

# Fairfield County Mental Health & Addiction Recovery Conference 2017

September 22 & 23, 2017



**Crossroads Event Center**

**2095 W. Fair Ave, Lancaster, OH 43130**



## Keynote Speakers

### Friday Keynote Speaker:

**Andrea Boxill, MA, LCDCCII, “Multiple Lenses-Evaluating the Opiate Crisis”  
Deputy Director and Governor’s Cabinet Opiate Action Team**

Andrea Boxill is a leader and team builder in behavioral healthcare with a record of achievement in judicial, community mental health and substance abuse programs at state and local levels. Ms. Boxill is a counselor knowledgeable in serving adults, young people, and families in a variety of environments with a focus on chemical dependency and human trafficking. Well versed in program development and implementation, needs assessment and cross-system collaboration, Ms. Boxill has worked in public health for 25 years.

As Deputy Director of the Governor’s Cabinet Opiate Action Team at the Ohio Department of Mental Health and Addiction Services, Ms. Boxill monitors service delivery, assists in writing policy, interprets federal and state laws and regulations to ensure compliance and assist in coalition building to address the opioid epidemic across the state.

The Governor’s Cabinet Opiate Action Team’s (GCOAT) goal is to help reduce and eliminate misuse and abuse of all drugs and to prevent addiction and deaths from opioid drugs in Ohio. Ohio is leading the nation in the number of drug overdosed deaths. GCOAT’s Deputy Director will discuss the multiple lenses in which the team uses to gauge this crisis. This presentation will cover the history of opioids in the US and their impact on the state of Ohio over the last ten years.

Attendees will gain knowledge in substance use disorders, be able to provide the signs and symptoms of opioid addiction, and an opioid overdose, and how to respond as well as identify the types of treatments available.



### Saturday Keynote Speaker:

**Gabe Howard—“This BiPolar Life”**

Gabe Howard is an award-winning writer, mental health activist, and sought-after speaker and educator. In 2003, he was formally diagnosed with bipolar and anxiety disorders after being committed to a psychiatric hospital. Prior to being diagnosed, Gabe suffered the effects of untreated bipolar and anxiety disorders and thought about suicide daily. Because he and his family knew nothing about mental illness, no one interceded to offer him medical care or support. In fact, his family believed his behavior to be “acting out,” and tried to punish the behavior out of him. This led to him not only getting sicker, but feeling misunderstood, unlovable, and insignificant. Like his family and society, Gabe also felt what he was going through was a personality flaw and a moral failing. These unchecked and untreated mental disorders, along with everyone’s lack of understanding, further isolated him and greatly affected his chances of living a stable, healthy, and productive life.

Gabe’s chances for wellness improved greatly when he met a woman who understood mental illness. Luckily, she took the time to intercede and save Gabe’s life by taking him to an emergency room. He has no doubt that, without her, he would have died by suicide.



## Welcome to the Second Annual Fairfield County Mental Health and Recovery Conference!

We are glad that you are here with us to celebrate recovery! Celebrating recovery involves changing how we think and talk about mental illness and addiction. It includes recognizing that: 1) mental illness and addiction are chronic diseases, 2) that treatment works and people can and do recover, and 3) persons in recovery become active and contributing members of their communities.

This year you will find two full days of education, information, and activities designed to encourage and empower you. Please know you are in the company of persons who believe in the hope and reality of recovery. Regardless of whether you are a person on your own recovery journey, traveling along with a friend or loved on his or her recovery trek, a recovery advocate, a professional, or a lay person, we hope you find this time helpful and inspiring.

A BIG THANK YOU to all the amazing folks who made this event possible, including but not limited to: event planners, conference presenters, funding sponsors, volunteers, and enthusiastic attendees!

With much gratitude,  
Rhonda A. Myers, MA, MSW, LISW-S  
Executive Director

**Prevention Works - Treatment is Effective - People Recover**  
From <http://www.recoveryisbeautiful.org/>

### Purpose and Goals of Conference

**To celebrate:** The accomplishments of individuals in recovery from mental health and/or addiction—no matter how far they have come on their journey.

**To educate:** About recovery tools and resources, for those in recovery as well as family, friends, advocates and professionals.

**To connect:** Isolation is a major risk factor in both mental health and addiction relapse, as well as a concern for family and friends. Whether it is a person in recovery or a loved one, we often think no one understands—"I have to do this alone". Through this conference we hope individuals will be able to connect with not only individuals in similar situations, but the community as a whole.

## Friday Conference Schedule

- 8:00 am **Registration**
- 8:30 am **Welcome & Opening Remarks**
- 9:00 am **Session 1 (1.5 CEUs)**  
**Workshop A—“Neurobiology of Drug Action and Addiction”**  
**Workshop B—“Poverty as a Barrier to Recovery Part One”**  
**Workshop C—“Peer Support-Workers for Many Environments: A Panel Discussion”**
- 10:30 am **Break**
- 10:45 am **Session 2 (1.5 CEUs)**  
**Workshop D “Project Fort-An Overdose Response Team”**  
**Workshop E - “Poverty as a Barrier to Recovery Part Two”**  
**Workshop F - “Mindfulness-For Self Care”**
- 12:30 pm **Lunch and Keynote (1 CEU) - Andrea Boxill, “Multiple Lenses-Evaluating the Opiate Crisis”**
- 2:15 pm **Session 3 (1.5 CEUs)**  
**Workshop G “PTSD & the Female Patient: It’s More Common and Looks Different Than You Think.”**  
**Workshop H “Trauma Informed Interventions with Children and Adolescents”**  
**Workshop I “ASAM Levels of Care– Or Why Your Family Member with Addiction may or may not need Inpatient Detox”**
- 4:00 pm **Workshop J — Techniques for Self-Care (1 CEU)**

## Saturday Conference Schedule

- 9:00 am **Registration**
- 9:30 am **Welcome & Opening Remarks**
- 10:00 am **Session 1**  
**Workshop K “Mindfulness– A Practice for Recovery”**  
**Workshop L “Gentle Yoga– Mindful Meditation for PTSD and Trauma”**  
**Workshop M “Peer Support-Workers for Many Environments: A Panel Discussion”**
- 11:00 am **Break**
- 11:15 am **Session 2**  
**Workshop N “12 Steps and Other Support Group Models for Recovery”**  
**Workshop O “Art-A Tool for Self-Discovery”**  
**Workshop P “Gentle Yoga– Mindful Meditation for PTSD and Trauma”**
- 12:30 pm **Lunch and Keynote Gabe Howard—“This BiPolar Life”**
- 2:15 pm **Session 3**  
**Workshop Q “Art-a Tool for Self-Discovery”**  
**Workshop R “Spirituality and Recovery”**  
**Workshop S “Dancing Mindfulness” Keith Tremblay, LPCC ( and friends)**
- 3:30 pm **Workshop T “Consumer and Family Focus Group”**

# Friday Conference Schedule

8:00 am Registration

8:30 am Welcome & Opening Remarks

9:00 am **Session 1 (1.5 CEUs)**

## **Workshop A—"Neurobiology of Drug Action and Addiction"**

Scott L. Hooper, Ph.D.

This session will review the brain mechanisms that underlie reward and behavioral choice and how several drugs, including alcohol, cocaine and the amphetamines, and opiates alter brain reward pathways and hence induce maladaptive behavior, including addiction.

## **Workshop B—"Poverty as a Barrier to Recovery Part One"**

Kristin Ankrom, LSW;

Deb Smith, Assistant Professor of Health Technology, OU Lancaster;

Patti Waits, LPC, LICDC, Certified Bridges Out of Poverty Instructor

There is a correlation between mental illness, addiction, and poverty. It is not always clear what comes first, but we do know that struggling with poverty can be in and of itself a barrier to wellness. This workshop is in two parts, Part 1 introduces the participants to the mindsets of economic classes and overcoming hurdles of poverty.

## **Workshop C—"Peer Support-Workers for Many Environments: A Panel Discussion"**

Kourtney Hewitt, Certified Peer Worker-FMHCG, Lancaster

Anthony Hedges, Peer Support Specialist, Chillicothe Veterans Association

Sean Grossarth, Peer Support Specialist, The Recovery Center, Lancaster

10:30 am **Break**

10:45 am **Session 2 (1.5 CEUs)**

## **Workshop D "Project Fort-An Overdose Response Team"**

**J.D. Postage-EMT-P, EMSI, CHWC**, Firefighter and Paramedic for Violet Township

**Commander Dennis Lowe**, Head of Major Crimes Unit

This workshop will introduce participants to the Overdose Response Team approach and how it works. Project Fort is the efforts of many partners, including but not limited to the medical, law enforcement, social service communities.

## **Workshop E - "Poverty as a Barrier to Recovery Part Two"**

Kristin Ankrom, LSW;

Deb Smith, Assistant Professor of Health Technology, OU Lancaster;

Patti Waits, LPC, LICDC, Certified Bridges Out of Poverty Instructor

## **Workshop F - “Mindfulness-For Self Care”**

**Shannon Carter**, Family & Consumer Sciences Educator, OSU Extension

For many people, stress is so commonplace that it has become a way of life. When you’re constantly running in emergency mode your mind and body pay the price. Come learn and practice some strategies to reduce stress based on mindfulness techniques.

12:30 pm **Lunch and Keynote (1 CEU) - Andrea Boxill, “Multiple Lenses-Evaluating the Opiate Crisis”  
Deputy Director and Governor’s Cabinet Opiate Action Team**

2:15 pm **Session 3 (1.5 CEUs)**

## **Workshop G “PTSD and the Female Patient: It’s More Common and Looks Different Than You Think.” Elizabeth A. Yoder, D.O., Psychiatrist at Licking Memorial Hospital Systems, Newark, Ohio**

Five out of ten women will experience a traumatic event in their lifetime that has the potential to impact their emotional well being. Women tend to experience different traumas than men and may not recognize that trauma has the potential to impact as it does. This session focuses on the signs and symptoms of PTSD in women, along with a discussion of treatment options available for clinicians and patients.

## **Workshop H “Trauma Informed Interventions with Children and Adolescents”**

**Keith Tremblay, LPCC**, Children & Adolescent Counselor,  
The Lighthouse Shelter for Domestic Violence

We have come to accept that trauma, abuse, violence and other adverse experiences have significant effects on people of all ages. We understand that the impact changes the brain and body as well as thoughts and beliefs. In this workshop, Keith will focus on doing activities that help with grounding, regulation, and embodiment. He asks that you be ready to put away your phones and participate in activities.

## **Workshop I “ASAM Levels of Care– Or Why Your Family Member with Addiction may or may not need Inpatient Detox”**

**Michelle Duncan, LICDC, LSW**, FMC Medical Stabilization Unit Coordinator and Project DAWN  
Coordinator for Fairfield Medical Center

This session will allow participants to understand the various levels of care available to individuals with substance abuse issues. Despite what many people believe, not every person with an addiction needs to be in a hospital setting in order to be assisted with withdrawal symptoms. Not every alcoholic or addict will necessarily benefit from a 30 day stay in a Residential Treatment facility. This workshop is a review on quality medical care as defined by the American Society of Addiction Medicine (ASAM) based on input from ASAM leaders and consultation with other organizations that have reviewed and chosen to endorse these Standards.

4:00 pm **Workshop J — Techniques for Self-Care (1 CEU)**

**Patti Waits, LICDC, LPC**, Program Coordinator, Fairfield County ADAMH Board

This session will allow participants the opportunity to identify their current stressors. It will offer them an opportunity to learn about various skills in “caring for the caregivers”, i.e. ourselves within the framework of the jobs that we do. This will be a participatory workshop so come prepared to self-evaluate, practice some new skills, and share ones that have worked well for you.

Total of 6.5 CEUs available for Counselor, Social Worker, Marriage & Family Therapist

# Saturday Conference Schedule

9:00 am Registration

9:30 am Welcome & Opening Remarks

10:00 am **Session 1**

## **Workshop K “Mindfulness– A Practice for Recovery”**

Shannon Carter, OSU Extension

For many people, stress is so commonplace that it has become a way of life. When you’re constantly running in emergency mode your mind and body pay the price. Come learn and practice some strategies to reduce stress based on mindfulness techniques.

## **Workshop L “Gentle Yoga– Mindful Meditation for PTSD and Trauma”**

Stephanie Downard Navarro, Personal Trainer and Certified Yoga Instructor

Through her own self-discovery with Yoga it became a true passion to help other Veterans find balance through yoga. Her certifications are RYT-200 certified yoga instructor, NPTI- CPT, NASM-CPT, and certified in mindful yoga for PTSD and Trauma. This workshop will introduce participants to some basics of Yoga and Mindfulness and how this can aid in the recovery process.

## **Workshop M “Peer Support-Workers for Many Environments: A Panel Discussion”**

Kourtney Hewitt, Certified Peer Worker-FMHCG, Lancaster

Anthony Hedges, Peer Support Specialist, Chillicothe Veterans Association

Sean Grossarth, Peer Support Specialist, The Recovery Center, Lancaster

This session will allow each Peer Support Worker on the panel the opportunity to share his or her experience working at their current locations. They will discuss how they became Peer Support workers and the training received. They will discuss how peer support can be an addition to any treatment team.

11:00 am Break

11:15 am **Session 2**

## **Workshop N “12 Steps and Other Support Group Models for Recovery”**

Alcoholics Anonymous rep

Al-Anon Rep

Narcotics Anonymous Rep

Tyler’s Light Support Group Rep

This workshop is a panel discussion among individuals representing 12 step and other support groups. We know that support groups are an essential part of the recovery process and this session will introduce the basic principles by which each group functions and supports members.

### **Workshop O “Art-a Tool for Self-Discovery”**

Trisha Clifford-Sprouse, MA, Co-Director, Decorative Arts Center of Ohio

This instructor will work with participants to produce a hands on art experience. Whether you view yourself as creative and artistic or not, this workshop will allow participants an opportunity to express themselves and to enjoy the gift that creativity can bring to recovery. The workshop has limited space so requires early registration to attend. Once the quota has been filled, we will not be able to admit anyone else. If you attended the morning session, please allow others to attend the afternoon session.

### **Workshop P “Gentle Yoga– Mindful Meditation for PTSD and Trauma”**

Stephanie Downard Navarro, Personal Trainer and Certified Yoga Instructor

12:30 pm **Lunch and Keynote Gabe Howard—“This BiPolar Life”**

2:15 pm **Session 3**

### **Workshop Q “Art-A Tool for Self-Discovery”**

Trisha Clifford-Sprouse, Co-Director, Decorative Arts Center of Ohio

This instructor will work with participants to produce a hands on art experience. Whether you view yourself as creative and artistic or not, this workshop will allow participants an opportunity to express themselves and to enjoy the gift that creativity can bring to recovery. The workshop has limited space so requires early registration to attend. Once the quota has been filled, we will not be able to admit anyone else. If you attended the morning session, please allow others to attend this one.

### **Workshop R “Spirituality and Recovery” Ruth Tartar, Clinical Coordinator RWRP,**

Adjunct Professor Ohio University-Lancaster, Crisis Intervention Specialist

This session is designed to help participants explore the impact of Spirituality in recovery. You will understand the difference between religion and spirituality. You will be able to identify for yourself what core beliefs can aid you in your recovery process, and perhaps even identify those that create a barrier.

### **Workshop S “Dancing Mindfulness” Keith Tremblay, LPCC ( and friends)**

Dancing Mindfulness uses the art form of dance as the primary medium of discovering mindful awareness. Dancing through seven primary areas of mindfulness in motion: breath, sound, body, story, mind, spirit, and fusion (of all elements), with a respect to the attitudes of mindfulness, participants tap into their body’s own healing resources and realize that we all have a unique creativity just waiting to be.

3:30 pm **Workshop T “Consumer and Family Focus Group”**

**Rhonda, Myers, Executive Director, Toni Ashton, Prevention Coordinator, Patti Waits, Program Coordinator, Fairfield County ADAMH Board.**

This session is an opportunity for consumers and family members to share with ADAMH staff any Ideas, concerns, or gaps in the system that need to be addressed. We are asking your participation In order to help us with planning. Let your voice be heard! Come and spend a little time with us as we explore the needs and issues for individuals experiencing mental illness and addiction in our county.



**Many thanks to our Vendors and please visit them  
between workshops! \***

Gabe Howard  
Fairfield County 211  
Fairfield County ADAMH Board  
Integrated Services  
Lutheran Social Services  
Mental Health America of Franklin County  
Mid-Ohio Psychological Services  
Ohio University Lancaster- Social Work & Human Service Tech programs  
Tyler's Light

\*Vendors and Sponsors/Donors have until 8/31/17 to sign up

**Many thanks to the Recovery Conference Committee Members!**

Jodi Andes, ADAMH Bd Member  
Meghan Arnold, FMHCG  
Toni Ashton, ADAMH Bd Staff  
Todd Aubrey, Social Work Intern  
Nadine Carroll, ADAMH Bd Staff  
Jacqueline Elk, Social Work Intern  
Karen Elson, Tyler's Light  
Melissa Erwin, FMHCG  
Anthony Hedges, Veterans Administration  
Kortney Hewitt, FMHCG  
Pam Kaylor, Ph.D., OU Lancaster  
Maureen Keller, ADAMH Bd Staff  
Rhonda Myers, ADAMH Bd Ex. Dir.  
Joe Palmer, ADAMH Bd Member  
Sheronda Palmore, Mental Health America  
Amy Parker, Harcum House  
Sheri Perry, ADAMH Bd Member  
Martha Pool, ADAMH Bd Staff  
Patricia Waits, ADAMH Bd Staff