CRISIS RESPONSE PLANNING FOR PREVENTING SUICIDAL BEHAVIOR

David C. Rozek, PhD

This half-day workshop is designed to enhance individuals’ knowledge about crisis response planning for managing acute suicide risk, and to increase their ability to confidentially and competently administer this intervention with at-risk individuals. Specific attention will be given to using a CRP with individuals suffering from addiction and substance use. The first half of the workshop provides didactic knowledge about suicide, the development of the crisis response plan intervention, and its empirical support, all of which are designed to increase knowledge. The second half of the workshop includes clinical demonstrations by the instructor and skills practice by attendees, which are designed for individuals to acquire skills competency.

After attending the session, participants will be able to:
1) Describe the primary motives for suicidal behavior and effectively conduct a narrative assessment of the index suicidal crisis; and,
2) Identify the core components of a crisis response plan then assist a suicidal individual identify and implement strategies that can reduce their suicide risk.

12:30 – 1:00  REGISTRATION & LUNCH

1:00 - 5:30  PRESCRIBER COURSE

1:00 – 1:30  Intro, REMS Presentation – Adam Gordon, MD
1:30 – 2:30  Non-Opioid Treatments for Pain – Jill Sindt, MD
2:30 – 2:45  Break
2:45 – 4:55  REMS Presentation – Adam J. Gordon, MD
4:55 – 5:30  DOPL CSD Overview – Melanie Wallentine, MPH
THURSDAY – JUNE 7, 2018

7:30 - 8:00  REGISTRATION & CONTENTIAL BREAKFAST

8:00 - 8:45  WELCOME & ADMINISTRATION
JonKar Zubieta, MD
Doug Thomas, LCSW

KEYNOTE: WHAT SCIENCE CAN TELL US ABOUT THE PREVENTION, DIAGNOSIS & TREATMENT OF ALCOHOL USE DISORDER
George F. Koob, PhD

Upon completion of this presentation, participants will be able to:
1) Present the state-of-the-science in alcohol use disorder research and its application to diagnosis, prevention and treatment; and,
2) Explain the importance, and role, of integration service delivery when working with individuals facing addiction and, possibly, common comorbid issues.

8:45 – 10:00  THE NASCENT NEUROSCIENCE OF SUBSTANCE ABUSE RECOVERY
Steven Grant, PhD

In this presentation, the current state of knowledge regarding the brain mechanism underlying recovery and relapse in substance abuse disorders will be covered. A critical question facing substance abuse research is how long it takes for brain dysfunctions associated with drug use to return to a normative state, if such changes ever fully recover. Particular attention will be given to the time course of brain processes related to recovery and how such changes contribute to the vulnerability to relapse. Results from diverse studies will be presented ranging from pre-clinical to clinical research. The presentation will conclude with implications that our current state-of-knowledge of brain recovery has for informing treatment approaches.

After completing this presentation, participants will be able to:
1) Identify which brain areas/systems predict relapse and which ones change during abstinence; and,
2) Describe what is known regarding how substance abuser treatments changes the brain.

10:00 – 10:15  BREAK

10:15 – 11:30  MARIJUANA LAWS, MARIJUANA USE & ITS CONSEQUENCES: THE CHANGING PICTURE
Deborah Hasin, PhD

This presentation will review changing time trends in attitudes and beliefs about
marijuana, potential economic benefits and health harms of cannabis use, indicators of cannabis-related adverse health outcomes, and time trends in these, the changing legal status of marijuana according to federal law and in the U.S. since 1996, and what is known about the relationship of these changing laws to adolescent and adult health outcomes.

After hearing this presentation, attendees will be able to:
1) Outline current policies related to marijuana and the rationale behind those policies as well as the implications for providers; and,
2) Discuss the latest research findings about marijuana and its effects and how this impacts treatment.

11:30 – 12:45 LUNCHEON

12:45 – 2:00  CHRONIC PAIN MANAGEMENT & THE USE OF OPIATE MEDICATIONS: THE CDC GUIDLINE & BEYOND
David Anisman, MD

After an overview of the scope of the current opiate problem in America – and Utah – and a brief review of how we got here, we will focus on current national and local guidance on the appropriate evaluation and safe treatment of pain, emphasizing the challenges of prescribing opiate medications. Practical policies and workflow tools will be reviewed in detail. Finally, recommendations to providers involved in opiate prescribing will be offered in order to encourage the medical community to respond meaningfully to our current epidemic.

After attending this presentation, participants will be able to:
1) Describe the national and local guidance on appropriate evaluation and safe treatment of pain; and,
2) Outline practical policies and workflow tools available to providers.

2:00 - 2:15 BREAK

2:15 - 3:30 CONCURRENT SESSIONS

ALCOHOL POLICY: FROM THE COMMUNITY TO THE COURTROOM
Brendan P, McCullagh, JD
Elizabeth F. Howell, MD

These presenters will summarize a selection of current alcohol policy topics in the U.S.. The interface of clinical care with alcohol policy will be explored. Current alcohol policies in Utah will be summarized. Deidentified clinical cases and public legal cases may be used to illustrate important concepts. Attendees will be encouraged to ask questions and discuss their concerns and suggestions for current alcohol policy.

After hearing these two experts, participants will be able to:
1) Outline and discuss some of the latest and/or most pertinent findings around the
CAN GENETIC SCREENING HELP PREVENT ADDICTION?

Nick Harrison, PhD Candidate

A number of biotechnology companies have recently been marketing genetic screening instruments for opioid addiction risk. This presentation will explore these instruments and the implication of administering them.

After gaining information from this session, participants will be able to:
1) Discuss ethics in the context of genetics and epigenetic addiction assessments; and,
2) Translate the ethical points in these addiction fields to clinical implications for providers.

MARIJUANA TRAFFICKING TRENDS: A TRANSNATIONAL & DOMESTIC REVIEW

Stephen Gilley

This presentation will cover the various stages of marijuana trafficking at a national and state level. Discussions will focus on how marijuana is trafficked into and through the United States by transnational and criminal organizations and their supporting production and distribution networks. Focus will also be given to marijuana, marijuana extracts and edible products, that are obtained from other states and how they impact Utah. Information on the Utah Drug Monitoring Initiative program will also be provided in order to increase discussions between medical and law enforcement agencies within Utah.

After attending this program, participants will be able to:
1) Discuss the latest national and local marijuana trends (inc. marketing, accessibility, legalities, products and composites, THC) and be able to recognize potential signs of use; and,
2) Compare enforcement issues and public perspectives to describe how law enforcement, the judicial system, and medical providers can work together on the pertinent issues related to marijuana use by individuals and the impact on communities.

WHAT’S NEW IN THE WORLD OF SYNTHETICS & RELATED SUBSTANCES OF ABUSE

Annette E. Fleckenstein, PhD

After listening to this expert, participants will be able to:
1) Discuss the latest national and local trends related to the abuse of synthetics and other substances; and,
2) Describe the biochemical mechanisms underlying the effects of these agents and
their long-term consequences.

3:30 - 3:45  BREAK

3:45 - 5:00  CONCURRENT SESSIONS

CANNABIS FOR PAIN: FLYING HIGH OR UP IN SMOKE
Daniel W. Odell, MD

After attending this presentation, individuals will be able to:
1) Outline the work of the Opioid & Marijuana Task Force in Utah ad compare its standings and work with other regions; and,
2) Explore the latest evidence pertaining to marijuana use – including for pain relief and how this evidence can / does translate into various fields and areas of practice.

TARGETING HEDONIC DYSREGULATION IN ADDICTION WITH MINDFULNESS-ORIENTED RECOVERY ENHANCEMENT
Eric L. Garland, PhD, LCSW

This presentation will review the state of the science behind the co-occurrence of addition, stress, and chronic pain with a specific focus on the role of hedonic dysregulation I addictive behavior. Additionally, this session will discuss how Mindfulness-Oriented Recovery Enhancement (MORE) – a mental training program that unites complementary aspects of mindfulness training, “third wave” cognitive-behavior therapy, and positive psychological principles into an integrative treatment strategy, ameliorates hedonic dysregulation in addiction through a treatment sequence involving progressive training in mindfulness, reappraisal, and savoring. This special presentation will discuss research on the efficacy and therapeutic mechanisms of MORE for prescription opioid misuse among chronic pain patients, illicit drug dependence among individuals with comorbid trauma and psychiatric disorders, and behavioral addictions like internet gaming disorder and obesity. Therapeutic techniques integral to the MORE intervention will be demonstrated.

After spending time with this speaker, participants will be able to:
1) Outline the latest research findings on mindfulness – including its science, effective uses, expected results, et cetera; and,
2) Implement some therapeutic, mindfulness techniques on individuals in treatment for various addiction disorders.

UNDERSTANDING & TREATING BEHAVIORAL ADDICTIONS
Jon E. Grant, MD, JD, MPH

When discussing addictions in clinical and research settings, emphasis is usually on the lack of control over substances such as alcohol or illegal drugs, however, certain types of repetitive behavior can, themselves be extremely rewarding and reinforcing. For many individuals, addictive proneness manifests as a behavioral addiction, including compulsive gambling, sex, food consumption / binge -eating, hair pulling, use of technology, and stealing. While these behaviors do not rely on the ingestion of an exogenous chemical, they
nevertheless, are associated with significant deleterious consequences, similar to those seen in substance use disorders. In this talk, current research related to several of these behavioral addictions, with emphasis on the areas of clinical presentation, neurocognition and neurobiology, pharmacological treatments, and associations with other disorders will be discussed.

As a result of attending this session, participants will be able to:
1) Explain the general science behind various behavioral addictions including, but not limited to, etiology, bio-neurological impact and implications for treatment; and,
3) Implement some of the evidence-based treatment interventions currently believed to be most effective for behavioral addictions.

5:00 - 5:30  RECEPTION

5:30 - 6:30  FACES OF RECOVERY

Join Larry Marx from DOPL and a panel of professionals who will share their personal insights on addition in medical professionals. See how easily additions can develop and manifest themselves in this professional world as well as the nuances specific to this population. What is recovery like and how does it differ in circles of individuals who “should know”.

After gaining insights from this panel of recovering professionals, attendees will be able to:
1) Describe the nuances and additional considerations which come into play when treating professionals with addiction issues; and,
2) Trace the short- and long- term course of recovery for clinicians.
FRIDAY, JUNE 8, 2018

7:30 - 8:00 CHECK-IN & CONTINENTAL BREAKFAST

8:00 - 9:00 CONCURRENT SESSIONS

SUBSTANCE USE DISORDER LEGISLATIVE UPDATE
Steve Eliason, MBA, CPA

After gleaning information from this representative, participants will be able to:
1) Provide a policy update from the legislature and congress; and,
2) Explain how policy was driven for, and how it has designed issues pertinent to addiction including, but not limited to, penalties, involuntary commitment and drug court.

OPIOIDS, OPIATES & PREGNANCY (OOPS!) – THE IMPACT OF THE OPIDEMIC ON PREGNANT WOMEN IN UTAH
Marcela Smid, MD, FACOG

Participants in this session will leave able to:
1) Explain the extent of the opiate epidemic on pregnant women and the fetus; and,
2) Review best practices of treatment women with opioid use disorder in pregnancy.

THE SCIENCE OF ADDICTION IN CHILDREN & YOUTH
Erin McGlade, PhD

This presentation will focus on the impact of substance use on brain development in youth. Research findings on brain maturation of healthy children and adolescents and on the brain maturation on youth with substance use and/or comorbid psychiatric symptoms will be included.

As a result of participating in this program, participants will be able to:
1) Discuss current research findings on adolescent brain development; and,
2) Articulate brain changes and risk-factors associated with substance misuse in adolescents.

9:00 - 9:15 BREAK

9:15 – 10:30 CONCURRENT SESSIONS

CANNABIS IN THE COMMUNITY: UNINTENDED CONSEQUENCES OF INCREASED MARIJUANA AVAILABILITY ON THE PEDIATRIC POPULATION
Karen Buchi, MD
As the availability and acceptance of marijuana in the community increases, so do the unintended consequences on the health of children. This presentation will review what researchers are learning about these pediatric exposures.

As a result of attending this session, participants will be able to:
1) Outline the latest research around marijuana and pregnancy; and,
2) Describe the latest research related to marijuana and unintentional pediatric exposures and adolescent use.

SUBSTANCE ABUSE IN GRANDMA & GRANDPA - I

Byron Bair, MD, FACP, MBA

After hearing from this gerontology specialist, participants will be able to:
1) Compare and contrast the science of addiction in adults and older adults including, but not limited to, differences in general health, responses to medication, pain tolerance and treatment, and other risk factors for the older populations; and,
2) Discuss the latest scientific findings related to addiction in older adult populations

WOMEN & ADDICTION: TREATMENT DIFFERENCES & CHALLENGES

Jill B. Becker, PhD

The choices that males and females make to survive and reproduce successfully have been shaped by evolutionary forces in different ways. Intriguingly, environmental influences interact with biological sex differences during development, and in the adult, to modulate sex differences in the brain. Sex differences in the motivation to take drugs of abuse and the escalation of drug taking behavior are seen for all classes of abused drugs in humans and rodents. We find that in females, but not males, there are rapid effects of estradiol on the ascending dopamine system that enhance the females’ motivation to engage in these behaviors. Female rats exhibit greater behavioral sensitization to cocaine, acquire cocaine self-administration more rapidly, and work harder to receive cocaine than males, and estradiol enhances these sex differences. The neural mechanisms mediating sex differences in the effect of estradiol on motivation are determined by hormonal exposure neonatally and during puberty, in the female rat. Using the rat as an animal model, we find that in females there are rapid effects of estradiol on the ascending dopamine system that enhance the female’s motivation to engage in these behaviors. Female rats exhibit greater behavioral sensitization to cocaine, acquire cocaine self-administration more rapidly, and work harder to receive cocaine than males, and estradiol enhances these sex differences. Oxytocin can attenuate the motivation to self-administer cocaine in females. Understanding the neural bases for sex differences in motivation and the ways that males and females differ are important for our understanding of the variety of mechanisms involved in the neural changes associated with sex difference in motivation an addiction. These ideas will be discussed with the larger context of sex differences in addiction.

Once participants have completed this session, they will be able to:
1) List and describe some of the differences between males and females that may affect treatment for addictions and address these difference in treatment plans; and,
2) Describe how said differences can impact treatment and outline how these factors can be most effectively addressed at various stages of treatment.

10:30 – 10:45 BREAK

10:45 – 12:00 CONCURRENT SESSIONS

WHY ARE THERE SEX DIFFERENCES IN ADDICTION? LESSONS FROM ANIMAL MODELS
Jill B. Becker, PhD

See related 9:15 session description

After leaving this second presentation by this speaker, participants will be able to:
1) Outline and delineate the most current research findings pertaining to the science of addiction in both men and women; and,
2) Translate these findings into the treatment field – from assessment to tertiary treatment.

PROFESSIONAL CONDUCT – STAYING OUT OF TROUBLE WITH DOPL
Larry Marx, MPA
Melanie Wallentine, MPH

This presentation will discuss the variety of conduct issues that doctors engage in that place their licenses in jeopardy, how the DOPL investigative process works, what the levels of discipline are, and how the process of discipline works. The Diversion Program and its function in assisting professionals with substance use will also be included. References used will be the Utah Code Annotated Chapter 58 Titles 1, 37, 67 and 68. The efforts of DOPL to reduce opioid prescribing, abuse and overdoses will also be touched upon.

Additionally, information on the Controlled Substance Database and the updates and changes that have been made are planned to be included.

After listening to these state licensing representatives, participants will leave able to:
1) Provide information on the conduct that may result in loss of licensure, substance abuse, sexual misconduct, and violation of the standards of care; amd,
4) Identify the tools available through the controlled substance database to assist practitioners in clinical decision making.

SUBSTANCE ABUSE IN GRANDMA & GRANDPA - II
Byron Bair, MD, FACP, MBA

In this second session focused on older adults, participants will learn and be able to:
1) Recognize potential signs of substance use / abuse in older adults and conduct initial screening and assessments; and,
2) Address some common addiction issues seen in the older adult population – including use of opioids, benzos and alcohol; management of polypharmacology; and, changing needs and biological considerations.

12:00 - 1:00 LUNCH

1:00 - 2:15 CONCURRENT SESSIONS

BEHAVIORAL HEALTH TRAUMA & ADDICTION
Jacek Brewczynski, PhD

This session will present an overview of various types of trauma and addictions as well as an overview of problems related to PTSD and SUDs as per the DSM-5. Epidemiological data on trauma, PTSD, addictive behaviors and SUDs will be reviewed, along with the prevalence rates for dual-diagnosis SUD-PTSD problems. The self-medication hypothesis for the co-occurring PTSD and SUD problems will be introduced, along with several common ways of conceptualizing addictions and post-traumatic reactions, such as moral injury. Lastly, dominant assessment procedures for both addictions and trauma will also be reviewed.

This behavioral specialist will provide information which will allow participants to:
1) Describe common behavioral health traumas starting throughout life, with the focus on the development of Post-traumatic Stress Disorder (PTSD), which can factor into development of addiction behaviors; and,
2) Assess for, and explain how these traumatic events can affect the course of addictions and their treatment.

PHYSICAL TRAUMA & ADDICTION – THE INTERPLAY
Spencer Richards, PhD
Stephen R. Sheppard, PhD

This two-part program will focus on providing a conceptual framework for integrating both traumatic and chronic disability into the biopsychosocial treatment of individuals with addictive disorders. Emphasis will be placed on the review of empirical literature related to disability status and addiction treatment, implementation of evidence-based psychological practice for individuals with disabilities and addictive disorders, and examination of case studies to illustrate opportunism for empirically-based intervention in the context of these populations.

After attending this session, participants will be able to:
1) Describe some common physical traumas which can interplay with addictions; and,
2) Screen and assess for, potential addictive disorders in clients with acute or physical trauma and explain how these traumatic injuries can affect the course of addictions and their treatment.

RED LIGHT, GREEN LIGHT: THE INTERSECTION OF TRAUMA & ADDICTION
James Ott, LCSW; Kara Patin, LCSW; Kristan Warnick, CMHC
Trauma and addiction create and sustain the other: Trauma often leads to addiction, and people in active addiction are often traumatized. Yet this interplay is difficult to identify and rarely treated concurrently or effectively.

This two-part session will help participants understand the epistemology of trauma and substance abuse, learn to better identify patients that have trauma and addiction issues and how these impact each other. Most importantly, participants will learn when it is essential to utilize other providers in creating an “outpatient treatment team”, and how to effectively do this with the least effort needed.

Once participants have attended this program, they will leave able to:
1. Explore the epistemology and identify the symptoms of trauma and substance abuse in practice; and,
2. Discuss the prevalence and impact of trauma, and trauma with addiction and the interplay of addiction and trauma.

2:15 - 2:30  BREAK

2:30 – 3:30  CONCURRENT SESSIONS

DEFINING & GAINING QUALITY OF LIFE AMIDST PHYSICAL TRAUMA & ADDICTION
Spencer Richards, PhD
Stephen R. Sheppard, PhD

This second-part program will focus on providing a conceptual framework for integrating both traumatic and chronic disability into the biopsychosocial treatment of individuals with addictive disorders. Emphasis will be placed on the review of empirical literature related to disability status and addiction treatment, implementation of evidence-based psychological practice for individuals with disabilities and addictive disorders, and examination of case studies to illustrate opportunism for empirically-based intervention in the context of these populations.

As a result of attending this session, participants will be able to:
1) Design a rehab / treatment plan for individuals who have a substance use disorder and physical insults / trauma and include appropriate accommodations to traditional therapies; and,
2) Work with said clients on the restoration of a quality of life which will allow the client to move forward in recovery and positive growth.

STRENGTH IN NUMBERS CREATING EFFECTIVE TREATMENT FOR INDIVIDUALS WITH TRAUMA & ADDICTION
James Ott, LCSW; Kara Patin, LCSW; Kristan Warnick, CMHC
Trauma and addiction create and sustain the other: Trauma often leads to addiction, and people in active addiction are often traumatized. Yet this interplay is difficult to identify and rarely treated concurrently or effectively.

This second of a two-part session will help participants understand the epistemology of trauma and substance abuse, learn to better identify patients that have trauma and addiction issues and how these impact each other. Most importantly, participants will learn when it is essential to utilize other providers in creating an “outpatient treatment team”, and how to effectively do this with the least effort needed.

After gaining information from this session, participants will be able to:
1. Demonstrate the different types of treatment for trauma, and trauma with addiction – including how to assess additional needs of patients outside of their scope of practice; and,
2. Identify and develop outside resources (create a network of additional providers) and interact as an effective ‘outpatient treatment team’.

**TREATMENT OF ADDICTION WITH COMORBIDITIES**

*Jacek Brewczynski, PhD*

This session, focused on treatment of addiction and trauma, will include a brief review of the guidelines and recommendations of pharmacological and therapeutic interventions for treatment of both SUDs and PTSD, followed by discussion related to the recommendation for how to structure treatment. Specifically, rationale for integrated and simultaneous treatment of both PTSD and SUD will be provided. Several evidence-based treatment (EBTs) for comorbid substance use problems and PTSD will be reviewed, such as trauma focused concurrent and trauma focused approach that utilizes exposure interventions, and coping skills approach. Lastly, complementary and integrative approaches to recovery from addiction and trauma will be mentioned.

The presentation will focus on clinical issues associated with treatment of comorbid trauma and addictions and will include several case studies that will reinforce the main issues relevant for this population. Attendees will also be directed to relevant literature and will have a chance to ask questions / discuss their own cases.

After attending this second presentation around behavioral health, participants will be able to:
1) Design a treatment plan for individuals who have a substance use disorder and behavioral health trauma which may manifest in co-morbid disorders; and,
2) Outline and describe/apply some evidence based practices currently believed to be most effective for the treatment of addictions with behavioral health diagnoses.

3:40 - 4:45  **WRAP-UP & SUMMARY**

*Brent Kelsey, JD*

*Jon-Kar Zubieta, MD*
BURNOUT & THE SCIENCE OF RESILIENCE
Ashley Greenwell, PhD

This special closing plenary will examine the proliferation of burnout and vicarious trauma in professional caregiving fields. The pressures of productivity, perfectionism, and profit now dominate our workplace culture. The illusion of balance and other common pitfalls will be discussed with attention to their impact on the provider and their family. Finally, a set of practical, science-based strategies for resiliency will be taught. Participants will leave with ‘skills to use’!

After participating in this special presentation, participants will leave able to:
1) Recognize recent trends in workplace culture and how they impact our wellbeing as providers and our support systems; and,
2) Understand the meaning of science of resilience for professional caregivers and identify practical strategies to promote a more fulfilling, sustainable career and personal life.