

# Virtual Tuerk Conference on Mental Health & Addiction Treatment

## Workshops 2020 Vision: Working Together During Challenging Times

Conference Chairman, Robert White, LCPC, *Director of External Affairs and Business Development, University of Maryland, Department of Psychiatry*

2:00 – 3:30 pm **SESSION 1: Live Workshops** – choose one

A

### Session 1 - **Promoting Employment in Recovery**

**Marianne Cloeren, MD, MPH, FCOEM, FACP**, *Associate Professor, University of Maryland*  
**Orrin D. Ware, MSW, MPH, PhD student**, *University of Maryland School of Social Work*

Participants will learn about a new research project addressing the barriers to employment in patients in treatment for opioid use disorder. Research evidence for the importance of work in maintaining recovery and preliminary findings about the work status and barriers to work in UMB patients receiving MAT will be presented. Dr. Cloeren will present the research that formed the foundation for Operation PROSPER, including the risk for prolonged work disability due to behavioral risk factors including pain catastrophizing, disability beliefs and perceived injustice. They will address the social and legal impediments to work, and the gap in critical foundational employment skills prevalent in this patient population. These skills include communication, problem solving, work ethic, team work and other people skills. They will then present a planned set of interventions to address these barriers with the help of specially trained peer recovery specialists.

B

### Session 1 - **2020 Update: Recent Research Greatest Hits**

**Marc Fishman, MD, FASAM**, *Medical Director, Maryland Treatment Centers, Assistant Professor, Johns Hopkins University Department of Psychiatry*

The scientific research literature contains rich new information about developments in our field, but may be difficult to decode and digest for the non-scientist. This session will present several high impact selections from recently published research, with a focus on how to understand and interpret the findings, and especially on practical implications and next steps for clinical practice.

C

### Session 1 - **Vaping and Addiction**

**Carlo DiClemente, PhD, ABPP**, *Professor, Department of Psychology, University of Maryland, Baltimore County*

Data show clearly that young people are vaping in record numbers. And despite the onslaught of reports and articles highlighting not only its dangers but the marketing tactics seemingly aimed to hook teens and young adults, the number of vaping users continues to climb. These teens may be overlooking (or underestimating) a key ingredient in the vapors they inhale: nicotine. Though it's possible to buy liquid or pod refills without nicotine, the truth is you have to look much harder to find them. What's more, studies show that young people who vape are far likelier to move on to cigarettes, which cause cancer and other diseases.

D

### Session 1 - **The Intersection of ACEs and Addiction: What if Our Biggest Challenges Start with the Smallest of Us?**

**Ruby Parker, MS**, *Assistant Director, The Family Tree*

Participants of this workshop will leave with a deeper understanding of how childhood adversity is connected to our current opioid epidemic. Research has shown that Adverse Childhood Experiences (ACEs) have a lasting impact on children's developing brains and immune system, increasing the risk for negative health and well-being outcomes as an adult. Armed with powerful new insights into how toxic stress changes the physiology of early brain development and leads to a higher risk for substance use disorders, we can begin to find sustainable solutions by providing compassionate care and empowering resilient, self-healing communities.

E

### Session 1 - **Sexual Health in Recovery**

**Jill Smith and Jean-Michel Brevette**, *Center for HIV/STI Integration and Capacity, Maryland Department of Health*

Many people enter substance abuse treatment with histories of frequently or always using alcohol or other drugs with sex. Substance abuse treatment typically addresses only half of the equation: their substance using behavior. Not addressing sexual behavior can lead people in recovery to fail drug treatment. They may complete the program only to relapse once sex becomes a part of their life again. Sexual Health in Recovery (SHIR) is a new intervention that helps men and women in recovery break the link between sex and drug use. The intervention addresses such topics as making healthy sexual choices, sexual functioning and sexual boundaries in recovery, and more—all with the goal of reducing the shame and guilt that often comes with sex-drug use behaviors, helping clients learn a new perspective on sexual health.

F

### Session 1 - **Families Supporting Families in Recovery**

**Trish Todd**, *Program Manager – Substance Use, Maryland Coalition of Families (MCF)*

Recognizing the critical role families have in the support of their loved ones with a behavioral health issue, learn how Maryland utilizes a family peer support model to assist families with a member with a substance use disorder or gambling addiction and improve outcomes. This workshop will describe family peer support services and demonstrate how family peer support can be an effective strategy in aiding people on their journey to recovery. We will share program details about how this unique workforce of Family Peer Support Specialists are selected and trained, what services are provided and how families can access these services. MCF panelists and Nancy Quidas, Program Coordinator, Problem Gambling will provide personal accounts from families who have benefited from family peer support services.

*Session 2 Workshops continue on next page*

# Virtual

## Tuerk Conference on Mental Health & Addiction Treatment

### Workshops continued 2020 Vision: Working Together During Challenging Times

Conference Chairman, Robert White, LCPC, *Director of External Affairs and Business Development, University of Maryland, Department of Psychiatry*

3:45 – 5:00 pm **SESSION 2: Live Workshops** – choose one

G

#### Session 2 - Decriminalization of Drug Use

**Kasia Malinowska**, *Global Drug Policy Program, Open Society Foundation*  
**Major Neill Franklin**, *Retired, MD State Police, Baltimore Police Training Division*  
**Eric Sterling**, *Community Advocate*

The criminalization of drug use and possession for personal use combined with the stigma and discrimination faced by people who use drugs obstructs access to crucial health, social and harm reduction services and contributes to high rates of overdose in the United States. This presentation explores approaches to drug policy that center drug use as an issue of health and social services, not of law enforcement. Progressive policy approaches will be discussed, including the successful results of Portuguese decriminalization model. Finally, the audience will be invited to discuss how such policies responses can be advanced.

H

#### Session 2 - Alcohol Marketing and Youth Alcohol Consumption

**David Jernigan, PhD**, *Professor, Boston University School of Public Health*

Participants in this workshop will review the marketing techniques, including how product, price, promotion and place work together to make alcohol attractive to high school and college-aged young adults and low-income communities, and may lead to excessive alcohol consumption. Young people with greater exposure to alcohol marketing are more likely subsequently to initiate alcohol use and engage in binge and hazardous drinking. Some low-income, primarily African-American neighborhoods have few retail outlets other than liquor stores and convenience stores selling beer and wine. Presenter will talk about an emerging national trend: alcohol-free spaces offering social connections without peer pressure to drink, hangovers or DUIs.

I

#### Session 2 - Opioid Epidemic Updates

**Steve Schuh**, *Executive Director of Maryland's Opioid Operational Command Center*

In collaboration with the Maryland Department of Health, the Opioid Operational Command Center (OCC) is leading the development of the state's overdose action plan to respond to what is an increasingly challenging environment; to combat the opioid crisis amidst the Coronavirus pandemic. This plan is intended to highlight actions to ensure that systems and resources are in place for individuals in need of substance use services throughout all stages of the emergency response. The OCC recognizes that COVID-19 mortality rates are highest among Maryland's minority communities. OCC is deeply concerned about the potential impact the pandemic will have on people with SUD within minority groups.

J

#### Session 2 - Medical Cannabis: What the Addiction Treatment Field Should Know

**David Gorelick, MD, PhD, DLFAPA, FASAM**, *Professor of Psychiatry, University of Maryland School of Medicine*

Medical cannabis is now legal in 33 states and DC, although it remains illegal under federal law. Variation in state laws can create confusion for mental health professionals in both clinical and forensic settings. Commonly asked questions include: What does the law say about medical cannabis in my state? How do I know whether my patient is using medical cannabis for legitimate health reasons vs. recreationally? How much cannabis use (whether medical or non-medical) is too much? What are the risks, side effects, and potential drawbacks of medical cannabis? If my patient uses medical cannabis, can employers discriminate against him or her? What do I do if a patient is referred to me for substance use disorder treatment but is legally taking recommended medical cannabis? This workshop seeks to answer these questions and more.

#### Joanna Franklin Workshop

*Maryland understand the problems associated with gambling addiction and had trained hundreds of clinicians throughout the state to be effective with gambling addiction clients.*

*Established to honor the memory of Ms. Franklin for her outstanding contributions to the field of Gambling Addiction. Throughout her career, she was dedicated to helping the citizens of*

#### Session 2 - The Gateway from Gaming to Gambling: Gaming and Gambling Activity Collide

K

**Heather Eshleman, MPH**, *Prevention Manager, MD Center of Excellence on Problem Gambling*  
**Mary Drexler, MSW**, *Program Director, MD Center of Excellence on Problem Gambling*

What is the difference between gaming and gambling? With the expansion of virtual awards, such as through loot boxes, the lines are beginning to be blurred with common features at a structural and aesthetic level between the two. The targeted, most affected audience is youth under age 18. Participants will gain an understanding of recent and emerging trends in gaming, how these trends have blurred the lines between gaming and gambling and how we protect our youth.

L

#### Session 2 - Addiction Treatment in the Time of COVID-19

**George Kolodner, MD, DLFAPA, FASAM**, *Founder, Kolmac Outpatient Recovery Centers; Clinical Psychiatry Professor, Georgetown University and University of Maryland School of Medicine*

These are challenging times as mental healthcare professionals adapt the treatment of substance use disorders to the Coronavirus pandemic. The workshop will describe the transition from in-person to virtual treatment services, and will describe the process and outcomes of virtual withdrawal management. Dr. Kolodner will discuss issues relating to the return to in-person services and ongoing virtual treatment.

#### Phil McKenna Institute

*Initiated in 2001 by the Employee Assistance Professionals Association, (EAPA), Chesapeake Chapter, the Phil McKenna Institute (PMI) was established to honor the memory of Mr. McKenna by bringing awareness and training to professionals who address the needs of employees and their families. Phil McKenna was the first Chapter President of the EAPA Chesapeake Chapter and worked as an EAP counselor at Baltimore Gas & Electric for many years.*