



**Dr. Carlo DiClemente** – *Addiction and Recovery: Understanding the Pathway and the Process*

Dr. Carlo DiClemente received his Doctorate in Psychology at the University of Rhode Island. He directs the MDQUIT Tobacco Resource Center, the Center for Community Collaboration, and the Home Visiting Training Center at UMBC. Dr. DiClemente is co-developer of the Transtheoretical Model of behavior change, and author of over 150 scientific publications on motivation and behavior change with a variety of health and addictive behaviors. He has conducted funded research for over 35 years with funding from NIH Institutes, SAMSHA, and private Foundations. His book *Addiction and Change: How Addictions Develop and Addicted People Recover* (second edition) published in 2018 offers view of initiation and recovery using the lens of the human behavior change process. He has co-authored several professional books, *The Transtheoretical Model*, *Substance Abuse Treatment*, and *the Stages of Change* (second edition), and *Group Treatment for Substance Abuse: A Stages of Change Therapy Manual* (Second Edition) and a self-help book, *Changing for Good*. For his work, he has received awards from the Robert Wood Johnson Foundation, American Society of Addiction Medicine, Association for Behavioral and Cognitive Therapies, as well as a Presidential Citation from the American Psychological Association. He was selected to receive the 2019 National Institute on Alcohol Abuse and Alcoholism (NIAAA) Jack Mendelson, M.D., Award. In addition, he was also given the 2019 Alfred Wellner Lifetime Achievement Award by the National Register of Health Services Psychologists.

### **Presentation Abstract**

Successful recovery is a journey through a process of change. This webinar will explore the process and identify how peer specialists and providers can intervene in helping individuals with substance use disorders negotiate that recovery journey. The first step involves understanding important tasks and critical activities involved in recovery. There is a common process underlying the many different changes involved in recovery. Moving to free oneself from an addictive behavior involves finding the motivation, decision-making, commitment, effective planning, and implementation to overcome this bio behavioral condition. We will examine the multidimensional nature of substance use behaviors. Significant use of substances affects brain, body, and takes over the life space of the individual. Although many clinicians would like to impose change on individuals making them quit using, the individual user must

make the journey through recovery using personal coping mechanism, seeking support and scaffolding for their compromised self-regulation, and re-center their lives. Finally, we will explore how outreach and treatment are connected to the personal recovery process of individuals trying to recover from addictions.

**Learning Objectives:**

1. Describe the key tasks of each stage of change and how they operate in the recovery journey.
2. Name and describe the three critical components of use disorders: neuroadaptation, impaired self-regulation, and salience or narrowing of the behavioral repertoire
3. Describe the difference between different types of mechanisms of change/recovery: change generating processes of change and self-regulation mechanisms
4. Define how "scaffolding" can be used to support self-control and self-regulation



**Jennifer Aguglia, LCSW-C – *Women in Addiction and Recovery***

Jennifer Aguglia, LCSW-C is the Vice President of Outpatient Services at Ashley Addiction Treatment and runs two outpatient programs for the treatment of substance use disorders, located in Bel Air and Elkton, Maryland. She earned her Masters of Social Work from University of Maryland, Baltimore with a specialization in Mental Health. She is a licensed Clinical Social Worker in Maryland, Virginia, Delaware, and Pennsylvania. She is an approved Social Work supervisor for the Maryland Board of Social Work Examiners as well as a Professional Counselor supervisor and Licensed Clinical Alcohol and Drug Approved Supervisor with the Maryland Board of Professional Counselors. Mrs. Aguglia is passionate about working in the field of addictions, especially with the population of pregnant women and women with children. Prior to taking on her role at Ashley, Mrs. Aguglia was the Director of the Women and Children’s Program at Recovery Network in Baltimore, Maryland.

**Presentation Abstract**

Research related to the female experience of substance use disorders and recovery is relatively new and limited. This presentation aims to explore the biological and cultural factors that make women vulnerable to substance use disorders and the impact that it has on their health, relationships, and treatment outcomes. Participants are asked to consider how knowledge of the woman's substance using experience may impact the way that they tackle issues of use and relapse in treatment. Attention is given towards the treatment of pregnant women and women with children. In addition to exploring the barriers for treatment, this presentation also discusses effective treatment options for programs and individual practitioners.

**Learning Objectives**

1. Compare and contrast 2-3 biological and cultural risk factors for substance use in women
2. describe 2-3 barriers for treatment for women
3. Name 2-3 effective treatment options for women including maintenance medications.



**Dr. Michael Gawrysiak – *Mindfulness Meditation and Mindfulness-Based Interventions for the Treatment of Substance Use Disorders***

Dr. Michael Gawrysiak holds a Ph.D. in clinical psychology, is licensed to practice in Delaware and Pennsylvania, and completed a three year postdoctoral fellowship where he worked within the Philadelphia VA Medical Center and the Center for Studies of Addiction (CSA) at the University of Pennsylvania Perelman School of Medicine. He has provided numerous presentations for educational and training purposes, that have focused on clinical interventions for addictions, PTSD, depression, and general stress management. He currently works out of West Chester University of Pennsylvania as an Assistant Professor in the department of psychology and is engaged in clinical-research organized around the study of mindfulness-based interventions for substance use disorders.

**Presentation Abstract**

Relapse is extremely common among those recovering from drug and alcohol use disorders. Emerging research supports the notion that mindfulness-based interventions reduce relapse vulnerability by enhancing one's ability to, more adaptively, cope with drug-cravings and negative effects. This session will discuss how mindfulness is conceptualized, how it has been incorporated into traditional relapse prevention interventions, and the research supporting the use of such interventions. This session will also discuss real-world applications of mindfulness-based techniques to assist those suffering with addiction.

**Learning Objectives**

1. Describe what mindfulness is and how/why it relates to addiction, recovery, and relapse
2. Discuss the research literature addressing the putative role of mindfulness and mindfulness-based interventions in addiction recovery
3. Apply 2-3 mindfulness techniques to enhance relapse prevention efforts and coping among individuals in addiction recovery



**Duane France, MA, MBA, LPC – *Supporting Those Who Served: Mental Health and Substance Abuse Treatment for Military Populations***

Duane France, MA, MBA, LPC is the director of veteran services for the Family Care Center, a private mental health clinic in Colorado Springs, Colorado. He is also the executive director of the Colorado Veterans Health and Wellness Agency, a 501(c)3 nonprofit professionally affiliated with the Family Care Center. Upon retiring from the Army after a 22-year career, including five combat and operational deployments, France began serving as a clinical mental health counselor in 2014. He is a member of the inaugural class of the George W. Bush Institute Veteran Leadership Program, a program that supports individuals from diverse sectors across the country who are motivated to increase their impact in helping our nation's veterans. In addition to his clinical work, he also writes and speaks about veteran mental health in a wide variety of settings. He has presented at national conferences on mental health and wellness in the military population. He has authored three books and is the founder and host of "Head Space and Timing," a blog and podcast that brings the information from the clinical community to service members, veterans, and their families. He is also the co-host of the Seeking the Military Suicide Solution Podcast, highlighting the need for practical solutions to address suicide in the military affiliated population. He has been published in numerous local and national media outlets and writes an online column for Counseling Today.

**Presentation Abstract**

By any definition of the term “culture,” service in and affiliation with the military can be observed to be culturally distinct from those who have no connection to the military. As with any culturally diverse client, it is incumbent upon the provider to develop a cultural understanding about their client. This presentation will focus on how providers can develop information about the functioning and worldview of the military population. The unique nature of substance use and addiction in this population will also be discussed. Participants will understand the need to learn both the implicit and explicit factors of military culture and how that may impact their clients.

**Learning Objectives**

1. Describe 2-3 components needed for cultural competence when working with members of the military population, including differences between those currently serving, those who formerly served, and their families
2. Conceptualize mental health in the military affiliated population through a comprehensive approach, considering comorbid conditions that frequently impact service members, veterans, and their families

3. Discuss 1-2 different aspects of transition stress, a concept that looks at the psychological impact of military service beyond diagnosable conditions commonly associated with the military population