A photograph of a stone bridge crossing a river. The bridge is made of large, rectangular stone blocks arranged in a line, receding into the distance. The water is clear and reflects the sky and the bridge. The background shows some greenery and a stone wall on the left side.

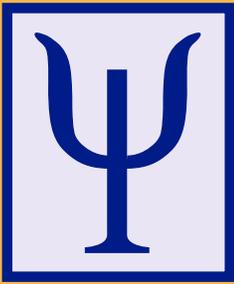
**OREGON
PSYCHOLOGICAL
ASSOCIATION**

**2019
Annual
Conference**

**Addiction and Its Impact
on Families, Children,
and Society**

May 3-4, 2019

**Hotel Eugene
(Formerly Hilton Eugene)**



OREGON PSYCHOLOGICAL ASSOCIATION 2019 Annual Conference

Addiction and Its Impact on Families, Children, and Society

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A Message from the Conference Chair



Greetings everyone! I am excited to announce the OPA Conference Theme for 2019: "Addiction and Its Impact on Families, Children, and Society". Our keynote speaker is Dr. Darryl Inaba, PharmD, CADIC III, CATC-V, the former CEO and President of the Haight Ashbury Free Clinics, and author of *Uppers, Downers, All Arounders*, which is in its eighth edition. We have added a General Session on Friday with Dr. Arthur Evans, PhD, the CEO of the American Psychological Association. We are also fortunate to have Dr. Rosie Philips Davis, PhD, president-elect of the American Psychological Association presenting on Deep Poverty. Our Saturday General Session is with Andy Mendenhall, MD, Chief Medical Officer for Substance Use Disorder Services at Central City Concern (CCC).

It is so important that psychologists, as health care professionals, are aware of the impact addiction has on the individuals we serve, their children and families, society, and our own biases. I hope that this conference will enhance our thinking about addiction, treatment, and the resources available for addiction treatment. We will explore the impact of poverty, pain management, and trauma, as well as treatment approaches for specific populations. This will include specific treatments, or combination of treatments, which will vary depending on the patient's individual needs and often on the types of drugs they use.

— Alan Ledford, PhD, OPA Conference Chair and President Elect

Schedule of Events*

FRIDAY, MAY 3, 2019

8:00 – 8:45 AM

▶ **Continental Breakfast with Tabletop Exhibits**

8:45 – 9:00 AM

▶ **Welcome & Opening Remarks by Conference Chair, Alan Ledford, PhD**

9:00 AM – 12:00 PM

▶ **General Session – Neuroscientific Basis of Addiction, Recovery & Relapse**

BY DARRYL S INABA, PHARM.D., CADIC III, CATC-V

Research of the brain anomalies associated with addictive disorders provides an understanding of the differences between the wide variety of drugs and behavioral compulsions that can develop in some individuals predisposed to Substance-Related and Addictive Disorders. It also helps to explain why some are more likely than others to relapse during treatment of these chronic persistent medical disorders. The rapidly expanding field of Addiction Medicine targets brain anomalies of addiction with Medication Assisted Treatment (MAT) to promote better assessment, prevention and treatment tools for the better management of those struggling with the brain anomalies of addiction. Resiliency and plasticity of the brain manifests its amazing ability to regain functionality with continued sobriety during the recovery process.

This presentation will explore the neuroscientific basis of addiction, recovery and recrudescence to dispel the undue stigma associated with Substance Related and Addictive Disorders. It will share results of brain imaging and other research processes that validate past as well as recent developments in the effective management of this chronic persistent disorder.

*Dr. Darryl Inaba is Director of Clinical and Behavioral Health Services for the Addictions Recovery Center and Director of Research and Education of CNS Productions in Medford, Oregon. He is an associate Clinical Professor at the University of California in San Francisco, CA., and a Lifetime Fellow at Haight Ashbury Free Clinics, Inc., in San Francisco, CA. Dr. Inaba has authored several papers, award winning educational films, and is co-author of *Uppers, Downers, All Arounders* a text on addiction and related disorders that is used in more than 400 colleges and universities. He has been honored with more than 90 individual awards for his work in the areas of prevention and treatment of substance abuse problems. He is a popular speaker at workshops and conferences nationally and internationally.*

12:00 – 1:30 PM

▶ **Lunch & Awards Presentations**

1:30 – 3:00 PM

▶ **Breakout Sessions A (Please Select One)**

A1 Oregon Board of Psychology (OBP) Town Hall

BY CLIFFORD JOHANNSEN, PH.D., BOARD CHAIR; PETER GROVER, PH.D., BOARD VICE-CHAIR; PATRICIA BJORKQUIST, PH.D.; LINDA NISHI-STRAITNER, PH.D.; CELESTE JONES, PSY.D.; DAVID L. ZIEGLER, PH.D.; CHARLES HILL, EXECUTIVE DIRECTOR; LAREE FELTON, POLICY ADVISOR; ALLISON MCGONAGLE, COMPLIANCE SPECIALIST; AND DAN VILE, INVESTIGATOR

This panel presentation by OBP board members and staff will brief attendees on the latest OBP initiatives and challenges. The panel will leave time for questions and dialogue with attendees.

Continued On Next Page →

A2 Solving the Problem of Addiction

BY JOHN FITZGERALD, PHD, LPC, CAS

This presentation will help you understand more fully the complex problem of addiction. Dr. Fitzgerald will cover the role genetics, attachment, trauma, co-occurring disorders, and the environment play in who goes down the path of addiction. He will also explain in clear language the latest science behind how addiction hijacks the brain, and what it means for treatment and long-term outcomes. Core drivers of addiction including shame, grief, and social isolation will also be addressed. This presentation will also review the most common addictions, including both substance and behavioral, with an enhanced focus on opioids. Finally, Dr. Fitzgerald will wrap up by offering clear guidance on how to optimize addiction treatment.

A3 Are You Talking to Me? Addressing Colleagues' Ethical Transgressions

BY OPA ETHICS COMMITTEE

Have you struggled to confront a colleague about an ethical transgression? Have you ever wanted to approach a colleague about unethical behavior but didn't know how? You're not alone, this is one of the most difficult dilemmas we navigate as psychologists. The Ethics Committee will identify common barriers to giving ethical feedback to colleagues, how to overcome challenges, and strategies for informal resolution between peers.

3:00 - 3:15 PM

▶ Break with Tabletop Exhibits

3:15 - 4:45 PM

▶ Friday Closing Session - An Emerging Framework for Healthcare: The Role of Psychology and APA's Strategic Priorities

BY ARTHUR C. EVANS, JR., PHD

Changes are taking place rapidly across the healthcare landscape. Out of these changes, a framework focused on population health is emerging that will have a profound impact on healthcare and psychological practice. Importantly, this framework provides many opportunities for practicing psychologists. This presentation will highlight how psychologists are uniquely qualified to capitalize on these changes. The opportunities afforded by this emerging framework will be discussed in light of the American Psychological Association's new strategic priorities.

5:00 - 7:00 PM

▶ OPA Reception

Join your fellow OPA colleagues for a no-host event with plenty of food and drink at a reasonable cost. Don't miss this opportunity to relax, meet, and network with other peers from across the state.

SATURDAY MAY 4, 2019

STUDENT SATURDAY

8:00 - 8:30 AM

▶ Continental Breakfast with Tabletop Exhibits

8:30 - 10:00 AM

▶ General Session - Current Approaches to Addiction Treatment

BY ANDY MENDENHALL, M.D.



This presentation explores specific treatment, or combination of treatments, that will vary depending on the patient's individual needs and, often, on the types of drugs they use. The presentation will also explore the resources that enhance treatment outcomes including peer support, housing and the Recovery Center, including an open forum facilitated by Beth Westbrook, PhD.

Dr. Mendenhall is Board Certified in Addiction Medicine and Family Medicine. Currently, he is the Chief Medical Officer for Substance Use Disorder Services at Central City concerns. Dr. Mendenhall graduated from the University of Portland, trained as a medical student and family physician at OHSU and worked at Providence Health Systems for five years. In partnership with Dr. Paul Conti he co-founded HealthWorks NW, an innovative outpatient integrated treatment program and continued to work there after it was acquired by Hazelden.

10:00 - 10:30 AM

▶ Break with Tabletop Exhibits and Poster Presentations

10:30 AM - 12:00 PM

▶ Breakout Sessions B (Please Select One)

B1 Understanding Intersecting Identities in the Treatment of Addiction with Diverse Populations

BY OPA DIVERSITY COMMITTEE

The presenters are members of the OPA Diversity Committee. Contributors to the presentation are psychologists and trainees who bring a wealth of experience and cultural expertise in working with adults, youth, and children who have been impacted by addiction. This panel will lead a discussion on addiction and diverse populations, including interesting identities definitions, the impact of addiction on diverse communities, and clinical implications for practice; both trauma-informed and culturally-orientated. The panel will also engage the audience in small group activities to explore how addition affects various intersecting identities and identifying culturally-orientated clinical approaches to treating addiction.

Continued On Next Page →

B2 Psychological and Physical Conditions and Substance Use

BY SHOSHANA KERESKY, PSYD, HS-BCP AND NANCY TAYLOR KEMP, PHD.

Clients present for psychotherapy with a variety of psychological and physical concerns, and frequently both. We will describe several physical conditions (such as breast cancer) and psychological diagnoses (such as bipolar disorder) that may be associated with clients' self-medication, or for which clients' substance use may contribute to further complications and difficulties.

B3 Planning for Interruptions, Transitions & Retirement - Professional Wills

BY SUSAN ROSENZWEIG, PSYD, OPA DIRECTOR OF PROFESSIONAL AFFAIRS

This presentation will address the various times in which a practitioner might need to deal with interruptions or transitions in practice, including maternity leave, temporary or permanent disability, or retirement. Discussion of OR requirements to designate a Qualified Person & Agreement, the use of a professional will, and other strategies to put in place before planned and unplanned disruptions to your practice. HIPAA and state laws regarding record release, storage & patient access will also be discussed.

12:00 - 1:30 PM

▶ Lunch & Awards Presentations

1:30 - 3:00 PM

▶ Breakout Sessions C (Please Select One)

C1 Top Addictions for Your Mental Health: Moving Toward Enhancing Self- and Community-Care

BY OPA CONFIDENTIAL PEER SUPPORT COMMITTEE

We would like to explore ideas with you around strategies, habits, and practices which help to build resilience and constitute protective factors against harmful addiction and self-destructive behaviors. Cultivating behaviors which support both self- and relationship-enhancing practices helps to increase wellness and adaptive regulation. We might describe these as "Desirable Addictions".

C2 Ethical Considerations of Client Records and the Law: From the Prospective of Health Law Attorneys

BY PAUL COONEY, JD & DAVID MADIGAN, JD

This presentation will address legal and ethical issues related to the creation, maintenance, and disclosure of client records. We will explore the difference between client records protected by the HIPAA privacy law and records protected the Substance Use Disorder privacy law (a.k.a. Part 2). We will explore how to resolve conflicts between legal obligations and ethical obligations.

C3 Deep Poverty is Unacceptable

BY ROSIE PHILLIPS DAVIS, PHD, ABPP, APA PRESIDENT

An in-depth presentation that will focus on poverty and deep poverty; including a discussion on some of the extent and effects of poverty. This presentation will also describe the Presidential Initiative that is designed to consider the role of psychology in impacting poverty.

3:00 - 3:30 PM

▶ Break with Tabletop Exhibits and Poster Presentations

3:30- 5:00 PM

▶ Breakout Sessions D (Please Select One)

D1 SMART Recovery: A Self-Empowering Addiction Recovery Option

BY HANK ROBB, PHD, ABPP

Individuals with problematic addictive behaviors (substances or activities) often benefit from mutual help groups. While 12-step groups are the most well-known and available, SMART Recovery, now twenty-five years old, has become the second most available - and foremost self-empowerment option with meetings in 23 countries - which includes a handbook translated into fourteen languages. SMART is now recognized as an important mutual help, self-empowerment, option by the National Institute for Drug Abuse, the National Institute for Alcohol Abuse and Alcoholism, the Substance Abuse and Mental Health Services Administration, and many other **US and international** institutions. This presentation will present the 4 Points of SMART Recovery; describe how both SMART meetings and Family & Friends meetings are established and maintained; cognitive-behavioral tools available through meetings; and research indicating the effectiveness of this mutual help approach.

D2 Psychopharmacology and Therapeutic Interventions for Pain, Pain-Related Addiction, and Mood Comorbidities

BY CARILYN ELLIS, PSYD; AND ERICH SCHMIDT, PHARM D

This session is led by a board certified pharmacist in psychopharmacology and a psychologist with a postdoctoral master in clinical psychopharmacology. We will cover common medications prescribed for pain, pain-related addiction, and mood, as well as comorbidities associated with pain (ex. sleep, anxiety). We will discuss some diagnostic considerations, the overall efficacy, impact, and side effects of various medications, as well as recommended concurrent psychological treatments and collaboration with medical and psychiatric prescribers.

D3 Adverse Childhood Experiences: Looking at Addiction Through a Trauma Informed Lens

BY AMY STOEBER, PHD

Dr. Stoeber has created a curriculum to mitigate the effects of trauma through resilience training for physicians and schools. Dr. Stoeber will review the ACEs study and the impact of early trauma, including addiction, on long term population health effects. She will also discuss how early trauma leads to chronic health problems as well as future addictive behavior. A focus on prevention and intervention will be key.

5:00 PM

▶ Conference Concludes

**Conference schedule, topics, and speakers subject to change.*

General Conference Information

CE CREDIT INFORMATION



Attendees who attend the entire conference are eligible for up to 12 CE hours. The Oregon Psychological Association is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Oregon Psychological Association maintains responsibility for the program and its content. Letters of completion will be awarded to participants who attend the entire part of the conference they registered for. No partial credits will be given. These workshops should meet approval for Oregon licensed social workers' and LPC's continuing education requirements. Oregon licensed psychologists should consult the official continuing education guidelines produced by the Oregon Board of Psychology and note that there is no pre-certification of continuing education credit by the Oregon Board of Psychology.

HANDOUT INFORMATION

OPA will provide handouts for the presentations via our website www.opa.org if the presenter has provided them to OPA. Handouts will be available approximately one week prior to the Conference, and attendees will be emailed information on how to access them.

LODGING

Hotel Eugene (Formerly Hilton Eugene)

66 East 6th Avenue
Eugene, Oregon 97401

Please call the hotel direct, Toll Free at 1-800-937-6660 or via Fax 541-342-6661 for reservations.

Adjacent to the Hult Center for the Performing Arts and within walking distance of 150 unique shops and restaurants, the Hotel Eugene is ideally situated in the heart of Downtown Eugene. The hotel is twelve miles from the airport and only five blocks from the Railroad Terminal. A 2-hour drive from the Portland Airport (approximately 125 miles), the Hotel Eugene is our selected host facility for the OPA Annual Conference.

All rooms at the Hotel Eugene are located in the same building as the conference rooms. The Hotel Eugene also features an indoor swimming pool, an exercise facility, complimentary airport shuttle transportation, and more. Complimentary parking is available in the Hotel Eugene garage for all conference attendees. Hotel Eugene is a pet friendly hotel, please consult with them for their policies and fees on pets.

Check-in time is: 4:00 pm. Check-out time is: 12:00 noon.

To make your lodging reservation, please call the Hotel Eugene directly at 1-800-937-6660 and ask for the Oregon Psychological Association room block. Reservations must be made by April 9, 2019 to ensure the group rate. After that date, reservations are on a space and rate available basis. Once the OPA room block becomes full, reservations may not be able to be accommodated. We recommend making your reservations early to ensure availability and the group rate.

Our special group rates are as follows and are subject to the prevailing county taxes. Room rates are per room, per night.

Standard Guestroom – single or double occupancy: \$139

Please contact the hotel for their policies on cancellations and early departures.

REGISTRATION

You can register for the conference online at www.opa.org. Space is limited. Early registration is encouraged. Discounted registration fees are available until April 6. Consult the registration form for more information. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis. Registration confirmations will be sent to attendees via email only—please make sure we have your current email address. In the event of inadequate registration, weather problems or other events beyond OPA's control, the conference may be moved or cancelled. Should this occur, an attempt will be made to contact all registrants and fees will be refunded.

Cancellations received on or before April 20 will receive their total registration fee minus a \$50 administrative processing fee. Cancellations received after April 20 and by April 27 will receive a 50% refund of their total registration fee. Cancellations after April 27 are not eligible for refunds. There will be no reduction in fees for partial attendance. No shows and same day cancellations will not be refunded any registration fees.

OREGON PSYCHOLOGICAL ASSOCIATION

147 SE 102nd Avenue • Portland, OR 97216 • 503.253.9155 or 800.541.9798 • info@opa.org • www.opa.org



OPA 2019 Conference Registration Form

To register for the OPA Annual Conference, please fill out the following registration form in its entirety and send with payment to OPA. Registration for members and nonmembers includes conference sessions and online handouts (if applicable), breaks and indicated meals for the days registered. Additional or extra tickets for spouses, companions or guests can be purchased for the Friday and Saturday lunches.

First Name: _____ Last Name: _____ Designation(s): _____

Company Name (if applicable): _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ County: _____

Business Phone: _____ Fax: _____

Email: _____

The above information is a change of address/communications for the OPA database.

Are you a psychologist? Yes No Are you an early career psychologist (in practice for 5 years or less)? Yes No

SPECIAL NEEDS

If you have any special requirements (i.e., handicapped access, vegetarian diet, culturally or medically necessary dietary restrictions, etc.) that would necessitate advance planning on our part, please let us know by writing it on the line below. Requests must be made a minimum of 72 hours in advance of the event. _____

BREAKOUT SESSION SELECTIONS

For planning purposes, please select the breakout sessions you plan on attending from the choices below. Please refer to the brochure for titles of the sessions.

Select one for each session	Friday - May 3			
	1:30 - 3:00 pm	<input type="checkbox"/> A1	<input type="checkbox"/> A2	<input type="checkbox"/> A3
	Saturday - May 4			
	10:30 am - 12:00 PM	<input type="checkbox"/> B1	<input type="checkbox"/> B2	<input type="checkbox"/> B3
	1:30 - 3:00 pm	<input type="checkbox"/> C1	<input type="checkbox"/> C2	<input type="checkbox"/> C3
	3:30 - 5:00 pm	<input type="checkbox"/> D1	<input type="checkbox"/> D2	<input type="checkbox"/> D3

CANCELLATION POLICY

Cancellations received on or before April 20 will receive their total registration fee minus a \$50 administrative processing fee. Cancellations received after April 20 and by April 27 will receive a 50% refund of their total registration fee. Cancellations after April 27 are not eligible for refunds. No shows and same day cancellations will not be refunded any registration fees. There will be no reduction in fees for partial attendance.

Continued on Reverse Side →

REGISTRATION PACKAGES

Please check the box for the package for which you are registering:

Early Bird Discounted Fees
(If Registered by April 6) Regular Fees
(If Registered After April 6)

OPA Member Registration	Friday, May 3 Only	\$199 <input type="checkbox"/>	\$225 <input type="checkbox"/>
	Saturday, May 4 Only	\$199 <input type="checkbox"/>	\$225 <input type="checkbox"/>
	Entire Conference Friday and Saturday, May 3-4	\$375 <input type="checkbox"/>	\$399 <input type="checkbox"/>
OPA Life or Service Member Registration*	Friday, May 3 Only	\$175 <input type="checkbox"/>	\$199 <input type="checkbox"/>
	Saturday, May 4 Only	\$175 <input type="checkbox"/>	\$199 <input type="checkbox"/>
	Entire Conference Friday and Saturday, May 3-4	\$325 <input type="checkbox"/>	\$350 <input type="checkbox"/>
Nonmember Registration**	Friday, May 3 Only	\$270 <input type="checkbox"/>	\$295 <input type="checkbox"/>
	Saturday, May 4 Only	\$270 <input type="checkbox"/>	\$295 <input type="checkbox"/>
	Entire Conference Friday and Saturday, May 3-4	\$440 <input type="checkbox"/>	\$465 <input type="checkbox"/>
Student Member Registration	Friday, May 3 Only	\$50 <input type="checkbox"/>	\$60 <input type="checkbox"/>
	Saturday, May 4 Only	\$50 <input type="checkbox"/>	\$60 <input type="checkbox"/>
	Entire Conference Friday and Saturday, May 3-4	\$75 <input type="checkbox"/>	\$80 <input type="checkbox"/>
Student Nonmember Registration	Friday, May 3 Only	\$100 <input type="checkbox"/>	\$110 <input type="checkbox"/>
	Saturday, May 4 Only	\$100 <input type="checkbox"/>	\$110 <input type="checkbox"/>
	Entire Conference Friday and Saturday, May 3-4	\$125 <input type="checkbox"/>	\$140 <input type="checkbox"/>

*Service member registration applies to committee and board members currently volunteering service to OPA. Please list the OPA committee or office on which you currently serve:

Total Registration Fees \$ _____

****Special Membership Opportunity:** Nonmembers can return a completed Conference registration form and an OPA membership application with payment to receive an additional \$50 discount on new membership. (Applicable only to PML and PMNL membership categories.) Call OPA at 503.253.9155 or 800.541.9798 to request an application.

EXTRA MEAL TICKETS

Extra Friday lunch ticket(s) _____ @ \$45 each..... \$ _____

Name(s) for ticket holder _____

Extra Saturday lunch ticket(s) _____ @ \$45 each..... \$ _____

Name(s) for ticket holder _____

Total Amount Due: \$ _____

PAYMENT

Payment must accompany registration, and your registration will be confirmed via email – please make sure we have your current email address. Payment can be made by check payable to OPA, or by credit card. There will be no reduction in fees for partial attendance.

Please note that OPA cannot accept registrations via email due to credit card security policies. Please mail or fax in your registration with payment, or register online at www.opa.org.

To pay by credit card, please fill out the following information: Visa Mastercard American Express Discover

Card number: _____

Expiration date: _____ Amount authorized: _____ CVV _____

Cardholder's name: _____

Signature: _____

Credit card billing address: _____

City: _____ State: _____ Zip: _____

Email Receipt to: _____

PLEASE SEND CONFERENCE REGISTRATION & PAYMENT TO:

Oregon Psychological Association (OPA), 147 SE 102nd Avenue, Portland, OR 97216, or Fax to OPA at 503.253.9172

Questions? Contact OPA at 503.253.9155 or 800.541.9798 or info@opa.org



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Association

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Portland, OR 97216

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