HOPE Consortium Virtual Conference

August 5 & 6, 2021
5th Annual Conference
Welcome

It is with great pleasure that we welcome you to the 5th annual HOPE Consortium 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 men, women, and affected family members, with priority for women 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., a member of the Marshfield Clinic Health System, 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 for all of their work and guidance in planning this conference and to 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!

“The value of the HOPE Consortium is agencies coming together to combat Substance Use Disorders. It is not a competition. This is a collaboration.”
~ HOPE Consortium Training & TA Survey Participant
In Memoriam: 
Dottie Moffat

It is with great sadness that we reflect on the passing of our friend Dorothy “Dottie” Moffat in April of this year. For more than four decades, Dottie dedicated her considerable talent to ensuring access to effective and compassionate mental health and substance use services for the most vulnerable residents of northern Wisconsin. Though she will be greatly missed, Dottie’s legacy in the Northwoods will long remain.

In 2016, Dottie was recognized as a Champion in Women’s Health by the Wisconsin Women’s Health Foundation. We remember Dottie with the award nomination letter, which was submitted along with numerous letters of support, below:

What characteristics make this person a Champion in Women’s Health?
In early 2015, I started working with a group of dedicated individuals to develop a grant application focused on providing opioid treatment services to residents of a five county, three-tribe region in northcentral Wisconsin. I had never met Dottie Moffat, but quickly found myself familiar with her many accomplishments in the region – no phone call, meeting, or email was complete without mention of her name. In discussions about the services needed, how they should be delivered, and what resources should be tapped, the answer was always the same: Dottie Moffat! Our partners wanted us to talk to Dottie, model programs after Dottie’s, and provide them with more of Dottie’s time and talent. Given these demands and the obvious reverence for what she does, Dottie was engaged and the grant was written to expand her services throughout the region.

Dottie Moffat is a tireless champion for the health of the rural residents of northern Wisconsin and has dedicated the last nearly 20 years to serving rural women with substance use disorder through management of the care coordinators and wraparound services provided as part of the Tri-County Women’s Outreach Program in Forest, Oneida, and Vilas counties. Her combined knowledge of the health disparities faced by the residents of rural northern Wisconsin, substance use disorder, and healthcare administration makes her a true asset to the communities that she serves and the entire state benefits from her dedication. Dottie has been a strong advocate for recovery for many decades and displays this in both her words and her actions. Her staff members describe her as much more than their project manager, rather as a role model for themselves and the women they work with, supporting the delivery of compassionate, supportive care to those struggling with substance use. Dottie’s staff also remarks how she stands firmly behind all her staff members and each woman participant, ensuring that any need that can be met will be met.

As we work throughout the region to expand this good work to all individuals, both women and men, Dottie serves many roles, including supervision of personnel, content expert, and motivator with the regional knowledge necessary to ensure that programming is tailored specifically to the individuals that reside in northern Wisconsin. She is truly one-of-a-kind in the substance use field, in our region, and in our state.
**What significant or unique impact has this person made on women’s health in Wisconsin?**

Substance use concerns are rampant throughout northern Wisconsin, but local treatment services are lacking and geographical challenges further limit accessibility. Even when available, however, barriers to recovery continue to exist. Through the Tri-County Women’s Outreach Program, Dottie Moffat and her team of dedicated care coordinators do whatever they can to remove these barriers. For nearly 20 years, Dottie has managed this program, providing recovery services to hundreds of women in rural northern Wisconsin. As a role model for recovery principles, positive supportive care, and understanding and compassion for women that struggle with substance use, Dottie inspires her care coordinators to serve the women they work with under all circumstances.

Dottie cares about the “little” things that make a big difference to women seeking recovery. Famous for her observation that the best way to locate a person is simply to keep in touch with his or her nearest female relative, Dottie serves as a wealth of this type of information – insightful and practical, yet always grounded in a solid base of evidence and experience that makes her incredibly effective at managing a program dedicated to assisting women achieve and maintain recovery. While physicians and therapists focus on the physical and mental aspects of substance use disorder treatment, Dottie’s team focuses on real, but often overlooked, barriers to recovery that make a huge difference to the women they help. Take, for example, a woman who needs to increase treatment intensity, but is hesitant to commit over concerns about what will happen to her dog—Dottie’s team can help to find a place for her dog so that the woman can get the treatment she needs. Any barrier, no matter how big or small, that is identified as part of a woman’s service plan becomes important to the team. The care coordinators work in the field directly with women to provide hands on help with whatever they need to achieve and maintain recovery, ranging from transportation to employment to child care and parenting skills. At any given time, approximately 100 women are enrolled in the program and Dottie truly inspires the work that occurs with them all. The impact of this program on women’s health cannot be overstated – participants are not only given the tools necessary to find and maintain recovery from substance use disorder, but also to succeed in their personal and public endeavors.

Dottie is also credited with building the careers of other individuals instrumental to the provision of health and wellness services to women in northern Wisconsin. It is not uncommon to hear, “Without Dottie, I wouldn’t be in the position I am in today…” This legacy of building champions in health, particularly in women’s health, will undoubtedly last long beyond Dottie’s lifetime. Dottie Moffat’s contributions to the substance use disorder treatment field over the last 40 years, and specifically to promoting recovery in women throughout northern Wisconsin over the last 20 years, make her an undeniable champion of women’s health and well worthy of recognition by the Wisconsin Women’s Health Foundation.
General Information

Evaluations
Participants will receive a link to the conference evaluation on Friday, August 6 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 are posted online at hopeconsortium.org/trainings/. Continue to check the website after the conference for additional materials. Handouts are also 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.

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 and have been endorsed by the National Association of Social Workers, Wisconsin Chapter and by the UWSP Department of Sociology and Social Work. The HOPE Consortium Conference is approved for 9.0 CEHs.

CEHs can only be earned by participating in the live sessions. On Friday, August 6, 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 7, 2021.

“We are so grateful for all the learning opportunities provided by the HOPE Consortium. All of my staff members have found them very beneficial to help them learn and grow. We are grateful!”
~HOPE Consortium Steering Committee Member
# Language Matters: Using Non-Stigmatizing, Person-First Language

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<thead>
<tr>
<th>THESE HURT</th>
<th>THESE HELP</th>
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<tbody>
<tr>
<td><strong>Substance Use</strong></td>
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<tr>
<td>substance abuse</td>
<td>substance use/misuse</td>
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<tr>
<td>alcoholic</td>
<td>person with alcohol use disorder</td>
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<tr>
<td>addict/junkies/druggies/users</td>
<td>person with a substance use disorder</td>
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<tr>
<td>battling/suffering from an addiction</td>
<td>person living with a substance use disorder</td>
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<td>former addict</td>
<td>person in recovery</td>
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<tr>
<td>stayed clean</td>
<td>maintained recovery</td>
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<tr>
<td>dirty/clean drug screen</td>
<td>positive/negative urine drug test</td>
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<tr>
<td>relapse</td>
<td>return to use/recurrence</td>
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<tr>
<td>non-compliant/bombed out</td>
<td>chooses not to at this point</td>
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<tr>
<td>addicted babies</td>
<td>substance-exposed newborns</td>
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<td>medication is a crutch</td>
<td>medication is a treatment tool</td>
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<td></td>
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<td><strong>Incarceration</strong></td>
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<td>prisoner/inmate/detainee/offender</td>
<td>person who is incarcerated/person who is in contact with, involved in, or</td>
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<tr>
<td></td>
<td>interacting with the criminal legal system</td>
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<tr>
<td>convict/felon/criminal/thug</td>
<td>person with convictions</td>
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<td></td>
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<tr>
<td><strong>Mental Health</strong></td>
<td></td>
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<tr>
<td>crazy/insane/psycho/mentally ill/emotionally disturbed</td>
<td>person with a mental illness/person with a mental health condition</td>
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NEW: Yoga On Demand

New this year, pre-recorded yoga sessions ranging in length from 15 to 60 minutes will be available on demand throughout the conference.

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.

Objectives:
• Participants will understand how to use breath to calm the body.
• Participants will learn to use small movements to help the body release stress.
• Participants will learn how to allow movements to help the body and mind prepare and focus later.

JESSE LUER is a person with lived experience in addiction, and an individual in long-term recovery. His personal pathway of recovery has involved incarceration, recovery coaching, and yoga. In his desire to support the recovery community, he attained his yoga instructor, recovery coaching, and peer support specialist certifications. He now works as the community program director for Three Bridges Recovery and teaches yoga as a pathway to wellness and recovery.

Objectives:
• Participants will be introduced to the yogic principles.
• Participants will learn the core postures of viniyoga (asana).
• Participants will discovery energetic effects of breath regulation (pranayama).

SESSION OVERVIEW: DAY ONE

Thursday, August 5, 2021

Opening Keynote 8:30 – 10:00 am

Welcome & Announcements
WAYNE SORENSON, MS, PROJECT MANAGER, FAMILY HEALTH CENTER OF MARSHFIELD, INC. (FHC), MARSHFIELD, WI
SHEILA WEIX, MSN, RN, CARN, DIRECTOR OF SUBSTANCE ABUSE SERVICES, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI

The Wellbriety Movement: Prayer, Purpose, Perseverance and Passion
KATERI COYHIS, EXECUTIVE DIRECTOR, WHITE BISON, INC., COLORADO SPRINGS, CO

Learn about the concept of Wellbriety as balance and connection to the natural laws that create healing within the native community. Culturally based tools are discussed as a way for living in harmony with the laws, principles, and values to have balance in our life. Everything in the universe was created with a purpose. You must look within yourself to find your purpose. The Creator gives everyone gifts to help them fulfill their purpose. When we use our gifts in the service of our community, our gifts grow. Our Traditional values were passed from generation to generation through our sacred songs, language, and our ceremonies. Nature is our teacher. Our people have strong ties to the spiritual world. Our purpose is to serve the People and be of maximum use to the Creator. Our people are wounded. Our gifts can help our people make a Healing Journey.

Objectives:
• Gain knowledge of cultural concepts on the balance and interconnectedness of the Natural Laws.
• Learn basic Medicine Wheel teachings on embracing conflict as a tool for realignment.
• Walk away with a greater understanding of the Healing Forest, and knowledge that culture is a tool for prevention.
• Develop cultural consciousness for a sense of identity, meaning, and finding a purpose.
Session One 10:15 am – 11:15 am

1. The Wellbriety Movement: Balance & Harmony Using Teachings of the Medicine Wheel
   KATERI COYHIS, EXECUTIVE DIRECTOR, WHITE BISON, INC., COLORADO SPRINGS, CO

   Ms. Coyhis will introduce the concept of Wellbriety as balance and connection to the natural laws that create healing within the community. Culturally based tools are discussed as a way for living in harmony with the laws, principles, and values to have balance in our life. Everything in the universe was created with a purpose. There are Spiritual teachings (guidelines) to follow when we are looking at Recovery. When we are aware of these guidelines, we then develop our strategies, goals and objectives. Teachings also help us to focus and open our awareness so we can measure and evaluate progress. Inside of every human being is an innate knowledge of our own wellbeing. When we hear the teachings, we just “know” it is the truth. We get these teaching from the Elders.

   Objectives:
   • Gain knowledge of cultural concepts on emotional, mental, physical and spiritual balance and interconnectedness of the Natural Laws.
   • Learn basic Medicine Wheel teachings on embracing conflict as a tool for realignment.
   • Learn basic knowledge on the importance of setting healthy boundaries as a way of maintaining balance.

2. COVID-19, Mental Health, and Balancing Grief with Optimism
   TONY THRASHER, D.O., DFAPA, MEDICAL DIRECTOR, MILWAUKEE COUNTY BEHAVIORAL HEALTH, MILWAUKEE, WI

   This session is an interactive discussion focusing on the interplay between COVID-19 and mental health epidemiology while also focusing on positive coping and future advancements. The discussion will also cover elements of handling grief, enhancing optimism, and examining how cultures have handled past pandemics.

   Objectives:
   • Examine the role that a pandemic can play in symptoms of mental illness.
   • Examine how COVID-19 has specifically affected those with pre-existing mental illness as well as those who previously were unaffected.
   • Process how optimism can be found based upon not only historical examples but also the presence of adaptive coping and mindfulness.
3 VRNA and DVR Collaboration

*Session will not be recorded*

DIANE HOFSTEDT, VOCATIONAL REHABILITATION COUNSELOR FOR NATIVE AMERICANS WITH DISABILITIES, GREAT LAKES INTER-TRIBAL COUNCIL (GLITC) – VOCATIONAL REHABILITATION FOR NATIVE AMERICANS (VRNA), BLACK RIVER FALLS, WI

MARIA NEVALA, VOCATIONAL REHABILITATION COUNSELOR, GLITC-VRNA, ODANAH, WI

PATRICK RYAN, LPC, WISCONSIN DEPARTMENT OF WORKFORCE DEVELOPMENT, DIVISION OF VOCATIONAL REHABILITATION, LA CROSSE, WI

Hear an overview of collaboration and services to help obtain, maintain, and advance employment for people with disabilities.

Objectives:
- Learn culturally appropriate teachings to assist parents, professionals, and grassroots service providers in developing approaches for treatment, recovery, and prevention for adults, youth, and families.
- Eligibility requirements and services offered.
- Identify what VRNA and DVR do, audiences served, and locations in the region.

4 Doulas: An Additional Path to Positive Pregnancy Outcomes in the Northwoods

SHEILA WEIX, MSN, RN, CARN, DIRECTOR OF SUBSTANCE ABUSE SERVICES, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI

ERIN TENNEY, DNP, CNM, WHNP, APNP, DONA-IT, FRONTIER NURSING UNIVERSITY, ASHLAND, WI

JAIME KARL, RN, BSN, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI

Evidence demonstrates that having a doula improves maternal and infant health outcomes. This presentation will explore what doulas do, how they can make a difference in the childbirth experience, and why this change in approach can make a positive difference for the families we serve.

Objectives:
- Learn about the training and functions of Birth Doulas with an emphasis on the need for cultural congruence.
- Understand how Birth Doulas fit with "usual care" as it is delivered in most Wisconsin healthcare systems.
- Recognize how Doulas can make a difference in maternal and child health outcomes, particularly when substance use disorder is part of the presentation.

5 Ethics, Boundaries, and Rural Practice (Part 1 of 4)

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

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

The workshop will discuss the specific challenges and considerations with ethical practice in rural settings. As technology connects more people in different ways, maintaining privacy and healthy boundaries can be increasingly challenging. We will discuss healthy boundaries, dual relationships, and use the NASW Code of Ethics and Reamer's Ethical Decision-Making Model to assess the ways technology and rural practice intersect.

Objectives:
- Identify ethical challenges specific to rural practice and technology.
- Define and know the differences between confidentiality, privacy, and informed consent.
- Define and discuss dual relationships and challenges of dual relationships in rural practice.
Break – Yoga On Demand  11:15 – 11:30 am

Session Two  11:30 am – 12:30 pm

6  First Breath: Addressing Tobacco and Other Substances During Pregnancy and Beyond  
MORANDA MEDINA-LOPEZ, CTTS, COMMUNITY OUTREACH COORDINATOR AND BILINGUAL MATERNAL AND CHILD HEALTH EDUCATOR, WISCONSIN WOMEN’S HEALTH FOUNDATION, MADISON, WI  
LAUREN LOTTER, CHES, CTTS, MATERNAL AND CHILD HEALTH PROGRAM OPERATIONS MANAGER, WISCONSIN WOMEN’S HEALTH FOUNDATION, MADISON, WI  
Attendees will learn about the First Breath program and a substance use expansion project. The project was implemented as an enhancement to existing First Breath services to reduce substance use for pregnant, postpartum, and caregiving individuals. First Breath Quit Coaches, in working with pregnant and postpartum tobacco users, conducted substance use screening and early intervention services including one-to-one counseling, education, and skills coaching.  
Objectives:  
• Learn about First Breath participant maternal tobacco and dual/poly-substance use.  
• Describe the implementation of First Breath and intervention of First Breath Quit Coaches.  
• Outline results of substance use expansion pilot project.

7  Alcohol Use Disorder: Updates on Treatment, Public Health, and Stigma  
TONY THRASHER, D.O., DFAPA, MEDICAL DIRECTOR, MILWAUKEE COUNTY BEHAVIORAL HEALTH, MILWAUKEE, WI  
This session provides an overview on both the medical and psychiatric aspects of alcohol use disorder that includes treatments, advances, and epidemiology. Additionally, a specific focus will be taken on the culture within Wisconsin and how this affects the fields of public health, stigma, and professionalism.  
Objectives:  
• Understand the medical sequelae and psychiatric fall out from alcohol use.  
• Process how the culture in Wisconsin creates challenges when trying to address these adverse effects.  
• Consider future directions in the field of public health and messaging.

8  The Great Lakes TTCs: Helping You and Other Rural Providers Meet Your Mental Health, Addiction, and Prevention Training and Technical Assistance Needs  
LAURA SAUNDERS, MS, SOCIAL WORK, GREAT LAKES ADDICTION, PREVENTION, AND MENTAL HEALTH TECHNOLOGY TRANSFER CENTERS (TTC, P TTC, AND MHTTC), MADISON, WI  
This interactive presentation will share all that the Great Lakes Technology Transfer Center (TCC) has to offer. The Center aims to provide learners with knowledge, skill development and ongoing support in the use of valuable evidence-based practices (EBPs). These skills and knowledge will help you stay abreast of the latest in addiction, mental health, and prevention. There will be ample opportunity for you to share your ideas for the kind of help you and your community need.  
Objectives:  
• Understand the role of the Great Lakes Mental Health TTC and the Great Lakes Addiction TTC.  
• Learn how the Great Lakes TTCs support improvement of individual or agency practice.  
• Access Great Lakes TTC webinars, products, and other online learning events to improve individual or agency EBPs.
9 You’ve Got a Friend: An Introduction to WAPC and WisPQC  
KYLE MOUNTS, MD, MPH, ASSOCIATE DIRECTOR, WISCONSIN ASSOCIATION FOR PERINATAL CARE, MADISON, WI
The Wisconsin Association for Perinatal Care (WAPC) and Wisconsin Perinatal Quality Collaborative (WisPQC) share your commitment to improving care for women, infants, and families affected by substance use. The presenter will review resources offered by WAPC and WisPQC and invite opportunities for collaboration.

Objectives:
• Identify three resources focused on perinatal care available from WAPC and WisPQC.
• Describe WisPQC’s quality improvement initiative.
• Describe one opportunity for collaboration.

10 Ethics, Boundaries, and Rural Practice (Part 2 of 4)  
*Session will not be recorded; participants who sign up for this workshop are expected to attend all four sessions (continued in workshops 15 and 20)*
KATE KIPP, MSSW, APSW, ASSISTANT PROFESSOR OF SOCIAL WORK, UNIVERSITY OF WISCONSIN – STEVENS POINT, STEVENS POINT, WI
Participants who sign up for this workshop will have completed Part 1 of the four-part Ethics, Boundaries, and Rural Practice workshop series. Please see Workshop 5 for full description and objectives.

Objectives:
• Continued from Workshop 5, this is the second session of the four-part workshop.

Lunch Break 12:30 – 1:30 pm

Session Three 1:30 pm – 2:30 pm
11 Relapse: Understanding Post-Acute Withdrawal (PAWS)  
NICOLE JACKSON, MS, CSAC, ICS, LPC, JACKSON PROFESSIONAL SERVICES, MILWAUKEE, WI
This workshop will discuss Post-Acute Withdrawal Syndrome (PAWS) for substance use disorder and mental health professionals. This topic seems to be under-explored and explained to patients so they can understand what happens as they transition into a life of recovery. For many people in recovery, the withdrawal process is not limited to just the physical; as the body heals in the short-term, the brain will take longer to recover from severe drug or alcohol misuse. Helping the individual understand PAWS will leave them feeling more hopeful on the journey.

Objectives:
• Understand how PAWS impacts the recovery process (patient relapse).
• Understand biological, physical, psychological, and emotional aspects of PAWS.
• Develop an understanding of needed self-care tools for patients.
12 **Understanding Diversity, Equity, and Inclusion (Part 1 of 2)**
*Session will not be recorded; participants who sign up for this workshop are encouraged to attend both sessions (continued in workshop 17)*

**SHENG LEE YANG, MSW, LCSW, EXECUTIVE DIRECTOR, US 2 BEHAVIORAL HEALTH CLINIC, INC., APPLETON, WI**

Examine diversity and inclusion while teaching participants how to evaluate their own diversity, and how this shapes their world view. Acquire a better understanding of cultural competence and identify the importance of it in their professional roles. Participants will also generate approaches to inclusion strategies, processes, and goals in obtaining competence.

**Objectives:**
- Summarize the differences between diversity, inclusion, and equity and describe why they are important.
- Recognize how cultural concepts, perspectives, and intersectionality influence quality of care.
- Understand the core elements to cultural competence and how it is achieved.

13 **Centered Care: Embodying Qualities Central to Relationship-Centered Equitable, and Trauma-Sensitive Care (Part 1 of 2)**
*Participants who sign up for this workshop are encouraged to attend both sessions (continued in workshop 18)*

**KAREN LAING, AMT, CEO & FOUNDER, WISDOMWAY INSTITUTE & BIRTHWAYS, INC., MADISON, WI**

**MELINDA MARASCH, MSW, LCSW, TRAINER & CONSULTANT, APSIRE TRAINING AND CONSULTING, LITTLE CHUTE, WI**

The power of awareness and of attention are often unexplored as critical foundations for care relationships. Connect the conceptual framework of Healing Informed Care (HIC) to practices that create and sustain the Care Container that HIC asks of us. Through exploring regulation of the nervous system through embodied mindfulness practices, participants will investigate polyvagal theory through direct experience and will emerge with a practical tool to cultivate the power of presence. Embracing Collected Attention will undoubtedly help us provide relationship-centered, equitable, and trauma-sensitive care to many without burning out.

**Objectives:**
- Describe the importance of collected attention in delivering Healing-Informed Care.
- Identify at least two mindfulness anchors that can be utilized to bring about emotional, attentional, and physiological regulation.
- Practice tools that can be applied in moment-to-moment interactions to build trust, respect, and compassion while buffering our own stress and risk for burnout.

14 **Help to Break the Cycle: Northwoods Resources for Persons with Concerns about Alcohol and Drug Use who are Pregnant, Parenting, Caregiving, or of Childbearing Age**

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

**JAIME KARL, RN, BSN, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI**

This session will introduce a new access point for agencies and individuals to connect with needed resources to assist people with substance use concerns. The focus population being served is people who are planning pregnancy, pregnant, parenting, caregiving for children or of childbearing age.

**Objectives:**
- Recognize the value of a "no-wrong door" approach to referral and connection for people with substance use concerns.
- Identify opportunities to proactively connect people with substance use concerns with resources and services.
- Learn how to access the Rapid Response Team in response to identified needs.
15 Ethics, Boundaries, and Rural Practice (Part 3 of 4)
*Session will not be recorded; participants who sign up for this workshop are expected to attend all four sessions (continued in workshop 20)*

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

Participants who sign up for this workshop will have completed Parts 1 and 2 of the four-part Ethics, Boundaries, and Rural Practice workshop series. Please see Session 5 for full workshop description and objectives.

• Continued from workshops 5 and 10, this is the third session of the four-part workshop, which will conclude in workshop 20.

Break – Yoga On Demand 2:30 – 2:45 pm

Session Four 2:45 pm – 3:45 pm

16 Tribal Culture in Treatment Court

ROBERT MANN, PROJECT COORDINATOR, HO-CHUNK NATION HEALING TO WELLNESS COURT, BLACK RIVER FALLS, WI

This session will discuss the Ho-Chunk Nation Healing to Wellness Court, which exists to address a pervasive ill affecting our community, alcohol and drug misuse and its associated consequences. The Healing to Wellness Court acts in partnership with several tribal and communal agencies and service providers.

Objectives:
• Develop an understanding of two Native concepts, Healing and Wellness.
• Learn how promote wellness as an ongoing journey for program participants.
• Participants will be able to educate others in understanding their learned concepts.

17 Understanding Diversity, Equity, and Inclusion (Part 2 of 2)
*Session will not be recorded*

SHENG LEE YANG, MSW, LCSW, EXECUTIVE DIRECTOR, US 2 BEHAVIORAL HEALTH CLINIC, INC., APPLETON, WI

Participants who sign up for this workshop will have completed Part 1 of the Understanding Diversity, Equity, and Inclusion workshop. Please see Workshop 12 for full workshop description and objectives.

• Continued from Workshop 12, this session concludes the two-part workshop.

18 Centered Care: Embodying Qualities Central to Relationship-Centered, Equitable, and Trauma-Sensitive Care-Collected Attention (Part 2 of 2)

KAREN LAING, AMT, CEO & FOUNDER, WISDOMWAY INSTITUTE & BIRTHWAYS, INC., MADISON, WI
MELINDA MARASCH, MSW, LCSW, TRAINER & CONSULTANT, APSIRE TRAINING AND CONSULTING, LITTLE CHUTE, WI

Please see Workshop 13 for full workshop description and objectives.

• Continued from Workshop 13, this session concludes the two-part workshop.
19 Pregnancy and Addiction – The Fertile Frontier
PAULA HENSEL, DNP, APNP, FNP-BC, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI
JAIME KARL, BSN, RN, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI

Dr. Paula Hensel and Jaime Karl, RN will present reproductive health and substance use practices at FHC Alcohol & Drug Recovery Center. Cutting edge prescribing trends and medication management along with the perinatal program will be delivered in a dynamic and engaging style. The workshop will examine reproductive health from preconception to post-delivery practice in relation to substance use moving from a reactionary approach to a wellness approach.

Objectives:
• Review most current prescribing practice for treatment medications (buprenorphine and naltrexone) in pregnancy.
• Discuss the FHC Alcohol & Drug Recovery Center perinatal program services.
• Understand the concept that healthy parents develop healthy families, creating healthy communities.

20 Ethics, Boundaries, and Rural Practice (Part 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 who sign up for this session will have completed Parts 1, 2 and 3 of the four-part Ethics, Boundaries, and Rural Practice workshop series. Please see Workshop 5 for full workshop description and objectives.

• Continued from Workshops 5, 10, and 15, this session will conclude the four-part workshop.
SESSION OVERVIEW: DAY TWO

Friday, August 6, 2021

Opening Keynote 8:30 – 9:45 am

Welcome & Announcements

DANIELLE LUTHER, MPH, CPS, PROJECT MANAGER, SENIOR, FAMILY HEALTH CENTER OF MARSHFIELD, INC., MARSHFIELD, WI

Treating Substance Use Disorders: Why Gender Matters

WILL HUTTER, PSYD, LICENSED MARRIAGE & FAMILY THERAPIST, FOURRIVERS PSYCHOTHERAPY, COACHING, CONSULTATION, TRAINING, MADISON, WI

In this session, we will examine data to learn differences in types of substance use and impacts for specific substances on binary genders and examine the types of treatment that have shown to be more successful.

Objectives:
• Learn the importance of looking at gender in substance use.
• Identify how different genders respond to treatment around substance use.
• Understand the rationale behind women-only programming.

Break – Yoga On Demand 9:45 – 10:00 am

Session Five 10:00 am – 11:00 am

21 Waaswaaganing Lac du Flambeau Family Circles – AODA Traditional Parenting Program: A Traditional Approach to Parenting

BRIAN JACKSON, M.ED. HCAT BEHAVIORAL HEALTH DIRECTOR-CULTURAL CONNECTIONS, LAC DU FLAMBEAU PUBLIC SCHOOL, LAC DU FLAMBEAU, WI

The use and abuse of alcohol and other drugs is inconsistent with traditional lifestyles of Ojibwe people. The mission of the program is to reduce the high rate of alcohol and drug use within families on the Lac du Flambeau Ojibwe Indian Reservation. This is accomplished through instruction and practice of Ojibwe Indian culture, values and lifestyles, and Ojibwe language, alcohol and other drug prevention education, self-esteem building, healthy lifestyle practices, coping skills building, and positive peer support.

Objectives:
• Define and recognize historical trauma and effects in Wisconsin Native people.
• Reflect on their own history with regard to the trauma installed on Wisconsin Native people.
• Learn about the power of cultural restoration to promote resilience and healing among Native people.

22 Providing Emotional Support After the Loss of a Loved One from Drug Overdose

MARCIA WILLIAMS, MSN, MS, LPC, SYSTEMIC PERSPECTIVES, BROOKFIELD, WI

This presentation will define and compare grief as it occurs in drug and non-drug related deaths. It will look at the complications for the bereaved of drug related deaths and explore some of the supportive treatment methods helpful.

Objectives:
• Identify four common reactions in adaptive grief.
• Name three reasons that a drug death might create stigma.
• Identify how bereaved loved ones might feel shame.
23 Special Treatment Needs and Considerations Across Intersecting Identities: Black, Indigenous, People of Color (BIPOC) and LGBTQ+
WILL HUTTER, PSYD, LICENSED MARRIAGE & FAMILY THERAPIST, FOURRIVERS PSYCHOTHERAPY, COACHING, CONSULTATION, TRAINING, MADISON, WI

This session will look at specific identities focusing on BIPOC and LGBTQ+. The workshop will include information on possible barriers to treatment and tips for overcoming these barriers. Additionally, the workshop will look at intersectionality and treatment considerations.

Objectives:
- Learn how race and ethnicity can impact substance use disorder treatment progression.
- Identify how sexual orientation impacts substance use disorder treatment.
- Gain information on the intersection of race, ethnicity and sexual orientation in the treatment of substance use disorder.

24 Diagnosing and Treating Hepatitis C (HCV) in Primary Care and Addiction Medicine Settings
KAILYNN MITCHELL, VIRAL HEPATITIS PREVENTION COORDINATOR, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI
KELLENE EAGEN, MD, ASSISTANT PROFESSOR, DEPARTMENT OF FAMILY MEDICINE & COMMUNITY HEALTH ADDICTION MEDICINE FELLOWSKI FACULTY, UNIVERSITY OF WISCONSIN SCHOOL OF MEDICINE & PUBLIC HEALTH, MADISON, WI

With the advancements in Hepatitis C (HCV) treatment and Wisconsin Medicaid HCV treatment restrictions recently being lifted, primary care and addiction medicine prescribers can treat and cure people living with HCV.

Objectives:
- Recognize the impact of HCV in underserved and marginalized communities in Wisconsin.
- Describe how stigma plays a role in successful prevention, care, and treatment of HCV.
- Summarize the role primary care and addiction medicine teams have in screening for and treating HCV.

25 Interacting with Medications: A Review of Special Considerations for Alcohol
XIN RUPPEL, PHARMD, MBA, BCPS, BCACP, AE-C, PHARMACY MANAGER, FAMILY HEALTH CENTER OF MARSHFIELD, INC., MARSHFIELD, WI

This session will review considerations for interactions of medications when combined with alcohol use. Xin will discuss resources available and the role of pharmacy.

Objectives:
- Identify common medication interactions with alcohol.
- Identify resources to assist in the care of patients who take medications in combination with alcohol.
- Learn about the role pharmacy plays in alcohol use disorder.

Break – Yoga on Demand 11:00 – 11:15 am
Session Six  
11:15 am – 12:15 pm

26 ASAM and DHS 75 Best Practices: What to do When the Recommended Level of Care is Not Available?

AMANDA LAKE, LMFT, CSAC, ICS, SUBSTANCE USE SERVICES SECTION SUPERVISOR, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI
SAIMA CHAUHAN, LCSW, CSAC, ICS, SUBSTANCE USE DISORDER TREATMENT SERVICES COORDINATOR, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI

The session will address American Society of Addiction Medicine (ASAM) standards and creative solutions to meet client needs when the recommended level of care based on assessment is not available. The session will also incorporate information regarding the Wisconsin Chapter DHS 75 administrative rule and how to meet requirements when providing alternative services. The presenters will utilize interactive techniques to engage attendees in discussion around navigating complex system of care needs.

Objectives:
• Gain understanding of ASAM recommendations related to alternative levels of care and supportive services
• Understand DHS 75 requirements for documentation of level of care.
• Increase knowledge regarding ASAM and DHS 75 assessment techniques and requirements.
• Develop creative ideas and solutions to utilize supportive resources when the recommended level of care is not available.

27 Treatment Court 101

EMILY NOLAN PLUTCHAK, ATTORNEY, WISCONSIN STATE PUBLIC DEFENDER’S OFFICE, STEVENS POINT, WI

This session will give an overview of what treatment courts are in Wisconsin. This presentation will highlight which professionals should be involved in treatment court and best practices in order to ensure successful outcomes for participants in treatment courts.

Objectives:
• Learn what treatment courts are.
• Develop an understanding of the successes and challenges of being a participant within the treatment court system.
• Identify how prevention professionals can collaborate with treatment courts to support one another.

28 Special Treatment Needs and Considerations Across Intersecting Identities, Including Socioeconomic Status, Age, and Spirituality/Religion

WILL HUTTER, PSYD, LICENSED MARRIAGE & FAMILY THERAPIST, FOURRIVERS: PSYCHOTHERAPY, COACHING, CONSULTATION, TRAINING, MADISON, WI

This session will look at specific identities focusing on Socioeconomic Status (SES), Age, and Spirituality/Religion. The workshop will include information on possible barriers to treatment and tips for overcoming these barriers. Additionally, the workshop will look at intersectionality and treatment considerations.

Objectives:
• Learn the role of lower SES in substance use disorder (SUD) treatment progression.
• Identify patterns seen across the lifespan related to SUD treatment.
• Gain information on the role of religion and spirituality in the treatment of SUD.
29 Drug User Health and Harm Reduction

DENNIS RADLOFF, HARM REDUCTION SERVICES COORDINATOR, DEPARTMENT OF HEALTH SERVICES, DIVISION OF CARE AND TREATMENT SERVICES, MADISON, WI

This presentation will focus on drug user health, stigma reduction for substance users, and harm reduction. An overview and examples of drug user health disparity compared to medical health models, ways to reduce stigma while increasing human dignity for substance users, and how harm reduction fits into the continuum of care are several awareness and learning points participants will experience in this session.

Objectives:
• Gain increased awareness regarding stigma impact on access to recovery and treatment services for substance users.
• Gain increased understanding of harm reduction and how to incorporate into any level of service when working with substance users.
• Gain increased understanding of the Stages of Change and the parallel to Harm Reduction.

Lunch Break 12:15 – 12:40 pm

Closing Keynote 12:40 – 2:00 pm

Lunch Remarks: My Lifetime Journey 12:40-12:55 pm

ANGEL BROWN, RECOVERY COACH, THE HUMAN SERVICE CENTER, RHINELANDER, WI

Angel will share her personal story of a mother’s battle with addiction as well as her recovery. Her daughter will also share the experience from her perspective.

Objectives:
• Identify what addiction is.
• Understand the affect addiction has on someone.
• Understand what recovery is.

CLOSING KEYNOTE – 1:00-2:00 pm

PAUL KRUPSKI, DIRECTOR OF OPIOID INITIATIVES, DEPARTMENT OF HEALTH SERVICES, MADISON, WI

Hear an overview on the Wisconsin Department of Health Services (DHS) current state of the opioid crisis in Wisconsin. This will include discussion on the impact caused by the COVID-19 pandemic and the current strategies, initiatives, and projects which are part of the response being supported by DHS.

Objectives:
• Learn the current statistics related to Wisconsin’s opioid crisis.
• Understand the impact on people and services as a result of COVID-19.
• Learn the latest initiatives and funding opportunities from DHS to address the state’s opioid crisis.

Closing

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

Brief closing remarks.

For questions regarding your registration, please contact UWSP Continuing Education at 715-346-3838 or uwspce-conf@uwsp.edu.

For other questions, contact Wayne Sorenson, Project Manager, Family Health Center, at sorenson.wayne@marshfieldclinic.org.
KATERI COYHIS, EXECUTIVE DIRECTOR, WHITE BISON, INC., COLORADO SPRINGS, CO
Kateri Coyhis, Mohican Nation, is the Executive Director of White Bison in Colorado Springs, CO. White Bison, Inc., is an American Indian non-profit 501(c)3 corporation dedicated to creating and sustaining a grassroots Wellbriety Movement that provides culturally based healing to the next seven generations of Indigenous People. Kateri serves the Wellbriety Movement by providing community presentations, webinars, podcasts, and virtual presentations to bring awareness to the programs White Bison offers for individual, family, and community healing. Kateri is also co-author for a chapter in Radical Psychology: Multicultural and Social Justice Decolonization Initiatives (2018). Kateri received a Bachelor of Arts degree from the University of Colorado at Colorado Springs.

WILL HUTTER, PSYD, LICENSED MARRIAGE & FAMILY THERAPIST, FOURRIVERS PSYCHOTHERAPY, COACHING, CONSULTATION, TRAINING, MADISON, WI
Dr. Hutter was previously Associate Dean for the Marriage and Family Therapy program at Edgewood College, where he regularly taught courses on diversity and inclusion, assessment and substance use disorder, couples and sex therapy, and ethics. He currently has a private practice in Madison, WI, working with addiction (substance, pornography), immigrants, gender expansive youth and their families, LGBTQ+ youth and adults, and conflictual couples. Dr. Hutter holds one Master's degree in Marriage and Family Therapy and another in Clinical Psychology, as well as a Doctorate in Clinical Psychology.
Simple success is not enough. We need impressive success. We are at the beginning of our work and need further investments to better position ourselves to help those in need. We have to be the best investment out there.”

~Greg Nycz, Executive Director, Family Health Center of Marshfield, Inc.
PRESENTERS

SAIMA CHAUHAN, LCSW, CSAC, ICS, SUBSTANCE USE DISORDER TREATMENT SERVICES COORDINATOR, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI
Saima has 20 years of professional experience in the substance use and mental health field. In September 2020, Saima joined the Wisconsin Bureau of Prevention, Treatment, and Recovery (BPTR). Before BPTR she served as a Clinical Team Manager at an outpatient clinic in Madison, Wisconsin, overseeing five programs including outpatient substance use services, a culturally specific African American program, the impaired driving assessment program, medication assisted treatment program, drug court, and adult clinical services. Saima has conducted several ASAM Criteria trainings throughout Wisconsin and Arkansas for the last 13 years. In her spare time Saima is a volunteer firefighter and EMT.

KELLENE EAGEN, MD, ASSISTANT PROFESSOR, DEPARTMENT OF FAMILY MEDICINE & COMMUNITY HEALTH ADDICTION MEDICINE FELLOWSKI FACULTY, UNIVERSITY OF WISCONSIN SCHOOL OF MEDICINE & PUBLIC HEALTH, MADISON, WI
Dr. Kellene Eagen is an Assistant Professor in the Addiction Medicine Fellowship at University of Wisconsin. Her appointment includes clinical responsibilities that focus on patient care and teaching Addiction Medicine fellows and other learners. She received her medical degree from the University of Chicago-Pritzker School of Medicine. Prior to moving to Wisconsin, she was a primary care provider caring for adults experiencing homelessness in San Francisco and Medical Director of the San Francisco Medical Respite, Sobering Center and Permanent Supportive Housing. She is co-founder of End HepC SF (www.endhepcsf.org), a collective impact initiative in San Francisco aimed at eliminating HCV as a public health threat, and she championed the expansion of primary care-based HCV treatment through the San Francisco Department of Public Health.

NIKKI ENGELS, FITNESS AND VINIYOGA INSTRUCTOR, LEADERSHIP ACADEMY, INC.
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.

PAULA HENSEL, DNP, APNP, FNP-BC, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI
Paula Hensel is a DNP for Family Health Center Alcohol and Drug Recovery Centers in Central and Northern Wisconsin. In her 22 years with Marshfield Clinic Health System, she has provided patient services in the departments of General Internal Medicine, Urgent Care, and now Alcohol and Drug Recovery Services. Outside of MCHS, she is a Clinical Assistant Professor for the Graduate Nursing Program at University of Wisconsin – Eau Claire. Prior to becoming a nurse practitioner, she was a staff nurse in the settings of the emergency department and public health. She also has over 25 years of pre-hospital EMS, fire and rescue experience.

DIANE HOFSTEDT, VOCATIONAL REHABILITATION COUNSELOR FOR NATIVE AMERICANS WITH DISABILITIES, GLITC-VNRA, BLACK RIVER FALLS, WI
Diane has been with Great Lakes Inter Tribal Council for 10 years as a Vocational Rehabilitation (VR) Counselor as well as the VR Counselor for the Ho-Chunk Nation Tribal Healing to Wellness Courts. Previously, she worked for the state IRIS program and for Lutheran Social Services, as the Runaway and Youth Services Program Manager. Diane has an impressive four college degrees, holds her AODA licensure, and is trained in ASAM Criteria. In addition to her vocational rehabilitation work, Diane is the co-owner of a construction company with her son. She holds her General Contractor License for both Wisconsin and Minnesota. Diane is a Bad River Band of Lake Superior Tribal member, and the proud mother of five successful adult children.

BRIAN JACKSON, M.ED., HCAT BEHAVIORAL HEALTH DIRECTOR-CULTURAL CONNECTIONS, LAC DU FLAMBEAU PUBLIC SCHOOL, LAC DU FLAMBEAU, WI
Brian Jackson is a Lac Du Flambeau Ojibwe Tribal member who received his Master’s in Education from University Minnesota and is a current Doctoral Candidate in Indigenous Education Teaching & Learning at the University Minnesota. Brian is a veteran of the Army National Guard. He is employed by Lac Du Flambeau Public Schools as the Behavioral Health Director – Cultural Connections American Indian Studies Act 31 team.
NICOLE JACKSON, MS, CSAC, ICS, LPC, JACKSON PROFESSIONAL SERVICES, MILWAUKEE, WI
In 2011 Nicole began in private practice to continue doing the work she loves. Nicole has a diverse ability to use many counseling modalities, however, Cognitive-Behavior Therapy (CBT) and corrective thinking techniques are primary in Nicole’s work. Most of Nicole’s work surrounds the adult population, specifically those in the criminal justice system. Nicole has extensive training in substance use disorders/mental health, trauma, and parenting/nurturing. Most recently, in 2019 Nicole completed training for sex offender treatment.

JAIME KARL, RN, BSN, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI
While a relative newcomer to the world of Addiction Medicine, Jaime is no stranger to the perinatal world. Her previous professional experience includes five years as a neonatal intensive care unit (NICU) nurse and obstetrics (OB) float nurse and personal experience with two planned homebirths and one hospital birth. The past eight years have been filled with a general passion for pregnancy, birth, postpartum, breastfeeding, baby wearing and sharing, and engaging with the parenting/caregiving community across the globe, thanks to various social media platforms.

KATE KIPP, MSSW, APSW, ASSISTANT PROFESSOR OF SOCIAL WORK, UNIVERSITY OF WISCONSIN – STEVENS POINT, STEVENS POINT, WI
Kate Kipp is an assistant professor of social work at the University of Wisconsin at Stevens Point. Prior to teaching, Kipp worked for fifteen years in public child welfare and county criminal justice diversion program design, implementation, and evaluation. As an advanced practice social worker, Kipp continues to co-facilitate social skills groups for children and youth in local Comprehensive Community Services (CCS) programs.

KAREN LAING, AMT, CEO & FOUNDER, WISDOMWAY INSTITUTE & BIRTHWAYS, INC., MADISON, WI
Karen Laing is the Founder and CEO of WisdomWay Institute and Birthways, Inc. An Accredited Mindfulness-Based Stress Reduction teacher, Karen has been practicing mindfulness meditation and caregiving itself as an awareness practice since 1990. Her work integrating the frameworks of Healing Informed Care, Relationship Centered Care, and embodied social justice has provided a toolkit for care professionals seeking ways to improve outcomes while buffering the stress and trauma exposures of their work. She has applied these practices in her decades long career in women’s health and reproductive health, has trained, and mentored hundreds of providers in the Compass of Mindful Caregiving. She believes that the power of presence is central to meeting the challenges facing healthcare and that the art of embodied listening is our hope for building trauma-informed cultures of caring.

AMANDA LAKE, LMFT, CSAC, ICS, SUBSTANCE USE SERVICES SECTION SUPERVISOR, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI
Amanda has been working in the behavioral health treatment field for nearly 20 years, with experience in both public and private settings. In her current role, Amanda is the Substance Abuse Section Supervisor for the Wisconsin Department of Health Services, within the Bureau of Prevention, Treatment, and Recovery. Amanda led the effort to update the state substance abuse service standards, including the incorporation of integrated care and other best practices. Amanda also previously managed outpatient behavioral health programs at the county level, and led initiatives to establish and integrate medication-assisted treatment programs for opioid use disorder, as well as community partnerships to promote harm-reduction and recovery. Amanda has also provided direct service and clinical supervision in substance use and mental health settings, including outpatient and residential treatment. Amanda continues to be an active advocate for substance use services and remains focused on improving the system of care for behavioral health services.
SHENG LEE YANG, MSW, LCSW, EXECUTIVE DIRECTOR, US 2 BEHAVIORAL HEALTH CLINIC, INC., APPLETON, WI
Sheng is a first-generation Hmong immigrant arriving in the U.S. as a refugee at a young age. Since resettlement, she has remained in Wisconsin with her family. Sheng earned her undergraduate degree in criminal justice from University of Wisconsin (UW) – Oshkosh and later obtained her master’s in social work from UW-Madison. Today, she is the Executive Director for Us 2 Behavioral Health Care and Lecturer for UW-Green Bay Social Work Department. Her professional experiences include direct practice, outreach, and leadership positions in public, private, government, and nonprofit institutions. Her personal and professional experiences helped cultivate a vision to integrate social justice and cultural humility into mental health. On September 3, 2019, Sheng led the opening of Us 2 Behavioral Health Care. Their mission is to advance health equity by removing barriers and creating an inclusive community where people can reach their full potential, with a vision of everyone healthier together.

LAUREN LOTTER, CHES, CTTS, MATERNAL AND CHILD HEALTH PROGRAM OPERATIONS MANAGER, WISCONSIN WOMEN’S HEALTH FOUNDATION, MADISON, WI
Lauren Lotter is Maternal and Child Health (MCH) Program Operations Manager at the Wisconsin Women’s Health Foundation. She works with staff, healthcare professionals, and partners to extend high-quality, MCH programming to all corners of Wisconsin. Lauren holds a bachelor’s degree in Community Health Education from the University of Wisconsin – La Crosse. She is also a certified Health Education Specialist (CHES) and Tobacco Treatment Specialist (CTTS).

JESSE LUER, COMMUNITY PROGRAMS DIRECTOR, RECOVERY COACH, CERTIFIED PEER SUPPORT SPECILIAST, REGISTERED YOGA TEACHER, THREE BRIDGES RECOVERY, WISCONSIN RAPIDS, WI
Jesse Luer is a person with lived experience in addiction, and an individual in long-term recovery. His personal pathway of recovery has involved incarceration, recovery coaching, and yoga. In his desire to give back and support the recovery community, he attained his yoga instructor, recovery coaching, and peer support specialist certifications. He now works as the Community Program Director for Three Bridges Recovery and teaches yoga as a pathway to wellness and recovery.

ROBERT MANN, PROJECT COORDINATOR, HO-CHUNK NATION HEALING TO WELLNESS COURT, BLACK RIVER FALLS, WI
Robert Mann currently serves as the Project Coordinator for the Ho-Chunk Nation Healing to Wellness Court and has been in the role for the past five years. Mr. Mann also serves on the Wisconsin Association of Treatment Court Professionals, Equity and Inclusion Committee. He helped create the PROSPERITY in Recovery group in Black River Falls, which is an aftercare program for individuals that have recovered from their addictions. He also established a network with other neighboring County Treatment Courts to help Ho-Chunk tribal members in other jurisdictions receive the opportunity of treatment rather than incarceration. Mr. Mann regularly speaks at law enforcement trainings on cultural diversity.

MELINDA MARASCH, MSW, LCSW, TRAINER & CONSULTATNT, APSIRE TRAINING AND CONSULTING, LITTLE CHUTE, WI
Ms. Melinda Marasch is a Licensed Clinical Social Worker and a social work/mental health consultant. Melinda has dedicated more than 20 years to her passion in helping others. Melinda specializes in clinical training, supervision, and development of programs for therapists and non-therapist direct care workers. She is a member of the International Motivational Interviewing Network of Trainers (MINT) and has completed a Traumatic Stress Studies course in Trauma Informed Care. As a result, her expertise includes training and consulting across the U.S. on Motivational Interviewing and Trauma Informed Care, as well as on self-care, mental health issues, de-escalation, change management, and more. Melinda has experience in school, residential and outpatient care, within criminal justice (many armed services veterans), healthcare (e.g., HIV/AIDS medical case managers, patient navigators), public (e.g., department of human services caseworkers), and community-based organizations.
MORANDA MEDINA-LOPEZ, CTTS, COMMUNITY OUTREACH COORDINATOR AND BILINGUAL MATERNAL AND CHILD HEALTH EDUCATOR, WISCONSIN WOMEN'S HEALTH FOUNDATION, MADISON, WI

Moranda Medina-Lopez, Community Outreach Coordinator and Bilingual Maternal and Child Health (MCH) Educator (affectionately known by participants as a ‘Quit Coach’), is a crucial connector at the Wisconsin Women’s Health Foundation (WWHF). Moranda is a Certified Tobacco Treatment Specialist (CTTS) and holds a Substance Use Disorder Counseling certificate from the University of Wisconsin – Madison. When she is not working with participants she is planning, organizing, and facilitating high quality, culturally responsive and proactive outreach strategies.

KAILYNN MITCHELL, VIRAL HEPATITIS PREVENTION COORDINATOR, WISCONSIN DEPARTMENT OF HEALTH SERVICES, MADISON, WI

Kailynn Mitchell is the Viral Hepatitis Prevention Coordinator with the Wisconsin Department of Health Services in the Communicable Disease Harm Reduction Section. Her work focuses on preventing and controlling the spread of hepatitis C and other infectious diseases related to drug use at community partners and healthcare systems. She also promotes and supports harm reduction services across the state of Wisconsin as the hepatitis C program liaison to syringe service programs. Kailynn has a Master of Public Health degree from the Medical College of Wisconsin and a Bachelor of Science in Community Health Education from the University of Wisconsin – La Crosse. Before her work on hepatitis C, Kailynn worked for the Wisconsin Immunization Program to implement the Centers for Disease Control (CDC) Quality Improvement program called AFIX (Assessment, Feedback, Intervention, eXchange). AFIX was an outreach effort at hundreds of healthcare provider offices and clinics across the state of Wisconsin that led to increased adolescent and adult vaccination rates.

KYLE MOUNTS, MD, MPH, ASSOCIATE DIRECTOR, WISCONSIN ASSOCIATION FOR PERINATAL CARE, MADISON, WI

Kyle Mounts is an Associate Director for the Wisconsin Association for Perinatal Care (WAPC). In that capacity, he has worked extensively on programs focused on improving care of women and infants affected by perinatal substance use.

MARIA NEVALA, VOCATIONAL REHABILITATION COUNSELOR, GREAT LAKES INTER-TRIBAL COUNCIL (GLITC) – VOCATIONAL REHABILITATION FOR NATIVE AMERICANS (VRNA), ODANAH, WI

Maria has a total of 18 years as a Vocation Rehabilitation Counselor. Currently she is with the Great Lakes Inter-Tribal Council providing support to Native Americans under the Vocational Rehabilitation for Native Americans (VRNA) program. Maria provides support to those she works with in a way that is sensitive to individual and cultural beliefs as well as strengths, resources, priorities, and abilities. She works to engage her clients in gainful employment.

EMILY NOLAN-PLUTCHAK, ATTORNEY, WISCONSIN STATE PUBLIC DEFENDER’S OFFICE, STEVENS POINT, WI

Emily Nolan-Plutchak is a staff attorney in Wisconsin Rapids, WI. She has been employed by the Wisconsin State Public Defender’s Office since 2007. She obtained her undergraduate degree from the University of Wisconsin – Madison and her law degree from Marquette Law School. In addition to defending juveniles and adults accused of crimes, she is a team member on the Wood County Adult Drug Treatment Court and a board member, and past president, of the Wisconsin Association of Treatment Court Professionals.

DENNIS RADLOFF, HARM REDUCTION SERVICES COORDINATOR, DEPARTMENT OF HEALTH SERVICES, DIVISION OF CARE AND TREATMENT SERVICES, MADISON, WI

Dennis Radloff has worked in the substance use services field for over 25 years with a background including AODA Counselor, Clinical Supervisor, and Director of Behavioral Health Services. Direct services including Harm Reduction, Correctional Facilities, Overdose Prevention, Family Members, and Medicine-Assisted Treatment (MAT) have been primary specialties. Dennis currently works at the Division of Care and Treatment Services for the State of Wisconsin as the Harm Reduction Services Coordinator, expanding Narcan Training and Distribution, Injection Drug Use Prevention and Treatment services, Methamphetamine Treatment services, and Recovery Support services.
XIN RUPPEL, PHARMD, MBA, BCPS, BCACP, AE-C, PHARMACY MANAGER, FAMILY HEALTH CENTER OF MARSHFIELD, INC., MARSHFIELD, WI
Xin Ruppel is pharmacy manager for the Family Health Center Pharmacy, an in-house Community Health Center Pharmacy serving patients with barriers to health care access in the northern Wisconsin region. She received her PharmD and M.B.A. degrees from Drake University in 2007 and has completed postgraduate training as the inaugural resident of the PGY-1 ambulatory care practice residency program at Marshfield Clinic. She is board certified in pharmacotherapy and ambulatory care and is also a certified asthma educator. Xin's professional interests include chronic disease management, health benefit management, precepting learners, and advocating for diversity, equity, and inclusion for all patients.

PATRICK RYAN, LPC, WISCONSIN DEPARTMENT OF WORKFORCE DEVELOPMENT, DIVISION OF VOCATIONAL REHABILITATION, LA CROSSE, WI
Patrick works for the Division of Vocational Rehabilitation (DVR) as a Vocational Rehabilitation Counselor (VRC). He has been a VRC for five years and works in both La Crosse and Jackson Counties helping to provide employment services and counseling for people with disabilities.

LAURA SAUNDERS, MS, SOCIAL WORK, GREAT LAKES ADDICTION, PREVENTION, AND MENTAL HEALTH TECHNOLOGY TRANSFER CENTERS (ATTC, PTTC, AND MHTTC), MADISON, WI
Laura A. Saunders, MSSW is with the University of Wisconsin – Madison, College of Engineering, Center for Health Enhancement System Studies, Great Lakes ATTC, PTTC, and MHTTC and an independent consultant. Since 2001, Laura has designed, facilitated, and delivered motivational interviewing (MI) and Screening, Brief Intervention, and Referral to Treatment (SBIRT) training and coaching in person, online, and via distance learning in the fields of health care, human services, public health, and criminal justice. She joined the international group of Motivational Interviewing Network of Trainers (MINT) in 2006 and is an active member of the Wisconsin Motivational Interviewing group.

ERIN TENNEY, DNP, CNM, WHNP, APNP, DONA-IT, FRONTIER NURSING UNIVERSITY, ASHLAND, WI
Dr. Erin Tenney, DNP, CNM, WHNP, APNP is a Clinical Faculty member at Frontier Nursing University in the Midwifery and Women's Health Department. She works clinically with women at the Family Health Center of Marshfield in Minocqua, WI with the Alcohol & Drug Recovery program. Culturally safe care and health equity for rural and Indigenous populations are her areas of focus.

TONY THRASHER, D.O., DFAPA, MEDICAL DIRECTOR, MILWAUKEE COUNTY BEHAVIORAL HEALTH, MILWAUKEE, WI
Dr. Tony Thrasher is the Medical Director of the Crisis Services Division for Milwaukee County Behavioral Health in addition to serving as the President for the national American Association for Emergency Psychiatry (AAEP). He also serves as a Clinical Associate Professor in the Department of Psychiatry at Medical College of Wisconsin while chairing a state-wide task force involving psychiatrists and emergency medicine physicians. His passions include leadership, education, underserved health care, and chronic mental illness. He is proud to also serve as the President Elect for the Wisconsin Psychiatric Association (WPA) and has recently been inducted into the American College of Psychiatrists.

SHEILA WEIX, MSN, RN, CARN, DIRECTOR OF SUBSTANCE ABUSE SERVICES, FHC ALCOHOL & DRUG RECOVERY CENTER, MARSHFIELD, WI
Sheila Weix is the director of Substance Abuse Services for Family Health Center of Marshfield, Inc., a member of the Marshfield Clinic Health System. 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.

MARCIA WILLIAMS, MSN, MS, LPC, SYSTEMIC PERSPECTIVES, BROOKFIELD, WI
Marcia Williams MSN, MS is a Licensed Professional Counselor who has worked in the field of loss and trauma for 30 years. She does individual, family, and group interventions, has spoken at national conferences and published articles on grief and trauma. Marcia is in private practice focusing on traumatic grief, loss and trauma. She lectures at area and regional universities and colleges. In 2020, Marcia was the recipient of South East Wisconsin Grief Network award for Exceptional Contribution for Community Grief Intervention.
## Schedule at a Glance

### Day 1 – Thursday, August 5, 2021

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<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 – 9:00 am</td>
<td>Welcome &amp; Announcements</td>
</tr>
<tr>
<td>9:00 – 10:00 am</td>
<td><strong>Opening Keynote</strong></td>
</tr>
<tr>
<td>10:00 – 10:15 am</td>
<td>Break – Optional Yoga on Demand</td>
</tr>
<tr>
<td>10:15 – 11:15 am</td>
<td><strong>Session 1</strong></td>
</tr>
<tr>
<td>11:15 – 11:30 am</td>
<td>Break – Optional Yoga on Demand</td>
</tr>
<tr>
<td>11:30 am – 12:30 pm</td>
<td><strong>Session 2</strong></td>
</tr>
<tr>
<td>12:30 – 1:30 pm</td>
<td>Lunch Break – Optional Yoga on Demand</td>
</tr>
<tr>
<td>1:30 – 2:30 pm</td>
<td><strong>Session 3</strong></td>
</tr>
<tr>
<td>2:30 – 2:45 pm</td>
<td>Break – Optional Yoga on Demand</td>
</tr>
<tr>
<td>2:45 – 3:45 pm</td>
<td><strong>Session 4</strong></td>
</tr>
</tbody>
</table>

### Day 2 – Friday, August 6, 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8:30 – 8:45 am</td>
<td>Welcome &amp; Announcements</td>
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<tr>
<td>8:45 – 9:45 am</td>
<td><strong>Opening Keynote</strong></td>
</tr>
<tr>
<td>9:45 – 10:00 am</td>
<td>Break – Optional Yoga on Demand</td>
</tr>
<tr>
<td>10:00 – 11:00 am</td>
<td><strong>Session 5</strong></td>
</tr>
<tr>
<td>11:00 – 11:15</td>
<td>Break – Optional Yoga on Demand</td>
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<tr>
<td>11:15 am – 12:15 pm</td>
<td><strong>Session 6</strong></td>
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<tr>
<td>12:15 – 12:40 pm</td>
<td>Lunch Break – Optional Yoga on Demand</td>
</tr>
<tr>
<td>12:40 – 2:00 pm</td>
<td><strong>Closing Keynote</strong></td>
</tr>
</tbody>
</table>

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