

# 9th Annual Co-Occurring Disorders Symposium

Sponsored by the Southeast Minnesota Area Substance Use Providers

## “Caring from a Distance”

Thursday, January 28, 2021 8:00 - 4:30 via Zoom

The objectives of the continuing education for the symposium (6.0 Hours);

1. Increase knowledge of Evidence Based Treatment of Co-Occurring Disorders, especially Bipolar Disorder and Trauma Related Disorders.
2. Increase awareness and understanding of Ethics as it pertains to telehealth and other current considerations.
3. Learn more about Cultural Diversity as it pertains to substance use disorders and mental illness.
4. Support development of skills and understanding of co-occurring disorders and treatment.

### ***“White and Black: A Tale of Two Epidemics”***

***(2 CEU's 8:15-10:15)***

**Joseph Phipps, BA** has a BA in Psychology and is currently a Graduate student in the Co-Occurring Disorders Master's program at Metropolitan State University. Previously, Joseph worked for 13 years in the banking industry, where his focus and training was in wealth management and consumer homeownership, which further informed and strengthen his resolve to educate and work to improve Black communities across the Twin Cities. Joseph's passions are teaching mental health and overall wellness, substance use disorder treatment and recovery, and financial and wealth-building education.

**Ian McLoone, MPS, LPCC, LADC** is the lead therapist at Alltyr Clinic, and has been working to co-develop the Alltyr approach to addiction treatment with clinic founder, Dr. Mark Willenbring, since 2013. Ian is a member of the community faculty at the University of Minnesota and Metropolitan State University, teaching courses on psychopharmacology for counselors, harm reduction and person-centered care, and integrated approaches for mental health and substance use disorders. You can find some of his writings in outlets like Filter Magazine and TheFix. Ian is passionate about scientifically informed approaches to addiction treatment and making 21<sup>st</sup> century care available to all.

Objectives:

1. To educate the mental health and addiction treatment community of past racialized and discriminatory policies and their impact on the Black community in the present day.

2. To bring awareness of the repercussions caused by the War on Drugs Campaign, including dramatic increases in Black and Latino children being placed in foster care, and Mass Incarceration.
3. To educate participants of this symposium that, due to individual biases, the issue of mental health and addiction in the Black American community has been and currently is disproportionately stigmatized and criminalized.

## ***“It’s Much More Than Just Self-Medication: The Very Complicated Relationship Between PTSD and Substance Abuse”***

***(1.25 CEU’s 10:30-11:45)***

### **Brian Meyer, PhD, LCP**

Dr. Meyer is a Clinical Psychologist and the Psychology Program Manager for Community-Based Outpatient Clinics at the Central Virginia VA Health Care System and an Assistant Professor in the Department of Psychiatry and an Affiliate Assistant Professor in the Department of Psychology at Virginia Commonwealth University. He obtained his A.B. from Harvard University in 1980 and his Ph.D. in clinical psychology with a specialization in adolescents and families from Duke University in 1990. Dr. Meyer has worked in the child welfare and the child and adult mental health fields as a clinician, administrator, teacher, policy maker, program developer, expert witness, researcher, and trainer. He has been the Deputy Clinical Director of the New Mexico CYFD Protective Services Division; the Executive Director of the Albuquerque Child and Family Guidance Center; the Executive Director of the Virginia Treatment Center for Children; and the Interim Associate Chief of Mental Health Clinical Services, the Workplace Violence Prevention Coordinator, and the PTSD-SUD Specialist for over 11 years at the McGuire VA Medical Center. In his current roles, Dr. Meyer oversees psychologists at five regional community clinics; provides evidence-based treatments for Veterans who have problems with PTSD, substance abuse, depression, TBI, and other co-occurring conditions; trains psychology trainees; and develops and conducts research on treatments for PTSD, substance abuse, and co-morbid conditions.

Dr. Meyer is also a nationally in-demand speaker who has given over 300 presentations and trainings on a wide range of content areas including the treatment of trauma and co-morbid conditions, substance abuse, complex trauma, the effects of trauma and substance abuse on families, Veterans’ mental health, mindfulness meditation, secondary traumatization and self-care, and collaborative courts. He is also the co-author of Transcending Self Therapy: Group Integrative Cognitive Behavioral Treatment Book for Facilitators (2009), a treatment manual for people with Substance Use Disorders, along with Dr. Jarrod Reisweber. He has been happily married to his wife Sharla for 32 years and has three adult children and one granddaughter, all of whom he adores.

### **Objectives:**

1. Participants will be able to name at least five different reasons that clients with PTSD abuse alcohol and/or drugs.
2. Participants will be able to assess their clients accurately for the reasons they abuse substances at different points in their lives.

3. Participants will be able to apply this knowledge to developing comprehensive and accurate treatment plans for their clients.

***“Orienteering the Mountains in Winter: A Practical Reflection on the Care for Persons with Bipolar Disorder and Comorbid Substance Use Disorder by a Late Career Psychiatrist”***

***(1.25 CEU's 12:45-2:00)***

**Joseph Wilson, MD Board Certified Psychiatrist**

Dr. Wilson is a practicing psychiatrist and the acting Medical Director of South Central Human Relations Center. He is the former Medical Director of the Owatonna Hospital Mental Health Unit. He attended Medical School at the University of Minnesota, completed his Residency in Psychiatry at the Naval Hospital in San Diego, and served in the Navy for seven years. He is a husband of 40 years, a father of 5, and a grandfather of 21.

**Objectives:**

1. Learn and/or practice a systematic and standardized format for exchange of information using ABC and SBAR formats.
2. Understand and appreciate the importance of person-centered approaches vs. treating the diagnoses.
3. Learn confounding histories including secondary mania and look-alike conditions that help to explain the incredible complexity of accurate assessment.

***“Ethics for Today, a Two-Part Presentation: ‘Ethical Considerations for Delivering Co-Occurring Treatment During a Pandemic’, and ‘Facing the Ethical Dilemma - Considering Pharmacological Treatment of Mental Health Symptoms in Co-Occurring Disorders’ ”***

***(2 CEU's 2:15-4:15)***

**Bobbi Mathern MS, LMFT** is the Clinical Director and Treatment Director of South Central Human Relations Center, a non-profit community behavioral health center in southern MN. She has been in the field for 17 years and specializes in Dialectical Behavior Therapy.

**David Wright MSW, LICSW** is the owner and founder of Wright and Associates, LLC in Waseca, Minnesota. He has had over 35 years' experience in the human services field, with 25 of them in direct clinical practice. His specialties include the treatment of mood, anxiety, adjustment, and substance use disorders. He also enjoys working with military members, veterans, and their families.

**Objectives:**

1. Learner will increase awareness of ethical considerations regarding treatment delivery during the pandemic.
2. Learner will gain knowledge and competence in delivering services via telehealth.
3. Learner will be able to identify key indicators in considering medication management of symptoms of dually diagnosed patients.