

*Maryland Institute of Alcoholism and Drug Abuse Studies*

**OETAS**  
**SUMMER TRAINING**  
**2010**

**July 12-15**  
**August 2-5**

**Residential Training at Salisbury University**  
**Salisbury, Maryland**

*Advanced Training for Experienced Professionals*

## COURSES FOR SUMMER 2010

### JULY

**Addressing the Specific Treatment Needs of Women**, M. Lynn Smith, MA, LCADC Professional Trainer and Consultant in the field of Co-Occurring Disorders, Huntsville, AL

**Assessment: The Foundation for Recovery**, Charles Murphy, MA, LCADC, Clinical Director, Prince George County Health Department, Clinton MD and Consultant, Baltimore, MD

**Brief Strategic Family Therapy for Adolescent Substance Abuse**, Ron Miller, MA, LCPC, Clinical Supervisor (Retired), Child and Adolescent Family Services, Department of Health and Human Services, Montgomery County, MD

**Cognitive Behavioral Care**, Jeff Gary, PhD, Clinical Director, First Step, Baltimore, MD

**Complexities of Mental Health and Substance Use Problems in Later Life**, Kim Burton, Director of Older Adult Programs, Mental Health Association of Maryland, Baltimore, MD

**Dual Diagnosis: Assessment and Clinical Issue**, Anthony Swetz, PhD, Psychologist, Springfield Hospital Center, Sykesville, MD

**Grant Writing and Budget Management**, Arnold Ross, CPA, Chief of Administration, Baltimore Substance Abuse Systems, Inc., Baltimore, MD

### AUGUST

**12 Steps to Recovery**, Keith R. Richardson, CAC-AD, CAS, Clinical Supervisor, Out-patient Program, Warwick Manor Behavioral Health, East New Market, MD

**Creative Program Management**, Nancy C. Hoffman, PhD, LCPC, Training and Development Consultant, Baltimore, MD

**Forgiveness In Recovery**, Harold Shaffer, MS, LCPC, NCC, Pastoral Counselor, Private Practice; Adjunct Professor, Stevenson University, Baltimore, MD

**On Chemical Dependence and Human Development**, Greg Hunter, MCP, MS, LCSW-C, CISD, Therapist and Trainer in Private Practice, Baltimore, MD

**Recognizing and Treating Adolescent Substance Abuse**, Peter Cohen, MD, Medical Director, Alcohol and Drug Abuse Administration, Baltimore, MD

**Recovery Oriented Systems of Care**, Christina Trenton, LCSW-C, CAC-AD, Chief of Program Operations, Baltimore Substance Abuse Systems, Inc., Baltimore, MD

**The Addicted Patient with Anxiety Disorder**, Betsy McCaul, PhD, Professor, Department of Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, Baltimore, MD

## Salisbury University

Located within a comfortable driving distance from Baltimore, Richmond, Wilmington, Washington, DC, and only a few minutes from Maryland's vacation capital, Ocean City. Salisbury University is well known for its fine food and superior facilities. The campus is serviced by U.S. Air Commuter Service and Trailways buses.

### Schedule - Weeks of July 12-15 and August 2-5, 2010

Registration	Monday	8:00 AM - 9:30 AM
General Session Orientation	Monday	9:30 AM - 10:00 AM
Class Sessions	Monday	10:00 AM - 4:30 PM
	Tuesday & Wednesday	8:30 AM - 4:30 PM
	Thursday	8:30 AM - 11:30 AM
Evening Seminars	Monday - Wednesday	6:30 PM - 8:30 PM
The Clubhouse	Monday - Wednesday	8:30 PM - 11:00 PM

### Course and Seminar Certificates (CEUs)

OETAS is approved to grant Continuing Education Units (CEUs) by the organizations listed below. All course and seminar participants will receive a certificate of participation for each training event they attend. All courses are 20 hours and will be awarded 20 CEUs.

Alcohol and Drug Counselors - The Maryland Board of Professional Counselors and Therapists and the Maryland Addictions Professional Certification Board (MAPCB) have approved all OETAS courses and seminars for CEUs.

Prevention Specialists - The Maryland Addictions Professionals Certification Board (MAPCB) has approved all OETAS courses and seminars for CEUs.

Social Workers and Certified Professional Counselors - The Maryland State Board of Social Work Examiners has approved all OETAS courses for Category 1 CEUs.

Psychologists - The State Board of Examiners of Psychologists has approved all OETAS courses for CEUs.

### Housing and Meals

The Institute's summer training residential participants are housed approximately 1/2 mile from campus in student apartments at University Park. Institute participants may choose from a variety of housing and meal plan options, described on the Housing Request Form in the back of this catalogue. The lodging rate includes housing costs for Sunday through Wednesday night accommodations, and Institute tuition fees. Meals include Monday lunch through Thursday breakfast, with a variety of options from which to choose. Use the Housing Request Form on page 10 in the back of this catalogue to register for lodging and meals. If you choose to arrive early, housing for Sunday night preceding the training is available.

**Housing is limited and will be available on a first come first serve basis. If you require special arrangements for a physical disability, please note the arrangements you require on your Housing Request Form and register early. If your first choice housing selection is no longer available, a substitution of equivalent value will be made.**

# SUMMER COURSE OFFERINGS

## All Courses are 20 Hours and 20 CEUs

JULY 12-15, 2010

### COURSES AND DESCRIPTIONS

**Addressing the Specific Treatment Needs of Women** - *M. Lynn Smith, MA, LCADC Professional Trainer and Consultant in the field of Co-Occurring Disorders. Huntsville, AL*

This class will explore the specific biopsychosocial needs of women and address the most common treatment challenges. Trauma informed treatment and frequently encountered co-occurring disorders will be covered. Practical application of gender responsive treatment principles will be the primary objective. Demonstration, role play and problem solving will be utilized to give the class participants an opportunity to experience and practice appropriate techniques and interventions. This class is appropriate for individual clinicians as well as supervisors and managers looking for ways to make their programs more gender responsive. Class size will be limited to 20 participants to facilitate experiential learning.

**Applies towards the specialized training requirements for the State of Maryland's position classification of Alcohol and Drug Abuse Counselor, Advanced.**

**Assessment: The Foundation for Recovery** *Charles Murphy, MA, LCADC, Clinical Director, Prince George's County Health Department, Clinton MD and Consultant, Baltimore, MD*

The concept of assessment in the Substance Abuse field is routinely misunderstood and in many ways provides an incomplete view of the patient. Though data gathering is important, it must be done with a focus that moves towards a plan that sustains the patient in all phases of recovery. In today's milieu, we must look at assessment tools and other information gathering methods as a means to develop a more comprehensive strategy that moves beyond simply providing treatment. A more holistic approach to this chronic disease would reap significant benefits for the patient and the clinician. In this course, a comprehensive assessment which

will include the patient's recovery capital, recovery support systems, community resources, etc. It will be highly interactive and participants should have a basic understanding of the assessment process.

**Brief Strategic Family Therapy for Adolescent Substance Abuse** - *Ron Miller, MA, LCPC, Clinical Supervisor (Retired), Child and Adolescent Family Services, Department of Health and Human Services, Montgomery County, MD*

Brief Strategic Family Therapy (BSFT), a SAMHSA model program, is a short-term, problem-focused therapeutic intervention targeting adolescents and their families who are experiencing substance abuse and other dysfunctional behaviors. In this course, participants will get an overview of this model including diagnosing family system problems; the therapeutic relationship; producing the change process; and engaging the family in treatment. This highly experiential class will employ discussions of case examples (provided by the students), role-plays, as well as didactic presentations. A model of clinical supervision will be presented and utilized by the class as a means of structuring the presentation experience. Each participant will receive a BSFT manual and resource material.

**Applies towards the specialized training requirements for the State of Maryland's position classification of Alcohol and Drug Abuse Counselor, Advanced.**

**Cognitive Behavior Care** - *Jeff Gary, PhD, Clinical Director, First Step, Baltimore, MD*

Cognitive behavioral therapy is widely used to treat a variety of conditions and problems associated with addiction and mental illness, where changing behavior or emotions is the primary goal. Predicated on the theory that our beliefs of "self" significantly impact the thoughts and emotions we experience in response to life events, cognitive behavioral therapy

seeks to change behavior through identifying irrational and illogical thoughts that result in irrational behavior. Gain a thorough knowledge of cognitive behavioral theory and techniques in this course. You will learn how to apply cognitive behavioral therapy to the process of counseling addicted patients.

**Complexities of Mental Health and Substance Use Problems in Late Life** - *Kim Burton, Director of Older Adult Programs, Mental Health Association of Maryland, Baltimore, MD*

Treatment need for substance abuse among older adults is expected to grow 150% from 2000 to 2020. Gray hair and wrinkles are nothing compared to the inner changes and psychosocial circumstances that come with aging. Many late life changes present new vulnerabilities and urgent concerns with regard to mental health and substance use problems. This interactive course will examine the complex interplay of late life biological, functional, psychosocial and cognitive changes as they relate to co-occurring disorders. With a lack of geriatric practitioners for the fastest growing segment of Maryland's population (adults over age 65), it is extremely important that we are competent to meet the unique assessment, treatment and recovery needs among older adults.

**Applies towards the specialized training requirements for the State of Maryland's position classification of Alcohol and Drug Abuse Counselor, Advanced.**

**Dual Diagnosis: Assessment and Clinical Issues**  
*Anthony Swetz, PhD, Psychologist, Springfield Hospital Center, Sykesville, MD*

Addictions practitioners will increase their knowledge of the characteristics of substance abuse patients with psychiatric disorders, become familiar with the elements of a comprehensive assessment, and gain an awareness of effective treatment approaches in this overview course. Additional topics include clinical issues encountered when working with the patient with co-occurring disorders, characteristics of specific diagnoses, treatment approaches based on the diagnosis, relapse prevention, systems collaboration in the treatment of this population. **Prerequisites: introductory addictions course, screening and assessment course. Applies toward Co-Occurring Disorder Specialty Certificate and the specialized training requirements for the State of Maryland's position classification of Alcohol and Drug Abuse Counselor, Advanced.**

**Grant Writing and Budget Management**  
*Arnold Ross, CPA, Chief of Administration, Baltimore Substance Abuse Systems, Inc., Baltimore, MD*

This course will help participants learn both the processes and the technical skills involved in creating grant narratives and budgets. Participants will practice the skills required to describe services within a jurisdiction, detail relevant program policies and practices, consider environmental factors, and identify jurisdiction planning, with an emphasis on writing in a concise yet complete style. The skills necessary to develop a program budget, including estimating costs and developing calculation formulas will be addressed.

**Applies towards the specialized training requirements for the State of Maryland's position classification of Alcohol and Drug Abuse Counselor, Supervisor.**

**AUGUST 2-5, 2010**  
**COURSES AND DESCRIPTIONS**

**12 Steps to Recovery** - *Keith R. Richardson, CAC-AD, CAS, Clinical Supervisor, Out-patient Program, Warwick Manor Behavioral Health, East New Market, MD*

Research has shown that the twelve step programs of Alcoholics Anonymous and Narcotics Anonymous are very successful in helping people recover from chemical dependency. These programs must be understood and appreciated by practitioners who work with addicted patients. This course is designed to help the participant understand how and why the programs work, how the steps can be applied to adolescents as well as adults, and how they relate to the counseling process. The primary focus of the course will be exploration and discussion of each of the twelve steps of Alcoholics Anonymous. This course does not imply affiliation with nor approval or endorsement from Alcoholics Anonymous World Services, Inc.

**Creative Program Management** - *Nancy C. Hoffman, PhD, LCPC, Training and Development Consultant, Baltimore, MD*

This course provides an overview of the basics of effective program management. Participants will learn the evolution of management, the 4 functions of management, various management models, and core leadership practices. They will also learn to write and communicate powerful mission and vision statements, facilitate staff involvement, and create learning organizations. The course provides both new and seasoned managers an opportunity to assess their current leadership style and make plans for their ongoing development in these competency areas.

**Applies towards the specialized training requirements for the State of Maryland's position classification of Alcohol and Drug Abuse Counselor, Supervisor.**

**Forgiveness in Recovery** - *Harold Shaffer, MS, LCPC, NCC, Pastoral Counselor, Private Practice; Adjunct Professor, Stevenson University, Baltimore, MD*

“Resentment is the ‘number one’ offender.” (Alcoholics Anonymous (1939), p. 64). Addicts and addictions professionals can readily affirm the truth of this statement. Holding onto resentments or hurts can disrupt our personal and professional lives, contribute to poor decision-making and relapse, and can have a negative impact on our health. In this course, we will explore forgiveness as one of the most important choices for recovery and a healthy life not only for our patients but also for ourselves. We will look at the spiritual and psychological approach that has been so successful in Twelve Step Programs and broaden this perspective by considering forgiveness from a medical and scientific viewpoint.

**On Chemical Dependence and Human Development** - *Greg Hunter, MCP, MS, LCSW-C, CISD, Therapist and Trainer in Private Practice, Baltimore, MD*

This course examines the relationship between human development and the counseling process. Utilizing the psychosocial perspective originally developed by Erik Erikson, counselors will be provided with a useful conceptual framework for understand-

ing developmental issues as they appear in the therapeutic process. Regardless of a counselor's theoretical preference, answering a number of relevant questions that deal with life's developmental tasks, will give direction to the counseling process. This perspective will be used to assist the patient to have a broader picture of their individual struggle, and to understand the various stages of their lives.

**Recognizing and Treating Adolescent Substance Abuse** - *Peter Cohen, MD, Medical Director, Alcohol and Drug Abuse Administration, Baltimore, MD*

This course will help the beginning practitioner understand the nature of adolescent substance abuse, develop basic intervention skills to employ with adolescents and their families, learn and practice assessment of the adolescent patient, and gain a basic understanding of both treatment goals and techniques used in treatment of the adolescent substance abuser. Topics include developmental tasks of adolescence, normal and problematic behaviors, the nature of adolescent substance abuse and dependence, motivational interviewing and other intervention skills, assessment and evaluation tools, skills, and techniques, treatment goals, basic treatment techniques, enabling, and working with other agencies.

**Recovery Oriented Systems of Care** - *Christina Trenton, LCSW-C, CAC-AD, Chief of Program Operations, Baltimore Substance Abuse Systems, Inc., Baltimore, MD*

Why do so many of our patients drop out of treatment? Why are relapse rates so high? How can we provide a better system of care which recognizes the chronic nature of substance use disorders and addresses the long term needs of our patients? The Recovery Oriented System of Care (ROSC) is a promising model which has emerged from the research to address these questions. The approach to treatment within the ROSC model, Recovery Management, significantly redesigns how we currently provide treatment. Topics addressed in this course will include: description of the elements of a Recovery Oriented System of Care and a Recovery Management approach to treatment, comparison to current practices, the role of recovery support services and peer based support, and changes

required at the system, program and clinical level. Particular emphasis will be placed on discussing promising practices in the areas of consumer involvement in planning and evaluating treatment services, patient engagement, recovery planning, and continuing care.

### **The Addicted Patient with Anxiety Disorder**

*Betsy McCaul, PhD, Professor, Department of Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, Baltimore, MD*

This course is designed to help the practitioner understand the important role that anxiety can play in the development and maintenance of addictive disorders, the types and causes of anxiety disorders and how to help the substance abusing patient who is diagnosed with an anxiety disorder. Assessment, medications and interventions are identified and discussed. This course is primarily didactic, with some case-oriented skills building in assessment and interventions (Prerequisite: introductory addictions, screening and assessment and basic counseling skills).

**Applies toward Co-Occurring Disorders Specialty Certificate and the specialized training requirement for the State of Maryland's position classification of Alcohol and Drug Counselor, Advanced.**

### **Evening Activities**

Two hour seminars will be offered each evening from 6:30 PM to 8:30 PM, featuring a variety of interesting topics. Two CEUs will be awarded for each seminar. Attendance at seminars is optional.

On Monday, Tuesday, and Wednesday evenings from 8:30 PM - 11:00 PM the Clubhouse at University Park Apartments will be open for getting together with friends, watching the big screen TV, checking email, exercise or playing a game of pool or foosball. Dinner on Tuesday will be an Eastern Shore Picnic outdoors (weather permitting) complete with crab cakes, fried chicken, corn on the cob, and peach cobbler. Indoor and outdoor swimming, basketball, tennis, and racquetball facilities are also available throughout the week.

### **Refund/Credit Policy**

Refunds or credit will be granted when a refund or credit request is received at the OETAS office no later than one week prior to the beginning of each session. The refund/credit request form is located at [www.dhmh.md.gov/adaa/](http://www.dhmh.md.gov/adaa/). Click on OETAS to find the form. A refund or credit form **must** be submitted to receive a refund/credit.

### **Television Rental**

**If you choose to rent a TV, a limited number of color sets, with cable hookup, are available. These are on a first come first serve basis for a rental fee of \$60.00. Enclose your \$60.00 payment with your Housing Request Form. Alternatively, you may bring your own television and connection cable.**

Maryland Alcohol and Drug Abuse Administration  
Office of Education and Training for Addiction Services  
55 Wade Avenue  
Catonsville, MD 21228

## Maryland Institute of Alcoholism and Drug Abuse Studies

### **OETAS** **Summer 2010** **Training Schedule**

The Maryland Department of Health and Mental Hygiene (DHMH) does not discriminate on the basis of race, color, sex, national origin, or disability in the operation and administration of its services, facilities, programs, benefits and employment opportunities.