



## **VitAL Alabama Annual Conference 2023** **Session Descriptions**

### **Thursday, August 24**

#### **Keynote Session – Addiction is Not a Moral Failure\***

*Stephen Loyd, MD*

Addiction is built on three factors: genetics, trauma, and opportunity. A patient with physical or emotional abuse in their background and any family history of addiction should be cautioned by the health care provider about their increased risk of developing substance use disorder. Dr. Loyd will also give examples of how healthcare professionals can have an effective screening conversation with patients to determine if they have these risk factors. Dr. Loyd will recount his own recovery from substance use disorder, which started during the high-stress days of his chief residency when he was working 100 hours per week. The neurobiology of addiction and the available treatment options will also be discussed.

After attending this course, participants will be able to:

- Explain the neurobiology of addiction.
- Discuss the role of trauma in the development of addiction.
- Identify the approach to “breaking the ice” in addressing childhood trauma.
- Examine the available treatment options and effectiveness.

#### **Keynote Session – Get Your Finger on the Pulse: Behavioral Health in Alabama\***

*Mark Woods, MD*

The Division of Mental Health and Substance Use Services promotes the development of a comprehensive, coordinated system of community-based services for consumers diagnosed with serious mental illness and/or substance use disorders. In this presentation, Dr. Wood will provide a rare insight into the current state of mental health in Alabama and the biggest behavioral health challenges Alabamians face today. Supportive behavioral health strategies and how we can make a difference will also be discussed.

After attending this course, participants will be able to:

- Discuss the current state of behavioral health in Alabama.
- Examine the behavioral health challenges Alabamians encounter.
- Identify supportive behavioral health strategies available in Alabama.

#### **SUD Stigma simulation- Creating Positive Empathy & Ethical Considerations to Reduce Stigma on Substance Use Disorders- NO VIRTUAL\* +**

*Whitney Johnson, MS & Sam Barfield, PharmD, AADC*

The first part of the presentation will include an Opioid Simulation which is a tabletop simulation intended to provide health profession students and practicing healthcare professionals the opportunity to understand opioid use disorder as a chronic, relapsing disease for which there is treatment and recovery. The objective of this experiential learning tool is to give current and future healthcare professionals an opportunity to experience opioid use

\*Approved for MATE Act requirement

+ Approved for ethics requirement for social workers

disorder and to increase empathy and decrease stigma associated with opioid use disorder. The second part of the presentation will define stigma and further explore how stigma affects people with a substance use disorder.

After attending this course, participants will be able to:

- Compare the impact of resilience on opioid use.
- Identify and evaluate the role of stigma in the opioid epidemic and the ethical implications.
- Experience opioid use disorder as a chronic, relapsing disease for which there is treatment and recovery through simulation.
- Assess various types of stigma affecting people who use drugs and people in substance use treatment.

### **Hidden in Plain Sight: Current Drug Trends for Adolescents and Ways, They Hide It\***

*Nicole Hall*

This course will discuss the current trends of adolescent drug use, hidden devices, drug paraphernalia, and media affecting today's youth. Participants will have the opportunity to take a deep dive into the drug industries marketing strategies and understand previous historical markers that lead us to the current state. Physical items will be on display for participants to see and identify products that adolescents might use to hide illegal products. An analysis of identifying factors of adolescent substance use disorder including, screening tools and referral methods will provide participants with a greater understanding of usage. Lastly, participants will be provided with strategies to keep clients and their families informed on safety and overdose preventative methods.

After attending this course, participants will be able to:

- Interpret marketing strategies of devices, social media, and drug paraphernalia that lead to a continuation of drug use for adolescents and young adults.
- Distinguish the historical conflicts that have escalated the current drug trends and their impact on today's youth. Interpret markers in youth that could indicate a substance use disorder and provide appropriate referral care if necessary.
- Assess how current trends impact the stigma, trauma, and the social determinants of health on substance use and recovery amongst adolescents.
- Apply education on overdose prevention techniques.

### **A New Generation of School Health Counseling**

*Nisha Warbington, PhD, LPC-S, NCC*

Fortunately, school-based practitioners have the time and relationships with students to notice social, emotional, and behavioral needs. Unfortunately, educators lack the time and resources to address these needs alone. Often educators and their mental health peers also frequently operate in silos, decreasing the efficiency and effectiveness of their supports. This presentation will highlight strategies to integrate these supports and services to improve outcomes for students.

After attending this course, participants will be able to:

- Assess the impact of providing services in silos.
- Measure the importance of integrating school-based and community-based supports for social, emotional, behavioral needs.
- Apply the three primary strategies to promote integration.

## **Medication for Addiction Treatment - What You Need to Know\***

*Stephen Lloyd, MD*

Medication for Addiction Treatment (MAT) has been proven to successfully treat opioid use disorder and can be offered in outpatient settings alongside treatment for other chronic medical and behavioral health conditions. In this presentation, you will learn how medications can be used to treat substance use disorders, sustain recovery, and prevent overdose. The medications for opioid use disorder will be discussed and the roles for each highlighted.

After attending this course, participants will be able to:

- Discuss the neurobiology of addiction.
- Explain the role of trauma in the development of addiction.
- Discuss the importance of screening patients for potential misuse of prescribed controlled substances.
- Examine the potential roles for all medications for Opioid Use Disorder.

## **Beyond Barriers: Moving Past Stigma and Towards Client Success\* +**

*Amie Martin, LMSW*

This course is focused on addressing personal bias and stigma to improve assessment, case management, and collaboration to better serve patients with SUD. Topics include special considerations for child welfare, pregnancy, and trauma. After attending this session, you will acquire an in-depth understanding of factors influencing SUD referral and treatment such as access to medications and other treatment options. Patients/clients self-determination and self-direction are vital to lasting recovery; therefore, practical steps to best support a person with a SUD will also be presented.

After attending this course, participants will be able to:

- Debate personal thoughts and feelings related to explicit/implicit bias and the ethical implications.
- Evaluate the ethical considerations and how trauma impacts substance use and recovery.
- Compare considerations for special populations such as pregnancy and child welfare.
- Collaborate with other disciplines for client success.

## **Introduction to Trauma-Informed Mindset\***

*Eric Goodcase, PhD, LMFT*

Understanding trauma and its effect on a person is an important concept to mental health awareness. This presentation will provide a basic understanding of what adverse childhood experiences (ACEs) and other traumatic events are and how these events influence brain development, mental health, and physical health. The presentation will also discuss risk and resiliency factors for individuals who have experienced trauma developing long term mental and physical health issues. Attendees will learn how to create a trauma informed environment in their schools, workplaces, and other spaces that best promote the mental health of all.

After attending this course, participants will be able to:

- Examine the impact trauma has on the brain and one's physical and mental health.
- Prepare how to respond to and interact with individuals who may have experienced trauma.

- Identify resources that they can refer individuals who may have experienced trauma to.

### **Workplace Mental Health – Best Practices**

*Valerie Trull*

Discussion of the current best practices for addressing mental health in the workplace. What we currently know works, ideas that are outdated, and how workplace mental health can be addressed for individuals, departments, and full organizations. Discussion highly encouraged.

After attending this course, participants will be able to:

- Discuss the importance of why mental health in the workplace matters.
- Measure current best practices in workplace mental health.
- Evaluate why some old ideas about mental health may no longer be considered useful.

### **Know the Facts Regarding Opioids & The Lethality of Illegally Produced Opioids: “It only Takes a Little to Lose a lot.” \***

*Kimbley Terrell*

Opioid use disorder, (OUD) is a chronic disease that affects millions of Americans. While heroin use has affected many Americans for decades, there has been more attention on the opioid epidemic in recent years due to the rise in opioid overdose deaths. The first phase of the opioid epidemic started in the 1990s and was due to prescription opioids (like oxycodone); the second phase was due largely to heroin; and the current phase is due to illegal fentanyl. For the 12-month period ending in January 2022, the United States reported 107,300 provisional drug overdose deaths (294 deaths per day). That said, this course will provide statistical data regarding the opioid epidemic; contextual information on opioids, opioid use disorder and how language can destigmatize the disease of opioid use disorder; treatment options for clients diagnosed with opioid use disorder; and signs and symptoms of withdrawal strategies to prevent opioid overdoses including the use of Naloxone (Narcan), a vital tool for overdose prevention.

After attending this course, participants will be able to:

- Examine the increasing prevalence of opioid use/misuse and overdose deaths in the U.S. and Alabama.
- Compare the legal and illegal forms of opioids.
- Categorize the risks and symptoms of Fentanyl and illicit drug exposure.
- Demonstrate the proper administration of Narcan when an opioid overdose is suspected.
- Interpret the impacts of stigma in Opioid Use Disorder (OUD) and how language choice can reduce stigma.
- Argue the key role of Medications for Opioid Use Disorder (MOUD) in enhancing treatment outcomes.

**Friday, August 25**

**Keynote Session – Rise to Your Best Self - Lead, Take Control, And Win\***

*Charles Clark*

Everyone will experience mental health challenges and it's not because we are weak or less human. But sometimes, life hits us when we least expect it. Charles knows a thing or two about facing adversity. At a young age, he was recognized as one of the fastest men in the world. He won national and world competitions and was on the verge of signing a shoe deal. That was until he faced a career-ending injury that left him broken and feeling like he lost his life purpose. Charles later realized the adversity he was facing would be the very thing to propel him into his greatest purpose yet: to use his story to impact and encourage people all over the world who felt like he did. Learn what helped Charles get back into the driver's seat of his life and get mentally well using self-therapy techniques.

After attending this course, participants will be able to:

- Illustrate the need for empowerment in becoming your best self.
- Differentiate and break down important habits that amplify your confidence, happiness, and peak performance.
- Discuss the importance of relearning the meaning of success to avoid burnout.
- Evaluate the one skill needed to become less impacted by setbacks.
- Assess the steps to achieve more happiness and success.
- Distinguish how to be committed to an outcome, even in the most undesirable situations.
- Compare the science behind your behaviors and how to reprogram your mindset.

**Keynote Session – ACEs - The Impact of Trauma\* +**

*Joy Winchester*

Looking at Adverse Childhood Experiences (ACEs) through a neuroscience lens and how these events impact brain development and long-term social and health outcomes.

After attending this course, participants will be able to:

- Evaluate ACEs and the long-term impacts.
- Debate basic elements of brain development and how ACEs impacts that development.
- Formulate and evaluate ways to counter ACEs with PCEs and how neuroplasticity changes the brain for the better.
- Discuss ethical considerations for those impacted by ACEs.

**Keynote Session – Truth about Fentanyl\***

*Wendi Hogue, LPC*

This discussion will focus on defining what is Fentanyl: illicit and pharmaceutical, current trends and how to be safe, including how to respond to an opioid overdose.

After attending this course, participants will be able to:

- Measure and understanding of “What exactly is Fentanyl?”
- Illustrate why it is important to educate oneself regarding the current fentanyl crisis.
- Discuss how to avoid fentanyl exposure, recognizing the signs of and opioid overdose and how to react if this situation occurs.

## **The Spirit & Style of Motivational Interviewing\***

*Matt McKenzie*

Motivational Interviewing (MI) continues to emerge as a reliable and trustworthy approach for counselors to support clients in a wide range of changes that favor healthy outcomes. This presentation will explore the way in which the helper interacts with the person seeking support (Spirit) to increase client engagement and offer guidance on the skills (Style) the helper uses to attend to the client's ambivalence regarding change. This presentation is interactional in nature, as the intention is to afford attendees that opportunity to experience the essence of MI.

After attending this course, participants will be able to:

- Discuss the conditions of the MI Spirit that promotes client engagement.
- Explain the foundational framework for identifying, cultivating, and strengthening change talk.
- Implement experiential learning opportunities and coaching assistance to enhance confidence in integrating MI-consistent skills.

## **Like, Share, & Follow: Social Media's Influence on Adolescent Mental Health and Substance Use**

*Nicole Hall & Whitney Johnson, MS*

This presentation will examine the impact of social media on adolescent mental health and substance use. Participants will gain a basic understanding of how social media's use of algorithms affects the brain. Additionally, the course will help professionals identify the signs and symptoms of a mental health or substance use emergency and learn techniques and skills to help manage a mental health crisis. The presentation will also discuss the role of stigma, how social media contributes to stigma, and communication strategies to reduce mental health and substance use stigma.

After attending this course, participants will be able to:

- Assess the effects of social media on the adolescent brain. Contrast current data and trends related to social media use and mental health.
- Evaluate the signs and symptoms of a mental health or substance use emergency.
- Apply with evidence-based communication strategies to reduce mental health and substance use stigma.

## **Crisis Treatment Planning: Planning to Reduce Future Crisis Occurrences**

*Paige Parish, LICSW, PIP & Josh Law, MPA*

As members of the VitAL Mobile Crisis Redesign in the state of Alabama, Paige and Josh believe in providing clinicians and administrators with usable tools to increase patient outcomes. In this session, they will lead the participants through the elements involved in crisis planning, how to gather information for the plan from an individual in crisis, and the goal of creating crisis plans—to decrease the frequency of future individual mental health crises.

After attending this course, participants will be able to:

- Identify the different elements of a crisis plan.
- Discuss how the elements of a crisis plan may assist in reducing the frequency of future individual crises. Identify areas that crisis plans may be used in daily practice.

- Identify and discuss methods of gathering information for crisis plans.

### **Identify Risk Factors and Screen Using SBIRT Model\***

*Audra Toney, MSW*

This session will identify the risk factors associated with SUD and discuss the importance of early detection. The SBIRT Model and the use of validated screening tools in evidence-based practice is examined. Participants will gain the information, tools, skills, and resources to screen and identify who are at risk for mild, moderate, or potentially excessive use of alcohol or other drugs. Participants will learn best practices for service delivery and workflow for integrated healthcare implementation.

After attending this course, participants will be able to:

- Compare risk factors associated with substance use disorder.
- Evaluate the validated screening tools used in the SBIRT Model.
- Assess next steps and referral options when a patient/client screens positive for a SUD.
- Interpret the dynamics of SBIRT and the needs of the health care team for implementation.