in conducting neurofeedback. The underlying assumptions of Neurofeedback are found within concepts of Feedback and Control in one's biological systems. Key research studies are establishing efficacy levels of major applications of Neurofeedback (e.g., ADHD, Substance Abuse, Optimal Performance, etc.)

W5 **Kristen Robinson, LADAC II, NCAC II**
“Anatomy of a 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 and 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 patient's ability to maintain recovery.

W6 **Kenneth Leonard, PhD**
“The Pervasive Links Between Close Relationships and Substance Use”
Limit 20 participants
This workshop is a repeat of W1. This workshop will review the impact of entering, leaving, and having a close relationship on alcohol and substance use. Participants will discuss the impact that alcohol/substance use exert on close relationships. In addition, the potential role of other people in the social network of the couple and the implications for intervention will be discussed.

W7**Kristen Robinson, LADAC II, NCAC II****“Ethics: The GOOD, The BAD, & The UGLY ”**

Addiction counselors and professionals benefit from having a code of ethics to follow. Navigating addiction therapy can be difficult as what is in the best interest of our client is not always clear. Also, there are types of harm that we can inadvertently cause to our clients that can lead to consequences for all involved. Furthermore, we may have to work with clients that are difficult to reach or we may not like. This session will explore ethical principles related to beneficence and malfeasance that provide a pathway which guide us through these challenging areas of therapy to ensure we improve the lives of our clients.

W8**Deborah Driggs, PhD, LPC/MHSP, LADAC II, ACS****“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.

W9**Nichelle Foster, MMFT, LADAC II****Lolita Johnson, PhD****“Resiliency: The Professional Bounce Back ”**

Professionals who work with challenging clientele deal with everyday challenges. This training will assist the professional with setting boundaries and developing a healthy self-care routine to create a healthy work/life balance.

W10**Katelynd Frierson, LADAC II****“Yoga for Y'all”**

Yoga for y'all where y'all means all. This will be a gentle practice for all experience levels. We will discuss how the practice of yoga can be utilized with clients and with our own self care. I will guide you through a relaxing practice creating intentions and awareness. You are encouraged to bring your own mat, however I will have mats to lend. This practice can also be done in a chair.

W11**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.

W12**Jonathan Holiday, MS, LADAC II, NCAC II, CADC II****“Anti-Social/Borderline Personality Disorders: Male vs. Female”**

During this workshop we will look at Anti-Social/Borderline Personality Disorders case studies, the percentage of individuals who suffer from these disorders, and misdiagnosis. We will have open discussions about the participants success in working with these individuals.

W13**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.

TH1**Erica Schleisinger, PharmD****“Delta-9 and Its Friends (8 & 10)”**

This workshop will discuss tetrahydrocannabinol (THC) and several chemical variations. This discussion highlights the differences and similarities between Delta-8, Delta-9, and Delta-10, including current legislation and regulations regarding these compounds in Tennessee.

TH2**Paul Mulloy, MA, LADAC II****“The Transition from Jail to Community Project:****Designing a systemic flow for Special Populations in Programming”**

This presentation is for both correctional and community agencies. Our discussion will focus on what we see works and how collaborations have a positive impact on those returning to our communities. The presentation will discuss the process of development and implementation of the Proxy Score for programming within a correctional environment, a Needs Assessment tool designed to determine appropriate class entrance, and a Comprehensive release plan. Also, this discussion will touch on our community partnerships and how we have maintained these through the pandemic and beyond.

TH3**Tommy Corman, LADAC II, QCS****“Addiction and Suicide”**

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 workshop is designed to leave you confident in asking probing questions for identifying suicide intent.

TH4**Mandi Ryan, RN****“It Starts with Screening: A Better Path to Substance Use Treatment ”**

In this presentation, we will discuss the benefits of substance use screening and subsequent outcomes that lead to more effective treatment. We will identify ways to engage community and provider partners and will discuss findings from Centerstone's Research Institute as it relates to screening. Session attendees will also learn more about the part screening plays in evidence-based treatments and programs including the intensive outpatient programming, medication assisted treatment, drug court, and outpatient intervention services.

TH5**Kenny Davis, LADAC I, CPRS****William Branson, M.Ed.****“Therapy on the Fly: Using Fly Fishing as A Therapeutic Intervention ”**

This presentation will focus on how to best engage adolescent males and young men who suffer from primary substance abuse diagnosis and co-occurring issues within a therapeutic fly-fishing context. This research driven approach will be explored and applied to direct service delivery. This modality will be taught with a multi-sensory focused, explaining how this approach enhances other traditional therapeutic skills and techniques. The presentation will provide how to incorporate fly-fishing and fly tying into a treatment experience.

TH6 **Erica Schleisinger, PharmD**
“Demystifying Co-Occurring Disorders”
Individuals with co-occurring disorders have two or more independently identified substance use and mental health disorders. Both substance use and mental health disorders are episodic, chronic conditions characterized by periods of remission/recovery and relapse. Stigma and misconceptions affect the ability to diagnose, assess, and treat each disorder category. This discussion will highlight the relationship among trauma, substance use, mental health disorders, and various treatment modalities.

TH7 **Jonathan Buffington, LCSW, LADAC II**
“So you want to start a private practice ”
This workshop is for those curious and interested in starting a private practice. The main goal of this workshop is to answer the individual's questions pertaining to consideration of attainability, sustainability and how to proceed in one's professional development to make a dream become reality. In short, what are the ins and outs of starting a private practice.

TH8 **Charlotte Buchanan, LADAC II, NCAC II, MCAC, QCS**
Nicole Stancil, BS
“The Neglected Child ”
Seeking a peaceful life? To achieve that goal one must be willing to look at their neglected inner child that determines personal drivers, triggers and stressors. 1. Identify 2. Alter 3. Integrate. These three objectives will aid in the process of harmonious internal communication. This will be of benefit to the therapist as well as the client. The ultimate goal is to create synergy among internal dialogues for a more peaceful existence. Understanding what drives ones wants is key to how we communicate with ourselves and with others.

TH9 **Simone Henderson, LADAC II, NCAC II**
Genesis Mejias, B.S.
“Brain Breaks - Keeping Adolescents Engaged ”
During this session, the participants will learn new ways to engage with the adolescent population. One of the most important things to do with adolescents is - laugh. During this session you will experience new ways to connect and have fun with the clients that still encourage skill building and open communication. This is a session where participants will take part in the activities being presented.

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
National Anthem led by James Nihan

.....
Thank you to those who offer the
morning meditations:
Kathryn Benson
Jane Taylor
Jan Watson
.....

**The Middle Tennessee Association for
Addiction Professionals**

**would like to offer our special thanks and
acknowledge the following benefactors of our
conference:**

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 2024 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.**

Conference Planning Committee

Toby Abrams, LADAC II, Conference Chair

Phone # 615-386-3333 x103

Frances Patterson - Conference Co-chair

615-289-4905

Ramie Siler - Registration Chair/Communications

Cassie Gray - Exhibitor Chair

Janet Watson - General Duties, Sponsorships

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 committee members:

Floyd Patterson - Badges/Certificates

Clifford Fiedler - Computers

In Memorial

Phil Guinsburg, PhD, LADAC II, MAC

We want to honor Phil Guinsburg for all of the time,
dedication and experience he brought to the Journey
Together Conference since its inception. He was a leader
on the committee and contributed to the success of the
conference in many ways. Phil passed last fall due to
health problems and he will be greatly missed by all.

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 as a new member during the conference you
will receive a \$50 certificate towards your Journey Together 2024
registration fee.

PLENARY PRESENTER BIOGRAPHIES

Amy Cooper, MS **Tuesday Plenary Speaker**

As the Director of Organizational Resilience at The Family Center, Amy Cooper works directly with organizations on preventing and mitigating the effects of workplace stressors and past trauma experiences. Her areas of expertise include adverse childhood experiences (ACEs), trauma-informed systems and frameworks, organizational wellness, and building resilience. Amy received a bachelor's in Human Development from The University of Texas at Dallas and a Master's in Family Life Education from the University of Central Oklahoma.

Kenneth Leonard, PhD **Wednesday Plenary Speaker**

Dr. Leonard is the Director of the Clinical and Research Institute on Addictions and Professor of Psychiatry at the University at Buffalo Medical School. He is a Fellow and a former president of the Division on Addictions in the American Psychological Association. Dr. Leonard's research interests have centered on the interpersonal and familial influences on substance abuse, as well as the influence of substance abuse on interpersonal and family processes.

Erica Schleisinger, PharmD **Thursday Plenary Speaker**

Dr. Schleisinger Hurst is a West TN native and graduate of the University of Tennessee Health Science Center College of Pharmacy (2017). She completed a PGY-1 Managed Care residency with the Tennessee Department of Mental Health and Substance Abuse Services and the University of Tennessee. She is currently the Assistant Chief Pharmacist and State Opioid Treatment Authority Designee for the Tennessee Department of Mental Health and Substance Abuse Services.

WORKSHOP PRESENTER BIOGRAPHIES

Dr. Irene Bernard, LADAC II, CAADC, FCPRS

Dr. Bernard is a CPRS trainer, ordained clergy, and candidate for certifications in EMDR and QCS. Her work includes both non-profit and for-profit sectors. She is the creator of G.A.L (Grieving All Loss) and has had the opportunity to present this program to nation-wide professionals, ministry leaders, and survivors of loss. "This isn't my attempt to 'recreate the wheel' but an option to use traditional approaches in innovative ways."

Britney Baker, LADAC II

Britney has worked as a program manager in a substance abuse program for almost 2 years and enjoys that work. Her top goal is to see others succeed and become LADA Cs. She currently serves on the Alcohol and Drug Counselor Licensure Board.

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

Kathy 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.

Karl Bolton, LADAC II

Karl serves those struggling with Substance Use Disorders (SUD) and their families. They specialize in Dialectical Behavior Therapy. They are dedicated to serving the LGBTQIA+ population and helping those facing the challenges of ongoing recovery, including co-occurring disorders, family of origin issues, codependency, and life stage issues.

William Branson, M.Ed.

William is Clinical Coordinator at ARCH. He is an avid fly fisherman and enjoys spending time outdoors. He has an M.Ed. in Clinical Mental Health Counseling. He is a recipient of the George Watts Hill award for Citizenship, Academic Progress, Initiative, and Community Service. William says the most rewarding part of his job is watching patients heal and grow.

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

Chris has been working in the addictions field for over 20 years; 15 in private practice at Buchanan Counseling and Consulting in Lebanon, TN, providing A&D education and prevention awareness. She counsels individuals, couples and families while also supervising new counselors. Chris implements TA, MI, CBT, and REBT into her guidance and direction of others.

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.

James Bush, LPC

James is a Licensed Professional Counselor in multiple states. He is host and executive producer of the Mind of A Man Show. He is also a professional thought facilitator who aids his community by challenging negative self/world perceptions by promoting re-imagination. His tools are empathic listening, adaptive processing, and empowering education to bridge and enhance the local- and global-community one person at a time.

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.

WORKSHOP PRESENTER BIOGRAPHIES

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 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.

Kenneth Davis, LADAC I, CPRS

Kenny is a Primary Counselor and the Adventure Therapy Coordinator at Arch Academy. He leads the Adventure Programming and fly fishing program. He is a licensed fishing guide and Wilderness First Responder. He began working in addiction treatment in 2016, helping those struggling to gain new perspective on family, spirituality and personal growth. Kenneth works currently with Adolescents at Cumberland Heights.

Deborah Driggs, PhD, LPC/MHSP, ACS

Deborah is a counselor and Clinical Supervisor in private practice in Murfreesboro, TN. Her Master's is in Clinical Mental Health Counseling and 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 has a particular interest in the treatment areas of trauma, grief and loss, self-concept, and spiritual struggle.

Nichelle Foster, MMFT, LADAC II,

Nichelle is currently employed with MPHD as a Health Manager in Behavioral Health and Wellness. She received her graduate degree from Trevecca Nazarene University in 2006. She has a private practice, Care-N-Concern Counseling, and is an Associate Clinician with The Help Connection. Contact information can be found at (www.care-n-concern-counseling.info), and on Therapy for Black Girls (www.therapyforblackgirls.com) and Psychology Today (www.psychologytoday.com).

Guy Freeman, LADAC II

Guy has worked in the mental health and addiction recovery industry for decades. He met Peter Hodes at the Journey Together 2021 conference and began practicing Tai chi regularly. He is a daily student at Tai Chi River School.

Trey French, LADAC II

Trey is in private practice as well as the primary therapist at TN Center for Change as an IOP counselor. He has worked in the substance abuse field for nearly a decade and prides himself on his ability to provide transformative care through relationship building. Trey specializes in serving the LGBTQIA+ community as well as those experiencing issues related to co-occurring disorders, family of origin issues and codependency.

Katelynd Frierson, LADAC II

Katelynd has been a certified yoga instructor since 2020. She has been engaging in the healing practice of yoga for the last 15 years. She has been serving as a co-occurring counselor with Park Center since 2017 and currently supervises the Co-Occurring IOP. Katelynd combines the principles of yoga in her counseling work to help her clients return home to their bodies.

Mason Hale, Temp. LPC-MHSP, NCC, BCC

Mason is a Ph.D. student in Counseling and Supervision at TN Tech Univ. He works with the Mt Juliet Counseling Center as a contract counselor and with TTU as a Graduate Assistant in the Counseling & Psychology Dept. He works extensively with faith communities and currently serves on the leadership team for the TN Association of Pastoral Therapists.

Simone Henderson, LADAC II, NCAC II

Simone joined Solutions Education Center's staff as the Youth Coordinator. Her motivation to expand her impact with clients and her drive for excellence in her professional pursuits led her to seek professional licensure and she attained her LADAC II as well as Nationally Certified Addiction Counselor. She works directly with outpatient treatment programs, youth programs and DUI programs as well as direct individual services.

WORKSHOP PRESENTER BIOGRAPHIES

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

Jessica holds a Vanderbilt Master's Degree. As a LADAC II and QCS, she trains clinicians, works in direct client care, customizes retreats, and provides licensure supervision in her private practice. Her educational approaches include client centered, strength-based, psych-education, experiential, art, and live sound practices with individuals' voices and percussion instruments. Jessica nurtures client and clinician empowerment by rooting compassion and empathy at the base of all practices.

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 in Nashville and live on ZOOM. 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.

Lolita Johnson, PhD

Dr. Johnson works at Davidson County Sheriff's Office, SSI/SSDI, Outreach, Access and Recovery (S.O.A.R.) program, where she has worked since 2004. She has also worked with the batterers' intervention program, Substance Abuse program as an Orientation Counselor and Re-Entry Specialist. She is certified by the Am. Corrections Association as a Correctional Behavioral Health professional. She has a Doctor of Education in Leadership and Professional Practice, from Trevecca Nazarene University.

Terry Kinnaman, LADAC II

Terry sits on the TN Board of Alcohol and Drug Counselors. He is currently the clinical director at Place of Hope in Columbia, TN.

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.

Mark Loftis, LPC-MH, LPE, LADAC II, MAC

Dr. Loftis is a Professor in the Counseling and Psychology Department at Tennessee Tech University. He is a Licensed Professional Counselor-Mental Health Service Provider, Senior Psychological Examiner-Health Service Provider, LADAC II, and Master Addiction Counselor. Dr. Loftis provides counseling, supervision, consultation, and other mental health services through his private practice within the Upper Cumberland region. He is currently chair of the LADAC board.

Karen Moran, LADAC II, NCAC II, QCS

Karen is a clinician and consultant in Nashville, TN, 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 has also provided clinical supervision to over 100 clinicians, spanning over 25 agencies, as well as cofacilitates 8 Domain training with Pleiades Clinical Consulting.

Genesis Mejias, B.S.

Genesis joined Solutions Education Center's staff with a focus in youth treatment. She is seeking her LADAC and is passionate about bringing quality interventions to our communities. Although she works with adults and other high-risk populations, she finds that her passion remains with the next generation to stop the cycle of addiction.

WORKSHOP PRESENTER BIOGRAPHIES

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, BIP, SAAFE and Transition from Jail to Community. He is a member of the Am Jail Assn, Am Correctional Assn, and 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 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.

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 works at Village Behavioral Health in Louisville, TN and created the THRIVE Program to address all types of addictions. She received 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 received ETAADAC Catherine S. Scarlett Award in 2019.

Mandi Ryan, RN

Mandi is Vice President of Healthcare Integration for Centerstone health system. She is the Health Link administrator. In addition to her 20+ years in nursing, behavioral health, and integrated services, Mandi has served as the Project Director for three SAMHSA Primary and Behavioral Health Care Integration grants.

Nicole Stancil, BS

Nicole works at Buchanan Counseling and Consulting in Lebanon, TN. She attended the University of North Alabama and holds a BS in Science. She specializes in alcohol and drug education and awareness education and anger management. When counseling individuals or couples she utilizes REBT, CBT, Motivational Interviewing.

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 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 Mid TN Grand Division & Regional Overdose Prevention Specialist for TN through the DMHSAS. He 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.

Briana Torgerson, MA, LADAC II

Briana currently serves as a counselor for Cumberland Heights and has worked in mental health and addiction recovery for 10 years including inpatient, IOP, group, family, and individual settings. She holds a Master's degree in Clinical Mental Health Counseling from Wake Forest University and has incorporated positive psychology in her educational pursuits and therapeutic approach throughout her career. Briana is passionate about developing and sharing interventions that foster growth and fulfillment beyond sobriety with clients.

CONFERENCE SCHEDULE AT A GLANCE

| 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 Amy Cooper | 9:00 Plenary 2 Kenneth Leonard | 9:00 Plenary 3 Erica Schleisinger |
| 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 Amy Cooper | 11:00 Plenary 2 Kenneth Leonard | 11:00 Plenary 3 Erica Schleisinger |
| 12:30 LUNCH | 12:30 LUNCH Regional Meetings | 12:30 LUNCH TAADAC meeting Phil Guinsburg Memorial |
| 1:30 Silent Auction Opens | Breakout Sessions | 1:30 Silent Auction ends |
| 2-3:30 T1: Amy Cooper T2: Benson/Patterson T3: Irene Bernard T4: Jessica Hirsch T5: Licensure Board | 2-3:30 W1: Kenneth Leonard W2: Briana Torgerson W3: Karen Moran W4: Deborah Driggs W5: Kristen Robinson | 2-3:30 TH1: Erica Schleisinger TH2: Paul Mulloy TH3: Tommy Corman TH4: Mandi Ryan TH5: Davis/Branson |
| 3:30 BREAK | 3:30 BREAK | 3:30 BREAK |
| 4-5:30 T6: Amy Cooper T7: Benson/Patterson T8: Susan Cunningham T9: James Bush T10: French/Bolton | 4-5:30 W6: Kenneth Leonard W7: Kristen Robinson W8: Deborah Driggs W9: Foster/Johnson W10: Katelynd Frierson | 4-5:30 TH6: Erica Schleisinger TH7: Jon Buffington TH8: Buchanan/Stancil TH9: Henderson/Mejias |
| 6:00-8:00 T11: James Nihan T12: Benson/Patterson T13: Peter Hodes | 6:00-8:00 W11: Ross Lester W12: Jonathan Holiday W13: Will Taylor | 5:30 Certificates Distributed |

Registration Form
Journey Together Conference
September 4th, 5th, 6th, 7th

Fee and Payment for Conference

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, September 4th Evening Sessions
4:00-5:30 M1 ____ Cunningham/Taylor
 M2 ____ Buchanan/Stancil
5:30-8:30 M3 ____ Mark Loftis

Tuesday, September 5th
2:00-3:30 T1 ____ Cooper
 T2 ____ Benson/Patterson
 T3 ____ Bernard
 T4 ____ Hirsch
 T5 ____ Licensure Board
6:00-8:00 T11 ____ Nihan
 T12 ____ Benson/Patterson
 T13 ____ Hodes

Wednesday, September 6th
2:00-3:30 W1 ____ Leonard
 W2 ____ Torgerson
 W3 ____ Moran
 W4 ____ Driggs
 W5 ____ Robinson
6:00-8:00 W11 ____ Lester
 W12 ____ Holiday
 W13 ____ Taylor

Thursday, September 7th
2:00-3:30 TH1 ____ Schleisinger
 TH2 ____ Mulloy
 TH3 ____ Corman
 TH4 ____ Ryan
 TH5 ____ Davis/Branson
4:00-5:30 TH6 ____ Schleisinger
 TH7 ____ Buffington
 TH8 ____ Buchanan/Stancil
 TH9 ____ Henderson/Mejias

Registration:
Early Bird Rate through August 25

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: _____

Register online at WWW.TAADAC.org

**Or Credit card registrations can be phoned in, faxed or mailed to
Toby Abrams
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
Toby Abram 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**

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.

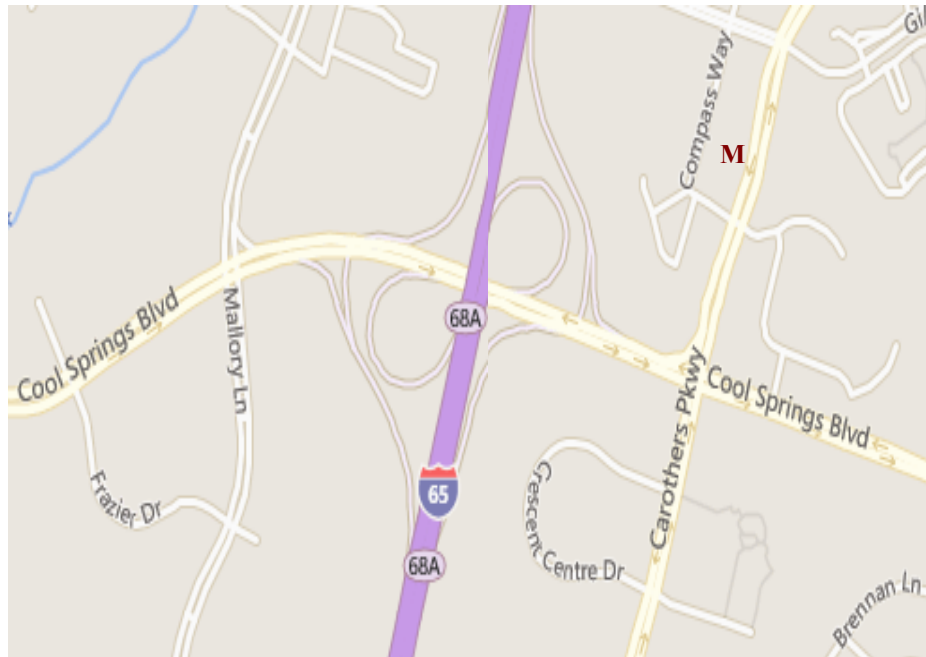
Ask for the Journey Together Conference room rate of **\$142** per night (includes free internet), by **8/25/2023**. Do not delay and miss this early bargain!

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.

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MIDDLE TN ASSOC. OF ALCOHOLISM AND DRUG ABUSE COUNSELORS

Journey Together Conference

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Nashville, Tennessee 37212

Return Service Requested