The School of Social Work presents:

The

3rd Annual Alcohol and Substance Abuse Treatment Conference

May 12-15, 2014

Sandia Pueblo Resort & Casino
Albuquerque, N.M.

Conference Theme:

Let’s get down to the basics: An Exploration of Effective Treatment Trends in the Southwest...

Institute Descriptions/Presenter Biographies
## Day 1 & 2 - Monday, May 12th and Tuesday, May 13th

### Best Practices/Approaches Institutes

#### A: Traditional Healing Best Practices

#### A-1-Introduction to Traditional Healing

A brief historical overview of Mexican Folk Medicine and Folk beliefs from Aztec to modern times, noting the influences of Spanish-Moorish and Native American traditions. The rituals and usage of herbal medicine are reviewed including some comparison to modern illnesses. An overview of contributions of famous curanderos such as Don Pedrito Jaramillo, Nino Fidencio and Teresita are discussed and compared.

During this session, participants will be exposed to traditions which have been rooted in New Mexican-Mexican-Native American cultures for hundreds of years. By no means is this session meant to teach skills, but more to dispel myths and to help foster an understanding of how individuals use this practice as a tool for dealing with substance abuse issues, specifically in the Southwest and Mexico.

### Course Content:

1. Major topics to be covered
   - a. brief history of curanderismo in the Southwest and Mexico
   - b. description of commonly used medicinal plants
   - c. description of rituals used in curanderismo (i.e. mal de ojo, susto, etc.)

2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   - a. appreciation of curanderismo and history of Hispanic culture
   - b. knowledge of herbal medicines used by our ancestors
   - c. understand the usage of rituals and their effectiveness in traditional medicine

### Presenters: Dr. Cheo Torres and Antoinette “Tonita” Gonzales

### Presenters Bios:

Dr. Torres has served as Vice President for Student Affairs at the University of New Mexico, a four-year state research university, based in Albuquerque, New Mexico, since January 2, 1996. Before he came to the University of New Mexico, Dr. Torres served as Vice President for External Affairs at Texas A&M University-Kingsville. He also taught in the Bilingual Doctoral Program at Texas A&M University-Kingsville. He has served as Interim President, Vice President for Student Affairs and Special Services, Director of the University’s Center for Continuing Education, and also as Assistant to the President. For two years preceding his appointment to the Texas A&M University-Kingsville staff, he was with the Texas Education Agency in Austin.

Among other initiatives, Dr. Torres has been involved in or been elected as an advisor to
Mexican President, Felipe Calderón for improving lives of immigrants in the United States.

He also teaches the *Traditional Medicine Without Borders: Curanderismo in the Southwest and Mexico* class during the summer semester at UNM. This popular class is cross-listed with four departments and brings practicing Mexican healers to the UNM Campus.

Dr. Torres received his doctorate in Education from Texas A&M University in Kingsville in 1980. His academic interests include studying, teaching and writing books about the Mexican-American tradition of *curanderismo*, the folk healing culture of the Southwest and Latin America. He lives in Albuquerque with his wife, Nieves, and has a son, Kiko, and a daughter, Sandra.

**Antoinette “Tonita” Gonzales**

Tonita received her Bachelors of Science in Mathematics, and Bachelors of Arts in Graphic Design from The American University in Washington DC. She recently completed her studies of Traditional Medicine at the University of Mexico, Morelos, at Centro de Desarrollo Humano Hacia La Comunidad. She completed her diplomados (diplomas) in Acupuncture, Medicinal Plants, Massage (Sobadas), and Temazcal (Mexica sweatlodge). In addition, Tonita worked side-by-side with several different Curanderos through-out Mexico. She was honored to be asked to be an apprentice with Rita Navarrete Perez. Tonita worked in Rita's Clinic and Temazcal in Mexico City, and School/Clinic in Jilotepec Mexico, which focuses on women survivors of Domestic Violence. She continues to work with Rita, and is grateful to have such an amazing Maestra (teacher) in her life.

Tonita is a resident of Albuquerque's North Valley, and attended Valley High School. Her family is from Gonzales Ranch, NM, south of Las Vegas NM. She attributes her curiosity about plants and alternative medicine to her mother. Her mother used medicinal plants to heal different ailments. Tonita always had an inquisitive mind, and wanted to know how things worked. In 1994, when she began to have assorted illnesses and varied diagnosis, she wanted scientific answers, and turned to allopathic medicine. However, it was only with traditional medicine that she was able to heal. She learned through life experiences that true healing comes from being balanced Physically, Mentally, Emotionally, and Spiritually. This is why she feels she is finally listening to her soul and practicing Traditional Medicine. Her goal is to teach others to heal themselves. She understands that everyone needs to be accountable for their own healing and happiness. People simply need guidance, confidence, awareness and the tools to meet their goals. Her main goal is to work with the community providing treatments, and classes on traditional healing. Although she is inspired by different aspects of traditional medicine, her true passion is for the Temazcal. She believes the root of all imbalances start with emotions, and with the Temazcal you can begin to heal your emotions.

Tonita recognizes that her road to healing began by first healing herself, and now is committed to teaching others. The path of a Traditional Healer is a life long journey, one she wholeheartedly embraces. She excitingly looks forward to future learning and continued
growth.

A-2: Curanderismo: Tools For Self Care, Awareness, and A Path To De-Colonization
(A Cultural and Self-Care Presentation by a Two-Spirit Social Worker and Traditional Healer)

Based on the overwhelming and positive response to the presentation I did with Patricia Sanchez, LMSW, at the 2011 NASW NM conference and on my own at the 2012 conference while still a student, there seems to be a vast interest in Traditional Medicine and Traditional Healing. Social workers are, in my opinion, “clinical or legitimate” healers. It is crucial we take care of minds, body and spirit in the important work we do and this workshop will assist participants in this. This workshop is a cultural, self-care, and social justice workshop in that it underlines a path to de-colonization of this important indigenous medicine by going back to our roots. It will be a great opportunity for practitioners to continue to learn more about the Mexican-American culture and populations we serve here in the southwest in addition to learning how to care for ourselves in the most simplest of ways through going back to our roots with Traditional Mexican Medicine.

Participants will learn approaches of self-care in the tradition of Curanderismo and gain introductory knowledge into the practice. Participants will engage in demonstrations and learn Traditional Methods. This workshop helps us become more culturally aware of the practices sought and used by many Latino/Chicano/Mexican American cultures in the Southwest and assists us in helping our clients negotiate their mental, physical, and spiritual health needs in a client-centered approach.

List three specific learning objectives:

a. Participants will learn traditional healing methods for self-care and for others and gain introductory knowledge of Traditional Mexican Healing.

b. Participants will learn traditional techniques to manage and cope with stress and “burn out” prevention in a culturally appropriate framework.

c. Participants will learn how to create a conducive and culturally competent “healing” environment for ourselves and those we work with.

Presenter: Jason P. Jones, B.U.S., LMSW, Promotora

Presenter Bio:

Jason P. Jones, B.U.S., LMSW, Promotora, has studied Massage therapy and other healing modalities at Crystal Mountain Apprenticeship in the Healing Arts in 1998 and practices as a Traditional Sobador/Healer in New Mexico. In 2005, Jason began apprenticing and practicing as a Curandera or Traditional Mexican Folk Healer. Jason has studied in Mexico as well as here in New Mexico. In 2008, Jason graduated from the University of New Mexico with a Bachelor’s in University Studies with an emphasis in Social Welfare. In 2012, Jason obtained a Masters in Social Work from New Mexico State University. Jason has worked with the Attachment Healing Center post-graduation and has been providing mental health counseling with Five Sandoval Indian Pueblos, Inc. since March 2013, primarily working in the communities of Cochiti, Zia, and Santa Ana Pueblos. Jason is a member of NASW, and serves as the current secretary for the LGBT Task Force with NASW NM. Jason also provides 1st-Year Field Supervision for NMHU social work students placed at the UNM LGBTQ Resource Center. Jason plans to remain in New Mexico, serve and advocate for the Transgender population as a Social Worker, Curandera, and
as an openly Two-Spirit individual. Jason brings a life-time of cultural knowledge and experience to the field. Jason is also one of the 11 Promotoras with the grassroots organization based in Traditional Healing and Social Justice, the Kalpulli Izkalli in Albuquerque’s South Valley.

**Institute B: Latino and Hispanic Best Practices/Approaches**

**B-1: Latino Cultural & Linguistic Competency (This session meets the Cultural CEU license requirement)**

This opening session is designed to provide an introduction and overview to service providers of the best cultural and linguistic practices for helping Hispanic, Latino and Native American clients dealing with substance abuse issues.

*Presenter: Fred Sandoval, MPA*

**B-2: Cultural Elements in Treating Hispanic and Latino Populations**

Within this context, the Hispanic and Latino ATTC will work to develop the personnel who train the workforce that treats Hispanics and Latinos in need of treatment and recovery services. It will provide information on the latest research-based best practices and discuss efforts with other ATTCs to promote health equity and culturally competent care for Hispanics and Latinos across the United States.

Hispanics and Latinos comprise the largest minority group in the United States with 52 million Hispanics in 2011, representing 16.7% of the total U.S. population. Between 2000 and 2010 the Hispanic population grew by 43%; a growth rate of 37.3%. The US Census Bureau forecasts an increase to over 132 million Hispanics and Latinos by 2050 representing 30.2% of Americans. Yet, this growth rate has not been paralleled as services to meet their needs are scarce. Hispanics and Latinos are facing a public health crisis due to poor or unmet behavioral health needs and access is hindered by the fact that one of every three Hispanics is health-uninsured. Furthermore, the Hispanic and Latino population experienced increases in rates of substance use in the last years. Studies show that Hispanics and Latinos seeking substance use disorders and mental health treatment confront barriers accessing culturally and linguistically competent care. The lack of a bilingual and bicultural behavioral health workforce plays a significant role in disparities. Also, new health care reform will increase access to a wide variety of services including behavioral health. Service providers must be much more competent in addressing the cultural aspects that are crucial for providing quality care. In response to this need, a guide for service providers, revised by the National Hispanic and Latino ATTC, includes key pieces such as how culture change affects Hispanics and their drug use, treatment related barriers encountered by the population, cultural factors in treatment, co-occurring disorders and approaches to integrating culture into therapy. This presentation’s aim is to increase awareness, knowledge and competency regarding cultural elements in the treatment of Hispanics with substance use needs.

**Course Content:**

2. **Major topics to be covered**
   a. Demographics on Hispanic and Latino populations in the US
   b. Terminology on cultural issues among Hispanic and Latino populations
   c. Cultural elements that are relevant in the understanding and treatment of Hispanics and Latinos with substance use disorders
2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. Providers will gain knowledge and understanding of characteristics and demographics of the Hispanic and Latino population
   b. Providers will gain a better understanding of barriers to treatment and culture related issues for Hispanics and Latinos seeking SUD treatment.
   c. Providers will become more knowledgeable in cultural elements as they relate to treatment and implications in working with Hispanics and Latinos.

Presenter: Víctor Flores, MC, LAC and Carmen Andújar-Cantres

Institute C: Native American Best Practices/Approaches

C-1: We Who Are Not As Others: The How And Why Of Contemporary Native American Life
   This workshop explores a cultural/historical etiology of contemporary Native American life and Substance Use issues rather than purely clinical explanations. Workshop will also answer 6 important cultural specific questions that should absolutely be addressed in Substance Abuse treatment of Native Americans (and everybody else as well), will explore how Rite of Passages, Native American and American rituals, affect

Course Content:
   1. Major topics to be covered
      a. Answer 6 important questions, by means of Polarity, on current Native American life.
      b. 1 hour Video presentation of The Canary Effect will exemplify cultural specific material presented.
      c. Rite of Passage rituals will be explained as it operates within Native American and American cultures as well as in behavioral health.
   2. Learner Outcomes (what will the participant learn at the end of the workshop?)
      a. Change the way people (Indians and non-Indians) view the relationship between Native Americans and Alcohol.
      b. Polarity and balance in Native World appears as a contradiction to many.
      c. Cultural and professional empathy, coupled by the practice of being genuine when working with Native populations.

Presenter: Charley Baca, LADAC

Presenter Bio:
Charley Baca is a Licensed Alcohol and Drug Abuse Counselor of Navajo, Comanche and Hispanic descent who has worked as a LADAC providing treatment to various agencies Federal and State Probation/Pretrial, DWI programs, Adult Family Drug Court, Tribal agencies, the New Mexico S.B.I.R.T. program having him stationed in various rural New Mexico communities, and also running the 1st Native American cultural Specific Therapeutic Community in the US for New Mexico Corrections Department. His focus is primarily providing cultural specific substance abuse treatment to the Native American population and providing cultural specific training to behavioral health teammates in New Mexico.

C-2: Through the Diamond Threshold: A Psycho-Educational Group Model to Promote Mental Health in Native American Communities- Project Gifts of the Seven Directions
The Oklahoma City Area Inter-Tribal Health Board (OCAITHB), an organization striving to improve the health and quality of life of American Indian communities through advocacy and education (OCAITHB, 2013) partnered with the Mid-America Addiction Technology Transfer Center (ATTC), a facility helping professionals and organizations analyze, customize, and implement training programs (ATTC, 2014) to provide training in the use of the community-based psycho-educational group therapy model presented in this paper. The aim of these organizations in this instance was to attempt to create a culturally appropriate model to facilitate Native American communities in redefining the source and nature of drug and alcohol problems as well as healing within relevant historical and cultural contexts. 

Project Gifts of the Seven Directions is a culturally grounded Cherokee alcohol and drug group prevention program for Cherokee adolescents and their parents. The intervention is designed to increase tribal identity, inter-personal connection between adolescents and parents, facilitate participants’ utilization of tribal healing and storytelling traditions, enhance psychological immunity to alcohol misuse and abuse, and build leadership capacities. Seven Directions emphases were generated collaboratively with tribal community members of the Western Band of Cherokees. The curriculum focuses on community rather than individual healing, holistic wellness rather than cognitive education, stories rather than problem solving, and strengths rather than problems and deficits. All phases of implementation, from participant and facilitator recruitment to the purification ceremony to the concluding honoring feast, as well as group activities (including process questions) and accompanying projects are described in detail.

**Presenter:** Rocky Robbins, Ph.D.
Professor, Counseling/Psychology
University of Oklahoma-Norman

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<th>Institute D-Natural Healing Best Practices/Approaches</th>
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**D-1: Mindfulness in Treating Substance Abuse Issues**
This session is designed to bring the approach of mindfulness in to the center of practice for providers when dealing with individuals coping with substance abuse, or other mental health disorders. The ability to have clients focus in on their own situation in a concentrated manner has shown to improve functioning and outcome when using this approach in conjunction with other evidence-based models.

**Presenters:** Mark Dyke, Ph.D.; Kurt Johnson, LISW

**D-2: Natural Approaches to Healing**
This class offers a review of brain chemistry and how it is influenced and impacted by psychotropic substances. Various amino acids (neurotransmitters) will be reviewed, and an overview of how addictive substances influence these amino acids. Finally, an overview of how these effects on brain chemistry impact the individual and how healing can be approached wholistically, followed by case presentations and a roundtable discussion.

**OBJECTIVES**
1. Students will gain or refresh their understanding of basic brain chemistry
2. Students will come to appreciate ways in which basic amino acids are effected by addictive substances, and how this impacts the whole person
3. Students will participate in case discussions, coming away with a broader range of experience in situations they may not have encountered in the past

**Presenter:** Dr. Elizabeth Diebold, DOM  

**Presenter Bio:**  
Elizabeth Diebold earned a degree of Doctor of Naturopathic Medicine from Southwest College in Tempe, AZ. She also holds a BS degree in psychology from Arizona State University, a master’s degree in public health (MPH) from Walden University, and is a trained hypnotherapist and Reiki Master-Teacher. Dr Diebold has participated in research in several areas of alternative, integrative, and wholistic medicine, and has done considerable research in nutrition, mind-body medicine, psychoneuroimmunology, wholistic approaches to addiction, and medical psychology. Dr Diebold is a popular guest lecturer at local colleges and speaks extensively throughout New Mexico in a variety of venues, both educational and corporate, and on a multitude of topics.

Dr Diebold says, “My focus in medicine is to bring individual people into balance, uniting mind, body, and spirit. By using the most natural and least invasive methods possible, people will find that they can live long, active, healthy lives, achieving a personal state of optimal health.” Dr Diebold’s practice emphasizes mental and emotional wellness, and is involved in supportive treatment of chronic conditions, graceful aging, environmental detoxification, substance abuse, and allergy and weight management.

**Institute E: Community Best Practices/Approaches**

**E-1: Classifying and Measuring Psychiatric Symptoms: The DSM-5 and Beyond Advanced DSM-V Review (specifically for Masters level Clinicians)**

The May 2013 rollout of the newest edition of the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders (DSM) marks the first major revision in two decades. Changes to the organization, diagnoses, and diagnostic criteria have resulted in significant controversy and even dissension in the psychiatric community. In this presentation we review the history of the DSM, explore current diagnoses, and examine new disorders such as disruptive mood dysregulation disorder. Measurement tools recommended in the manual will be shared and explored.

**Objectives:**
1. Discuss the DSM-5 in terms of history, structure, and changes
2. Explore controversial new and altered disorders and criteria
3. Identify recommended measures of psychiatric symptoms
4. Discuss the future of classifying psychiatric disorders

**Presenter:** Dr. Margaret Halter  

**Presenter Bio:**
Dr. Margaret Halter is the editor of *Varcarolis’ Foundations of Psychiatric Mental Health Nursing*, a leading textbook. She has extensive experience in psychiatric nursing education and currently teaches health policy for graduate nursing students at the Ohio State University.

A Fellow of the American Nurses Association Political Advocacy Institute, Dr. Halter has also served on Ohio Nurses Association’s Health Policy Council. She is the co-Chair for the American Psychiatric Nurses Association’s Institute for Mental Health Advocacy. Her research interests include mental illness stigma, political involvement of healthcare providers, and men’s mental health. Dr. Halter serves on the editorial panel and review board of *Journal of Psychosocial Mental Health Nursing*. Dr. Halter received the American Journal of Nursing 2009 Book of the Year Award for *Essentials of Psychiatric Mental Health Nursing*. Other honors include the American Psychiatric Nurses Association’s Excellence in Media Award and the Excellence in Advanced Leadership Award.

**E-2: LGBTQ Issues and the Impact of Substance Abuse**

Adrien Lawyer is the Executive Director of the New Mexico Trans-Gender Resource Center. The session will explore the historical impact of gender assignment and the myths that typically go along with misconceptions, stereotypes, hate crimes and other forms of oppressions towards people. The presentation will discuss disparities around substance abuse and addiction for LGBTQ individuals. There are data that suggest that this population is disproportionately affected and we will spend time talking about the trauma and oppression folk’s face that may help explain this reported fact. Ideally, this presentation will also equip providers to have more information and potentially more cultural humility when treating LGBTQ clients.

**Course Content**:

1. Major topics to be covered
   a. LGBTQ terminology
   b. LGBTQ Statistics on Substance Abuse
   c. Cultural factors regarding Substance Abuse
2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. Increased knowledge about LGBTQ people
   b. Cultural humility treating LGBTQ clients

**Presenter: Adrien Lawyer**

**Institute F: Alternative/Best Practice Approaches**

**F-1: Cross Cultural and Clinical Perspectives on Grief and Loss**

Effective clinical work in differing cultural milieus involves a keen understanding of the role of culture, client and family belief systems, differing styles of grieving, the impact of loss and disruption on the community and family, and clarity on the goals of treatment. Western views and processes surrounding grief are often not applicable in American Indian cultures since means of dealing with death differ greatly. “Relearning the world” through active responses to grief takes on additional meaning within the context of historical trauma in tribal communities,
yet shares some commonalities with dominant cultural processes surrounding grief. Participants will be able to discuss dominant cultural norms regarding grief, stages of grief and differentiate these between American Indian perspectives and beliefs regarding grief. Discussion will also include the importance of story, ritual, traditional processes surrounding loss, support systems impact and role in processing grief, and changing concepts and trends in mainstream theory. Facilitators will address changing approaches in the field, and the importance of thorough assessments. This workshop will be a unique opportunity to reflect on the anticipation of loss, grief and loss, and continuing bonds with the departed through the lens of two experience practitioners of differing backgrounds and training.

**Presenters: Charlene Poola, LMSW and Olin Dodson, LPCC**

**Presenter Bio:**
Olin Dodson, MA, MA, LPCC, has been a licensed psychotherapist since 1986. He holds Master’s Degrees from San Francisco Theological Seminary (Theological Studies, 1973) and Sonoma State University (Clinical Psychology, 1983). The former State Opioid Treatment Authority for the State of New Mexico, he currently provides consultation in the field of addiction treatment for state government and for substance abuse programs throughout New Mexico.

His memoir, MELISSA’S GIFT, was published in 2012 by Bay Tree Publishing. It recounts the story of the author being found by his 11-year old Costa Rican daughter. Dodson pursued a relationship with his child, in spite of the challenges of their differing languages and Melissa’s incurable disease, cystic fibrosis.

**Presenter Bio:**
Charlene Poola, LISW, is Tewa and Navajo and a Health Specialist at the University of New Mexico Office for Community Health. Her expertise is adolescent behavioral health, program development, clinical and systems consultation with tribal programs. In addition, she provides clinical supervision at the Native American Community Academy (NACA) and has practicum placements for social work interns at UNM.

**F-2: Alcoholics Anonymous/Narcotics Anonymous**
This panel discussion will expose providers a basic understanding of how these support groups work. In addition, they will explore myths and misconceptions about how AA/NA are similar but distinct. An en vivo group will be organized so participants can observe what a group session might look like in your local community.

**Presenter: Art Romero and others...**

**G-Adolescent Best Practices/Approaches**

**G-1: Healing Addiction in our Community, formerly the Heroin Awareness Committee (HAC)-A Parent and Teen Perspective on Opiate/Heroin Addiction**
The HAC was established in 2010 as a series of heroin overdoses impacted Albuquerque communities. This session will offer attendees a chance to hear first-hand perspectives from both parents and teens that have experienced heroin and/or opiate addiction, and even death. Please join this session to get first had insight and resources to aid, both parents and teens,
coping with this specific epidemic.

**Presenter: Lou Duran and others**

**G-2: Shadow Mountain Recovery**

Shadow Mountain Recovery is a full *continuum of care* for adults/late adolescents suffering from addiction and co-occurring disorders. Our care model begins at physical detoxification, on to extended care residential treatment, stepped down to day treatment and/or intensive outpatient treatment with supportive sober living+, and ultimately to extended sober living. Our programs are *fully gender-specific*, which we believe is most appropriate for the period known as early recovery. All our levels of care deliver the highest quality of medical, clinical, 12-step recovery, life skills, education and career services designed to place our young adults on track for abundant success in life. **For the Whole Family**

Our care model focuses heavily on the entire family system. We feel that everyone affected should receive the full benefit of recovery, and we encourage our families to be an integral part of the process for drug and alcohol rehab. We’re glad you’ve made it to SMR. Let’s get started creating a new life for you and your family.

**Presenter: Andrew Sidoli, LMSW, LADAC**

**H-Medically Assisted Treatment Approaches/Best Practices**

**H-1: Telehealth Technologies: The Portal to Expanding Treatment and Recovery Services**

Many counselors are being asked by their clients to provide services utilizing telehealth technologies (e.g., email, text, telephone) due to barriers to accessing treatment. It’s essential that counselors understand the risks and benefits of telehealth treatment and recovery services. Participants will learn about telehealth trends, treatment outcome rates, reimbursement, privacy issues, ethics, building alliances, and license portability with opportunities to practice resolving ethical dilemmas that are typical to using telehealth technologies.

**Presenter:** Michelle Padden, MSW, LSW, CSW

**Presenter Bio:** Michelle Padden has worked in the addiction and behavioral health fields for over 15 years. Currently, Ms. Padden supervises the certification and technical assistance contract for CASAT. She provides quality assurance and management, technical assistance and training services for State certification contracts and conducts training for the National Frontier and Rural (NFAR), Addiction Technology Transfer Center (ATTC). Ms. Padden is also an approved trainer in SBIRT, Co-Occurring Treatment and Promoting Awareness for Motivational Incentives (PAMI) and facilitates training in a variety of other topics.

**H-2: Duke City Recovery Outpatient Medically Assisted Treatment**

We are a Faith-Based Recovery Opioid Treatment Program with an ongoing behavioral health component at Duke City Recovery Toolbox. We believe all people should be treated with courtesy, respect and dignity. We follow a Holistic approach in that we believe Addiction and other mental illnesses are: Physical, Mental, Emotional and Spiritual maladies.
Our vision is to provide healing of mind, body, and spirit in an uplifting, person-centered, spiritual environment to those seeking recovery from opioid addiction and co-occurring behavioral health issues. We believe in the following core values:

- All people should be treated with dignity and respect.
- All people should have access to individualized, best-practice treatment that promotes wellness of mind, body, and spirit that focuses on their strengths, needs, abilities, and preferences.
- All people should have the right to informed choice and participation in planning their care and their recovery process.
- All people should receive respect and sensitivity to the needs and preferences of their individual cultures.

**Presenter: Dr. Trig and James Widner LADAC, CADAC, ICADC**

**Presenter Bio:** James Widner LADAC, CADAC, ICADC
Program Director

James has over 11 years working in the addiction field in many different capacities ranging from working with at risks youths, inpatient detox, outpatient substance abuse and OTP clinics. James has also been involved with the housing of men coming out of prison for the past 11 years. James being a recovering addict himself understands addiction from both sides, and understands that there is more than one way to succeed in recovery. He also knows that there is one area that is not negotiable a spiritual connection.

It was not until James found himself working in a an OTP that his prejudice of using medication as a tool to aid in the recovery process was lifted and impacted his life in such a way that God put on James’s heart to open a clinic, but not just another “Methadone Clinic” but a clinic that would focus on getting people off Methadone and other medication’s. Not trading one addiction for another. He wanted more than putting people on medication he wanted them off.

**May 14 and 15, 2014: Two-day Evidence Based Practice Institutes**

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<th>I-Matrix Model of Intensive Outpatient Alcohol and Drug Treatment</th>
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<td>The Matrix Institute will be providing this workshop as an introduction to the Matrix Model IOP and will highlight the important features of research, the brain model in addiction and implementation of this highly successful Evidence Based Practice model.</td>
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<td><strong>Presenter:</strong> NMHU Staff</td>
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<th>J- Matrix Key Supervisor Training (2-day training)</th>
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<td>All agencies who receive the Matrix Model core training are asked to identify a &quot;Key Supervisor&quot; who will receive additional training at Matrix in Los Angeles followed by ongoing guidance in clinical supervision and maintenance of fidelity. This person will be a contact person for Matrix and will be the individual who assumes responsibility for assisting the program in getting the</td>
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Model in place, maintaining trained staff and assuring fidelity.

**Presenter**: Sam Minsky, LMFT

### K-Introduction to Evidence Based Practice: Focused on Adolescent
(1st day 5-14-2014 Intro to EBP/2nd day 5-15-14 MARTS)

This opening session is designed for agency directors and service providers who are initiating the implementation of evidence based practice models, or are struggling with the implementation, development or meeting of fidelity. This session is also meant for agency directors and service providers who want a basic knowledge of evidence based practice (EBP) models prior to the adoption or implementation stages.

**Presenter**: Phil Orrick, BS

### MARTS

This workshop seeks to transform required “paperwork” into clinically useful information. There are many tools for the assessment of substance use-related disorders, such as the Addiction Severity Index (ASI). Addiction counselors working in community-based treatment centers often find that the instruments are time-consuming and not useful in helping to identify client problems, develop individualized treatment plans, or make referrals matched to client needs. This workshop will review the use of assessment instruments and help counselors integrate the information into well-designed, individualized treatment plans.

**Presenter**: James A. Bradley, MSW

### L-Best Practices with Latino/Hispanic dealing with Substance Abuse Issues

The National Hispanic and Latino ATTC, as one of the four new ATTCs that serve as national subject matter experts and key resources on selected focus areas, the National Hispanic and Latino ATTC is focusing this session on examples of the Substance Abuse and Mental Health Services Administration’s (SAMHSA) commitment to reducing health disparities. This new focus area ATTC will capitalize on the Network’s experience in developing and enhancing the addictions treatment and recovery workforce.

Within this context, the Hispanic and Latino ATTC will work to develop the personnel who train the workforce that treats Hispanics and Latinos in need of treatment and recovery services. It will provide information on the latest research-based best practices and discuss efforts with other ATTCs to promote health equity and culturally competent care for Hispanics and Latinos across the United States.

**Presenter**: Victor Flores and Carmen Andújar-Cantres

### M- Advanced Motivational Interviewing

This workshop serves as the next steps following the introduction to Motivational Interviewing. In order to be eligible for this course you must have already completed the two-day basic Motivational Interviewing training. The techniques of this EBP model for interviewing clients helps providers to roll with resistance in substance abuse treatment. It is also proven to be an effective tool to help individuals identify the impact substance abuse has had on their life and go in to more detail about advanced interviewing techniques using this model.

**Presenter**: Dr. Kamilla Venner-University of New Mexico-CASAA Program
**N - Mental Health First Aid**

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid USA is managed, operated, and disseminated by three national authorities — the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

**Presenter: Jim Clarkson, MA**

**Presenter Bio:**

Jim Clarkson, MA, LADAC, serves as CEO of Via Positiva—a consulting, counseling, coaching, training and telehealth company with locations in Seattle, Albuquerque and Houston. He previously served as Vice President with ValueOptions, Inc.—the nation’s largest private behavioral health and wellness managed care organization. Jim has provided consultation and training nationally and internationally including for the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, the Health Resources and Services Administration, the Network for the Improvement of Addiction Treatment, the National Association for Addiction Professionals, the Association for Behavioral Health and Wellness as well as many other state and federal agencies. He has presented national seminars and at many conferences on “How Funding Works”; “Identifying, Accessing and Sustaining Funding in Behavioral Healthcare”; “The Nuts and Bolts of Working with Managed Care”; “Payment and Quality: Developing a Recovery Oriented Systems of Care”; and “Preparing for the Affordable Care Act”. In addition to his role as a managed care executive, Jim has worked and consulted with programs across the country focusing on the connection between spirituality, mental health, addiction recovery, cultural diversity, creativity and the “next generation” in client-centered therapy processes. Jim has served as President of the New Mexico Recovery Professionals Alliance, is a Certified NIATx Change Leader (Network for the Improvement of Addiction Treatment), a Key Supervisor for the Matrix Institute, a Certified Mental Health First Aid Trainer and for 26 years has helped Fortune 500 companies and public healthcare systems create environments for recovery and positive therapeutic outcomes.

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**O - Community Reinforcement Approach-Family Treatment (CRAFT)**

*Community reinforcement and family training* (CRAFT) is CRA that "works through family member." It "is designed to increase the odds of the substance user who is refusing treatment to enter treatment, as well as improve the lives of the concerned family members. CRAFT "teaches the use of healthy rewards to encourage positive behaviors. Plus, it focuses on helping both the substance user and the family.

**Presenter: Brian Serna, LPCC, LADAC, MAC**

**Presenter Bio:**

Mr. Serna is an international trainer and consultant in Evidence Based Practices (EBPs) and operates a small private practice in Santa Fe, NM. Mr. Serna excels at designing programs that implement EBPs with individuals who are resistant to change, under legal mandate to attend treatment and those with co-occurring mental health disorders. He has been working with the Community Reinforcement Approach (CRA) and Community Reinforcement Approach and Family Training (CRAFT) since 2001, receiving his training and supervision directly from Dr. Robert J. Meyers. He has treated and supervised hundreds of clinical cases and has rated and
provided feedback for thousands of counseling sessions in English and Spanish on a national and international level. Mr. Serna also provides training and consultation in Motivational Interviewing, Cultural Issues and Co-occurring disorders. Mr. Serna is currently involved in consultation and training with Robert J. Meyers & Associates, the Addiction Technology Transfer Center teaches at the University of New Mexico and Southwestern College and is currently the Health and Wellness Division Director for the Pueblo of Tesuque.

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<th>P-Conflict Resolution and Recovery; Rein in the Brain Model</th>
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<td>Executive Director of the National Association for Alcoholism and Drug Abuse Counselors (NAADAC), &quot;NAADAC's Mission is to lead, unify and empower addiction focused professionals to achieve excellence through education, advocacy, knowledge, standards of practice, ethics, professional development and research.&quot; Cynthia Moreno Tuohy will be exploring topics covered in her new book Romancing the Brain. With funding from NIDA, Cynthia Moreno Tuohy worked with Danya International to conceptualize, develop, and evaluate a multi-component, multi-media tool for use by addiction and other helping professionals to assist adults and youth improve their life traumas and conflict through knowledge, attitudes and skills. Romancing the Brain skills are an intensive set of psycho-emotional-social-spiritual Cogitative Behavioral Therapy (CBT) treatments that, if followed, will result in a lifestyle change. This program will affect a “self and other” assessment of conflict style with a communication style, with the goal of behavior changes that are instilled in the brain. Some treatment sessions are based in brain research and CBT treatments that have been effective for anger and relapse-triggering problems. Other techniques are employed that unify the principles of social learning and emotional intelligence theory that mark this program as different from “anger management” programs. This program affects behavioral learning with emotional development and maturity that results in long-term changes in the brain and behavior.</td>
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Romancing the Brain is designed to:

- Help reduce relapse and sustain recovery of adult and adolescent substance use, abuse, and dependent persons by improving their trauma conflict resolution knowledge, attitudes and skills.
- Serve as a research-based, empirically-tested, psycho-educational curriculum that is effective and appropriate to use with diverse populations of adult and adolescent substance use disorder persons.
- To provide treatment and training materials for professionals, paraprofessionals (counselors, social workers, therapists, psychologists, outreach and faith-based, etc.) that are easy to use and integrate into existing community residential, intensive outpatient, and outpatient substance abuse treatment facilities as well as school-based counseling, faith counseling and other helping professional groups and faith-based groups.
- To provide an effective, cost-efficient, feasible model for improving client’s conflict resolution capacities to offer an innovative program based on concepts adapted from effective use in other disciplines/environments, make use of today’s technology, and enhance relapse-prevention options.
Presenter: Cynthia Moreno Tuohy

Presenter Bio:
Cynthia is the Executive Director of NAADAC: November 2004 – present: Administrator of a nationally based with an international component member organization association with primary goals to service through membership services: conferences, training curriculum and materials, publications, advocacy, education and certification. Represents over 56 Affiliates across the United States and other countries.