# 4th Annual Alcohol & Substance Abuse Treatment Conference
## Session Descriptions & Presenter Biographies

**Monday, May 11, 2015 - Opening Plenary Session**

**Fred Sandoval:** Master of Ceremonies

**Keynote Speaker, County:** Jennifer Weiss, Healing Addiction in Our Community  
Serenity Mesa: Adolescent Treatment Program

**Keynote Speaker, State:** Dr. Lindstrom, State of New Mexico Behavioral Health

*This keynote address will outline the major behavioral health system opportunities associated with the implementation of Centennial Care and Medicaid expansion and the barriers that exist in NM to potentially take full advantage of these opportunities. A pathway will be proposed for minimizing barriers while maximizing the potential for improving the behavioral health system in NM and the well-being of those it serves.*

1. Major topics to be covered
   a. BH related opportunities associated with the implementation of Centennial Care and Medicaid expansion  
   b. Barriers for the BH system taking full advantage of these opportunities in NM  
   c. How the BH system can best leverage these opportunities in NM

2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. To better understand current market realities that serve as opportunities for BH advancement  
   b. To better understand the BH related barriers that can be addressed in NM to leverage opportunities  
   c. To examine a set of respective actions that we can all take to advance BH in NM

**Speaker Bio:**
Wayne Lindstrom, Ph.D. is the new Director of BHSD and the CEO of the Behavioral Health Collaborative. His last position was as the president and CEO of Mental Health America (MHA), formerly known as the National Mental Health Association. He served as advisor to the Vice President's Task Force on Gun Violence and Mental Health, participated in a related Congressional panel, and took part in the White House Conference on Mental Health. During his tenure, MHA advocated for mental health policy in the implementation of the Affordable Care Act. Overall, Dr. Lindstrom has 43 years of behavioral health experience that includes serving in the United States Air Force where he implemented and managed a drug treatment program during the Vietnam War.
Subsequent to military service, he returned to his hometown of Cleveland, OH where he worked first as a Social Work Clinician in a rehabilitation hospital for the chronically disabled and then as an Addiction Specialist in a community mental health center. There he implemented and managed The Unbar, an outpatient center coupled with a neighborhood tavern that had all of the amenities of a local tavern but without alcohol, for recovering alcoholics and their families to socialize. While in this role, he was selected by the Schools of Medicine and Applied Social Sciences at Case Western Reserve University, to join an executive team to plan and manage an addiction rehabilitation hospital. Once opened, he directed the family therapy program of this facility.

Due to another appointment, this time by the Governor of the State of Ohio to lead the state’s single authority for addiction prevention and treatment services, he relocated to the state capital of Columbus. In this role, he served on the Ohio Department of Health’s Cabinet and was integrally involved in health policy development. He participated in the development and operation of the state’s Employee Assistance Program and implemented the state system of Driver Intervention Programs; a credential for chemical dependency professionals; and a viable outreach delivery system to minority communities. While in state government, he also engaged part-time in a private group psychotherapy practice.

He left state government to spend the next seven years working to build the private group psychotherapy practice into a thriving managed behavioral health care business. After United Health Care (UHC) purchased three major health plans in Ohio, he was selected to manage behavioral healthcare for over 600,000 commercial, Medicaid, and Medicare enrollees. Because of a corporate reorganization and the expansion of managed care technology to the public sector, he went on to function nationally as the Director of Public Sector Operations for United Behavioral Health (UBH). While in that position he oversaw the implementation of public sector contracts in both CA and WA.

For the next eight years he managed an organizational development consulting practice where he specialized in the management turnaround of provider organizations in crisis. His organizational clients included public authorities, service providers, health systems, pharma, and private companies in localities as diverse as Washington D.C., Georgia, Louisiana, New Mexico, Montana, New Jersey, and Ohio. Before joining Mental Health America, he was the CEO of a behavioral health provider organization that served children, youth, and families.

Dr. Lindstrom received his Ph.D. in 1986 from Case Western Reserve University, his MSW from the University of Pittsburgh in 1971, and his BA from Bowling Green State University in 1969.

**Keynote Speaker, National: Brain Model and Current Evidence Based Practices**

**Presenter: Michael McCann: Matrix Institute on Addictions**

Over the years since the Matrix Model was developed, there has been increased acceptance and use of addiction medications in conjunction with behavioral programs such as Matrix. A revised version of the Matrix Model treatment manual has been published by Hazelden and includes a module on medication-assisted treatment which informs patients about the medication options that are available and addresses some of the common challenges associated with medication-assisted treatment. This presentation will provide an overview of the Matrix Model treatment, a review of currently available
medications for substance use disorders, and will discuss issues often encountered with the use of medication in the context of behavioral treatment. Some of these are ambivalent feelings or an aversion to being on medication; criticism or rejection by family members, treatment providers, or from some in the recovery community; or a tendency to narrowly focus on the medication and discount the need for more than medication-taking.

Presenter Bio:
Michael McCann, M.A., is one of the founders of the Matrix Institute on Addictions and creators of the Matrix Model. He is the Associate Director and Director of Research of the Matrix Institute. He has overseen the operation of Matrix clinics as well as the integration of many research projects within these sites. He has over 35 years of experience in substance abuse treatment and research, and has authored or co-authored over 40 articles, books, and manuals including the Matrix Model Intensive Outpatient Alcohol and Drug Treatment manuals; the SAMHSA Technical Assistance Publication (TAP) 7; “Treatment of Opiate Addiction with Methadone: a Counselor Manual”; and the SAMHSA/Danya Learning Center “Buprenorphine Treatment of Opioid Addiction: a Counselor Manual.” He has been the principal investigator for NIDA and CSAT-funded projects evaluating pharmacologic and behavioral treatments, and has been the project director for CSAT-funded grants that expand treatment services for opioid dependence and provide evidence-based enhancements to standard services. He has trained and lectured on evidence-based behavioral interventions, pharmacologic treatments, methamphetamine dependence, opioid dependence, and on the implementation of research findings into clinical practice. Michael received his undergraduate degree from John Carroll University in Cleveland, Ohio, and his graduate degree from the University of California at Santa Barbara.

Topic: The Use of Humor in the Treatment of Addiction
Presenter: Jamie Lissow

Presenter Bio:
Jamie Lissow has been seen on The Tonight Show with Jay Leno, The Late Late Show, Comedy Central’s Premium Blend, Last Comic Standing, has a Comedy Central Presents and is a proud Star Search Loser. He has been seen over 50 times on Fox News Redeye while managing to have no political views. He is currently writing and will be starring in a new television series with Rob Schneider. He lives in Austin, TX with his wife and 2 beautiful children (unfortunately he has three children).

Best Practice Breakout Sessions: Monday, May 11, 2015, 1-5pm

A. Traditional Healing Through Curanderismo:
   Presenters: Cheo Torres, Ph. D., Tonita Gonzales and Rita

During these 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.
Speakers Bios:
Eliseo “Cheo” Torres

Since he was a boy growing up on the border of Texas and Mexico, Eliseo Torres, known to everyone as “Cheo,” has been fascinated by the folk traditions and folkways of Mexico and of his Mexican American roots. Both of his parents were versed in aspects of herbal lore and healing, and as he matured he learned from them a love and respect for the history and folk knowledge of the ancient art of curanderismo, or Mexican folk healing.

Now an administrator at the University of New Mexico, where he is Vice President for Student Affairs and a member of the faculty of the College of Education, Cheo regularly lectures and gives presentations on the history and lore of curanderismo to audiences ranging from scholars and students of Latin American culture to people hoping to become knowledgeable about alternative and traditional medicine, including lay people and medical professionals alike. He has published two books on his life in and research on his subject area: Curandero: A Life in Mexican Folk Healing, and Healing with Herbs and Rituals: A Mexican Tradition, both available from the University of New Mexico Press. Cheo can be scheduled for presentations on curanderismo by calling 505-277-0952, or by e-mail at cheo@unm.edu.

B. Curanderismo in New Mexico: Marizabel Ulibarri, LISW

Course Content:
2. Major topics to be covered
   a. History of Curanderismo in Northern New Mexico
   b. Different Aspects to folk healing (Curanderismo)
   c. Native New Mexico medicinal plants used in healing different ailments.

2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. A better understanding that Curanderismo is a healing practice founded upon faith, experience and knowledge of plants.
   b. A better understanding that Curanderismo is not magic but is the healing of the whole body and has been practiced in NM by our ancestors for 400 years.
   c. Learn to identify and how to utilize the different medicinal plants to heal different ailments since every plant has its virtue.

Presenter Bio:
Marizabel has been living in Santa Fe for the past 28 years. She was born and raised in Las Vegas NM into a family of 14 siblings. She learned about the use of plants in healing from her mother as well as other women in her community. In her family medicinal plants were used in healing different ailments. She believes Mother Earth has provided this plants are to be utilized by humans while we walk this physical path on earth to balance our body Physically, Mentally, Emotionally and Spiritually. Her passion to heal people was inspired by believing that by healing others she herself is being healed.

She is a Licensed Alcohol and Drug Assessment counselor working at Santa Fe Recovery and has worked in this field for the past 30 years. She was awarded The Latino Who’s Who in 2011, she is a presenter in curanderismo (folk healing) and medicinal plants. She was interviewed and an article was written about her healing practice in the SF Reporter. She has served as President for the Hispano Advisory Council Optum Health, , Board Member and Representative at the Head start...
Region 6 Board, Board Member of Centro campesino de Salud and is at the present time serving as Vice-president for the Alice King Community Center, Board Member, Board Member for the La Cienega Clinica de la Comunidad, NAMI Bi-lingual Trainer and has a certificate in Mental Health and Medical Interpreter.

C. Gambling: Not All Fun and Games: Dr. Mary Cuadrado, The University of Texas El Paso

In this workshop we will explore: 1) the similarities and differences between problem gambling and other addictive behaviors, 2) issues in treating problem gambling, 3) cultural factors among Hispanics that impact problem gambling and treatment.

Course Content:
1. Major topics to be covered
   a. Problem gambling
   b. Gambling treatment
   c. Hispanic cultural factors and problem gambling
2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. Differences between problem gambling and other addictive behaviors.
   b. Best treatment approaches for problem gambling.
   c. Cultural factors, among Hispanics, that treatment providers need to be aware of.

D. New Mexico Hispanic/Latino Cultural and Linguistic Awareness: Fred Sandoval, MPA

This workshop is designed to teach participants on the cultural considerations essential to serve New Mexico's Latino population and a culturally-informed increases the practitioners knowledge on how to better address the substance abuse and mental health conditions which are found in diverse Latino populations.

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 Bio:
Fred has over 27 year's professional experience in health and human services. His experience in cultural and linguistic competency includes training, technical assistance, consultation, planning and evaluation of behavioral health services to diverse populations with a special emphasis on Hispanic populations in New Mexico. He is a former alternate to the U.S.-Mexico Border Health Commission, served as the Lead on Cultural and Linguistic Competency for the New Mexico Behavioral Health Collaborative and Children, Youth and Families Department Systems of Care. He served as New Mexico's Lead on the SAMHSA Eliminating Disparities Policy Academy is currently a member of the National Network to Eliminate Disparities and the State Coordinators Council of Cultural and Linguistic Competency. He served in the National Latino Mental Health Congress during the President Clinton administration. Fred recently completed two terms as the President of the National Latino Behavioral Health Association, where he currently works as the Operations Manager. He served as First Vice President of the National Alliance on Mental Illness (NAMI) in Arlington, VA and presided over the development and policy initiatives for the NAMI National Multicultural Action Center's symposiums and summits. Fred met with and participated in President George W. Bush’ announcement of the New Freedom Commission in Albuquerque, NM. He has advised SAMHSA on the development of cultural and linguistic standards and has served on...
multiple boards, councils, commissions and committees across the state include border initiatives, suicide prevention, crisis intervention and consumer & family support. He received his Masters in Public Administration from Northern Arizona University in 1992 and his Bachelors of University Studies from the University of New Mexico in 1980. He received the SAMHSA Administrator Award, the Cerro Grande Fir Hero Award, the Con Alma Health Foundation Health Hero Award, and numerous national recognitions. His sister was diagnosed with chronic paranoid schizophrenia and his oldest brother died of alcoholism.

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**E. Introduction to Evidence Based Practices with American Indian & Alaskan Native Adults Dealing with Substance Abuse Issues: National American Indian & Alaskan Native: Addiction & Technology Transfer Center**

**F. An Introduction into Curanderismo and Tools for Self Care for Self and Others:**

**Jason Jones, MSW-LMSW**

Participants will learn approaches of self-care in the tradition of Curanderismo and gain introductory knowledge and concepts of the practice of Curanderismo. Participants will engage in demonstrations and learn Traditional Methods used by Curanderas and Curanderos. This workshop helps us become more culturally aware of the practices sought and used by many Latino/Chicano/Mexican American/Indigenous 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 and introduction into Curanderismo and 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 through learning introductory concepts of Curanderismo.

**Presenter Bio:**

Jason P. Jones (Jaysa), B.U.S., MSW-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 Sobadora/Healer in New Mexico. Jason’s journey began as a child when Jason became interested in the healing properties of gems, stones, minerals, and the metaphysical. Jason received a first massage at the age of 10 and began seeing an acupuncturist in the 6th grade for sinus problems since intuitively, Jason knew there had to be another route other than western medicine. The remarkable healing powers of Chinese Medicine encouraged Jason to continue a journey of ‘alternative’ healing. 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 beginning with learning herbs in 2005 with Dona Maclovia Zamora of B. Ruppe Drugs. In 2008, Jason graduated from the University of New Mexico with a Bachelor 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 provided mental health counseling for 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 the National Association
of Social Workers, and serves as the current secretary for the LGBT Task Force with NASW-NM. Jason was a two-time presenter at the NASW-NM Conference in 2011 and 2012 on topics related to Curanderismo. Jason also provides 1st-Year Field Supervision for New Mexico Highlands University social work students placed at the UNM LGBTQ Resource Center. Jason completed the Reiki I training in New Mexico with Elder and Promotora, Paula Terrero in 2013. Jason plans to remain in New Mexico, serve and advocate for the Transgender population as a Social Worker, Traditional Healer, and as an openly Two-Spirit individual. Jason brings a life-time of cultural knowledge and experience to the field. Jason formally was one of the 11 Promotoras with the grassroots organization based in Traditional Healing and Social Justice, the Kalpulli Izkalli in Albuquerque's South Valley. Jason is available for workshops, classes, and private consultations/appointments. Jason performs traditional sobadas, limpias (energetic cleansings), traditional ventosas (cupping), Reiki level 1, Craniosacral therapy, and traditional platicas. Jason is also very knowledgeable in Chinese Medicine, Ayurvedic Medicine, and Aromatherapy.

G. Mindfully Working with Addiction:

Dr. J Mark Dyke and Kurt Johnson, LISW
Mindfulness practice is paying attention to whatever is manifesting in our mind, our body and outside our body, with compassion, acceptance and interest. Research suggests that relapse is often accompanied by an inciting event or conditioned response to stress and anxiety. Gabor Mate suggests that addictions of all types provide a way for us to temporarily ignore unwanted feelings and thoughts. This Workshop will give you the knowledge and skills to work mindfully with upsetting thoughts and feelings. We will begin with a number of exercises meant to form a foundation of mindfulness, then move on to working with troubling feelings/thoughts/attitudes that have repeatedly caused suffering in our lives. Next, we will examine exercises that can help during emergencies. The final portion of the workshop will focus on working with clients.

Course Content:
1. Major topics to be covered
   b. Mindful exercises for when things are going well
   c. Mindful exercises for persistent deep seated suffering
   d. Mindful exercises for emergencies
   e. Mindful exercises for clients
2. Learner Outcomes (what will the participant learn at the end of the Workshop?)
   a. Knowledge of current research on mindfulness and stress, anxiety and addiction.
   b. Knowledge of Mindful exercises for the clinician
   c. Knowledge of Mindful exercises for the client

Presenter's bios:
Dr. J. Mark Dyke is an Associate Professor at NMHU’s School of Social Work. He has been practicing mindfulness meditation since 1982, under the direction of numerous meditation instructors from the Zen, Catholic Monastic and Tibetan traditions. Mark teaches graduate courses in mindfulness for social workers, and is currently working on a text that will integrate mindfulness and Jungian symbolic work. Mark’s clinical experience includes working with families, couples and individuals suffering from PTSD, addiction and depression.
Kurt Johnson is an LISW whose clinical practice includes extensive work with clients of all ages suffering from anxiety, depression, domestic violence and addiction. He first became interested in mindfulness practice in the 1960s when his martial arts instructors introduced him to practice. Over the last four years he has worked extensively with clients in an outpatient mental health clinic, instructing them in the use of mindfulness practice.

H. Health, Fitness, and Nutrition In Substance Abuse Treatment:
John Salazar, Nutrishop-Austin

Day Two

Keynote Speakers: Tuesday, May 12, 2015-Plenary Session

Topic: LGBTQ Issues Dealing with Substance Abuse
Presenter: Adrien Lawyer, Transgender Resource Center of New Mexico
Executive Director/Co-founder
Course Content:
1. Major topics to be covered
   a. Transgender terminology
   b. Discrimination against transgender people transition-related treatment
2. Learner Outcomes
   a. Difference between sexual orientation and gender
   b. Pros and cons of transgender classification under mental health
   c. Concrete ways to show respect to trans people

Topic: Traditional Healing in Treating Addictions
Presenter: Dr. Cheo Torres, Tonita Gonzales, and Rita

Presenters Bio:
Eliseo “Cheo” Torres

Since he was a boy growing up on the border of Texas and Mexico, Eliseo Torres, known to everyone as “Cheo,” has been fascinated by the folk traditions and folkways of Mexico and of his Mexican American roots. Both of his parents were versed in aspects of herbal lore and healing, and as he matured he learned from them a love and respect for the history and folk knowledge of the ancient art of curanderismo, or Mexican folk healing.

Now an administrator at the University of New Mexico, where he is Vice President for Student Affairs and a member of the faculty of the College of Education, Cheo regularly lectures and gives presentations on the history and lore of curanderismo to audiences ranging from scholars and students of Latin American culture to people hoping to become knowledgeable about alternative and traditional medicine, including lay people and medical professionals alike. He has published two books on his life in and research on his subject area: Curandero: A Life in Mexican Folk Healing, and Healing with Herbs and Rituals: A Mexican Tradition, both available from the University of New Mexico Press. Cheo can be scheduled for presentations on curanderismo by calling 505-277-0952, or by e-mail
Tonita Gonzales  
**Traditional Healer, Curandera, Sobadora, Yerbera, Temazcalera**  
Tonita received her Bachelors of Science in Mathematics, and Bachelors of Arts in Graphic Design from The American University in Washington DC. She studied of Traditional Medicine at the Universidad Autonoma de, Morelos, at Centro de Desarrollo Humano Hacia La Comunidad. She completed her diplomados (certifications by the department of health) in Acupuncture, Medicinal Plants, Massage (Sobadas), and Temazcal (Mexica sweat lodge). Tonita worked side-by-side with several different Curanderos through-out Mexico. She currently has her own practice Tonantzín Traditional Healing in Albuquerque, is the director of RAICES, a collaborative of community education. She also practices in Mexico City at Temazcal Tonatiuh, and School/Clinic La Cultura Cura, in Mataxhi, Mexico (an indigenous Otomi Community). For over 5 years she has worked with the University of New Mexico to teach classes, and coordinated community health fairs.  
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 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.

Rita Navarrete Perez  
**Curandera (Traditional Healer), Temazcalera (Mexica Sweat lodge Guide), Sobadora (Energetic and Physical hands on healing), Consejera (Counselor), Yerbera( Herbalist), Nutricionista (Nutritionist), Quiropraxia (Traditional Chiropractor) Orador Motivacional (Motivational Speaker)**

Rita has been practicing Traditional Healing for over 28 years. Rita started her practice in Mexico City, and has continued her practice is Cuernavaca, and Jilotepec. Rita is also the director of Kapulli Mexica, La Cultura Cura, a school and clinic of Traditional Medicine in Metaxhi México. The schools goal is to empower survivors of domestic violence, to first heal, then learn to heal others.

Her specialty is working with individuals with chronic illness, and life coaching. She will tell her patients, “Curanderismo is not magic, I can not heal you, but I will teach you to heal yourself.” Rita is internationally know as an educator of Rizaterapia (Laugh Therapy), and Temazcal (Mexica sweatlodge). She is a professor at Centro de Desarrollo Hacia La Comunidad, at the University of México, Morelos. She teaches clases in Temazcal, Massage, and Medicinal Plants. Her motto is that she would like to implant a seed of knowledge in as many people that cross her path. Her belief is teaching others will allow her to help preserve traditional medicine.

Rita Navarrete Perez, travels internationally giving lectures and consultations. Her goal is to educate people on how to bring balance to their lives, spiritually, physically, mentally, and emotionally.

**Topic: The Use of Music in Treating Addiction**
**Best Practice Breakout Sessions Tuesday, May 12, 2015, 1-5pm**

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<tr>
<th>Session</th>
<th>Presenter/Institution</th>
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<tbody>
<tr>
<td>I. Matrix Model for Alcohol and Substance Abuse Treatment-Criminal Justice Focus:</td>
<td>Donna Johnson, JD, CAS, ICADC, ICCJP, ICCDP, LADC: Matrix Institute on Addictions</td>
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<td>This abbreviated training will give the participant an overview of the new The Matrix Model® for Criminal Justice Settings. Discussion will include the different components used to teach skills on how to give offenders with substance use disorders the knowledge, structure, and support to allow them to achieve abstinence from substance use and criminal behavior and initiate a long-term program of recovery and pro-social life.</td>
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<td>J. Hispanic and Latino Cultural Elements: National Hispanic &amp; Latino Addiction &amp; Technology Transfer Center:</td>
<td>Darice Orobitg, Ph. D.</td>
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<td>K. Supporting the Unique Clinical Needs of LGBTQ Clients:</td>
<td>Nathan Fox LISW</td>
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<td>President of Fox Therapy Inc.</td>
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<td>Presenter Bio:</td>
<td>Nathan Fox, LISW graduated of the Bryn Mawr College Graduate School of Social Work and Social Research in Bryn Mawr Pennsylvania. His primary focus of study for his Masters in Social Work was Clinical work with Individuals, Groups and Families. Prior to graduate school he received a Fulbright Scholarship to study Japanese Philosophy in Nagoya, Japan. Nathan received his bachelors’ degree from Hampshire College where he majored in Comparative Eastern and Western Philosophy. Nathan has lived in Albuquerque, NM for fifteen years. He started Fox Therapy Inc. in 2001 and the company has grown to include a variety of therapeutic modalities including psychotherapy and medication management. In addition to his position as Clinical Director, he provides cognitive behavior therapy for children and adolescents with behavioral problems and major metal illnesses. Nathan provides psychotherapy for adolescents and adults, with whom he specializes in family therapy. Also, he is a consultant for the University of New Mexico, Central New Mexico Community College, The Behavioral Health Research Center of the Southwest as an expert on clinical and medical issues relevant to the LGBTQ community.</td>
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<td>L. Psycho-Educational Group Work with LGBTQ Young Adults Wrestling with Drug and Alcohol Issues: Dr. Rockey Robbins, Oklahoma University</td>
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<td>M. Healing Addiction in Our Community-Adolescent Outpatient Approaches and Shadow Mountain Recovery: Jennifer Weiss, Lou Duran and others</td>
<td>Jennifer Weiss, Lou Duran and others</td>
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<td>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.</td>
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<tr>
<td>Presenter: Lou Duran and others</td>
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Addiction amongst the youth in the State of NM can be challenging by itself, even more so with limited resources. We plan to provide the basic knowledge of effective treatment and discuss the positive outcomes of effective treatment.

Course Content:
3. Major topics to be covered
   a. Adolescent addiction.
   b. Current community resources.

2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. Basic knowledge of effective treatment for adolescents with addiction issues.

Presenter Bio:
Lou Duran joined HAC after her son died of an accidental heroin overdose in February 2011. She has spent the last two years speaking at middle schools, high schools, and community events, throughout New Mexico. She believes strongly that the youth of our community need to be educated on drug addiction, be aware of how it destroys the people we love, and how they can make a difference by finding their voice; and most importantly that there is hope. ~His Face, My Voice

Shadow Mountain Recovery: Andrew Sidoli, LCSW, CADAC, LADAC and Felipe Guzman, LPCC, LED
Addiction affects the whole family. Attachment, trauma, brain development, impulse control, self-soothing techniques, and aiding families in loving detachment techniques will be discussed during this course.

Course Content:
4. Major topics to be covered
   a. How insecure or inadequate attachment affects brain development.
   b. Impact on impulse control and ability to self soothe and vulnerability to addiction.

2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. Assist those who are insecure or have inadequate attachments.
   b. Assist clients and provide tools to avoid impulse reactions and learn to self soothe.

N. Evidence Based Practices with American Indian & Alaskan Native Young Adults
Dealing with Substance Abuse Issues: National American Indian & Alaskan Native: Addiction & Technology Transfer Center

O. Understanding the Changes in the DSM-V: Application to Co-Occurring Disorders Abuse: Suzen Stover James, LICSW

P. Introduction to Acudetox, Using Acupuncture to Treat Addictions:
Nityamo Lian, DOM, MPH & Eleni Fredlund, MA
This evidence based model for the treatment of addiction is another tool for providers treating people with substance use problems. Ear acupuncture is used nationwide and internationally to help treat addictions. Dr Nityamo Lian and Eleni Fredlund, MS, EMT-1 from Public Health Acupuncture of NM will describe this modality and how you can become trained and certified and incorporate it to treat substance use issues in your clients. In this workshop we will include a hands-on demonstration of acudetox, demonstrate and teach the use of ear acupressure seeds, and give a description of the evidence for acudetox, as well as provide resources for people wanting to start up
Course Content:
5. Major topics to be covered
   a. Description and demonstration of acudetox (Ear acupuncture for addictions)
   b. Mechanisms of action of acupuncture and evidence for use of acupuncture in addictions
   c. The use of ear acupressure seeds to help with symptoms of withdrawal and addiction

2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. General familiarity with the subject of acudetox
   b. Be able to explain how acudetox works and critically evaluate research studies on acupuncture
   c. Ability to apply ear acupressure seeds for the treatment of addictions.

Presenters Bios:
Nityamo Lian graduated as a Doctor of Oriental Medicine/Acupuncturist in 1999 from the International Institute of Chinese Medicine in Santa Fe, and received her Masters of Public Health from the University of NM in 2007. She helped design and participated in a study of acupuncture and posttraumatic stress disorder at the University of New Mexico's (UNM) Department of Psychiatry from 2002-2004. She participated in a study with UNM's Department of Internal Medicine examining acupuncture effects on anxiety in women with breast cancer. She conducted a pain clinic at the Southeast Heights Family Practice clinic in 2003. She helps set up substance user treatment programs that incorporate acupuncture for addictions into their services and trains staff and acupuncturists in the use of the National Acupuncture Detoxification Associations's protocol. Dr Lian started a community acupuncture clinic and non-profit to promote the accessibility of acupuncture to all New Mexicans in 2009. She has co-authored several peer-reviewed research articles and continues to write and receive grant funding for her organization's work.

Eleni Fredlund is a high school teacher with a Masters in counseling. She teaches health and Emergency Medical Tech classes and runs one of the first Junior Medical Reserve Corps in the country. In addition she volunteers with the La Cueva Fire Department. She has spent many years providing pastoral services in the Los Alamos Detention Center where she also provided acudetox for a year. She has been a NM Certified Acudetox specialists since 2010.

Days Three & Four
Evidence Based Practice Institutes: Wednesday, May 13-Thursday, May 14, 2015

Q: Matrix Intensive Outpatient Alcohol and Drug Treatment Program: Native American Focus
Presenter: Sam Minsky, LMFT Matrix Institute on Addictions

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 EBP model. This session will specifically address utilizing the model with Native Americans. This updated training is based on the second edition “Matrix Model Manual Revised and Expanded.” The two-day workshop includes a didactic overview of the Matrix Model® and experiential exercises. There will be special emphasis on familiarizing the audience with the components of the model and how to start using it whether in implementation or
adaptation. Participants in this training will be able to: describe the various core components that comprise the Matrix Model® and begin implementing them at their organization, educate their clients on the brain and addiction, apply the Matrix format of cognitive behavioral manualized treatment with difficult and complex populations and incorporate elements of the Matrix Model into existing treatment programs.

**Speaker Bio:**
Sam Minsky, MA, LMFT, is a Senior Clinician, Trainer and Supervisor at the Matrix Institute On Addictions. He has served in various clinical and executive capacities such Senior Clinician, Associate Director and Director of the full service outpatient substance abuse clinic at Matrix West Los Angeles. Most recently, he has served as the senior National and International Matrix Model Trainer. Mr. Minsky has worked in the chemical dependency field since 1988. He is a licensed Marriage and Family Therapist in the state of California, USA, and a specialist in treating the chemically dependent and their families. He has also worked for the Brooklyn New York Criminal Court System as an expert witness in chemical dependency and substance abuse.
Mr. Minsky has co-authored a number of articles on research aspects and treatment of the chemically dependent and has been involved in re-writing and updating various revisions and updates of components of the Matrix Manuals. He was the lead author on the American Indian and Alaskan Native, culturally appropriate patient handouts.
The Matrix Model is currently being recommended by the National Institute on Drug Abuse (NIDA), and the Center for Substance Abuse and Treatment (CSAT) as one of a very few useful empirically driven treatment models for substance abusers and the chemically dependent. Mr. Minsky has lectured and given presentations on various aspects of chemical dependency and methods of treatment to numerous universities, hospitals, Mental Health settings, therapy and addiction settings, nationally, and internationally. Sam has trained clinicians in Canada, Thailand, the Netherlands Antilles Island of Curacao, South Africa, Vietnam, the Island of Guam, the United Arab Emirates and numerous Native American Reservations (USA) and First Nation Reserves in Canada. Sam has been featured in a number of videos that deal with issues in chemical dependency and substance abuse, He has been involved in many iterations of the Therapist and Client Manuals over the years and has recently helped edit the most current set of treatment manuals.

**R: Matrix IOP-Key Supervisor Training (Must have completed Matrix IOP basic 2 day training)**
**Presenter: Donna Johnson, JD, CAS, ICADC, ICCJP, ICCDP, LADC, Matrix Institute on Addictions**

All agencies who receive the Matrix Model core training are asked to identify a "Key Supervisor" 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 Model in place, maintaining trained staff and assuring fidelity.

A Key Supervisor leads their organization in implementing the Matrix Model®, and assuring structural and clinical fidelity. The Key Supervisor Training will include a Matrix Key Supervisor Manual, observations of actual group treatment sessions and use of the Fidelity Instruments of the model along with a host of other advanced training and support materials. The Key Supervisors will
be trained to supervise clinicians in the Matrix Model® of treatment, to work with administrators to adapt the Model to their settings, and to administer the fidelity instruments. Becoming a Key Supervisor is the first step to leading your organization toward Certification in the Matrix Model®.

**S: Matrix Intensive Outpatient Alcohol and Drug Treatment Program:**  
Presenter: Herman Delgado, LCSW NMHU-Community Clinical Treatment Program/Matrix Institute on Addictions

This updated training is based on the second edition “Matrix Model Manual Revised and Expanded.” The two-day workshop includes a didactic overview of the Matrix Model® and experiential exercises. There will be special emphasis on familiarizing the audience with the components of the model and how to start using it whether in implementation or adaptation. Participants in this training will be able to: describe the various core components that comprise the Matrix Model® and begin implementing them at their organization, educate their clients on the brain and addiction, apply the Matrix format of cognitive behavioral manualized treatment with difficult and complex populations and incorporate elements of the Matrix Model into existing treatment programs.

**T: Family Adolescent Best Practices for Latinos/Hispanics Dealing with Substance Abuse Issues**  
Presenter: National Hispanic & Latino ATTC, Darice Orobitg, Ph. D., NHL-ATTC & Clara Abalo, LMHC, University of Miami, Youth and Family Development Program

**U: Motivation Interviewing-BASIC**  
Presenter: Brian Serna LPCC, LADAC, Serna Solutions LLC, Counseling & Consulting

This course focuses on Motivational Interviewing (MI) a relatively new approach to helping people find and activate their own resources for change. In this course students will learn about the theoretical basis for MI and touch on the supporting research for the approach. Students will learn how to apply MI techniques and strategies to a variety of issues including addiction, depression and anxiety. MI will also be applied experientially to assist students to make changes in their own lives that will increase their ability to integrate the spirit and skills of the approach. Special attention will be placed on adapting MI for use with diverse populations, especially racial and cultural groups found in the American Southwest.

Course Content:

1. Major topics to be covered  
   a. The theoretical and research basis behind Motivational Interviewing.
   
   b. MI Basic Skills OARS and strategies for handing and responding to resistance (SACRED).
   
   c. An overview of cultural groups in the Southwest and cultural considerations and adaptation to MI while maintaining fidelity to the model.

2. Learner Outcomes (what will the participant learn at the end of the workshop?)  
   a. A practical working knowledge of the processes that underlie how people change behaviors and cognitions.
   
   b. An ability to apply basic and advanced Motivational Interviewing skills such as Open
Ended Questions, Affirmations, Reflections and Summaries (OARS).

c. An ability to role with resistance and avoid common therapeutic roadblocks and traps.

**Presenter Bio:**
Brian Serna, LPCC, LADAC, is an international trainer and consultant in Cultural Issues in Behavioral Health and Evidence Based Practices (EBPs) in treating addictions and mental health issues. He specializes in Motivational Interviewing (Basic, Advanced and Supervisor Training), the Community Reinforcement Approach (CRA) and Community Reinforcement and Family Training (CRAFT). He operates a private practice and consulting firm based out of in Santa Fe, New Mexico in the USA. He is passionate about training providers to offer Culturally Competent services are ways that are informed, respectful and meaningful. Additionally, he is the Health and Human Services Director for the Pueblo of Tesuque a Native American Tribe and teaches at the University of New Mexico and Southwestern College.

**V: Acudetox: The Use of Acupuncture in the Healing of Addictions**

**Presenters: Dr. Nityamo & Eleni Fredlund, MA**

Auricular acupuncture or Acudetox can be used to help manage stress and prevent relapse in substance users. New Mexico certifies Auricular Detoxification Specialists to practice within established substance use treatment or prevention programs and use this low-cost, safe, medication-free, and non-verbal modality. During this training we will teach acudetox theory from the Chinese and western Medical perspectives. Participants will learn how to apply the five needle protocol and acupressure seeds to the ears to help with symptoms of addiction. They will learn the theory of the five elements and get lots of hands-on practice. Participants will come away with the ability to use acupressure seeds to help their clients and with a familiarity of the use of needles.

Hours from this workshop can be credited towards a certificate of completion from the National Acupuncture Detoxification Association or towards NM state certification as an Auricular Detoxification Specialist. If you intend to complete these certifications, please contact Dr Lian directly (PHAofNM@gmail.com).

**Course Content:**

1. Major topics to be covered
   a. Chinese medicine theory of ear acupuncture for addictions
   b. Students will learn point location of the National Acupuncture Detoxification Association (NADA) protocol for treating addiction
   c. Students will learn to apply ear acupressure seeds to the NADA protocol points, and those that wish to pursue a NADA certificate of completion will learn acupuncture needling to the same points.

2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. Understand and be able to explain how ear points work in terms of Chinese medical theory
   b. Be able to locate the 5 acupressure points of the NADA protocol
c. Be able to apply ear acupressure seeds or needles to the 5 NADA protocol points.

**Presenters Bios:**
Nityamo Lian graduated as a Doctor of Oriental Medicine/Acupuncturist in 1999 from the International Institute of Chinese Medicine in Santa Fe, and received her Masters of Public Health from the University of NM in 2007. She helped design and participated in a study of acupuncture and posttraumatic stress disorder at the University of New Mexico's (UNM) Department of Psychiatry from 2002-2004. She participated in a study with UNM's Department of Internal Medicine examining acupuncture effects on anxiety in women with breast cancer. She conducted a pain clinic at the Southeast Heights Family Practice clinic in 2003. She helps set up substance user treatment programs that incorporate acupuncture for addictions into their services and trains staff and acupuncturists in the use of the National Acupuncture Detoxification Associations's protocol. Dr Lian started a community acupuncture clinic and non-profit to promote the accessibility of acupuncture to all New Mexicans in 2009. She has co-authored several peer-reviewed research articles and continues to write and receive grant funding for her organization’s work.

Eleni Fredlund is a high school teacher with a Masters in counseling. She teaches health and Emergency Medical Tech classes and runs one of the first Junior Medical Reserve Corps in the country. In addition she volunteers with the La Cueva Fire Department. She has spent many years providing pastoral services in the Los Alamos Detention Center where she also provided acudetox for a year. She has been a NM Certified Acudetox specialists since 2010.

**W: Clinical Supervision and Introduction to Evidence Based Treatment Planning with Adolescents**
**Presenter: Phil Orrick and James Bradley: South Southwest Addiction & Technology Transfer Center**

Course Content:
1. Major topics to be covered
   a. Principles of Clinical Supervision
   b. Effective Supervision of the Treatment Planning Process
   c. Methods of coaching clinical staff who are implementing Evidence Based Practices and Programs
2. Learner Outcomes (what will the participant learn at the end of the workshop?)
   a. Be able to list the Principles of Effective Clinical Supervision
   b. Provide a demonstration of giving constructive feedback to staff on their treatment planning
   c. Explain guidelines and methods for coaching clinical staff on the use of Evidence Based Practices

**Presenters Bios:**
Jim Bradley has 30 years’ experience in human services of which 24 are in the alcohol and drug field. He has an M.S.W. from the University of Texas/Austin. Jim has 21 years’ experience in program development and consultation in alcohol and drug prevention and treatment, served as the Texas National Prevention Network (NPN) Representative for 5 years, has 10 years of grant management experience, and 9 years training experience in Employee Assistance, Student Assistance Peer Mediation and Treatment Planning.
Phil Orrick has been in the professional fields of Mental Health, Substance Dependence, and Health Promotion for over thirty years. He has been a counselor, educator, and trainer focusing on counselor training, client advocacy, and conference management. He has a B.S. in Social Psychology, and completed his course work for a M.S. in Psychology and Communications from Ohio State. He is currently director and project manager at the University of Texas/Austin for the South Southwest Addiction Technology Transfer Center. In that capacity, he designs, plans, and implements professional development curriculum and programs in five states, Texas, Louisiana, Arkansas, Oklahoma, and New Mexico. The most recent product developed is the Brief Therapies and Brief Interventions Trainer Guide for the TIP 34.