



PARTNERS HEALTH SUMMIT

Improving Lives. Strengthening Communities.



H O S T E D B Y



★ **Partners** ★

TRAINING ACADEMY

Partners Health Summit Schedule for October 14, 2016

Hickory Metro Convention Center | 1960 13th Ave Dr SE, Hickory, NC 28602

8:30-8:45 a.m. Welcome & Opening Remarks **Room M**

8:45-10:00 a.m. Keynote Presentation:

Treating Chronic Pain in the Midst of the Opioid Epidemic
Dr. Mel Pohl, Las Vegas Recovery Center

10:15-11:30 a.m. Choice of Breakout Sessions:

1. Understanding Prevention: Helping Teens Avoid Addiction **Room K-West**
 - Presenters: Maceo Mayo & Andrea Garraway, Prevention Specialists for Addiction Recovery Prevention and RHA Health Services, Inc.
2. Caring for Loved Ones in Recovery **Room L-West**
 - Presenter: Jason Winkler, Substance Abuse Intensive Outpatient Therapist for Support, Inc.
3. Treatments for Addiction **Room L-East**
 - Presenters: Dr. Michael Clark, Associate Medical Director, and Lynne Grey, Mental Health and Substance Use Disorder Utilization Management Supervisor, for Partners Behavioral Health Management

11:30 a.m.-12:30 p.m. Luncheon Session: **Room M**

Confronting the Opioid Epidemic with Legislation

Presenters:

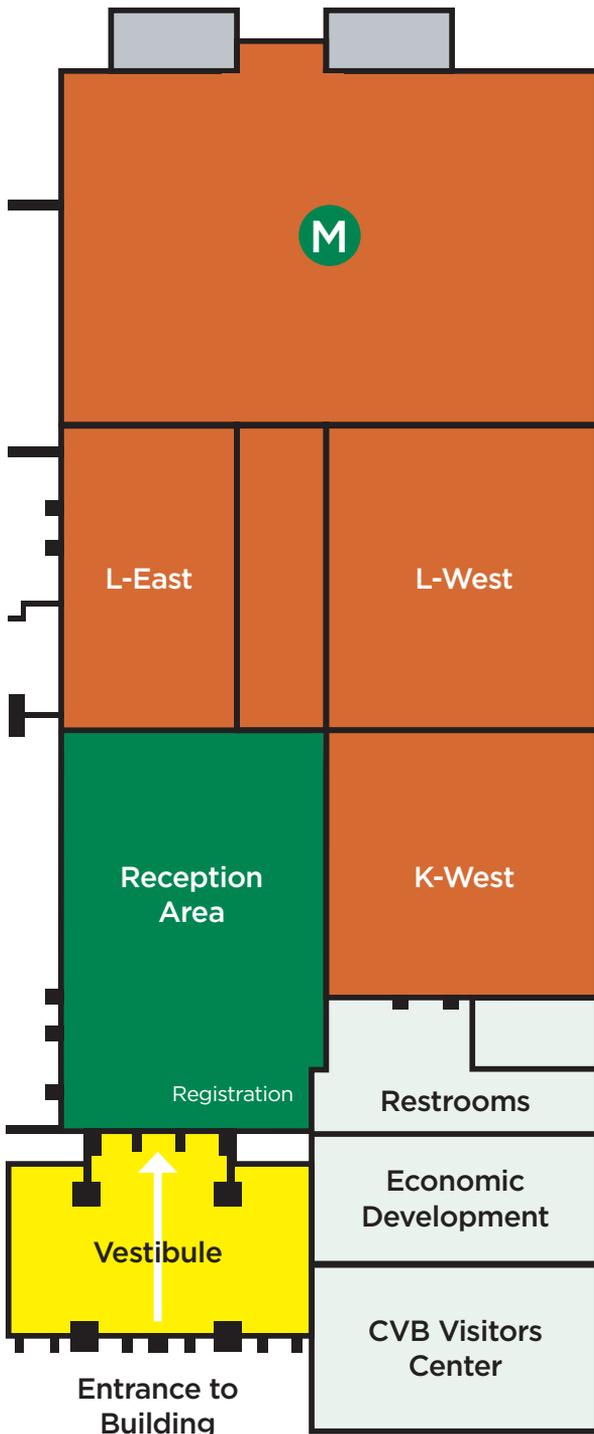
- Brett Keeter, District Director, Office of Congressman Patrick T. McHenry, Tenth District
- Rep. John Torbett, District 108, Gaston County

12:30-1:45 p.m. Choice of Breakout Sessions:

1. Normal is a Setting on the Dryer **Room K-West**
 - Presenters: Georgeina Koontz, Clinical Manager for Phoenix Counseling Center
2. Medication Assisted Treatment: Myths & Facts **Room L-West**
 - Presenter: Christie Simons, Director of Counseling Services at Belmont Abbey College
3. Building a Recovery-Oriented System of Care **Room L-East**
 - Presenter: Heather Lail, Director of Clinical Services for Clay, Wilson & Associates and The Cognitive Connection

2:00-3:00 p.m. Recovery Rally **Room M**

Presenter: Cornelia Pringle, Clinical Supervisor for Epiphany Family Services



Sessions in Room M:

- 8:30-8:45 a.m. Welcome & Announcements
- 8:45-10:00 a.m. Keynote Presentation: Treating Chronic Pain in the Midst of the Opioid Epidemic with Dr. Mel Pohl
- 11:30 a.m.-12:30 p.m. Confronting the Opioid Epidemic with Legislation
- 2:00-3:00 p.m. Recovery Rally

Sessions in Room L-West:

- 10:15-11:30 a.m. Caring for Loved Ones in Recovery
- 12:30-1:45 p.m. Medication Assisted Treatment: Myths & Facts

Sessions in Room L-East:

- 10:15-11:30 a.m. Treatments for Addiction
- 12:30-1:45 p.m. Building a Recovery-Oriented System of Care

Sessions in Room K-West:

- 10:15-11:30 a.m. Understanding Prevention: Helping Teens Avoid Addiction
- 12:30-1:45 p.m. Normal is a Setting on the Dryer

Reception Area:

- Special Exhibits: Meet the local behavioral health care providers who can help you in your community.
- “Hello My Name Is...” Art Exhibit: Asheville visual artist Douglas Lail presents a collection of portraits and personal recovery stories of people recovering from alcohol, drugs, mental health, and other life challenges.
- Foothills Coalition of Operation Pill Stoppers: Learn how to safely dispose of prescription medications to protect your family and the environment.

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Partners Health Summit: Struggles of Opioid Addiction



Welcome to Partners Health Summit! We're glad you're here.

The focus of this event, Struggles of Opioid Addiction, can be difficult to talk about, but you've taken an important step by joining us today. When we take time together to learn more about addiction and to celebrate the recovery journey, we are turning the tide on the devastating opioid epidemic in North Carolina.

The epidemic is claiming too many lives. Between 1999 and 2014, 1,570 people died of opiate poisoning in the eight counties in our service area, Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry, and Yadkin counties, according to North Carolina Public Health's Chronic Disease and Injury Section. We cannot let this trend continue.

We are proud to offer this educational event free-of-charge because, with your help, we can improve lives and strengthen communities – which is our mission at Partners Behavioral Health Management, and through Partners Training Academy, the host of today's summit.

Please remember that we can help you. All you have to do is call our HOPE Line at 1-888-235-HOPE (4673). We answer any time of day, every day of the week. When you call, you'll receive free, confidential help with mental health and addiction struggles. Expect a caring conversation about *your* needs. Keep our number handy for those times when you need to talk.

Thanks for being here,

A handwritten signature in black ink, appearing to read "W. Rhett Melton". The signature is fluid and cursive.

W. Rhett Melton, CEO

Partners Behavioral Health Management

About Partners

Partners Behavioral Health Management is the local manager of mental health, substance use disorder, and intellectual and developmental disabilities treatment available through Medicaid, state, and county funding. We contract with care providers to ensure that treatment options are available for eligible residents of Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry, and Yadkin counties. Our Crisis Line is available all day, every day at 1-888-235-HOPE (4673). Learn more about us at www.PartnersBHM.org.

About Summit Sessions

KEYNOTE PRESENTATION: Treating Chronic Pain in the Midst of the Opioid Epidemic

Over 18,000 people have died from an overdose of prescription opioids in the United States in the past year. The prescription of, and the misuse and addiction to these drugs have surpassed marijuana and are decimating a generation of Americans. Heroin use and overdoses deaths are on the rise as well. This epidemic was born in another epidemic: chronic pain. This session will review how we got to this point, the nature of the epidemic, pain treatment and addiction, and will explore solutions for changing course at this crucial time.



Presenter: Mel Pohl, MD, DFASAM is a Board Certified Family Practitioner. He is Vice President of Medical Affairs and the Medical Director of Las Vegas Recovery Center. Dr. Pohl was a major force in developing Las Vegas Recovery Center's Chronic Pain Recovery Program. He is certified by the American Board of Addiction Medicine, certified by the American Board of Addiction Medicine (ABAM), and a Distinguished Fellow of the American Society of Addiction Medicine (DFASAM).

He is a member of the planning committee for ASAM's Annual "Common Threads, Pain and Addiction" Course and co-chair of ASAM's Pain and Addiction Workgroup. Dr. Pohl is a Fellow of the American Academy of Family Practice and a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine. He was elected by his peers for inclusion in Best Doctors in America® from 2009 to 2011. Dr. Pohl is the author of *A Day Without Pain* (Central Recovery Press, 2008), which won a silver medal from Independent Publisher Book Award in May 2009.

MORNING BREAKOUT SESSIONS

Choose one of the following three sessions to attend between 10:15 and 11:30 a.m.

Understanding Prevention: Helping Teens Avoid Addiction

This interactive presentation will focus on prevention basics and how prevention is disseminated. Basics include the Center for Substance Abuse Prevention's Six Prevention Strategies, the Strategic Prevention Framework, and Protective Factors. The presentation concludes with individuals in recovery, Iain Wisdom and Janis Dawson, who will share stories about their addictions.

Presenter: Maceo Mayo III, CSAC, Certified Substance Abuse Prevention Consultant, Certified Peer Support Specialist, and Prevention Services Coordinator with RHA-Addiction Recovery and Prevention in Gaston County. Mr. Mayo has a Bachelor of Arts in Sociology and is currently pursuing a Master of Arts degree in Human Services Counseling at Liberty University in Lynchburg, VA. He is a Certified Substance Abuse Prevention Consultant, a registered Certified Substance Abuse Counselor and a Certified Peer Support Specialist in the state of North Carolina. He is the former Prevention Director for Freedom House of Mecklenburg, Inc. and Executive Director of Power of Prevention Inc., and Substance Abuse Prevention Specialist for Family Innovations, LLC. Mr. Mayo has been a consultant for HUD's Drug Elimination Technical Assistance Program since 1997. He has provided technical assistance for various public housing authorities and resident groups within the United States for 33 years. His areas of expertise include leadership training, community organization and development, neighborhood association building, creative problem solving, diversity, drug information, and advocacy.

Presenter: Andrea Garraway, Partnership For Success (PFS) Grant Coordinator and Prevention Specialist with Addiction, Recovery, and Prevention located in Gastonia, NC. Ms. Garraway holds a masters in Mental Health/Counseling Psychology from Bowie State University in Bowie, MD. She is an Associate Licensed Clinical Addictions Specialist, an Associate Licensed Professional Counselor, and is a Registered Certified Substance Abuse Prevention Consultant. She provides management support and coordination for the PFS grant. The grant seeks to reduce the negative effects of prescription drug misuse and abuse in North Carolina through the implementation of the Strategic Prevention Framework. During her six years working in prevention, Andrea coordinated and facilitated an array of various prevention programs for non-for-profit to the public sector. She has also contributed articles to Gaston Gazette, HOLA Noticias, and Que pasa mi Gente publications.

Caring for Loved Ones in Recovery

Learn about the many facets of helping someone with an addiction. Topics include encouragement/enablement versus empowerment, patience, accountability, true accounts of the risks of enmeshment (co-dependence), commitment with boundaries, and research and statistics from the national and state levels.

Presenter: Jason Winkler, LPCA, LCASA, Substance Abuse Intensive Outpatient Program Treatment Clinician with Support, Inc. Mr. Winkler graduated from Lee University in Charlotte, NC, with a Bachelor of Science in Pastoral Counseling. He received a Master of Arts in Clinical Mental Health from Lenoir-Rhyne University in Hickory, NC. Mr. Winkler is a Licensed Clinical Abuse Specialist Associate (LCASA), with previous experience being a program manager at a Psychosocial Rehabilitation Center, a psychotherapist at a private practice, and a therapist at a behavioral health hospital in their Partial Hospitalization Program. He has worked with individuals of all ages with various mental health diagnoses. Currently working as a therapist for the Substance Abuse Intensive Outpatient program on Chestnut Street in Gastonia, he provides both basic drug education, intensive group therapy, and case management services to facilitate long-term, successful recovery and growth for his clients.

Treatments for Addiction

During this session, you will learn about the levels of care available for people with addiction and substance use disorders, plus the services offered by providers in Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry and Yadkin counties. The presenters will provide a snapshot of a client that would be appropriate for each level of care and service.

Presenter: Michael Clark, MD, Associate Medical Director with Partners Behavioral Health Management. Being board-certified in both Psychiatry and Child & Adolescent Psychiatry, Dr. Clark is qualified to deliver care and consultation across the age range. Since completing a psychiatry residence at The University of Texas Health Science Center at San Antonio and a child psychiatry fellowship at the University of North Carolina at Chapel Hill School of Medicine, he has gained broad experience over twenty years in the field of mental health. Initially, Dr. Clark entered the private sector and delivered outpatient and inpatient care in a managed care setting. During that time, he was the medical director over an adolescent psychiatric unit at Alamance Regional Medical Center. In 1999, he began work full-time in the public sector with The Guilford Center and served as medical director. At the Guilford Center, he also worked to assure patient needs were met in the appropriate level of care in their outpatient clinics and in their crisis/emergency unit. Dr. Clark is also a member of the American Academy of Child and Adolescent Psychiatry.

Presenter: Lynne Grey, MA, LPC, LCAS, CSI, Mental Health/Substance Use Disorder Utilization Management Supervisor with Partners Behavioral Health Management. Ms. Grey received a Bachelor of Arts in Psychology from the University of North Carolina at Chapel Hill in Chapel Hill, NC and a Master of Arts in Community Counseling and a Graduate Certificate in Addictions Counseling from Appalachian State University in Boone, NC. Her professional experience includes providing individual, group, and family therapy for adolescents and adults diagnosed with substance use disorders. Before coming to Partners, Lynne managed the Substance Abuse Intensive Outpatient Program and Substance Abuse Comprehensive Outpatient Treatment programs at an agency in Gastonia.

LUNCHEON SESSION: Confronting the Opioid Epidemic with Legislation

Lunch is on us! While you eat, listen to informational updates on state and federal legislation recently passed to help combat the opioid epidemic in North Carolina and our nation.

Presenters:

- Brett Keeter, District Director, Office of Congressman Patrick T. McHenry, Tenth District
- Rep. John Torbett, District 108, Gaston County

AFTERNOON BREAKOUT SESSIONS

Choose one of the following three sessions to attend between 12:30 and 1:45 p.m.

Normal is a Setting on the Dryer

What is normal? It's a setting on an appliance, not a label that can be applied to people. In this session, learn about the effects of living with addiction, how to recover, and the difference between dysfunctional and functional families.

Presenter: Georgeina Koontz, Clinical Manager-Shelby Outpatient Program, with Phoenix Counseling Center. Ms. Koontz received a Bachelor of Arts in Psychology, with a specialty in substance abuse, from Penn State University, PA in 1993. She also received Master of Arts and Specialist of Education degree in mental health counseling from Gardner-Webb University in Boiling Springs, NC in 2007. She became a Certified Substance Abuse Counselor in 1998, a Licensed Clinical Addictions Specialist in 2009, and a Certified Clinical Supervisor in 2014. Ms. Koontz has been working in substance abuse field since 1993 serving adults, adolescents, men only, women only, those with dual diagnosis, and families in therapy in areas such as detox/crisis, outpatient, DWI, residential treatment-short and long term, transitional living, prison, probation, and parole population, and clinical supervision.

Medication-Assisted Treatment: Myths & Facts

The presentation will provide a brief overview of medication-assisted treatment, particularly methadone and buprenorphine. There will be a basic explanation of the pharmacology of these medications. The presentation includes a specific example of medication-assisted treatment at the McLeod Center. Typical myths, stigmas, and attitudes associated with medication-assisted treatment, and the truths about this treatment, will be addressed.

Presenter: Christie Simons, Director of Counseling Services and Psychology Professor with Belmont Abbey College. Ms. Simons recently transitioned from Program Manager at the McLeod Center to her new position as a director and professor at her alma mater, Belmont Abbey College. She received a Bachelor of Arts in Psychology and Theology from Belmont Abbey College in Belmont, NC and received a master's in Marriage and Family Therapy from Richmond Graduate University in Atlanta, GA. During a graduate internship, she worked with the dual diagnosis population. Upon completing graduate studies, Ms. Simons returned to Belmont Abbey as an adjunct professor in the Psychology Department, teaching courses such as Psychology of Addictions, Abnormal Psychology, and Developmental Psychology. She then worked as a counselor, and later program manager, at the McLeod Center with medication-assisted treatment where she attended numerous trainings on medication-assisted treatment and pharmacology.

Building a Recovery-Oriented System of Care

Hear about combining resources and services to build a community ensuring a system of whole person care. The presentation includes a brief correlation between mental health disorders and substance use disorders. There will also be an overview of current area mental health and substance use providers with current services offered, and the current gaps in services regarding the Dual Diagnosis population in relation to current provider services. Finally, the presentation reviews Recovery-Oriented Systems of Care in relation to values and operational elements.

Presenter: Heather Lail, MA, LCAS, CSI, Director of Clinical Services with Clay, Wilson & Associates-The Cognitive Connection. Ms. Lail is a native of Catawba County. She completed her undergraduate degree in Psychology from Lenoir-Rhyne University in Hickory, NC and completed her graduate degree in Professional Counseling from Liberty University in Lynchburg, VA. She has worked in the behavioral health field for 13 years in positions including case management, direct care, lead clinician, community outreach supervisor, LCAS site supervisor, and all aspects of outpatient substance use treatment.

RECOVERY RALLY

Join in a celebration of the hard work and dedication needed for people to recover from opioid addiction and other substance use disorders. We will celebrate recovery in a safe environment together. The rally will include inspirational speakers, personal recovery stories, music, and refreshments.

Presenter: Cornelia Pringle has over 27 years of experience in the field of addiction and mental health. She holds a Master's Degree in Substance Abuse & Education, Licensed Professional Counselor Associate, Licensed Clinical Addiction Specialist, Masters Addiction Counselor, Certified Clinical Supervisor, Internationally Certified Advanced Alcohol & Drug Counselor, and Internationally Certified Clinical Supervisor. Cornelia has specifically worked with individuals and groups dealing with substance abuse, co-occurrence disorders, trauma, and criminal behaviors. She is currently working as a program manager in Charlotte, NC where she is supervising several treatment program modalities such as Substance Abuse Intensive Outpatient Treatment Program, Substance Abuse Comprehensive Outpatient Treatment Program, and aftercare. Cornelia's goal is to successfully collaborate with other community resources in order to be able to serve women who are transitioning from the criminal justice system. The name of her transitional living facility is named "W.I.N.G.S", which stands for Women In Need of Greater Support. Recovery has afforded her a chance to make a difference in her life and she want to offer the same opportunity to others.

WHAT YOU NEED TO KNOW ABOUT ADDICTION

Addiction is a growing health risk in the U.S. More than 40,000 Americans die from drug overdose each year. That is more than the number of people who die in car crashes. An estimated 22.5 million Americans aged 12 and older reported needing treatment for alcohol or illicit drug use in 2014 according to the Center for Disease Control. By 2020, mental health issues and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.

Experts call it Substance Use Disorder rather than Substance Abuse or Drug Addiction because sometimes there are legitimate reasons for people to be taking the drugs they become addicted to. This is especially the case with opioids. Opioids are drugs made from the poppy plant and include opium, morphine, heroin, hydrocodone (Vicodin), oxycodone (OxyContin), and fentanyl. Drugabuse.gov reports in 2012, 259 million opioid prescriptions were written, enough for every American adult to have their own bottle of pills. As many as one in four people who receive prescription opioids long term for non-cancer pain in primary care settings struggles with addiction.



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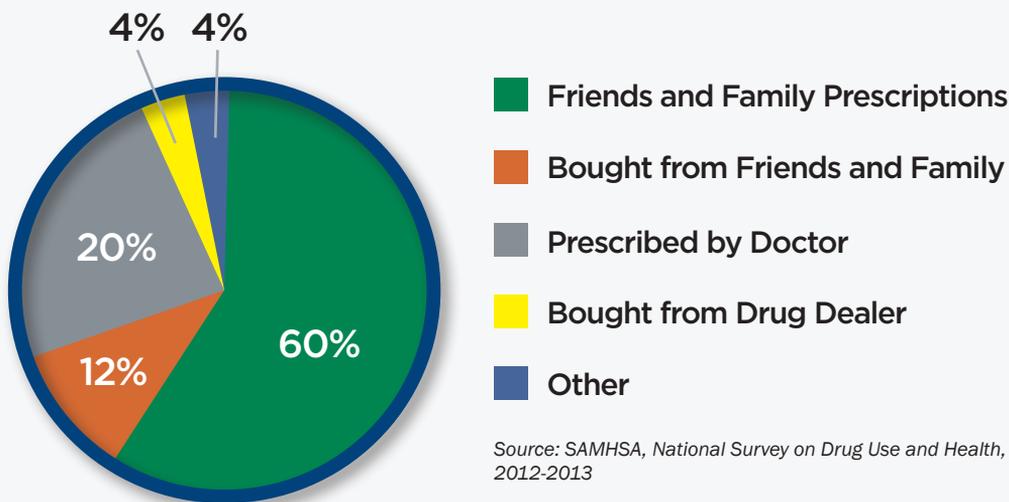
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Unfortunately, legally prescribed opioids are being abused by the patient or by someone else. Nearly one out of every three opioid prescriptions is abused. Every day, over 1,000 people are treated in emergency departments for misusing prescription opioids. Over 16,000 of the two million Americans abusing these prescriptions die every year.

A drastic rise in heroin use comes with the rise in prescription abuse. Disability.gov found nearly 50% of young heroin users abused prescription opioids first, according to three recent studies. On the streets, heroin is easier to get and cheaper than prescription opioids. Heroin use doubled in the past 15 years. The CDC estimates 600,000 people with face heroin addiction in 2016. Opiates pose an increasingly dangerous threat to public health, leading to more deaths than from all other illegal drugs combined.

Source of Opioids



More than 40,000 Americans die from drug overdose each year. That is more than the number of people who die in car crashes.

ADDICTION - RISK AND PROTECTIVE FACTORS

There are many reasons why someone may or may not develop a substance use disorder. Biological and psychological characteristics make us more or less likely to have substance use disorders. Work, family, communities, and culture also affect the likelihood of drug abuse.

In this table, these different elements are categorized in two groups. Risk factors are the things making a person more likely to abuse drugs. Protective factors lower the likelihood of drug abuse. Factors like genetics, family, and ethnicity can't change. Other factors can, and often do, change, such as employment, income, age, and relationships.

Risk Factors: Increase likeliness of drug abuse	Protective Factors: Decrease likeliness of drug abuse
<p>Drug addiction is more common in some families and likely involves genetics. If you have a blood relative, such as a parent or sibling, with alcohol or drug problems, you're at greater risk of developing a drug addiction, particularly for young people. Difficult family situations or lack of a bond with your parents or siblings may increase the risk of addiction, as can a lack of parental supervision for youth.</p>	<p>Families with close relationships, positive ways to cope with stress, and clear anti-drinking and anti-drug behavioral and rules can reduce risk or addiction.</p>
<p>If you have a mental health disorder such as depression, attention-deficit/hyperactivity disorder (ADHD) or post-traumatic stress disorder, you're more likely to become dependent on drugs.</p>	<p>To lower the chances of drug abuse, work with doctors and therapists to keep your mental health issues in check and build positive plans for your own future.</p>
<p>Peer pressure is a strong factor in starting to use and abuse drugs, particularly for young people.</p>	<p>The best way to counter peer pressure is to have friends who don't use and disapprove of alcohol and other drug use. You and these friends should also do activities that don't involve alcohol and drugs.</p>
<p>Some drugs, such as stimulants, cocaine, or painkillers, may result in faster development of addiction than other drugs. However, taking drugs considered less addicting — so-called "light drugs" — can start you on a pathway of drug use and addiction.</p>	<p>Understanding the risks associated with substance abuse/use is vital. Often, other factors cause us to disregard this knowledge and use anyway.</p>
<p>People with low self-esteem, feelings of low self-worth, and poor sense of well-being increase the risks of drug use.</p>	<p>Positive feelings of wellness and health, high self-esteem and image, good social skills, and positive supports reduce risks.</p>
<p>Poor access to necessities like health care, child care, housing, jobs, and recreation can lead to stress and other turmoil that may increase substance use.</p>	<p>Having communities with these resources available and having the means to use them can reduce the desire to use drugs.</p>

Sources: SAMHSA, Mayo Clinic, drugabuse.com

Although these factors are common and accurate in judging the risk of drug abuse, we always need to remember that anyone can become addicted to drugs regardless of money, education, gender, age, occupation, family dynamics, or race.



Behavioral Health **FOCUS**

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Our *Behavioral Health Focus* newsletter will provide you with news, stories, and educational opportunities to help you make informed health care decisions; prepare you for the possibility of encountering mental health, substance use disorder, or intellectual or developmental disabilities issues; and increase your knowledge and awareness of behavioral health and wellness.



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