



WAKEAHEC
BETTER HEALTHCARE THROUGH EDUCATION

Mental Health Programs

Winter/Spring 2018

For all programs

Target Audience

Mental health professionals, substance abuse professionals including psychologists, licensed professional counselors, clinical social workers, marriage and family therapists, pastoral counselors, substance abuse counselors, qualified professionals, associate professionals or others interested in the subject matter

Credit Statements

National Board Certified Counselors Credit (NBCC): Wake AHEC is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (Provider #6477)

Category A NC Psychology Credit: This program will provide contact hours (Category A) of continuing education for North Carolina Psychologists.

Pending Substance Abuse Credit (NCSAPPB): Application has been made to the North Carolina Substance Abuse Professional Practice Board for general skill building credit.

Wake AHEC will provide CEU to participants upon completion of this activity.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Wake AHEC will provide Contact Hours to participants upon completion of this activity.

Wake AHEC is part of the North Carolina AHEC Program.

Additional Notes

- Fee will include handouts and certificate of completion.
- Break(s) and lunch will be provided as appropriate.
- *To assure quality programming and safety for all participants, babies and children may not attend this program.*
- Visit www.wakeahec.org for our ADA Statement and Inclement Weather Policy.

Depression and Suicide in Children and Adolescents

Thursday, February 8, 2018

Event: #53005km

William F. Andrews Center

Snow date: February 14, 2018

Registration: 8:30 am, Program: 9:00 am – 4:00 pm

Suicide among adolescents has more than tripled in the past 30 years, and many children suffer from illnesses that put them at risk of suicide. This workshop will focus on the genetic, biological and environmental risk factors related to depression and suicide in the young. Updates will be provided on research related to the indicators of suicide risk, prevention efforts and their effectiveness, and clinical and legal standards of care. We will consider the impact of attempted and completed suicides on families and clinicians, and provide guidelines for responding in these situations.

Objectives

Upon completion of this educational activity, participants should be able to:

- Describe the symptoms of childhood depression and risk factors for suicide.
- Explain how depression differs from grief or unhappiness.
- Describe the incidence of suicide in the young.
- Describe prevention efforts and their levels of effectiveness.
- Discuss appropriate treatment modalities.
- Discuss the impact of suicide and severe attempts on the family and caregivers.
- Access resources and make recommendations for families.
- Formulate an agency aftermath plan.

Speaker

Jodi Flick, ACSW, MSW

Clinical Assistant Professor, UNC-CH School of Social Work

Counselor, Chapel Hill Police Department's Crisis Unit

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee – \$75; after January 25, 2018 – \$95. Vouchers will be accepted.

Credit *Refer to the first page for credit statements.*

NBCC: 5.5 hours, **Category A NC Psychology Credit:** 5.5 contact hours, **Wake AHEC CEU:** 0.6, **Wake AHEC Contact Hours:** 5.5

Cancellation/ Refunds

No refunds will be issued unless we are notified by 5 pm on February 5, 2018. A \$30 cancellation fee will be deducted from your registration fee if a refund is issued. Substitutes are encouraged.

Adults with Mental Illness in the Criminal Justice System: Understanding Criminal Justice Involvement and Overview of Interventions

Thursday, February 15, 2018

Event #52982lh

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

The proportion of incarcerated adults with mental illness is approximately five times higher than persons in the general population, and individuals with psychotic disorders are nearly ten times more prevalent among individuals in the criminal justice system compared to the general population. These high rates of mental illness among individuals in the criminal justice system, coupled with an increased risk for probation violations, revocations and rearrests, pose significant challenges for state corrections agencies, as well as mental health and substance use service providers. Both the mental health and criminal justice service systems must find ways to coordinate and collaborate across systems to meet the needs of adults with mental illness in the criminal justice system.

This training will address three key questions faced by practitioners who work with adults in the criminal justice system who have mental illness: 1) What is the relationship between mental illness, criminal behavior, and criminal justice involvement; 2) Where can we intervene to move adults with mental illness from the criminal justice system to the mental health system; and 3) How can mental health practitioners partner with the criminal justice system to address the needs of clients in order to keep them out of jails and prisons?

Objectives

Upon completion of this educational activity, participants should be able to:

- Explain the relationship between mental illness and criminal justice involvement.
- Identify core evidence-informed interventions for mentally ill adults in the criminal justice system.
- Describe current examples of interventions in North Carolina aimed to increase mental health service engagement and improve criminal justice outcomes.
- Explain the Sequential Intercept Model and what this means for interventions in communities.
- Discuss strategies and examples of working across the mental health and criminal justice systems.

Speaker

Tonya Van Deinse, PhD, MSW

Clinical Assistant Professor, UNC-CH School of Social Work

Co-Director, Specialty Mental Health Probation Initiative in North Carolina

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee – \$45; after February 1, 2018 – \$65. Vouchers will be accepted.

Credit Refer to the first page for credit statements.

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **Wake AHEC CEU:** 0.3,

Wake AHEC Contact Hours: 3.0

Cancellation/ Refunds

No refunds will be issued for this program. Substitutes are encouraged.

Tips, Tricks and Techniques – Behavior Management Strategies

Part of a Behavior Management Series 1 of 3

Tuesday, March 6, 2018

Event #53275km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 11:00 am

Developing a behavior plan takes more than just an “if-then” contingency statement. Even a thoroughly designed plan can fail without additional supports. This program focuses on components intended to support a behavior plan. These supports can include visual supports, social stories, and other methods to reinforce the already existent behavior plan.

Objectives

Upon completion of this educational activity, participants should be able to:

- Explain the importance of including supports to a current behavior plan.
- Describe what supports are available to support an existing behavior plan.
- Examine the ways the supports are beneficial.
- Demonstrate what types of supports are most beneficial for their population.
- Discuss the pros and cons of including additional supports.

Speaker

Rob Schooley, MSW, LCSW
Behavior Specialist, Chatham County Schools
Certified Trainer, Nonviolent Crisis Intervention
Field Instructor, UNC-CH School of Social Work
Faculty Advisor, Boston University School of Social Work

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee one program – \$40; after February 20, 2018 – \$60

Early Fee all three programs – \$105; after February 20, 2018 for all three programs – \$165

Credit *Refer to the first page for credit statements.*

NBCC: 2.0 hours, **Category A NC Psychology Credit:** 2.0 contact hours, **Wake AHEC CEU:** 0.2, **Wake AHEC Contact Hours:** 2.0

Cancellation/ Refunds

No refunds will be issued for this program. Substitutes are encouraged.

Mindfulness Based Interventions for Children and Adolescents

Part of a Behavior Management Series 2 of 3

Thursday, March 15, 2018

Event #53276km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 11:00 am

Many mental health professionals understand the importance of incorporating mindfulness into practice; however, children need to be taught the components of the mindfulness before they can be expected to practice this skill. This program will focus on techniques used to teach this population the core components of mindfulness practice. Participants will be able to engage in activities that will help further their understanding of mindfulness practice. With this knowledge, participants can begin to teach their clients how to establish a strong mindfulness practice.

Objectives

Upon completion of this educational activity, participants should be able to:

- Explain the importance of teaching clients the basic tenants of mindfulness.
- Describe the different ways to engage children and adolescents in mindfulness practice.
- Examine the skills necessary for children and adolescents to establish a mindfulness practice.
- Demonstrate the skills to effectively teach children and adolescents mindfulness practice.
- Discuss how to incorporate these methods into practice.

Speaker

Rob Schooley, MSW, LCSW

Behavior Specialist, Chatham County Schools

Certified Trainer, Nonviolent Crisis Intervention

Field Instructor, UNC-CH School of Social Work

Faculty Advisor, Boston University School of Social Work

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee one program – \$40; after February 20, 2018 – \$60

Early Fee all three programs – \$105; after February 20, 2018 for all three programs – \$165

Credit *Refer to the first page for credit statements.*

NBCC: 2.0 hours, **Category A NC Psychology Credit:** 2.0 contact hours, **Wake AHEC CEU:** 0.2, **Wake AHEC Contact Hours:** 2.0

Cancellation/ Refunds

No refunds will be issued for this program. Substitutes are encouraged.

Creatively Engaging Children and Adolescents in Groups

Part of a Behavior Management Series 3 of 3

Wednesday, April 18, 2018

Event #53277km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 11:00 am

Engaging children and adolescents in groups can be challenging. This program will focus on techniques and tools that can be used creatively to engage this population. From drumming groups to mindfulness-based exercises to experiential activities, this program will review different methods that can make groups more exciting for leaders and participants. Participants will leave with a new “bag of tricks” to liven up their work.

Objectives

Upon completion of this educational activity, participants should be able to:

- Explain the importance of utilizing different methods to engage children and adolescents in group work.
- Describe various methods to engaging children and adolescents in groups.
- Examine the necessary tools to implement the taught methods of engagement.
- Demonstrate the ability to actively engage children and adolescents.
- Discuss and share other effective ways to engage our clients.

Speaker

Rob Schooley, MSW, LCSW

Behavior Specialist, Chatham County Schools

Certified Trainer, Nonviolent Crisis Intervention

Field Instructor, UNC-CH School of Social Work

Faculty Advisor, Boston University School of Social Work

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee one program – \$40; after February 20, 2018 – \$60

Early Fee all three programs – \$105; after February 20, 2018 for all three programs – \$165

Credit *Refer to the first page for credit statements.*

NBCC: 2.0 hours, **Category A NC Psychology Credit:** 2.0 contact hours, **Wake AHEC CEU:** 0.2,

Wake AHEC Contact Hours: 2.0

Cancellation/ Refunds

No refunds will be issued for this program. Substitutes are encouraged.

Culturally Competent Counseling with LGBTIQ-Identified People

Tuesday, March 6, 2018

Event #52864lh

Granville County Expo and Convention Center

Registration: 9:30 am, Program: 10:00 am – 4:00 pm

This workshop will provide information, recommendations and resources necessary to provide culturally competent services to LGBTIQ-identified people and their families. The facilitator will use a combination of dyad activities, small group discussion, large group discussion and multimedia presentation to address each of the program objectives.

Objectives

Upon completion of this educational activity, participants should be able to:

- Explain key concepts and basic terms such as sexual orientation, gender identity and gender expression.
- Describe the effects of societal stigmatization on LGBTIQ communities.
- Demonstrate an understanding of LGBTIQ identities, intersections with other salient identities, and relevant developmental issues.
- Discuss culturally competent ally strategies to support clients.
- List resources for working with LGBTIQ people and their families.
- Explain strategies for advocating for clients by educating treatment team members and client families.

Speaker

Terri Phoenix, PhD

Director, UNC Chapel Hill LGBTQ Center

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee – \$65; after February 20, 2018 – \$85. Vouchers will be accepted.

Credit *Refer to the first page for credit statements.*

NBCC: 5.0 hours, **Category A NC Psychology Credit:** 5.0 contact hours, **Wake AHEC CEU:** 0.5, **Wake AHEC Contact Hours:** 5.0

Cancellation/ Refunds

No refunds will be issued unless we are notified by 5 pm on Thursday, March 1, 2018. A \$25 cancellation fee will be deducted from your registration fee if a refund is issued. Substitutes are encouraged.

Behavioral Treatment of Chronic Pain

Monday, March 19, 2018

Event #54093lh

WakeMed Cary Hospital Conference Center

Registration: 8:30 am, Program: 9:00 am – 4:45 pm

We are in the midst of a nationwide push to treat chronic pain, and address our out of control opioid prescribing. It's estimated we have 100 million people in the US living with chronic pain. We can assume that at least 1/3 of the people we treat are dealing with this condition, yet most of us are ill-prepared to address these issues with them. Opioids are almost never an appropriate treatment choice, and actually cause more problems in the end. There is a robust body of research evidence supporting this.

The CDC recently published guidelines highlighting the opioid epidemic and its tragic consequences, along with making recommendations for the treatment of chronic pain. They specifically mention behavioral treatment the approach to try before opioids are prescribed. This means clinicians will need to be trained in the behavioral treatment of chronic pain.

Awareness has never been so high. This is new information for prescribers, healthcare professionals, the therapy community and the general public. Word is just now getting out about the extent of the problem, and providers need to be on the cutting edge of best treatment practices. We are witnessing a devastating public health crisis that is ruining individual's lives, tearing up families, and ripping through communities. It's time we arm ourselves with the skills needed to offer people evidence-based behavioral interventions that will help them live healthy and productive lives.

Objectives

Upon completion of this educational activity, participants should be able to:

- Describe pain and its emotional aspects.
- Identify how to map out the chronic pain cycle.
- Explain risks of opioid medications.
- Discuss effective components of the cognitive-behavioral treatment of chronic pain.
- Discuss mindful approaches for coping with chronic pain.

Speaker

Martha Teater, MA, LMFT, LCAS, LPC
Private Practice

Fees

Early Fee – \$90; after March 5, 2018 – \$110. Vouchers will be accepted.

Credit *Refer to the first page for credit statements.*

NBCC: 6.0 hours, **Category A NC Psychology Credit:** 6.0 contact hours, **NCSAPPB (Pending):** 6.0, **Wake AHEC CEU:** 0.6, **Wake AHEC Contact Hours:** 6.0

Cancellation/ Refunds

No refunds will be issued unless we are notified by 5 pm on Wednesday, March 14, 2018. A \$30 cancellation fee will be deducted from your registration fee if a refund is issued. Substitutes are encouraged.

Cognitive Behavior Therapy: Theory and Techniques

Part 1 of 2

Thursday, March 29, 2018

Event #54612km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 4:30 pm

This training will focus on understanding Cognitive-Behavioral Therapy and its application to the treatment of mental health disorders. The work of prominent theorists (Beck, Ellis, Bandura) will provide a platform for addressing the intra- and interpersonal challenges experienced by the client, and offer strategies to modify beliefs and generate alternative coping skills which promote self-efficacy.

Objectives

Upon completion of this educational activity, participants should be able to:

- Identify cognitive/cognitive-behavioral theories and their direct translation to specific psycho-educational and therapeutic techniques.
- Explain and apply evidence-based CBT approaches to treating mental health disorders.
- Discuss and apply social learning theory and techniques to relevant determinants of adaptation and/or psychopathology.

Speaker

Gerald A. Fishman, PhD

Eastern Regional Director, Licensed Psychologist

RI International

Fees

Register for both CBT 1 and 2 and Save!

Early Fee – \$85; after March 15, 2018 – \$105.

Register for both CBT 1 and 2 – Early Fee: \$170; after March 15, 2018 – \$200.

Credit *Refer to the first page for credit statements.*

NBCC: 6.0 hours, **Category A NC Psychology Credit:** 6.0 contact hours, **NCSAPPB (Pending):** 6.0,

Wake AHEC CEU: 0.6, **Wake AHEC Contact Hours:** 6.0

Cancellation/ Refunds

No refunds will be issued unless we are notified by 5 pm on Thursday, March 15, 2018 A \$30 cancellation fee will be deducted from your registration fee if a refund is issued. Substitutes are encouraged.

Integrating Healthy Lifestyle

Tuesday, April 3, 2018

Event #542471h

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

Over time we have learned that our mental health and physical health coincide and influence our overall functioning. Learning various strategies and practices to improve both mental and physical health is beneficial to individuals and can be helpful when teaching clients techniques to improve their wellbeing. This workshop will explore alternative therapies and tools used personally and with clients to improve mental health and physical health and wellness.

Objectives

Upon completion of this educational activity, participants should be able to:

- Identify 3-4 alternative therapies that are beneficial to improving mental health and physical health.
- Explain the connection between stress and physical illness.
- Discuss the benefits to practicing alternative treatment approaches.

Speaker

Lisa Waldman, MS, LCAS

Access Clinician, Alliance Behavioral Healthcare

Fees

Early Fee – \$40; after March 20, 2018 – \$60. Vouchers will be accepted.

Credit *Refer to the first page for credit statements.*

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **Wake AHEC CEU:** 0.3,

Wake AHEC Contact Hours: 3.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

Cognitive Behavior Therapy: The Application of CBT Techniques to Specific Disorders

Part 2 of 2

Monday, April 9, 2018

Event #54613km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 4:30 pm

This training will focus on the application of CBT techniques to the treatment of specific mental health disorders, including anxiety, depression, personality disorder and suicidality. Evidence for the use of combined CBT and medication with specific disorders and the impact on health behaviors will be addressed.

Objectives

Upon completion of this educational activity, participants should be able to:

- Identify and apply evidence-based CBT approaches to treating mental health disorders.
- Discuss the prevalence of suicidality, risk factors for suicidal thoughts and behaviors, and cognitive approaches to suicide prevention and intervention.
- Explain goals and targets for combined treatment of CBT and medication with specific disorders, including health behaviors.

Speaker

Gerald A. Fishman, PhD

Eastern Regional Director, Licensed Psychologist

RI International

Fees

Register for both CBT 1 and 2 and Save!

Early Fee – \$85; after 3/15/18 – \$105.

Register for both CBT 1 and 2 – Early Fee: \$170; after 3/15/18 – \$200.

Credit *Refer to the first page for credit statements.*

NBCC: 6.0 hours, **Category A NC Psychology Credit:** 6.0 contact hours, **NCSAPPB (Pending):** 6.0,

Wake AHEC CEU: 0.6, **Wake AHEC Contact Hours:** 6.0

Cancellation/ Refunds

No refunds will be issued unless we are notified by 5pm on Thursday, March 15, 2018 A \$30 cancellation fee will be deducted from your registration fee if a refund is issued. Substitutes are encouraged.

Women and HIV

Part of Substance Abuse Series 1 of 5

Tuesday, May 1, 2018

Event #54248lh

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

HIV among women is a growing problem in North Carolina and the United States. However, there are broad gaps in our knowledge of women living with HIV, and how to meet their unique needs. This workshop will use lecture, interactive and small group work to give providers practical tools for understanding the health and behavior health needs of women living with HIV. It will also give providers and practitioners practical skills and resources for addressing these issues in their work with this population.

Objectives

Upon completion of this educational activity, participants should be able to:

- Describe general patterns of HIV risk, prevalence and incidence of HIV in women in North Carolina and the United States.
- Describe intersectional drivers of HIV infection among women.
- Identify medical and social support needs of women living with HIV.
- Identify the impact of past and current trauma on care engagement, health and well-being for women living with HIV, and the importance of trauma-informed care approaches.
- Explain the complex challenges created by HIV stigma, and how it impacts risk, care engagement health and well-being for women living with HIV.
- Illustrate practical skills for effectively working with women living with HIV.

Speaker

Martha E. Lang BS, MA, PhD
Independent Researcher, Editor

Fees

Early Fee – \$45; after April 17, 2018 – \$65. Vouchers will be accepted.

Attend all five program in the series for \$200; register by April 17, 2018 to receive discount.

Credit *Refer to the first page for credit statements.*

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **NCSAPPB (Pending):** 3.0, **Wake AHEC CEU:** 0.3, **Wake AHEC Contact Hours:** 3.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

A Newer Problem in Older Age

Substance Use Disorders in Older Adults

Part of Substance Abuse Series 2 of 5

Thursday, May 3, 2018

Event #53910lh

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

Recent statistics reflect a growing problem of substance abuse among those 50 years of age and older. This session will provide a current review of incidence and patterns of substance abuse within this age group while also addressing the unique vulnerabilities and risk factors that help explain the emergence of this recognized problem. This presentation will also include an overview of screening tools, intervention strategies and treatment best practices for this population.

Objectives

Upon completion of this educational activity, participants should be able to:

- Review the incidence and prevalence of substance abuse among older adults.
- Discuss risk factors and effects of substance abuse among the elderly.
- Describe age specific signs and symptoms and screening tools.
- Review intervention and treatment best practices.

Speaker

Paul Nagy, MS, LCAS, CCS
Duke University

Fees

Early Fee – \$45; after April 19, 2018 – \$65. Vouchers will be accepted.

Attend all five program in the series for \$200; register by April 17, 2018 to receive discount.

Credit *Refer to the first page for credit statements.*

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **NCSAPPB (Pending):** 3.0, **Wake AHEC CEU:** 0.3, **Wake AHEC Contact Hours:** 3.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

Substance Use and the Family System

Part of Substance Abuse Series 3 of 5

Monday, May 7, 2018

Event #54249lh

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

This program will focus on the theories, skills and expectations of well-known schools of thought with regards to family systems and substance use. The facilitator will discuss the benefits of working with the nuclear family unit, and will facilitate activities that encourage the practice of clinical skills as well as demonstrate therapy skills during this presentation.

Objectives

Upon completion of this educational activity, participants should be able to:

- Identify a theoretical orientation for conducting family therapy with a family with substance use issues.
- Discuss basic skills for working with families with substance use challenges.
- Discuss specific examples and case scenarios.

Speaker

R. Joy Brunson-Nsubuga, MA, LMFT, LCAS, CCS
AAMFT Approved Supervisor
Relatively Speaking Therapeutic Center

Fees

Early Fee – \$45; after April 23, 2018 – \$65. Vouchers will be accepted.

Attend all five program in the series for \$200; register by April 17, 2018 to receive discount.

Credit *Refer to the first page for credit statements.*

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **NCSAPPB (Pending):** 3.0, **Wake AHEC CEU:** 0.3, **Wake AHEC Contact Hours:** 3.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

New Perspectives on Marijuana

Part of Substance Abuse Series 4 of 5

Thursday, May 10, 2018

Event #53916lh

WakeMed Cary Hospital Conference Center

Registration: 8:30 am, Program: 9:00 am – 1:15 pm

Designed for human service professionals working in the substance use field, this workshop will explore the challenges providers may encounter when working with clients using cannabis. The information discussed will cover the positive and negative aspects of cannabis use. Participants will learn about the culture of cannabis use, and identify skills to help motivate clients to consider change. Counselors who have experience working with patients using THC/marijuana are encouraged to attend, as this training is considered to have an advanced perspective on the subject.

Objectives

Upon completion of this educational activity, participants should be able to:

- Identify criteria for cannabis use disorders.
- Discuss trends in cannabis use in the US.
- Discuss positive and negative consequences of cannabis use.
- Develop skills that could enhance motivation for the cannabis user to engage in treatment.
- Identify evidenced based prevention and intervention program models for someone with a cannabis use disorder.

Speaker

Brandon Robinson, LCAS, LPC, CCS

Director of Addiction Services for Fellowship Health Resources

UNC-CH, School of Social Work

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee – \$45; after April 26, 2018 – \$65. Vouchers will be accepted.

Attend all five program in the series for \$200; register by April 17, 2018 to receive discount.

Credit *Refer to the first page for credit statements.*

NBCC: 4.0 hours, **Category A NC Psychology Credit:** 4.0 contact hours, **NCSAPPB (Pending):** 4.0, **Wake AHEC CEU:** 0.4, **Wake AHEC Contact Hours:** 4.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

Health Disparities

Tuesday, May 15, 2018

Event #54250km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

Health disparities in North Carolina and the nation remain a persistent problem. The challenges created by health and behavioral disparities are gaining increasing attention from researchers, practitioners and providers. This workshop will use lecture, interactive and small group work to give practitioners and providers practical tools for understanding the social structural roots of health and behavioral health disparities. It will also provide participants with practical skills and resources for addressing these issues in their work with consumers.

Objectives

Upon completion of this educational activity, participants should be able to:

- Describe general patterns of health and behavioral health disparities in North Carolina and the United States and how these are related to social structure.
- Recognize the intersectional relationships between race, class and gender, and how these combine to create structural inequalities in health and behavioral health.
- Discuss the complex interplay between stigma and health disparities.
- Develop practical skills for working effectively with consumers who are impacted by structural health disparities.

Speakers

Lisa Waldman, MS, LCAS
Access Clinician, Alliance Behavioral Healthcare

Martha E. Lang BS, MA, PhD
Independent Researcher, Editor

Fees

Early Fee – \$45; after May 1, 2018 – \$65. Vouchers will be accepted.

Credit *Refer to the first page for credit statements.*

Wake AHEC CEU: 0.3, Wake AHEC Contact Hours: 3.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

Cognitive Behavior Therapy and Relapse Prevention

Monday June 4, 2018

Event #54614km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

This training will focus on the application of CBT techniques to the treatment of substance use disorders and relapse prevention. Determinants of relapse, characteristic thought and behavior patterns of clients in relapse mode, and a cognitive-behavioral approach to the relapse prevention process will be discussed.

Objectives

Upon completion of this educational activity, participants should be able to:

- Apply evidence-based CBT approaches to treating substance use disorders.
- Explain a cognitive-behavioral model of the relapse process.
- Apply cognitive-behavioral strategies to relapse prevention and maintenance.

Speaker

Gerald A. Fishman, PhD
Eastern Regional Director, Licensed Psychologist
RI International

Fees

Early Fee – \$50; after 5/21/18 – \$70.

Credit *Refer to the first page for credit statements.*

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **NCSAPPB (Pending):** 3.0, **Wake AHEC CEU:** 0.3, **Wake AHEC Contact Hours:** 3.0

Cancellation/ Refunds

No refunds will be issued for this program. Substitutions are encouraged.

Substance Use and Ethics

Part of Substance Abuse Series 5 of 5

Tuesday, June 19, 2018

Event #54251lh

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

This presentation will address a number of legal and the ethical implications specific to working with populations diagnosed with Substance Use Disorders. The structure of the presentation will allow for discussion of the given topics alongside interactive and experiential activities aimed at providing a richer experience and understanding of the topics. Topics will include confidentiality, ethical decision making, dual relationships and boundary setting, mandatory reporting, interprofessional relationships, working with clients diagnosed with HIV/AIDS and ethics related to supervision. Content for the presentation will be guided by the Substance Abuse and Mental Health Services Administration (SAMHSA) TIP manuals, the SAMHSA TAP series and the North Carolina Substance Abuse Professional Practice Board (NCSAPPB) rules of ethics.

Objectives

Upon completion of this educational activity, participants should be able to:

- Distinguish between the 5 Ethical Principles.
- Discuss the Ethical Decision Models and how to incorporate them into practice.
- Identify skills and competencies specific to addiction counseling.
- Engage in group discussion with professionals from other helping fields, identifying similarities and differences across disciplines.

Speaker

Jonnie Seay Lane, MS, LCAS, LPC, CCSI
Serenity Lane Counseling and Supervision

Fees

Early Fee – \$45; after June 5, 2018 – \$65. Vouchers will be accepted.

Attend all five program in the series for \$200 and register by April 17, 2018 to receive discount.

Credit *Refer to the first page for credit statements.*

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **NCSAPPB (Pending):** 3.0, **Wake AHEC CEU:** 0.3, **Wake AHEC Contact Hours:** 3.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

Ethics Reboot: Aligning Your Digital Practices with Current Ethical Standards

Thursday June 21, 2018

Event #54252km

William F. Andrews Center

Registration: 8:30 am, Program: 9:00 am – 12:15 pm

Ethics shape our sense of right and wrong, and our everyday professional actions. With the increasing use of technology in personal and professional settings, new and complex ethical issues arise. This workshop will explore ethical standards from a variety of disciplines related to the use of technology and social media in professional practice. Trends and themes associated with technology related ethics standards will also be considered. Participants will analyze ethical scenarios and apply existing technology related standards to identify and resolve ethical challenges. Implications for ethical practice in the digital age will be discussed.

Objectives

Upon completion of this educational activity, participants should be able to:

- Review current ethical standards such as informed consent, competence, conflicts of interest, privacy and confidentiality, and access to records.
- Examine emerging trends and themes associated with technology related standards.
- Apply standards to complex ethical scenarios.
- Identify gaps between digital practices and ethics standards.
- Consider the value of using an ethical decision-making tool to resolve ethical dilemmas.
- Discuss practice tips for complying with technology related ethical standards.

Speaker

Tina M. Souders, MSW, LCSW, JD

Clinical Associate Professor, UNC-CH School of Social Work

Director, Winston-Salem Distance Education MSW Program

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC Program.

Fees

Early Fee – \$45; after June 7, 2018 – \$65. Vouchers will be accepted.

Credit *Refer to the first page for credit statements.*

NBCC: 3.0 hours, **Category A NC Psychology Credit:** 3.0 contact hours, **NCSAPPB (Pending):** 3.0, **Wake AHEC CEU:** 0.3, **Wake AHEC Contact Hours:** 3.0

Cancellation/ Refunds

No refunds will be issued. Substitutes are encouraged.

