

# HOPE Consortium Virtual Conference



**August 3 & 4, 2023**

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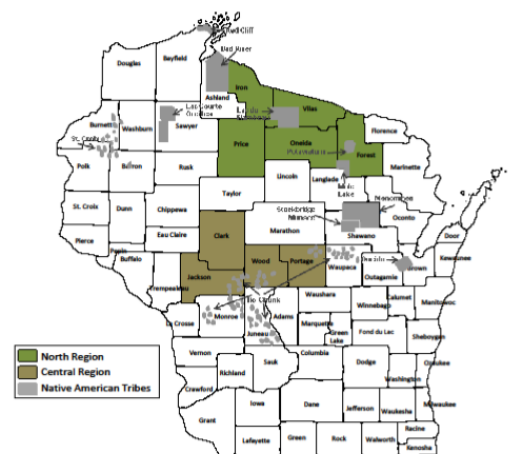
*7<sup>th</sup> Annual Conference*

# Welcome

It is with great pleasure that we welcome you to the 7<sup>th</sup> annual HOPE Consortium Virtual Conference.

The HOPE Consortium, formed in 2015, is a partnership of organizations that came together in response to grant funding available under Wisconsin HOPE legislation to address growing problems associated with opioid misuse in rural, northern Wisconsin. In 2017, the scope of the HOPE Consortium was expanded to include the provision of care for those affected by methamphetamine use and in 2020, the service area was expanded to include both a North and Central Region. Representing a collaborative rural model for substance use disorder treatment and recovery support, HOPE Consortium partner agencies pool resources to support use of evidence-based practices and a regional recovery-oriented system of care.

Those currently served include adults and affected family members, with priority for those of childbearing age, who live in Forest, Iron, Oneida, Price, and Vilas Counties and the Forest County Potawatomi, Lac du Flambeau Chippewa, or Sokaogon Chippewa Tribal Nations in the HOPE Consortium – North Region service area and Clark, Jackson, Portage, and Wood Counties and Ho-Chunk Tribal Nation in the HOPE Consortium – Central Region service area. Family Health Center of Marshfield, Inc. serves as the grantee and provides staff support to the HOPE Consortium.



A special thank you goes out to the HOPE Consortium – North and Central Region Steering Committee members, Health Resources and Services Administration (HRSA), and JBS International for all of their work and guidance in planning this conference and for funding provided in part by Wisconsin Department of Health Services, Division of Care and Treatment Services.

Thank you also to the University of Wisconsin – Stevens Point Continuing Education Office for helping with logistics. Finally, thank you for joining us virtually! It is inspiring to see so many individuals dedicated to making a difference in our communities!

Discussing Harm Reduction Response is a good strategy to help those struggling with drug and alcohol use. It is good that we are finally having conversations to reduce stigma and discrimination and what is needed – empathy, compassion, and treatment.

*~ HOPE Consortium Training & TA Survey Participant*

# General Information

## Evaluations

Participants will receive a link to the conference evaluation on Friday, August 4 via email with opportunities to rate the conference overall and provide feedback on each breakout session attended. Please complete the evaluation; your feedback is vitally important as we plan future events.

## Website Access for Handouts

Handouts received prior to the training will be posted online at [hopeconsortium.org/conference/](https://hopeconsortium.org/conference/). Continue to check the website after the conference for additional materials. Handouts will also be available on the HOPE Consortium **Conference Portal** hosted by the University of Wisconsin - Stevens Point (UWSP).

## Session Recordings

Sessions for which the presenters have provided permission for recording will be posted on the HOPE Consortium Conference Portal hosted by UWSP following the conference and remain available to registered attendees for 90 days.

## Yoga on Demand with Nikki Engels

A 10-minute stretch and gentle movement video will wake up the body and mind. The video will use gentle movements (marching in place, high knees, etc.) combined with some deeper stretches to help activate blood flow, which will help with better focus throughout the conference. Any level will be able to do this video.

Over lunch, a 30-minute yoga flow will be provided as a hybrid of other styles of yoga combined with breath awareness from ViniYoga. Use stretches and gentle holds in a few postures to wake up the body and provide a deeper awareness to what the body needs and where tension is being held. Modifications will be provided, as well as, more difficult hold options. Any fitness level can do this practice as long as you listen to your body and take modifications if necessary.

The presenters I saw were all so thoughtful about their subject matter and did a really nice job of making it applicable to the work that we do in the communities we serve. It all felt very relevant.

~ 2022 HOPE Conference Attendee

## Continuing Education Credits for Certified Substance Abuse Counselors

Certified substance abuse counselors can earn continuing education credits for attending the HOPE Consortium Conference. For those certified substance abuse counselors-in-training registered with the Wisconsin Certification Board, continuing education credits may count toward the 360 hours required to obtain certification as a substance abuse counselor, only if they have received a total of 100 hours of approved education (per 2017 Wisconsin Act 262 enacted April 19, 2018).

For those individuals who are planning to apply for substance abuse counselor-in-training certification, continuing education hours may count towards the initial 100 hours required for certification as a substance abuse counselor-in-training.

*If you have questions, please contact the Wisconsin Department of Safety and Professional Services to verify.*

## Continuing Education Hours (CEHs)



CEHs for the training are tracked by UWSP Continuing Education. **The HOPE Consortium Conference has applied for CEHs** through the National Association of Social Workers, Wisconsin Chapter and the UWSP Department of Sociology and Social Work.

*CEHs can only be earned by participating in the live sessions.* On Friday, August 4, participants will be emailed a link to an online form where they can create a personalized Certificate of Completion by indicating which sessions they attended. Participants should complete the online form no later than September 8, 2023.

*For questions regarding recordings or speaker handouts, please contact UWSP Continuing Education at 715-346-3838 or [uwspce-conf@uwsp.edu](mailto:uwspce-conf@uwsp.edu).*

*For other questions, contact Wayne Sorenson, Project Manager, Family Health Center, at [sorenson.wayne@marshfieldclinic.org](mailto:sorenson.wayne@marshfieldclinic.org).*

# Language Matters: Using Non-Stigmatizing, Inclusive, and Person-First Language

| THESE HURT<br> | THESE HELP<br>   |
|---|---|
| <b>Substance Use</b>  |   |
| substance abuse   | substance use/misuse  |
| alcoholic   | person with alcohol use disorder  |
| addict/junkies/druggies/users   | person with a substance use disorder  |
| battling/suffering from an addiction  | person living with a substance use disorder   |
| former addict   | person in recovery  |
| stayed clean  | maintained recovery   |
| dirty/clean drug screen   | positive/negative urine drug test   |
| relapse   | return to use/recurrence  |
| non-compliant/bombed out  | chooses not to at this point  |
| needle exchange   | syringe services  |
| addicted mom/dad  | caregiver with a substance use disorder   |
| addicted baby   | baby with prenatal exposure to substances/<br>baby experiencing neonatal abstinence<br>syndrome (NAS)/neonatal opioid<br>withdrawal syndrome (NOWS) |
| medication is a crutch  | medication is a treatment tool  |
| <b>Incarceration</b>  |   |
| prisoner/inmate/detainee/offender   | person who is incarcerated/person who is<br>in contact with, involved in, or interacting<br>with the criminal legal system                          |
| convict/felon/criminal/thug   | person with convictions   |
| <b>Mental Health</b>  |   |
| crazy/insane/psycho/mentally ill/<br>emotionally disturbed                                      | person with a mental illness/person with a<br>mental health condition   |

Adapted and updated 3/28/22 from National Council for Behavioral Health. Toolkit for the Surgeon General's Report on Addiction, <https://www.thenationalcouncil.org/surgeon-general-toolkit/language-matters/>

| Terms that may be okay to use<br>with some populations | Terms that are inclusive to a variety<br>of populations and experiences |
|--|---|
| <b>Pregnancy and Parenting</b>                         |   |
| pregnant women/mother                                  | pregnant person/birthing people/parent                                  |
| breastfeeding  | chest feeding, body feeding   |
| mothering/fathering                                    | parenting/caregiving  |
| husband/wife   | partner/spouse  |
| fetal death, fetal demise                              | pregnancy loss  |

Adapted and updated 6/13/23 from National Institutes of Health: Inclusive and Gender-Neutral Language, <https://www.nih.gov/nih-style-guide/inclusive-gender-neutral-language>; and World Health Organization, Newsroom Spotlight, Why we need to talk about losing a baby, <https://www.who.int/news-room/spotlight/why-we-need-to-talk-about-losing-a-baby>

## SESSION OVERVIEW: DAY ONE

Thursday, August 3, 2023

### Opening Keynote

8:30 – 10:00 am

#### Welcome & Announcements

**WAYNE SORENSON**, MS, PROJECT MANAGER, FAMILY HEALTH CENTER OF MARSHFIELD, INC., MARSHFIELD, WI

**GREG NYCZ**, CHIEF EXECUTIVE OFFICER, FAMILY HEALTH CENTER OF MARSHFIELD, INC., MARSHFIELD, WI

Brief welcoming remarks on behalf of the HOPE Consortium.

#### Unconscious Bias: Knowing What You Don't Know

**DEREK MOSELY**, DIRECTOR OF MARQUETTE UNIVERSITY LAW SCHOOL'S LUBAR CENTER FOR PUBLIC POLICY RESEARCH & CIVIC EDUCATION, MILWAUKEE, WI

Unconscious bias is a learned stereotype that is automatic, unintentional, deeply ingrained, universal, and able to influence behavior. Unconscious bias seeps into decisions that affect recruitment, retention, hiring, access to healthcare, housing, education, the justice system, providing services, interpersonal interactions, and outcomes in ways that can disadvantage both individuals and groups of people. We all have some form of unconscious bias, and the key is to recognize that we have it and employ techniques to mitigate it.

#### Objectives:

- Learn the history of unconscious bias in America.
- Learn how subconsciously, decisions are being made in your mind.
- Learn ways to mitigate your bias.

### Break – Yoga On Demand

10:00 – 10:15 am

### Session One

10:15 am – 11:15 am

#### 1 Local Policy Change: Delta-8 THC

**ASHLEY NORMINGTON**, BS, PUBLIC HEALTH STRATEGIST, WOOD COUNTY HEALTH DEPARTMENT, WISCONSIN RAPIDS, WI

**JACOB WAGNER**, MPH, PUBLIC HEALTH STRATEGIST, WOOD COUNTY HEALTH DEPARTMENT, WISCONSIN RAPIDS, WI

In fall 2022, Wood County passed an ordinance restricting the age of sale of hemp-derived cannabinoids (such as delta-8 THC, delta-10 THC, HHC) to reduce retail access to those under 21. Additionally, new businesses selling psychoactive hemp products cannot be within 750 feet of a "youth-friendly" location. This session will review the process of creating policy change and share continued efforts to support prevention efforts around the ordinance.

#### Objectives:

- Learn the importance of collecting quantitative and qualitative data in your community.
- Learn how to identify key players to support your efforts, and finding common ground in order to pass local policy.
- Understand ongoing efforts around community education and awareness, providing resources/support to businesses, and evaluating your efforts.

## 2 Anxious and Depressed, What Do I Do?

**JUSTIN SCHOEN**, MD, MEDICAL DIRECTOR, FAMILY HEALTH CENTER ALCOHOL AND DRUG RECOVERY CENTER, MARSHFIELD, WI

This session will provide an overview of depression and anxiety from a diagnostic and treatment perspective. Additional consideration for the implications of these diagnoses and substance use disorders will be shared.

Objectives:

- Identify common symptomatology of depression and anxiety.
- Recognize common treatment modalities for depression and anxiety.
- Understand implications of depression and anxiety as it relates to substance use.

## 3 Relationship Detox: Helping Clients Develop Healthy Relationships In Recovery

**MARK SANDERS**, LCSW, CADC, ON THE MARK CONSULTING, CHICAGO, IL

Toxic and addictive relationships are a leading cause of relapse and psychiatric decompensation. In this presentation, you will learn strategies to help clients develop healthy relationships in recovery. Topics include: the differences between addictive and healthy relationships; the iceberg model as a tool to help clients understand their relationship patterns; how to help clients develop healthy relationships in recovery; growth during relationship detox; the therapeutic use of self to help clients develop healthy relationships in recovery. You will be introduced to exercises which you can use to help clients develop healthy relationships in recovery.

Objectives:

- Learn the 10 characteristics of addictive relationships.
- Learn the 10 characteristics of healthy relationships.
- Learn strategies to help clients develop healthy relationships in recovery.

## 4 Tribal Healing to Wellness Court and Traditions

**JULIE POUPART**, BSN, MA, ZAAGIIBAGAA HEALING TO WELLNESS COURT COORDINATOR, LAC DU FLAMBEAU, WI

**GARY SMITH**, CHIEF JUDGE, LAC DU FLAMBEAU TRIBAL COURT, LAC DU FLAMBEAU, WI

“Zaagiibagaa” is the Ojibwe word for “budding flower.” The Zaagiibagaa Healing to Wellness Court is a specialized court program for adults who are charged with offenses related to drug and/or alcohol addictions. This specialized court uses a different approach that has been proven to work in tribal communities. Speakers will present on how the integration of the Native American culture to the judicial system along with a system of incentives and sanctions achieve Wellbriety. The origin story of the Zaagiibagaa Healing to Wellness Court is a fantastic collaboration between Vilas County Circuit Court and the Lac du Flambeau Tribal Court. The speakers will share how the Lac du Flambeau Tribal Court as the findings of fact and conclusions of law consider cultural identity and traditions.

Objectives:

- Understand the differences between Tribal Healing to Wellness Courts and Circuit Courts.
- Learn the history of the Zaagiibagaa Healing to Wellness Court.
- Understand the importance of the Native American Culture and the challenges for this special population.

## 5 Ethics and Boundaries: Implications for Rural Human Service Providers (Session 1 of 4)

*\*Session will not be recorded; participants who sign up for this workshop are expected to attend all four sessions (Continues in workshops 10, 15, and 20)*

**KATE KIPP**, MSSW, APSW, ASSISTANT PROFESSOR OF SOCIAL WORK, UNIVERSITY OF WISCONSIN – STEVENS POINT, STEVENS POINT, WI

This four-hour interactive session will introduce/review the National Association of Social Workers (NASW) Code of Ethics. The session will also discuss three areas of human service practice shaped by serving people in rural communities: access and distribution of resources; privacy and confidentiality; and healthy boundaries and dual relationships. Participants will apply Reamer's Ethical Decision-Making Model to a case study to develop an ethical response to an ethical dilemma. Participants must attend all four one-hour sessions.

Objectives:

- Identify key aspects of the NASW Code of Ethics regarding value driven practice and ethical behaviors.
- Describe how rural human service practice has unique implications for privacy, confidentiality, distribution of resources, healthy boundaries, and dual relationships.
- Use an ethical decision-making model, practice wisdom, and the NASW Code of Ethics to resolve an ethical dilemma.

**Break – Yoga On Demand**

11:15 am – 11:30 am

**Session Two**

11:30 am – 12:30 pm

## 6 St. Croix Tribal Reintegration Program

**HAZEL HINDSEY**, MSW, DIRECTOR/ADVOCATE, ST. CROIX TRIBAL PROBATION ACADEMY, CUMBERLAND, WI

**KELLY LOWE**, CASE MANAGER, ST. CROIX TRIBAL PROBATION ACADEMY, CUMBERLAND, WI

**TYNE LOWE**, CASE MANAGER, ST. CROIX TRIBAL PROBATION ACADEMY, CUMBERLAND, WI

**AMANDA AWONOHOPAY**, PROGRAM ASSISTANT, ST. CROIX TRIBAL PROBATION ACADEMY, CUMBERLAND, WI

This session will share the program's successes and challenges since they began working in re-entry from 2017 to present. Efforts are based on the Ojibwe cultural teachings which they believe is medicine. The other key element in our success is the collaboration we built through a task force whose membership includes local programs, faith based and other charitable organizations, probation and parole departments in four counties and all our tribal programs that provide services to the reentry population. They will host a panel discussion made up of two case managers and an administrative assistant with a brief question and answer session.

Objectives:

- Discuss collaboration in re-entry.
- Understand the use of the tribe's cultural teachings.
- Learn about program successes and challenges.

## 7 Imposter Syndrome: Do I Belong Here?

**ANDREW SCHREIER**, ICS, CSAC, LPC, ICGC-I/CLINICAL COORDINATOR, WISCONSIN COMMUNITY MEDICAL SERVICES & NEW LIFE RESOURCES, INC., WAUKESHA, WI

A substance use professional with no experience using illicit substances. A licensed professional counselor with their own history of mental health issues. A peer support specialist working their own recovery program. A marriage and family therapist who is currently dealing with their own separation from their spouse. A nutritionist who continues to have their own challenges with food consumption. An administrative staff member who started working at the front desk. The core question many of these professionals will have when it comes to their role is, "Do I belong here?" Despite the training, certifications, degrees, licenses, and overall experience many professionals deal with Imposter Syndrome and question whether they truly belong in this profession of helping others. Imposter Syndrome has many effects and can have a direct impact on burnout. It can lead to ongoing self-doubt and being overly critical of oneself that can ultimately foster a lack of personal accomplishment. What we bring into our professional role is who we are; and for many of us those experiences are related to the helping profession and can often lead to questioning our place of belonging. Learn about imposter syndrome, explore the connection to burnout, and identify ways to help provide self-care for knowing our place in this profession of helping others. Imposter Syndrome is a topic few talk about; however, most in the helping profession can relate with.

Objectives:

- Learn about what imposter syndrome is and its origins as it relates to the helping profession.
- Become aware of signs and symptoms of experiencing imposter syndrome and the impact it can have.
- Identify ways to confront imposter syndrome to help prevent burnout and foster growth and resilience in this profession.

## 8 Nutrition for Recovery

**KELLY MILLER**, NUTRITION THERAPIST, MASTER HEALTH COACH, CERTIFIED RECOVERY COACH AND CERTIFIED INTEGRATIVE MENTAL HEALTH PROFESSIONAL, DENVER, CO

We have quite a bit of data regarding commonly occurring nutrient deficiencies among the alcohol use disorder/substance use disorder (AUD/SUD) population. When specific nutrients are provided to individuals in early to long-term recovery, primarily through food, we can dramatically improve recovery outcomes. When a patient is supported nutritionally, mood related symptoms like anxiety, depression, lethargy and insomnia can be reduced, often quickly, resulting in a more stabilized client who is more engaged in the treatment and recovery process. By providing some basic education to the patient, and a nutrition program that offers the foundational nutrients required for stabilization, you will greatly improve treatment outcomes.

Objectives:

- Gain a simple and firm understanding of the biochemical root causes of Post-Acute Withdrawal Syndrome. Demonstrate the connection between protein and neurotransmitters to display the importance of restoring regular dietary patterns and intake of protein.
- Understand the concept of blood sugar management as relapse prevention.
- Learn the importance of eating to satiety to restore balance in the hormones that dictate hunger and satiety signals, and how this plays a role in developing a healthy relationship with food.



## 9 The Changing Face of Treatment for Substance Use Disorders for Rural Families

**MARJORIE MEYER**, MD, MATERNAL FETAL MEDICINE, UNIVERSITY OF VERMONT, BURLINGTON, VT

This session will review how substance misuse has changed over the last few years and how these changes have impacted treatment especially for rural families. We will discuss reframing pregnancy care to the initiation of long term family care. We will discuss strategies to reduce neonatal abstinence syndrome that can start in pregnancy and how eat, sleep, console has impacted newborn treatment.

Objectives:

- Review changes in the substances of misuse, including adulterants and how this change alters treatment.
- Review changes in the workforce that supports families impacted by substance misuse in a rural state (Vermont); reframing pregnancy care to the initiation of long-term family care.
- Review changes in reduction of neonatal abstinence syndrome with smoking reduction, buprenorphine, and Eat, Sleep, Console.

## 10 Ethics and Boundaries: Implications for Rural Human Service Providers (Session 2 of 4)

*\*Session will not be recorded (Continues in workshops 15 and 20)*

**KATE KIPP**, MSSW, APSW, ASSISTANT PROFESSOR OF SOCIAL WORK, UNIVERSITY OF WISCONSIN – STEVENS POINT, STEVENS POINT, WI

Participants should attend all four sessions.

**Please see Workshop 5 for full description.**

Objectives:

- See Workshop 5.

**Lunch Break – Optional Yoga**

12:30 – 1:30 pm

**Session Three**

1:30 pm – 2:30 pm

## 11 Trauma-Informed Supervision

**SCOTT WEBB**, MSE, TRAUMA-INFORMED CARE COORDINATOR SUPPORTING THE WISCONSIN DEPARTMENT OF HEALTH SERVICES, UW-MADISON SCHOOL OF MEDICINE AND PUBLIC HEALTH, MADISON, WI

Those who work in human services are often “wounded healers or helpers” themselves. We will look at vicarious trauma, its effects on our work and discuss strategies to practice proper self-care – for ourselves and those that depend on us for help.

Objectives:

- Understand the significance of the Adverse Childhood Experiences (ACEs) study as a public health concern.
- Define and identify key terminology and concepts related to trauma.
- Gain greater understanding of the importance and benefits of trauma-informed supervision

## 12 Panel: What Happens When a Clinic Manager, Counselor, and Peer Specialist Sit Down to Talk About Harm Reduction?

**ANDREW SCHREIER**, ICS, CSAC, LPC, ICGC-I/CLINICAL COORDINATOR, WISCONSIN COMMUNITY MEDICAL SERVICES & NEW LIFE RESOURCES, INC., WAUKESHA, WI

**KRISTEN DEPNEY**, MS, LPS, CSAC, ICS, FAMILY HEALTH CENTER LADYSMITH ALCOHOL & DRUG RECOVERY CENTER, LADYSMITH, WI

**THERESA GUNN**, MA, SAC, CLARK COUNTY COMMUNITY SERVICES, NEILLSVILLE, WI

**SARAH BRISTOW**, RECOVERY COACH, PEER SPECIALIST, THREE BRIDGES RECOVERY, WISCONSIN RAPIDS, WI

According to SAMHSA, "Harm reduction is critical to keeping people who use drugs alive and as healthy as possible and is a key pillar in the multi-faceted Health and Human Services' Overdose Prevention Strategy." In the face of it being recognized as an evidence-based approach and support from several organizations within the substance use and mental health profession, harm reduction continues to receive pushback and stigma as an approach to helping those impacted by alcohol and drug use. To address these issues and how it impacts helping to keep people alive, we must be willing to have more uncomfortable dialogue to become more familiar with its practice and overall benefit to helping others. The Harm Reduction Panel will feature clinical supervisors, counselors, and a certified peer specialist who work in this profession and live by the support of ongoing harm reduction. Stigmas surrounding harm reduction are often filled with prejudice, lack of knowledge, and discrimination that impacts its access to people who desperately need help with their lives often being in the middle of so-called controversial practices. The roundtable will feature questions focusing on harm reduction 101 (increased awareness, education, and knowledge), tough crowds (addressing concerns and critics), how to apply (use of harm reduction), and among the professionals (harm reduction within our own circles). Learn about harm reduction's place in prevention, treatment, and recovery for patients and professionals and how it saves lives.

Objectives:

- Learn about what harm reduction is and its place in prevention, treatment, and recovery.
- Explore some of the stigmas, concerns, and critiques of harm reduction and the impact it has on helping others.
- Review ways in which to apply harm reduction strategies and how it can, and does help save lives.

## 13 Hub & Spoke Pilot: Integrated Recovery Support Services Under Medicaid

**SHEILA WEIX**, MSN, RN, CARN, DIRECTOR OF SUBSTANCE ABUSE SERVICES, FAMILY HEALTH CENTER ALCOHOL & DRUG RECOVERY CENTERS, MARSHFIELD, WI

This session will provide background and updates on the Wisconsin Hub & Spoke (H&S) pilot program from the point of view of the rural pilot site. H&S services are covered under the Medicaid Integrated Recovery Support Services benefit. A great deal of work has taken place to move the program from a "really good idea" to a functioning service that can make a difference for the eligible population while being sustainable for the teams providing the service. Successes and opportunities gained through experience and other learning will be shared.

Objectives:

- Recognize the elements of the H&S pilot.
- Understand the six core H&S services.
- Identify how H&S differs from treatment as usual (TAU).

## 14 Reproductive Harm Reduction (Part 1)

**JOELLE PUCCIO**, BSN, RN, DIRECTOR OF EDUCATION, ACADEMY OF PERINATAL HARM REDUCTION, BEAVERTON, OR

In this session, we will discuss the framework of reproductive harm reduction. We will look at the historical context in which it developed, with particular focus on the experiences of women and people of color, incorporating values of Reproductive Justice. We will also discuss how scientific information is produced, including tips for reading and interpreting evidence.

**Continued in workshop 17**

Objectives:

- Describe the framework of harm reduction, including basic concepts, history and context of the movement, and practical interventions.
- Understand the need for reproductive harm reduction and its roots in Reproductive Justice.
- Discuss practical ways to integrate reproductive harm reduction frameworks into their practice.
- Improve their critical analysis skills and understanding of scientific research.

## 15 Ethics and Boundaries: Implications for Rural Human Service Providers (Session 3 of 4)

*\*Session will not be recorded. (Concludes in workshop 20)*

**KATE KIPP**, MSSW, APSW, ASSISTANT PROFESSOR OF SOCIAL WORK, UNIVERSITY OF WISCONSIN – STEVENS POINT, STEVENS POINT, WI

Participants should attend all four sessions.

**Please see Workshop 5 for full description.**

Objectives:

- See Workshop 5.

**Break – Yoga On Demand**

2:30 – 2:45 pm

## Session Four

2:45 pm – 3:45 pm

### 16 Treatment of Users of Stimulants (TRUST) Model Implementation

**KRISTEN DEPREY**, MS, LPS, CSAC, ICS, FAMILY HEALTH CENTER ALCOHOL & DRUG RECOVERY CENTER, LADYSMITH, WI

Program implementation can be rich in complexity for any organization. The TRUST Model possesses some unique components to consider, including contingency management and medication assisted treatment. In this session, we will look at the components of the model, implementation, and challenges of implementation. We will also address ways to overcome those challenges.

Objectives:

- Gain a general understanding of program implementation.
- Gain an understanding of components needed for TRUST.
- Discuss lessons learned from implementation.

### 17 Reproductive Harm Reduction: Understanding the Evidence (Part 2)

**JOELLE PUCCIO**, BSN, RN DIRECTOR OF EDUCATION, ACADEMY OF PERINATAL HARM REDUCTION, BEAVERTON, OR

Building on concepts outlined in workshop 14, we will discuss the scientific evidence around six kinds of commonly used substances: alcohol, benzodiazepines, cannabis, opioids, stimulants, and tobacco/nicotine. This will be a deep dive into the effects on the pregnant person, fetus, infant, and human milk production with practical harm reduction tips for each substance.

**Continued from workshop 14**

Objectives:

- Participants will be able to discuss the science of substance use during pregnancy and lactation relating to the pregnant person, fetus, and infant.
- Participants will be able to list harm reduction intervention strategies and supplies for six classes of substances during in pregnancy and lactation.

## 18 Pathways of Recovery

**SARAH BRISTOW**, CERTIFIED PEER SPECIALIST, RECOVERY COACH, THREE BRIDGES RECOVERY, WISCONSIN RAPIDS, WI

**ELIZABETH WALTERS**, BS, CERTIFIED PEER SPECIALIST, RECOVERY COACH, COMMUNITY PROGRAMS DIRECTOR, THREE BRIDGES RECOVERY, WISCONSIN RAPIDS, WI

In this session participants will learn about the many pathways of recovery! Hear descriptions and examples of commonly known pathways as well as those we do not hear about as often. This will be an interactive session that allows participants to examine and identify the different pathways, as well as any personal bias regarding recovery pathways.

Objectives:

- Identify three or more pathways of recovery.
- Identify four dimensions of Recovery.
- Uncover or identify personal bias regarding multiple Pathways of Recovery.

## 19 Integration of Quality Improvement and Clinical Care in Pregnant and Postpartum People with Substance Use Disorder

**SREEVALLI ATLURU**, MD, UW HEALTH AND UW-MADISON SCHOOL OF MEDICINE & PUBLIC HEALTH, MADISON, WI

**NICHOLE LOGAN**, BSN, RN, QUALITY IMPROVEMENT ADVISOR, WISCONSIN ASSOCIATION FOR PERINATAL CARE, MILWAUKEE, WI

Learn about current initiatives in Wisconsin aimed at improving care for pregnant and postpartum people with substance use disorders (SUDs). They will emphasize the significance of planning and data-driven decisions, engaging partners with lived and living experience, and acknowledging there is no quality without equity.

Objectives:

- Review and understand state-wide data on the need for coordinated care for pregnant people with SUDs.
- Introduce hub and spoke as a quality improvement (QI) project that may be used as a model for prenatal care for individuals with SUDs in pregnancy.
- Learn about the WI Perinatal Quality Collaborative (WisPQC) and hospital-based initiative to improve care for all pregnant and postpartum people with SUDs.

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## 20 Ethics and Boundaries: Implications for Rural Human Service Providers (Session 4 of 4)

*\*Session will not be recorded; participants who sign up for this workshop are expected to attend all four sessions.*

**KATE KIPP**, MSSW, APSW, ASSISTANT PROFESSOR OF SOCIAL WORK, UNIVERSITY OF WISCONSIN – STEVENS POINT, STEVENS POINT, WI

Participants should attend all four sessions.

Objectives:

**Please see Workshop 5 for full description.**

- See Workshop 5.

## SESSION OVERVIEW: DAY TWO

Friday, August 4, 2023

### Opening Keynote

8:30 – 9:45 am

#### Welcome & Announcements

**RACHEL STANKOWSKI**, PHD, PROJECT MANAGER, FAMILY HEALTH CENTER OF MARSHFIELD, INC., MARSHFIELD, WI

Brief welcoming remarks on behalf of the HOPE Consortium.

#### WI DHS Updates

**KIRSTEN JOHNSON**, MPH, SECRETARY-DESIGNEE, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI

**PAUL KRUPSKI**, POLICY DIRECTOR AND ACTING DIRECTOR OF OPIOID INITIATIVES, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI

The Wisconsin Department of Health Services (DHS) will provide an overview of the current state of the opioid epidemic in Wisconsin. This will include updated national and state level data, discussion on current strategies, initiatives, and projects, which are part of the response being supported by DHS, and updates on National Prescription Opioid Litigation settlements.

#### Objectives:

- Learn the current data related to Wisconsin's opioid epidemic and the trends in overdoses and deaths.
- Learn where National Prescription Opioid Litigation settlements are at, how much the state of Wisconsin and counties have and can expect to receive, and grants DHS has awarded with these funds.
- Learn the latest strategies and initiatives from DHS to address the state's opioid epidemic.

### Break – Yoga On Demand

9:45 – 10:00 am

### Session Five

10:00 am – 11:00 am

#### 21 Drug User Health in Wisconsin

**DENNIS RADLOFF**, SAC, ICS, HARM REDUCTION STRATEGY TECHNICAL ADVISOR – VITAL STRATEGIES, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI

This session will provide an overview of the current overdose epidemic and the impacts of stigma on people who use drugs in Wisconsin. An overview of emerging responses and services to support people who use drugs will be shared in an interactive manner with session participants.

#### Objectives:

- Gain an increased understanding of the current overdose epidemic.
- Raise awareness regarding the impacts of stigma on people who use drugs.
- Increase knowledge regarding harm reduction services designed to support the communities.

## 22 Clinical Supervision for Addiction: Supervising Within the Generational Gap (Part 1)

**DAN BIZJAK**, MSW, LCSW, ICS, CSAC, RECOVERY & ADDICTION PROFESSIONALS OF WISCONSIN (RAP-WI), MADISON, WI

The relationship between a counselor/therapist and Clinical Supervisor is a driving factor in retention, progression, and success of our staff/supervisees. This workshop goes beyond the basics of how to become a clinical supervisor and discusses topics that are not discussed in school. With humor-filled and interactive discussion, the generational gap is presented and outlined to identify methods of how to support "New School" and "Old School" staff currently working within our workforce, specifically within the addiction and mental health area. Other topics discussed within the session are: use of individualized development plans for students/new staff, supporting staff remotely, humor, and teacher-student roles. This workshop is aimed to engage, equip, and empower clinical supervisors to feel comfortable in addressing a new way of coaching, mentoring, teaching, and role modeling skills of being a successful counselor/therapist.

**Continues in workshop 26**

Objectives:

- Gain understanding of the differences between generations.
- Gain understanding of how to lead within a multigenerational team.
- Gain understanding of how to build an effective multigenerational team.

## 23 Life is Sacred, Let's Welcome It

**JILLENE JOSEPH (A'ANIHH)**, BS, EXECUTIVE DIRECTOR, THE NATIVE WELLNESS INSTITUTE, GRESHAM, OR

This informative workshop will review neuro-trauma, specifically fetal alcohol spectrum disorder (FASD), and how it often shows up in our professional and personal lives. Participants will learn tools and strategies to best serve those living with an FASD. The workshop will end by showcasing an Indigenous FASD prevention and intervention project including the lessons learned in helping community members live successful lives.

Objectives:

- Receive an overview of neuro-trauma and FASD.
- Learn tips for success for those living with an FASD.
- Learn about an Indigenous FASD prevention and intervention project.

## 24 Readiness for Recovery

**HEATHER KURILLA**, BS, ASSISTANT PROGRAM DIRECTOR, VILAS COUNTY JAIL, EAGLE RIVER, WI

This session will provide an overview of the Readiness for Recovery program held in the Vilas County Jail in Wisconsin. Participants will receive an introduction to the program including history and statistical data, and meet current program facilitators.

Objectives:

- Develop an understanding of current operations and programming.
- Gain an understanding of the State Opioid Response (SOR) Grant.
- Understand what follow-up for program participants looks like.

## 25 From Crisis to Solutions: Tackling Maternal Mortality and Perinatal Substance Use (Part 1)

**CHRISTINA WICHMAN**, DO, PROFESSOR OF PSYCHIATRY AND OBSTETRICS AND GYNECOLOGY, THE MEDICAL COLLEGE OF WISCONSIN, DIRECTOR OF WOMEN'S MENTAL HEALTH AT THE MEDICAL COLLEGE OF WISCONSIN, AND MEDICAL DIRECTOR OF THE PERISCOPE PROJECT, MILWAUKEE, WI

**LIZZY HOVIS**, MD, ASSISTANT PROFESSOR OF PSYCHIATRY, THE MEDICAL COLLEGE OF WISCONSIN AND STAFF PSYCHIATRIST, THE PERISCOPE PROJECT, MILWAUKEE, WI

Part 1 will offer key considerations related to perinatal substance use disorders. This will include a review of the epidemiology, risk factors, clinical presentation, and management of substance use disorders (SUD) in pregnant and postpartum individuals.

**Continues in workshop 30**

Objectives:

- Understand the epidemiology of SUD in pregnant and postpartum patients.
- Describe the clinical presentation of perinatal patients with SUD.
- Identify available treatment for SUD in the perinatal population.

## Break – Yoga On Demand

11:00 – 11:15 am

## Session Six

11:15 am – 12:15 pm

## 26 Clinical Supervision for Addiction: Supervising Within the Generational Gap (Part 2)

**DAN BIZJAK**, MSW, LCSW, ICS, CSAC, RECOVERY & ADDICTION PROFESSIONALS OF WISCONSIN (RAP-WI), MADISON, WI

**Continued from Workshop 22.**

Please see Workshop 22 for session description.

Objectives:

- See Workshop 22

## 27 Treating Adolescents and Young Adults Experiencing Substance Use

**KERRY GANNON-LOWE**, MD, ASSISTANT PROFESSOR, UNIVERSITY OF WISCONSIN SCHOOL OF MEDICINE AND PUBLIC HEALTH, ADOLESCENT MEDICINE PHYSICIAN, THE UW HEALTH TEENAGE AND YOUNG ADULT CLINIC, MADISON, WI

Substance use is common among adolescents and young adults. This session will discuss trends in substance use in this population both locally and nationally. We will discuss approaches to effectively screen adolescents for substance use in primary care, offer harm reduction strategies, and connect patients to treatment. We will also review recommended treatment for adolescents with opioid use disorder, as well as barriers to care.

Objectives:

- Identify trends in adolescent and young adult substance use in Wisconsin and nationally.
- Implement screening, brief intervention, and referral to treatment strategies for adolescents and young adults with substance use disorders presenting to primary care.
- Discuss evidence-based strategies for treatment of opioid use disorder in adolescents and young adults.

## 28 Living in Balance

**JILLENE JOSEPH (A'ANI'IIH)**, BS, EXECUTIVE DIRECTOR, THE NATIVE WELLNESS INSTITUTE, GRESHAM, OR

In this workshop, an Indigenous model for living in balance will be shared. Participants will receive several handouts to help remind them of this model and will be able to assess their own sense of well-being. Finally, participants will be able to discuss in a large group ways to live in balance.

Objectives:

- Learn an Indigenous model for living in balance.
- Assess personal well-being.
- Collectively brainstorm strategies to better live in balance.

## 29 Stigma Reduction

**AARON CLAYBORN**, RECOVERY COACH TRAINER, OUTREACH SPECIALIST FOR THE ENGAGEMENT TO RECOVERY PROGRAM, WISCONSIN VOICES FOR RECOVERY, MADISON, WI

This presentation will address barriers to seeking treatment for substance use disorder and other perceptions of opioid use disorder caused by stigma within communities of color. Topics that will be addressed are the effects of stigma, raising awareness on the impact of stigmatizing labels associated with substance use disorder and cycles of stigma.

Objectives:

- Develop an understanding of stigma.
- Begin to understand stigma within BIPOC communities.
- Learn about the cycles of stigma.

## 30 From Crisis to Solutions: Tackling Maternal Mortality and Perinatal Substance Use (Part 2)

**CHRISTINA WICHMAN**, DO, PROFESSOR OF PSYCHIATRY AND OBSTETRICS AND GYNECOLOGY, THE MEDICAL COLLEGE OF WISCONSIN, DIRECTOR OF WOMEN'S MENTAL HEALTH AT THE MEDICAL COLLEGE OF WISCONSIN, AND MEDICAL DIRECTOR OF THE PERISCOPE PROJECT, MILWAUKEE, WI

**LIZZY HOVIS**, MD, ASSISTANT PROFESSOR OF PSYCHIATRY, THE MEDICAL COLLEGE OF WISCONSIN AND STAFF PSYCHIATRIST, THE PERISCOPE PROJECT, MILWAUKEE, WI

Part 2 will focus on the high prevalence of trauma in this population and present information related to perinatal substance use disorder (SUD) through a trauma-informed lens to prevent re-traumatization of patients as well as focus on equity focused language in an effort to mitigate stigma that has historically resulted in negative health outcomes for this population.

**Continued from Workshop 25**

Objectives:

- Recognize how language can impact health outcomes.
- Identify commonly used stigmatizing language and equity-focused alternatives.
- Give examples of trauma-informed care when treating perinatal patients with SUD.

## 31 Xylazine: The New Drug Additive

**SARAH LAUREL**, EXECUTIVE DIRECTOR, SAVAGE SISTERS RECOVERY, BRYN MAWR, PA

Listen to a comprehensive presentation and updated overdose reversal training based on the animal tranquilizer, Xylazine, that is in 91% of the "dope" supply in Philadelphia and rapidly spreading throughout the country.

Objectives:

- Identify Xylazine trends nationally and in Pennsylvania.
- Describe the impact/harm to the human body, community, and public health.
- Identify proactive ways to respond/treat street level during active use and updated methods of acute withdrawal.

**Lunch Break – Optional Yoga**

12:15 – 1:00 pm

**Closing Keynote**

1:00 pm – 2:15 pm

## Being an Ally in Indian Country

**JILLENE JOSEPH (A'ANIIH)**, BS, EXECUTIVE DIRECTOR, THE NATIVE WELLNESS INSTITUTE, GRESHAM, OR

In this session, participants will learn about the Being An Ally in Indian Country framework that the Native Wellness Institute uses. The workshop will begin with defining being an ally, digging deeper into understanding how colonization impacted Native people, and how colonialism continues to impact everyone. And finally, participants will learn the difference between a colonized and decolonized ally.

Objectives:

- Discuss and define what an ally is.
- Have a better understanding of how colonization/colonialism continue to play out.
- Learn the difference between a colonized and decolonized ally.

## Closing

**WAYNE SORENSON**, MS, PROJECT MANAGER, FAMILY HEALTH CENTER OF MARSHFIELD, INC. MARSHFIELD, WI

Brief closing remarks.



# Presenter Biographies

## KEYNOTES



**DEREK MOSELY, DIRECTOR OF MARQUETTE UNIVERSITY LAW SCHOOL'S LUBAR CENTER FOR PUBLIC POLICY RESEARCH & CIVIC EDUCATION, MILWAUKEE, WI**

Judge Derek Mosley graduated from Marquette University Law School in 1995. After graduation he served as an Assistant District Attorney for Milwaukee County from 1995-2002. As an Assistant District Attorney, he represented the State of Wisconsin in over 1,000 criminal prosecutions. In 2002, Mr. Mosley was appointed Municipal Court Judge in Milwaukee. At the time of his appointment, he was the youngest African-American to be appointed judge in the State of Wisconsin. For ten years Mr. Mosley served as the Chief Judge of the Milwaukee Municipal Court. In 2023, Mr. Mosley became the Director of the Lubar Center for Public Policy Research and Civic Education at Marquette University Law School. He has been a lecturer at both Marquette University Law School as well as the University of Wisconsin-Milwaukee. He sits on the Supreme Court of Wisconsin's Judicial Education Committee. Judge Mosley routinely speaks both nationally and internationally about Unconscious Bias and Black History. Also, as a kidney transplant recipient, he is an ardent supporter of Donate Life.



**KIRSTEN JOHNSON, MPH, SECRETARY-DESIGNEE, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI**

Kirsten Johnson has over 20 years of experience as a public health leader in complex local, state, national, and international organizations. She joins the administration after previously serving as the health commissioner for the city of Milwaukee following her appointment in January 2021. Prior to serving the city of Milwaukee, Kirsten led the Washington Ozaukee Public Health Department for more than a decade as the director and health officer, overseeing the merger of the two counties' health departments and later leading a multi-county pandemic response as well as various other public health and health equity initiatives. Kirsten has her master's degree in public health from Tulane University of Public Health and Tropical Medicine and holds certifications as a public health professional and certified education specialist.



**PAUL KRUPSKI, POLICY DIRECTOR AND ACTING DIRECTOR OF OPIOID INITIATIVES, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI**

Paul Krupski was named the Director of Opioid Initiatives at the Wisconsin Department of Health Services (DHS) in October 2017. He has nearly two decades of experience working in the substance abuse field and his work has always centered on implementing evidence-based policies, programs, and strategies to positively impact substance abuse and misuse. Paul has previously worked at DHS as a Prevention Coordinator with the Division of Care and Treatment Services Substance Abuse Services Section, and as the Statewide Training Coordinator with the Division of Public Health Office of Preparedness and Emergency Healthcare. Prior to working for the State of Wisconsin, Paul was the Policy Director for a non-profit organization in Madison, and also spent 10 years working for a community-based nonprofit organization in San Diego, California. Paul graduated from the University of Wisconsin-Green Bay with a Bachelor of Arts degree in Social Change and Development



**JILLENE JOSEPH (A'ANIIH), BS, EXECUTIVE DIRECTOR, THE NATIVE WELLNESS INSTITUTE, GRESHAM, OR**

Jillene Joseph (A'aniih) is the executive director of the Native Wellness Institute where she helped to found the organization who is now celebrating their 23rd anniversary. She has five children and three grandchildren and has worked in Indian Country for nearly 40 years helping her people to heal and live in balance. She sits on the 8 member International Indigenous Council of the Healing Our Spirits Worldwide movement.

## PRESENTERS

### **SREEVALLI ATLURU, MD WITH UW HEALTH & UW-MADISON SCHOOL OF MEDICINE & PUBLIC HEALTH, MADISON, WI**

Sreevalli (Sree) Atluru, MD, was born to immigrant parents in Milwaukee, Wisconsin and raised in Kansas and Minnesota. She attended the University of Wisconsin-Madison for college where she graduated with honors in biology and political science. She then worked in politics for one year before going to medical school at the Medical College of Wisconsin. A Family Medicine residency landed her at Oregon Health and Science University for a novel four-year family medicine training with her fourth year spent primarily in the care of inpatient and pregnant people with substance use disorders. She graduated in 2017 and now works as a primary care and addiction medicine clinician providing obstetrical services at UW Health DeForest-Windsor and a hospitalist with the Department of Medicine. Her areas of interest involve preventive care, prenatal care, newborn care, and management of substance use disorders in pregnancy. In addition to a busy clinical practice in and outside of the hospital, she enjoys yoga, spending time with family and friends, eating brunch, and high intensity interval training workouts.

### **AMANDA AWONOHOPAY, TRIBAL PROBATION ACADEMY, CUMBERLAND, WI**

Amanda Awonohopay provides administrative support for the St. Croix Tribal Probation Academy and Tribal Reintegration Program.

### **DAN BIZJAK, MSW, LCSW, ICS, CSAC, RECOVERY & ADDICTION PROFESSIONALS OF WISCONSIN (RAP-WI), MADISON, WI**

Dan Bizjak has over 20 years treatment experience and 15 years as a supervisor. He provides humor filled lectures on addiction, mental health, medication-assisted treatment, and leadership. Dan has worked with mentoring and providing leadership throughout his career. He is the Immediate Past President of Recovery & Addiction Professionals of Wisconsin (RAP-WI), and is currently serving as the National Association for Alcoholism and Drug Abuse Counselors (NAADAC) Student Committee Chair. Dan has worked across the treatment continuum and is currently the State Opioid Treatment Authority (SOTA) for the State of Wisconsin's Department of Health Services.

### **SARAH BRISTOW CERTIFIED PEER SPECIALIST, RECOVERY COACH, THREE BRIDGES RECOVERY, WISCONSIN RAPIDS, WI**

Sarah Bristow is a person in long-term recovery. She actively used substances for 12 years. Throughout her active use, she experienced incarceration, detox, inpatient treatment, outpatient treatment, medication-assisted treatment, and other recovery support services. She survived homelessness, abuse, stigma, and many forms of trauma. She is now grateful to use her experience to educate and help others. Sarah provides peer support and promotes resource connections in the Aspirus Emergency Department, Wood and Portage County Treatment Courts, Wood County Jail, and other areas of the community. She facilitates the SMART Inside Out Program at the Wood County Jail. She provides naloxone trainings in multiple counties and shares her story at treatment facilities. She has a supportive partner, who is also in recovery, and they have a healthy toddler that keeps them on their toes. She has achieved more than she could have ever dreamed and she aims to make the person she was yesterday proud every day.

### **KRISTEN DEPREY, MS, LPS, CSAC, ICS, FAMILY HEALTH CENTER LADYSMITH ALCOHOL & DRUG RECOVERY CENTER, LADYSMITH, WI**

Kristin Deprey, MS, LPC, CSAC, ICS, has been in the substance abuse treatment field for over twenty years. She graduated from UW-Green Bay with a Bachelor's degree in psychology and UW-Stout with a Master's degree in guidance and counseling. She has worked in correctional settings, community counseling providing direct client care, and clinical supervision. She has also worked in academic settings teaching courses and facilitating program development. She was a member of the Motivational Interviewing Network of Trainers. She currently works for Family Health Center as a substance use therapist and clinical supervisor and also is a Clare Matrix trainer.

### **NIKKI ENGELS, FITNESS AND VINIYOGA INSTRUCTOR, LEADERSHIP ACADEMY, INC., WOODRUFF, WI**

Nikki Engels is a fitness and yoga teacher at Leadership Academy in Woodruff, WI. She has taught classes for 14 years and is skilled in understanding how the body works to acquire the proper fitness workout for all skill levels. Viniyoga has a unique quality that works with the student's breath and movement while coming in and out of postures. The yoga style that she teaches allows the body to come into a relaxed state that helps with rejuvenation.

### **THERESA GUNN, MA, SAC, CLARK COUNTY COMMUNITY SERVICES, NEILLSVILLE, WI**

Theresa Gunn is a graduate from the University of South Dakota with both her Bachelor's in Criminal Justice (1986) and her Master's in Addiction Studies (2016). She currently holds her Substance Abuse Counselor (SAC) license in Wisconsin. Theresa has eight years of experience in case management for clients with both mental health and substance abuse concerns. She has over three years as a Substance Abuse Counselor. She is an Intoxicated Drive Program (IDP) assessor for Clark County, and will be starting prevention education at Neillsville Middle School this fall. Theresa has worked in different arenas of treatment including inpatient, outpatient, case management, and medication-assisted clinics. She has experience in 12-step programs, relapse prevention, mindfulness, crisis intervention, and cognitive behavioral therapies. She has gained knowledge running different types of groups from educational, to process, to focus. She is trained in Moral Reconation Therapy (MRT) and SMART Recovery. She has lived experience of substance use and recovery time of over 30 years. Theresa has been a foster mom for three years and adopted a girl who is now six, which has helped her gain knowledge of the foster care system in Wisconsin. She thrives on motivating and inspiring her clients to do more for themselves.

**HAZEL HINDSEY, MSW, DIRECTOR, TRIBAL PROBATION ACADEMY, CUMBERLAND, WI**

Hazel Hindsey lives and works in the St. Croix Tribal Community of Maple Plain near Cumberland, Wisconsin. She began working for the tribe in the field of substance abuse prevention and outpatient treatment. She also devoted ten years as a tribal council member and then returned to work in Human Resource, Human Service Department, and finally as the developer of the tribes' re-entry program.

**LIZZY HOVIS, MD, ASSISTANT PROFESSOR OF PSYCHIATRY, THE MEDICAL COLLEGE OF WISCONSIN, STAFF PSYCHIATRIST, THE PERISCOPE PROJECT, MILWAUKEE, WI**

Lizzie Maxwell Hovis is an Assistant Professor of Psychiatry at the Medical College of Wisconsin where she specializes in Perinatal Mental Health and Emergency Psychiatry. Her academic interests include substance use disorders in pregnant populations as well as understanding how bias influences the assessment and management of patients. Dr. Hovis completed medical school at the University of Wisconsin School of Medicine and Public Health, residency at the University of Pittsburgh Medical Center and a fellowship in Consultation-Liaison Psychiatry at the Medical College of Wisconsin. In addition to her clinical roles, Dr. Hovis is a staff psychiatrist with The Periscope Project, a physician access program aiming to increase access to quality care for pregnant or postpartum individuals struggling with mental health concerns.

**KATE KIPP, MSSW, APSW, ASSISTANT PROFESSOR OF SOCIAL WORK, UNIVERSITY OF WISCONSIN – STEVENS POINT, STEVENS POINT, WI**

Kate Kipp joined UW-Stevens Point's Department of Sociology and Social Work in 2015. Kipp has an advanced practice certification as a social worker and is trained in substance use disorders. Kipp continues to facilitate groups for children/youth receiving CCS services. Kipp spent nearly fifteen years as a child welfare social worker in Dane and Marathon counties. She is involved on the board of Marathon County Head Start and volunteers for the Girl Scouts of the Northwestern Great Lakes.

**HEATHER KURILLA, BS, ASSISTANT PROGRAM DIRECTOR, VILAS COUNTY JAIL, EAGLE RIVER, WI**

Heather Kurilla graduated from the University of Wisconsin – La Crosse with a Bachelor's of Science Degree in Health and Wellness Management in 2018. She began in the role of Assistant Program Director with the Vilas County Jail in early 2023.

**KERRY GANNON-LOEW, MD, ASSISTANT PROFESSOR AT THE UNIVERSITY OF WISCONSIN SCHOOL OF MEDICINE AND PUBLIC HEALTH, ADOLESCENT MEDICINE PHYSICIAN AT THE UW HEALTH TEENAGE AND YOUNG ADULT CLINIC, MAIDSON, WI**

Dr. Kerry Gannon-Loew is an assistant professor at the University of Wisconsin-School of Medicine and Public Health and an adolescent medicine physician at the UW Health Teenage and Young Adult Clinic. She completed medical school and residency at the University of Wisconsin and an adolescent medicine fellowship at Nationwide Children's Hospital in Columbus, OH. She is committed to addressing the health concerns of teenagers and young adults, with a particular interest in working with patients with substance use disorders, including prescribing medication for opioid use disorder.

**SARAH LAUREL, FOUNDER AND EXECUTIVE DIRECTOR, SAVAGE SISTERS RECOVERY, BRYN MAWR, PA**

Sarah Laurel created Savage Sisters and its programming after she overcame her traumatic battle with substance use disorder and homelessness. What began as a desire to have one safe home for a couple of women grew organically over the past five years. Today Savage Sisters has nine houses, weekly street-based outreaches, a drop-in center, statewide overdose reversal, and harm reduction training. Savage Sister's mission is to attack addiction ferociously with radical love through connection.

**NICHOLE LOGAN, BSN, RN, QUALITY IMPROVEMENT ADVISOR WITH THE WISCONSIN ASSOCIATION FOR PERINATAL CARE, MILWAUKEE, WI**

Nichole Logan, BSN, BS, RN is the Quality Improvement Advisor for the Wisconsin Association for Perinatal Care. After a decade of experience in business operations and quality improvement across various settings, she returned to school to pursue a nursing degree with the aim of improving health outcomes. Nichole is also a staff nurse at the Milwaukee VA Hospital. This allows her to stay connected to patient-facing care while working towards improving healthcare systems throughout the state.

**KELLY LOWE, CASE MANAGER, TRIBAL PROBATION ACADEMY, CUMBERLAND, WI**

Kelly Lowe is a Case Manager for the male clients in the St. Croix Tribal (SCT) Reintegration Program for three years. He made a successful reentry from prison and worked for the tribe in various capacities from Casino to COVID Community Care Worker. He is a student of psychology. He works for the tribal re-integration program, where he helps tribal members who are coming out of incarceration get on their feet and establish and maintain a healthy, sober lifestyle. The program also helps individuals obtain employment and/or education, housing, and mental health services (as needed). He works to bridge the gap between tribal members and the division of probation and parole, as the parole agents may not be as culturally sensitive as needed – so that is where the program comes in, as liaisons between that member and probation and parole.

**TYNE LOWE, CASE MANAGER, TRIBAL PROBATION ACADEMY, CUMBERLAND, WI**

Tyne Lowe is a Case Manager for the St. Croix Tribal (SCT) Reintegration Program for the last five years. She is a CNA by training, but chose to work with female clients who are coming home from prison.

**MARJORIE MEYER, MD, MATERNAL FETAL MEDICINE, UNIVERSITY OF VERMONT, BURLINGTON, VT**

Marjorie Meyer, MD is a maternal fetal medicine physician at the University of Vermont in Burlington, Vermont. She was a co-investigator for this site of the MOTHER trial and has maintained an interest in all aspects of substance misuse in pregnancy and parenting families. She works closely with her state collaborators that provide community services around the rural state, most recently to understand how pandemic related disruptions in the health care system have affected coordinated care for pregnancy and families.

**KELLY MILLER, NUTRITION THERAPIST, MASTER HEALTH COACH, CERTIFIED RECOVERY COACH AND CERTIFIED INTEGRATIVE MENTAL HEALTH PROFESSIONAL, DENVER, CO**

Kelly Miller is a Master Certified Nutrition Therapist, Master Health Coach, and Recovery Coach who specializes in nutrition for addiction recovery. She founded the Addiction Nutritionist in 2017, a virtual coaching and consulting practice, after years of a personal struggle with food and other substances. Her program helps uncover the biochemical root causes of addiction and cravings. She created the Post-Acute Withdrawal Syndrome (PAWS) Protocol, a nutritional intervention designed to alleviate the symptoms of PAWS and directly address the unique needs of individuals in recovery. Her clients typically experience improved mood, a reduction in cravings and relapse, and overall better quality of life. She also works with treatment facilities to train clinical staff, educate patients, facilitate nutrition therapy groups and create or improve nutrition programming. She is a regular presenter for alumni groups, community centers, and sober living facilities across the U.S. Kelly currently spends most of her time hosting The Addiction Nutritionist Podcast and Recovery U, her group coaching platform focused on building health, wellness, and resilience in recovery.

**ASHLEY NORMINGTON, BS, PUBLIC HEALTH STRATEGIST, WOOD COUNTY HEALTH DEPARTMENT, WISCONSIN RAPIDS, WI**

Ashley is a Public Health Strategist with the Wood County Health Department. After graduating from the University of Wisconsin – Stevens Point, she served with AmeriCorps for two years before joining Marshfield Clinic to support community coalition efforts for Marshfield Area Coalition for Youth and the Northwoods Coalition. In 2017, she joined Wood County Health Department supporting Healthy People Wood County's substance use efforts, known as IMPACT. Along with youth prevention, Ashley also supports harm reduction and recovery supportive efforts, and serves on the Board of Directors for a peer recovery support organization, Three Bridges Recovery Wisconsin. She and her husband, Wes, have three children and enjoy coaching their children's youth basketball teams.

**JULIE POUPART, BSN, MA, ZAAGIIBAGAA HEALING TO WELLNESS COURT COORDINATOR, LAC DU FLAMBEAU, WI**

Julie is a resident of Lac du Flambeau, WI and a member of the Lac du Flambeau Tribe. She earned an Associate of Science Nursing Degree in 2002; Bachelor of Science Degree in Nursing in 2006; and a Masters of Arts in Tribal Administration and Government in 2018. She served the Lac du Flambeau Tribal Community for twenty years. For more than eighteen years, she held the positions of Registered Nurse, Community Health Department Supervisor and Clinical Manager at Peter Christensen Health Center, an Indian Health Service facility. In November of 2021, she accepted the Healing to Wellness Court Coordinator position with Zaagiibagaa. Julie appreciates the opportunities and accepts the challenges that come with working with participants in the program, as well as working with the Zaagiibagaa Healing to Wellness Court Team.

**JOELLE PUCCIO, BSN, RN, DIRECTOR OF EDUCATION, ACADEMY OF PERINATAL HARM REDUCTION, BEAVERTON, OR**

Joelle Puccio is a registered nurse who has worked in Perinatal and Neonatal Intensive Care since 2004. They worked for seven years as the Director of Women's Services for the People's Harm Reduction Alliance, a peer run syringe services program in Seattle, WA, and served on the Board of Directors for four years. They are a co-founder of the Academy of Perinatal Harm Reduction, whose mission is to improve the lives of pregnant and parenting people who use substances. They have been invited to speak at conferences convened by the Centers for Disease Control and Prevention (CDC), the Academy of Neonatal Nurses (ANN), the American College of Obstetricians and Gynecologists (ACOG), and more. They currently travel the country in their RV with their partner and two cats as a travel nurse, in order to learn about the experience of families affected by perinatal substance use and pregnancy criminalization in varying geographic areas. They became passionate about advocating for people who use drugs after realizing that everything they had been taught about drugs from childhood through nursing school was wrong.

**DENNIS RADLOFF, SAC, ICS, HARM REDUCTION STRATEGY TECHNICAL ADVISOR – VITAL STRATEGIES, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI**

Dennis Radloff has worked in the substance use services field for over twenty-five years with a background including Substance Use Counselor, Clinical Supervisor, Director of Behavioral Health Services, Narcan® Direct Coordinator, and Harm Reduction Response Team Coordinator. Increasing drug user health supports through state systems, decreasing stigma for people who use drugs, and overdose prevention has been the focus of Dennis' work activities the past 10 years. Dennis currently works for Vital Strategies as the Harm Reduction Strategy Technical Advisor embedded at the Wisconsin Department of Health Services in the Division of Public Health.

**MARK SANDERS, LCSW, CADC, ON THE MARK CONSULTING, CHICAGO, IL**

Mark Sanders, LCSW, CADC, is an international speaker, trainer, and consultant in the behavioral health field whose work has reached thousands throughout the United States, Europe, Canada, Caribbean, and British Islands. Mark is the author of five books, which all focus on behavioral health. Mark has been a certified addiction counselor for 34 years. He has received numerous awards including a Lifetime Achievement Award from the Illinois Addiction Counselor Certification Board and the Barbara Bacon Award for outstanding contributions to the Social Work profession as a Loyola University of Chicago Alumni. Mark is co-founder of Serenity Academy of Chicago, the only recovery high school in Illinois. He is past president of the board of the Illinois chapter of the National Association for Alcoholism and Drug Abuse Counselors (NAADAC). He has had a 30 year career as a university educator having taught at the University of Chicago, Illinois State University, Illinois School of Professional Psychology, and Loyola University of Chicago, School of Social Work.

**JUSTIN SCHOEN, MD, MEDICAL DIRECTOR, FAMILY HEALTH CENTER ALCOHOL AND DRUG RECOVERY CENTERS, MARSHFIELD, WI**

Dr. Justin Schoen is a board certified Psychiatrist with Marshfield Clinic Health System (MCHS), and serves as the Medical Director for Family Health Center's Alcohol and Drug Recovery Centers. Dr. Schoen joined MCHS in 2008, and earned his medical degree from Michigan State University and completed his residency at the University of Wisconsin. Dr. Schoen is a past president of the Wisconsin Psychiatric Association (WPA) and currently is one of the WPA's state representatives to the American Psychiatric Association (APA) Assembly. He is a distinguished fellow of the APA and maintains memberships with those organizations, as well as the American Society of Addiction Medicine (ASAM) and Wisconsin Society of Addiction Medicine (WISAM). He has spoken both locally and nationally.

**ANDREW SCHREIER, ICS, CSAC, LPC, ICGC-I/CLINICAL COORDINATOR, WISCONSIN COMMUNITY MEDICAL SERVICES & NEW LIFE RESOURCES, INC., WAUKESHA, WI**

Andrew J. Schreier is an Independent Clinical Supervisor, Clinical Substance Abuse Counselor, and Licensed Professional Counselor. He is currently the Clinical Coordinator for Wisconsin at Community Medical Services that provides medicated-assisted treatment for individuals with opioid use disorder. Mr. Schreier also works at New Life Resources, Inc. that provides individual counseling/therapy, children and adolescent services, couples/marital counseling, step/blended families, group therapy, addiction counseling, psychological testing, and consultation. In over seventeen years of counseling experience, he has worked in group home, halfway house, residential, medicated-assisted treatment, and outpatient treatment settings. Mr. Schreier is the host of "Talking Addiction & Recovery Podcast."

**GARY SMITH, CHIEF JUDGE FOR LAC DU FLAMBEAU TRIBAL COURT, LAC DU FLAMBEAU, WI**

Gary has been the Chief Judge for the Lac du Flambeau Tribal Court for fourteen years. Prior to the Chief Judge appointment he served as an Associate Judge for seven years. He has been involved with the Zaagiibagaa Healing to Wellness Court since its beginning in 2013. For the past five years, he has served as the Zaagiibagaa Healing to Wellness Court Project Director.

**JACOB WAGNER, MPH, PUBLIC HEALTH STRATEGIST, WOOD COUNTY HEALTH DEPARTMENT, WISCONSIN RAPIDS, WI**

Jacob Wagner is a true mid-westerner: He was born in Kansas, grew up in Iowa, attended college in Illinois, and now calls Wisconsin his home. He joined the Wood County Health Department in April 2021 following Healthy People Wood County's receipt of federal Drug Free Communities funding. Jacob provides staff support to IMPACT, focusing on youth substance use prevention efforts. Before joining Wood County, he worked as a substance abuse counselor. Jacob lives in Wisconsin Rapids with his partner Audrey and their two dogs.

**ELIZABETH WALTER, BS, CERTIFIED PEER SPECIALIST, RECOVERY COACH, COMMUNITY PROGRAMS DIRECTOR, THREE BRIDGES RECOVERY, WISCONSIN RAPIDS, WI**

Elizabeth is a person in long-term recovery with the lived experience of substance and alcohol use disorder. Her past is not her today; however, it has strengthened her passion, commitment, and ability to advocate, educate, and serve others with similar experiences including those in the field helping individuals with substance use disorder. She graduated from North-Central Technical College as the outstanding student, earning her Human Services and AODA Associates. Elizabeth continued to obtain her Bachelor's degree in psychology. She has been working for Three Bridges Recovery for three years and it has provided her the platform to grow and reach many people.

**SCOTT WEBB, MSE, TRAUMA-INFORMED CARE COORDINATOR SUPPORTING WISCONSIN DEPARTMENT OF HEALTH SERVICES, UW-MADISON SCHOOL OF MEDICINE AND PUBLIC HEALTH, MADISON, WI**

Scott is a trauma survivor who has worked in the behavioral health field for 37 years. His career has included clinical, administrative, and consultative work. He is the Trauma-Informed Care Coordinator at the State of Wisconsin Department of Health Services. He holds a Master of Science in Education degree from the University of Wisconsin-Oshkosh. Since 2014, Scott has provided training and technical assistance on trauma-informed care principles to more than 18,000 clinicians statewide. His insights on trauma-informed care have been featured in articles published by Wisconsin Center for Investigative Journalism and Isthmus. He also has presented at numerous conferences and acted as keynote speaker for the UW-Madison School of Social Work, the National Alliance on Mental Illness Wisconsin Conference, the Wisconsin Personal Services Association, and the Wisconsin Council on Problem Gambling.

**SHEILA WEIX, MSN, RN, CARN, DIRECTOR OF SUBSTANCE ABUSE SERVICES, FAMILY HEALTH CENTER ALCOHOL & DRUG RECOVERY CENTERS, MARSHFIELD, WI**

Sheila Weix is the director of Substance Abuse Services for Family Health Center of Marshfield, Inc. With a background in addiction treatment spanning inpatient, residential, and outpatient services, she is in her fifth decade of practice in both public and private environments.

**CHRISTINA WICHMAN, DO, PROFESSOR OF PSYCHIATRY AND OBSTETRICS AND GYNECOLOGY, THE MEDICAL COLLEGE OF WISCONSIN, DIRECTOR OF WOMEN'S MENTAL HEALTH AT THE MEDICAL COLLEGE OF WISCONSIN, AND MEDICAL DIRECTOR OF THE PERISCOPE PROJECT, MILWAUKEE, WI**

Dr. Christine Wichman is a Professor of Psychiatry and Obstetrics and Gynecology at the Medical College of Wisconsin (MCW). She completed residency in Adult Psychiatry and fellowship in Consultation-Liaison Psychiatry at Mayo Clinic. Clinically, she created and directs a co-located perinatal psychiatric service and is the Director of Women's Mental Health at the MCW. She is the Medical Director of The Periscope Project, a statewide provider to perinatal psychiatrist teleconsultation service. Dr. Wichman has published and lectured extensively regionally and nationally.











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## Schedule at a Glance

| Day 1 – Thursday, August 3, 2023 |                                       |
|----------------------------------|---------------------------------------|
| 8:30 – 9:00 am                   | Welcome & Announcements               |
| 9:00 – 10:00 am                  | <b>Opening Keynote</b>                |
| 10:00 – 10:15 am                 | Break – Optional Yoga on Demand       |
| 10:15 – 11:15 am                 | <b>Session 1</b>                      |
| 11:15 – 11:30 am                 | Break – Optional Yoga on Demand       |
| 11:30 am – 12:30 pm              | <b>Session 2</b>                      |
| 12:30 – 1:30 pm                  | Lunch Break – Optional Yoga on Demand |
| 1:30 – 2:30 pm                   | <b>Session 3</b>                      |
| 2:30 – 2:45 pm                   | Break – Optional Yoga on Demand       |
| 2:45 – 3:45 pm                   | <b>Session 4</b>                      |

| Day 2 – Friday, August 4, 2023 |                                       |
|--------------------------------|---------------------------------------|
| 8:30 – 8:45 am                 | Welcome & Announcements               |
| 8:45 – 9:45 am                 | <b>Opening Keynote</b>                |
| 9:45 – 10:00 am                | Break – Optional Yoga on Demand       |
| 10:00 – 11:00 am               | <b>Session 5</b>                      |
| 11:00 – 11:15 am               | Break – Optional Yoga on Demand       |
| 11:15 am – 12:15 pm            | <b>Session 6</b>                      |
| 12:15 – 1:00 pm                | Lunch Break – Optional Yoga on Demand |
| 1:00 – 2:15 pm                 | <b>Closing Keynote</b>                |

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