

**This conference schedule is accurate as of February 28<sup>th</sup> 2017, but may differ from the final version due to room changes.**

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**Pre-conference workshop April 18<sup>th</sup> 2017**

**Check in starts 11:30am**

**Session starts at 12:30pm**

**Boxed lunches will be provided**

**Session Location: Empire Room**

**Presented by James O. Prochaska, Ph.D. & Janice M. Prochaska, Ph.D.**

***Putting the Transtheoretical Model into Practice for Whole Health***

Health care reform is moving toward integration, especially for high-need and high-cost populations like those with addiction and behavioral health problems. Integration requires common models, measures, and methods for changing a small number of behaviors that account for a big percentage of chronic diseases, disabilities, and premature death.

Focus will be on the knowledge and tools that addiction and behavioral health specialists need to be integrated into health care systems. This workshop will demonstrate how to apply the principles and processes of change to each stage of change -- Precontemplation (not ready), Contemplation (getting ready), Preparation (ready), Action, and Maintenance.

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# Northeast Behavioral Healthcare Conference April 19<sup>th</sup> 2017

## Session Overview

Time	Session (Room)				
7:00-7:50am	Registration				
7:50-8:00am	Welcome and opening remarks				
8:00-9:00am	Key note (Session 1) <b>Dr. James Prochaska</b> <b>CASAC/SW/NYCB</b> Finger Lakes Ballroom A & B				
9:00 - 9:30am	Break/vendor visit Lobby				
9:30 – 10:30am	(Session 2) <b>Julia Fesko</b> C, E, <b>CASAC</b> (Cayuga)	(Session 3) <b>Mat Roosa</b> C, E, <b>CASAC/SW</b> (Canandaigua)	(Session 4) <b>Azahah Abu Hassan Shaari</b> P, R, <b>CASAC/NYCB</b> (Hemlock)	(Session 5) <b>Dr. Sullivan</b> C, P, <b>CASAC/SW/NYCB</b> (Conesus)	(Session 6) <b>Catherine Thompson &amp; Bronwyn Dronsfield</b> C, P, <b>CASAC/NYCB</b> (Keuka)
10:40 – 11:40am	(Session 7) <b>Patricia Lincourt</b> C, P, <b>CASAC/SW/NYCB</b> (Cayuga)	(Session 8) <b>Jason Raines</b> E, R, <b>CASAC</b> (Canandaigua)	(Session 9) <b>Tracy Torelli</b> C, P <b>CASAC/SW/NYCB</b> (Hemlock)	(Session 10) <b>Ruth Riddick</b> P <b>NYCB</b> (Conesus)	(Session 11) <b>Steven Schaap</b> C, P, <b>CASAC/NYCB</b> (Keuka)
11:40 – 1:00pm	Lunch & Learn (Session 12) <b>Dr. Charles Morgan &amp; Jeremy Klemanski</b> <b>CASAC/SW/NYCB</b> (Finger Lakes Ballroom)				
1:00 – 2:00pm <b>Barry Weiss</b> <b>CASAC/SW/NYCB</b>	(Session 13) <b>Robert Kent</b> E <b>CASAC</b> (Cayuga)	(Session 14) <b>Cheryl Martin</b> C, P, <b>CASAC/SW/NYCB</b> (Canandaigua)	(Session 15) <b>Joanna Contreras-Schwartz</b> C, R, <b>CASAC/SW/NYCB</b> (Hemlock)	(Session 16) <b>Theresa Knorr &amp; Stephanie Campbell</b> C, P, <b>CASAC/NYCB</b> (Conesus)	(Session 17) <b>Audrey Tyszka</b> C, P <b>CASAC/SW/NYCB</b> (Keuka)
2:10 – 3:10pm	(Session 18) <b>Susan Scholl &amp; Dessa Bergen-Cico</b> E,C,P,R, <b>CASAC/SW/NYCB</b> (Cayuga)	(Session 19) <b>Barry Weiss</b> C, E, P <b>CASAC/ NYCB</b> (Canandaigua)	(Session 20) <b>Jesse Palermo</b> C <b>CASAC/ SW</b> (Hemlock)	(Session 21) <b>Jason Page</b> C, P, R, <b>CASAC/NYCB</b> (Conesus)	(Session 22) <b>Jacqueline Dyke</b> C, P, <b>CASAC/NYCB</b> (Keuka)
3:10 – 3:30pm	Break/Exhibitor visit Lobby				
3:30 – 4:30pm	End Note: (Session 23) <b>Stephanie Campbell</b> <b>CASAC/SW/NYCB</b> Finger Lakes Ballroom				

Key

C= Clinical Track, E= Executive Track, P=Peer/Recovery Track, R= Research Track

# Northeast Behavioral Healthcare Conference April 19<sup>th</sup> 2017

## Session Detail

### **Session 1: 8:00am – 9:00am**

**Keynote Address Given by: Dr. James O. Prochaska, Ph.D.**

#### ***Whole Health for Addictions***

Dr. Prochaska's presentation will review how addressing the five biggest health concerns, produces unprecedented impacts on the enhancement of health and well-being.

Common principles of change exist for behaviors including smoking, unhealthy diet, sedentary behavior, stress, and alcohol misuse. These principles organized around the stages of change can help individuals simultaneously change multiple risk behaviors while enhancing multiple domains of well-being.

Following the keynote, this fully catered event will breakout into tracks covering substance use disorder treatment, mental health treatment, administration, recreation therapy, and recovery services.

Continuing education credits will be available for Social workers, Addictions Counselors, Mental Health Counselors, and Recreation Therapists.

### **Breakout Sessions Round 1: 9:30am – 10:30am**

#### ***Session 2***

**Julia Fesko** – Director NYS OASAS, Bureau of Talent Management, Albany, NY

#### ***Substance Use Disorder Counselor Scope of Practice***

This information session will review recent changes to the scope of practice for New York State CASACs. It will review the rationale underlying the change, review the six new categories for practicing CASACs, and review the implementation timeline and grandfathering. The session will allow CASACs to gain more information on these changes and to ask specific questions pertaining to their own practice.

#### ***Session 3***

**Matthew Roosa ACSW, LCSW-R** – Director of Planning and Quality improvement Department of Adult and Long Term Care for Onondaga County, Syracuse, NY

#### ***Change Management: Tools for Vision***

Driving down the winding road of today's behavioral healthcare system requires acute and focused vision.

- How can you develop the needed vision among your staff to manage the rapid changes that your team is experiencing?
- Are there concrete tools that can help you to keep your eyes on the road?

This session will provide a systemic context regarding the importance of developing change management skills in the current environment, and will introduce organizations to a model for cultivating internal change leaders. After introducing best practice tools for implementing change, including the rapid cycle PDSA model, participants will learn about an ongoing training opportunity with Mat Roosa that will support their efforts to implement this change approach.

#### ***Session 4***

**Azahah Abu Hassan Shaari MSW and Ph.D. Candidate** – Adelphi University, Garden City, NY  
***An Exploration of the Lived Experiences of People in Recovery Working as Professional Counselors in the Addiction Field: Preliminary Findings***

Even though there are no precise data, approximately 34 to 50% of recovering alcohol and/or drug(s) individuals working in addiction treatment field as counselors (Gallahager, 2010; Knudsen, Ducharme, & Roman, 2006; Ryan, Murphy & Krom, 2012). Despite these high percentages, very few qualitative studies have explored experiences of counselors in recovery from substance abuse working in the addiction treatment field. This session will discuss about the preliminary findings of data collection from 19 recovering counselors who are currently working in the addiction treatment field. A discussion on their motivations to work in this field, perceptions of substance use disorder treatment approaches, challenges while working in this field as well as their coping methods and social support to maintain own health and well-being will be discussed. This session will provide an opportunity for this understudied population to share their recovery stories, and to inform others that recovery is possible.

#### ***Session 5***

**Dr. R. Sullivan** – Upstate Hospital & Syracuse Behavioral Healthcare, Syracuse, NY  
***The Use of Addictive Medications for People with SUD***

Session details pending

#### ***Session 6***

**Catherine Thompson CTRS-L & Bronwyn Dronsfield M.Ed., CTRS-L** – Northeast Passage, Durham, NH.  
***Northeast Passage PATHi Program: An Innovative Approach to Recreation Therapy Service Delivery for the Shifting Behavioral Health Paradigm***

Global and national healthcare trends increasingly embrace person-centered community-based healthcare options that address contextual factors, and individual functioning, related to health. The field of recreation therapy is an allied health profession whose best practices are inherently strengths-based and person-centered. Recreation therapists would be wise to embrace these changing healthcare paradigms as an opportunity for innovation and growth.

This session will discuss the role of recreation therapy within the context of current healthcare trends, and present the Northeast Passage PATH™ program as an example of a community based recreation

therapy model that aligns with current calls for changes. We will examine Northeast Passage's work with Veteran populations through the Veterans Administration (VA) healthcare system, and explore how supporting theory translates into practice. We will discuss the use of a strengths-based approach throughout the APIE process, population health models of care, and the future role of recreation therapy with behavioral health populations.

### **Breakout Sessions Round 2: 10:40am – 11:40am**

#### ***Session 7***

**Pat Lincourt LCSW** – NYS OASAS, Albany, NY

#### ***Practice Innovation and Care Management at OASAS – Update***

This session will offer an update on Practice Innovation and Care Management at OASAS and will cover the following items:

1. LOCADTR concurrent review module – review the structure of the new module and timeline for implementation.
2. Overview of VBP – metrics and readiness
3. Residential Redesign – update on implementation and what we are learning.

#### ***Session 8***

**Jason Raines MPA, MBA, SSB, CLS** – Kids Peace, Allentown, PA.

#### ***Incorporating Lean into Behavioral Healthcare to Improve Treatment Outcomes, While Saving Time and money.***

Mental Health professionals always need more time with their patients and more money for their patients' treatment. Lean creates the opportunity for both of these to happen without creating extra work or raising costs. Lean is often mistaken as a business fad or the latest popular book-of-the-month that a boss reads. It is neither. Lean, in its simplest definition, is the action of continuously eliminating waste. Lean concepts have been around for over a hundred years and have been shown to be successful in reducing costs and time in a number of fields including manufacturing, healthcare and behavioral healthcare. So what can Lean provide to an Agency or Private Practice? Lean can improve productivity, reduce costs, improve customer satisfaction, improve quality, reduce stress, improve safety and improve staff morale. The Lean tools are designed to be able to be used by everyone including clients to help improve the treatment.

#### ***Session 9***

**Tracy Torelli LCSW-R CASAC** - St. Joseph's Outpatient Behavioral Health, Syracuse, NY

#### ***DBT Updates and Modifications for Problematic Substance Use***

This session will give updates and new material added to DBT's protocol to address substance use. It will teach the skills as well as teach the spirit of delivery to address relapse and common barriers.

### **Session 10**

**Ruth Riddick CARC** – ASAP - New York Certification Board Outreach, Albany, NY

#### ***Peer Recovery: Completing the Continuum of Care***

Bringing the unique perspective of lived experience, the evidence-based Peer Recovery Profession is becoming increasingly recognized as bridging the gap between clinical addiction treatment options and community recovery resources to add value and improve outcomes.

This session explores the benefits, purpose and qualifications of Peer Recovery Professionals, and their role in completing the continuum of care. We will also discuss strategies for integrating Peer Recovery services into current agency practice.

### **Session 11**

**Steven Schaap MS CTRS** - Greater Binghamton Health Center - Office of Mental Health, Binghamton, NY

#### ***Non-Traditional Board Games: Are they Just for Fun or Do They Have Therapeutic Value?***

This session will explore the major concepts of board games; including game mechanics, types of interaction, and evolution of these types of games. Board games will then be looked at as a therapeutic modality with topics such as adaptability, therapeutic metaphors, and potential for skill practice and building. If you have ever been curious about the board game industry or are looking for ways to spice up your approach to groups or therapy, this may be the session for you!

### **Session 12: 11:40am – 12:55pm (Includes plated lunch)**

#### **Lunch time plenary**

**Dr. Charles Morgan MD**, (NYS OASAS Medical Director) & **Jeremy Klemanski** (CEO & President, Syracuse Behavioral Healthcare, Syracuse)

Session details pending

### **Breakout Sessions Round 3: 1:00pm – 2:00pm**

### **Session 13**

**Robert Kent JD** – NYS OASAS Chief Counsel, Albany, NY

#### ***The New World of SUD Treatment in NYS***

The session is intended to provide the participant with an update on the new laws and initiative NYS is engaged in to combat addiction.

### ***Session 14***

**Cheryl Martin BSN, MA, CASAC** – Coordinated Care Services Inc., Rochester, NY  
***Motivational interviewing (MI) as a trauma responsive “way of being”!***

During this session we will explore how the conversation style of MI supports and gently guides the process of change while also maximizing safety and trust.

### ***Session 15***

**Joanna Contreras-Schwartz LMSW** - Central Nassau Guidance and Counseling Services, Hicksville, NY  
***Workplace Violence in Substance Abuse Settings: Experiences of Social Workers and Implications for Policy and Practice.***

The session will focus on the myriad of experiences of social workers who have experienced workplace violence (WPV) perpetrated by clients. These experiences range from verbal to physical violence and threats of the same. The session will discuss the implications of WPV and will also include suggestions related to improving workplace safety and policy, as well as ways to better assist workers after experiencing WPV.

### ***Session 16***

**Theresa Knorr CADAC & Stephanie Campbell MA, MSW, MS, CASAC-T** - Friends of Recovery-NY, Albany, NY  
***Stages of Recovery/Recovery for a lifetime: Living Proof of the Power and Promise of Recovery Demonstrated over the Life Span***

This session offers a brief PowerPoint presentation outlining the differing models of the stages of recovery, the multiple Pathways of recovery and varying needs of diverse age groups in the Recovery Community. FOR-NY Staff Members will then facilitate a discussion between 4 Panelists, members of the Recovery Community who will speak from their direct experience about the stages that they experienced and their needs according to that stage, their age and life circumstances.

### ***Session 17***

**Audrey Tyszka LCSW**- St. Joseph’s Outpatient Behavioral Health, Syracuse, NY  
***Substance Use in Primary Care: An Integrated Approach***

As the healthcare system continues to evolve, we have seen a shift in behavioral health and substance use services offered across settings. This presentation will serve to provide an overview of integrated care in primary care settings, specific to treatment and management of substance use and dual diagnosis.

## **Breakout Sessions Round 4: 2:10pm – 3:10pm**

### ***Session 18***

**Susan Scholl MS, MS, CASAC, CAS, NCACII, CHES & Dessa Bergen-Cico PhD, CAS, CHES,-** Syracuse University, Syracuse, NY

#### ***Global Opiate Trends & the Impact on Availability and Use in Local Communities***

This session will highlight how opiate availability on the global market influences efforts on the local level to prevent and treat opiate addiction. A key feature of the presentation will examine the use of methadone and analogues as a "first-tier" treatment strategy.

### ***Session 19***

**Barry Weiss -** Onondaga County District Attorney's Office  
***A community Perspective on Managing the Opiate Epidemic***

Session details pending

### ***Session 20***

**Jesse Palermo LMSW CASAC-T –** Program Director, Syracuse Behavioral Healthcare, Syracuse, NY  
***The Counselor-Client Relationship: Building Rapport and Establishing the Therapeutic Alliance***

This session will examine and explore the relationship between counselor and client. Specifically, how to build positive and therapeutic relationships through collaborative, strength-based, and humanistic principles, in order to achieve treatment outcomes that are successful, mutually agreed upon, and evidence-based.

Topics of focus include strategies for building rapport and establishing therapeutic alliance, what this relationship looks like in different settings (SUD, MH, IP vs. OP, etc.), the intentional use of self (i.e. self-disclosure), and how the counselor-client relationship promotes empowerment, social justice, and holistic wellness among our clients.

### ***Session 21***

**Jason Page M.S. CTRS, CASAC –** Training Institute Director, Syracuse Behavioral Healthcare, Syracuse, NY  
***Recreation's Role in Developing a Recovery Oriented Identity for People with Substance Use Disorders: A Conceptual Presentation***

Sports and recreation have long been associated with positive identity development. This presentation will explore how recreation therapy (RT) can help develop recovery oriented identities for people with SUD. The presentation will then review how RT services can provide ongoing support for people in recovery beyond traditional treatment settings.



## **Session 22**

**Jacqueline Dyke M.S. CTRS-BH** – Director of Recovery Services, Syracuse Behavioral Healthcare, Syracuse, NY

### ***Don't make aftercare an afterthought***

This presentation will open with a discussion covering the end of treatment and expectations vs reality for people in recovery. The session will incorporate participants' feedback and guide the group through existing community programming. The presenter will end the session with a review of current aftercare programming at Syracuse Behavioral Healthcare and discuss how this program intends to improve aftercare services and increase support for people through their recovery journey.

## **Session 23: 3:30pm – 4:30pm**

### **Endnote plenary**

**Stephanie Campbell** – (Acting Executive Director, Friends of Recovery New York, Albany, NY)

### ***The Role of Individuals in Promoting Change in the Interests of Recovery***

Session details pending