Addiction Counselor Certification Board of Oregon

An Affiliate of the National Association of Alcoholism and Drug Abuse Counselor Sand ICRC Member Board
Addiction Counselor Certification Board of Oregon 2054 N. Vancouver Ave, Portland, Oregon 97227 (503) 231-8164 accbo@accbo.com www.accbo.com

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January-February-March 2012

GADG: GRM: GPS: GGAG: NGAG: MAG

Distributed to 3,600 Addiction, Recovery & Prevention Professionals, and Recovery Advocates

Monitoring the Future 2011

Monitoring the Future's 2011 report has been released. Major national findings include:

On the rise:

- Marijuana use among teens rose in 2011 for the fourth straight year—a sharp contrast to the considerable decline that had occurred in the preceding decade. Daily marijuana use is now at a 30-year peak level among high school seniors.
- "Synthetic marijuana," which until earlier this year was legally sold and goes by such names as "K2" and "spice," was added to the study's coverage in 2011; one in every nine high school seniors (11.4%) reported using that drug in the prior 12 months.
- Energy drinks are being consumed by about one third of teens, with use highest among younger teens.



On the decline:

- Alcohol use—and, importantly, occasions of heavy drinking continued a long-term gradual decline among teens, reaching historically low levels in 2011.
- Drugs showing some evidence of declines in use this year include: inhalants, cocaine powder, crack cocaine, the narcotic drug Vicodin, the stimulant drug Adderall, sedatives, tranquilizers, and over-the-counter cough and cold medicines used to get



OUTCOMES FROM OREGON'S SUBSTANCE ABUSE TREATMENT 12-MONTH FOLLOW-UP STUDY

The Addiction & Mental Health Division is often asked by legislators if Oregon Addiction Treatment actually works? The State recently completed a 12 Month Follow-up to answer that question. Karen Wheeler reports, "Oregon recently released the results of a long-term outcome study to determine the effectiveness of publicly funded addiction treatment in producing positive social and behavioral changes for the populations served by 15 representative providers. A sample of almost 600 people participated in the follow-up study. The results are overwhelmingly positive. 12-month follow-up interviews show people who are able to access addiction treatment improve in terms of their ability to stay clean and sober when compared to baseline survey results. For illicit drugs, 90% reported abstinence at 12 months when asked about their use patterns in the past 30-days! For alcohol, 76% reported abstinence. Other key findings of interest include the positive mental health outcomes such as reduced suicidal thoughts, reduced depression and anxiety. We also used the opportunity to study clients' satisfaction with services and areas needing improvement in the treatment system."



Karen Wheeler, MA, Addiction Programs Administrator Oregon Health Authority, Addictions and Mental Health Division (AMH)

Between intake and 12 months follow-up substance use in the past 30 days dropped by:

- **▶** 93% for amphetamine use,
- **▶** 83% for heroin use,
- **▶** 78% for cannabis use.
- **↓** 71% for prescription drug abuse,
- ◆ 47% for binge drinking (5 or more drinks within a few hours)

Other positive outcomes:

- \checkmark 87% drop in arrests in the past 30 days,
- **↓** 41% drop in days spent in jail,
- **♦** 29% increase in participants reporting full or part-time employment,
- ▶ 22% increase in those who said they have clean and sober friends

Opportunities for improvement:

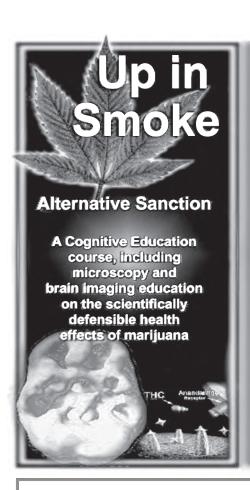
When talking about their treatment experience, participants were least satisfied with transportation options to and from treatment.

Based on participant feedback, there are opportunities for better treatment matching to better serve younger clients and individuals where language barriers exist.

DUII clients had poorer outcomes than non-DUII clients.

Download the State's entire report at www.OregonTreatmentWorks.org





Do you have challenging marijuana primary clients?

Up In Smoke is a four hour educational intervention for marijuana primary clients. Up In Smoke is NOT a treatment program. It is an adjunctive 4 hour intervention that can be used with your treatment clients.

Up In Smoke is used by DUII treatment programs, EAP's, probation/parole officers, drug courts, judges, attorneys, county evaluators, the Oregon Board of Pharmacy, and the OHSU Transplant Unit.

Currently, the Up In Smoke 4-hour intensive educational intervention course is offered in Bend, Roseburg, Portland, Hillsboro and Clackamas. Portland & Hillsboro: Eric Martin 503.407.9692 Clackamas: James Gossett 503.267.6360 Roseburg: Mark MacDonald 541.492.0569 Scott McGuire 541.633.7500 For times, locations and information call:

503.491.9748

State of Oregon now has an online (secure & encrypted) Insurance Complaint Form

https://www4.cbs.state.or.us/exs/ins/complaint/

CLAIM DENIAL
CLAIM SETTLEMENT
CANCELLATION • POOR SERVICE
CLAIM DELAY • NON-RENEWAL
MISREPRESENTATION

https://www4.cbs. state.or.us/exs/ins/ complaint/

FETAL ALCOHOL & OTHER NEUROBEHAVIORAL CONDITIONS:

Understanding & Application of a Brain-Based Approach

A Three-Day Workshop for Parents & Professionals

February 2-4, 2012 9:00 am – 4:00 pm Facilitator: Diane V. Malbin, MSW The Mark Spencer Hotel, Portland, OR

Register early – Fills quickly Approved for 19.5 Continuing Education hours

For information: Call FASCETS: 503-621-1271

Email: wtemko@fascets.org Website: www.fascets.org (See Workshop Schedule page)

Recovering with Chronic Pain Program

A special program for those suffering with chronic pain. Program includes; peer support, access to acupuncture and other methods of pain management, medication management with primary care physician, 1:1 counseling, and more.



503-944-4410

ACCBO 2012 Calendar

January	February	March
Jan 6: CADC Application Deadline Jan 20: Newsletter Release	Feb 3: ACCBO Board & Ethics Committee Meetings Feb 3: CGAC Application Deadline Feb 4: NAADAC Case Presentation Exams Feb 6: CPS Application Deadline	Mar 3: NAADAC Case Presentation Exams Mar 3-10: CADC Exams Mar 10: CPS Exams Mar 15: Newsletter submission deadline
April	May	June
Apr 6: CADC Application Deadline Apr 6: ACCBO Board & Ethics Committee Meetings Apr 14-28: CGAC Exams Apr 20: Newsletter Release	May 5: NAADAC Case Presentation Exams	Jun 1: ACCBO Board & Ethics Committee Meetings June 1: CGAC Application Deadline Jun 2: NAADAC Case Presentation Exams Jun 2-9: CADC Exams Jun 15: Newsletter submission deadline
July	August	September
Jul 6: CADC Application Deadline Jul 20: Newsletter Release	Aug 2: ACCBO Board & Ethics Committee Meetings Aug 3: NAADAC Case Presentation Exams Aug 6: CPS Application Deadline Aug 11-Aug 25: CGAC Exams	Sep 1: NAADAC Case Presentation Exams Sep 8-15: CADC Exams Sep 15: Newsletter submission deadline Sep 15: CPS Exams
October	November	December
Oct 5: CADC Application Deadline Oct 5: CGAC Application Deadline Oct 5: ACCBO Board & Ethics Committee Meetings Oct 20: Newsletter Release	Nov 3: NAADAC Case Presentation Exams	Dec 1: NAADAC Case Presentation Exams Dec 1-8: CADC Exams Dec 1- 15: CGAC Exams Dec 7: ACCBO Board & Ethics Committee Meetings Dec 15: Newsletter submission deadline

Save the Date

Wednesday-Friday, July 18-20

8:30 a.m. – 5 p.m. Wednesday-Thursday 8:30 a.m. – 12:30 p.m. Friday

Monarch Hotel & Conference Center Portland, OR

Treatment Innovations in a Changing World

Northwest Institute of Addictions Studies 2012 Conference

More details including conference program, speaker information, and registration will be available at

go.lclark.edu/graduate/conference/nwias

as they become available.



Co-sponsored by the Addiction Studies Program and the Center for Community Engagement at the Lewis & Clark Graduate School of Education and Counseling.

Lewis & Clark is accredited by the Northwestern Association of Schools and Colleges and is an approved provider (#04228) of continuing education hours for the National Board of Certified Counselors (NBCC). The Oregon State Board of Licensed Professional Counselors and Therapists, the Oregon State Board of Clinical Social Workers, and the Washington State Board of Chemical Dependency Counselors accept noncredit courses for licensure renewal.

CEUs earned at this conference are acknowledged and accepted by ACCBO.

DOT Evaluations

Robbie Miller, MAC, CADC III

Substance Abuse Professional (SAP)

Specializing in DOT/SAP
Evaluations & Assessments
for employees working under
DOT guidelines

robbiemillertherapy@gmail.com

503-816-0345

ACCBO Fee Schedule

CRM Certification Fee: \$100 CADC Application Fee: \$50

CADC Computerized Examination (any level): \$195

CADC Computerized Re-take: \$145 CADC Case Presentation Examination: \$125

> CADC Recertification: \$130 CPS Application Fee: \$50 CPS Written Exam: \$130

> > CPS Renewal: \$130

Gambling Counselor Application Fee: \$50 Gambling Counselor Examination: \$195

> Gambling Renewal: \$130 120 Day Extension: \$50 File duplication: \$25

Out of State Verification: \$25 Newsletter Advertisement: 8th page - \$45

1/4 page - \$75, 1/2 page - \$135, Full page - \$250

Newsletter Insert \$150

Janese Olaide

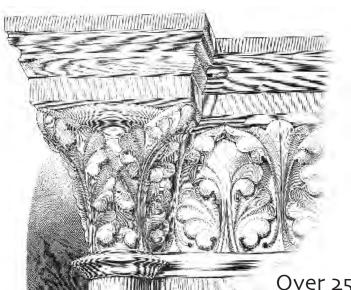
TRAININGS IN ENGLISH

BASIC COUNSELING SKILLS TRAINING – in Springfield January 25, 26 and 27, 2012 \$175.00 for 21 CEU's Limit of 10 participants

MOTIVATIONAL INTERVIEWING – in Springfield March 22 and 23, 2012 \$99.00 for 14 CEU's Limit of 14 participants

GROUP SKILLS TRAINING - in Springfield June, 2012 \$150.00 for 21 CEU's Limit of 14 participants

For more information call Janese Olalde 541-870-6706 or e-mail janesejaneseolalde@yahoo.com



Daystar Education,Inc.

A 501(c)3 nonprofit consortium of Oregon Addiction Educators

Over 25 years of experience offering continuing education in addictions, pharmacology, addiction treatment best practices, co-occurring disorders, and prevention.

Our Team of Instructors

Nikki Johnson, M.A., CADC III CSAT Certified HIV Trainer ACCBO Ethics Chair Adjunct Faculty, Portland Community College

Eric Martin, M.A.C., CADC III, CPS Former Director, ACCBO Instructor, University of Oregon

Sarah Wheeler, CADC II Private Practice/Consultant

Kathyleen Tomlin, M.S., LPC, CADC III Supervisor, MINT trainer & author with Hazledon Press

Marilyn Cady, CSAT Certified HIV Trainer Instructor, Chemeketa Community College

Ann Fields, MEd, CGAC I, CADC III Counselor, MINT trainer

Cathy Moonshine, Ph.D. CADC III Consultant, Adjunct /faculty Pacific University, Lewis and Clark College Maureen Jenne, MS, CADC III Clinical Consultant, Supervisor, Emergence

Kelly Washam, MA, CADC II
Adjunct Faculty, PSU Graduate School of Counseling

Steve DeLugach, MS, LSP, CSAT Counselor, Sexual Addictions Specialist

Harry Watson, BA, CADC II Multi-cultural Consultant

Ashley Brown, CADC I, CGIS, QMHA Brown & Brown Consultants, Supervisor, CREW - Columbia Villa

Michelle Mannix, BS, CADC II Mental Health Therapist, Homeless Advocate



www.DaystarEd.com

Accredited by
The Addiction Counselor
Certification Board of Oregon
and The National Association of
Alcoholism and Drug Abuse Counselors



Course Descriptions

Addiction Pharmacology 18 hours

A three day course that meets prerequisite requirements for CADC & CPS. This course includes the basics of human physiology, rules of pharmacology, and the drugs of abuse categories. Excellent course for pre-test brush-up. Presented by Johnson, M.A., CADC III & Martin, M.A.C., CADC III

Infectious Disease Risk Assessment Risk Reduction 6 hours

A one day course that meets prerequisite requirements for certification. Covers: HIV, Hep-C update and counselor issues in RA:RR interviewing. RA:RR tool and skill training. Presented by Johnson, M.A. & Cady, CSAT HIV Trainers.

Professional Ethics for Chemical Dependency Counselors 12 hours

This workshop meets the prerequisite for certification. Explores professional roles and values, dual relationships, Ethical Principles, Ethical Decision- making and more. Presented by Johnson, M.A. CADC III

Group Counseling Skills 18 hours

This three day course meets the prerequisite requirements for certification. This course will give participants an understanding of basic group dynamics, stages of development, and how to use facilitation skills. Through the use of group practice and feedback, lectures and written materials, this training will assist in developing effective techniques, including EBTs such as Stages of Change. By Johnson, MA. CADC III

Basic Counseling Skills 18 hours

This three day course meets the prerequisite requirements for certification. Through lecture, skill demonstration and practice, participants will have the opportunity to understand counseling in its most basic parts and practice the skills contained therein. All skills will be drawn from evidence-based practices. Participants will create and review a video tape counseling interaction. Presented by Wheeler, CADC II.

Continuing Education Workshops

Clinical Supervision 28 hours

Designed to enhance skills for new and experienced clinical supervisors in addiction treatment. Uses the model and materials from NFATTC EBT for clinical supervision. Materials provided by NFATTC. Taught by Maureen Jenne, MS, CADC III

MI: Theory and Practice 12 hours

This workshop will ground participants in the theory and skill of this evidence based practice. Participants will practice the skills and strategies of MI. Presented by MI author Kathyleen Tomlin, CADC III, LPC

Theories of Addiction Treatment and Counseling 12 hours

This two day course covers 54 traditional counseling theories, and principles of effective drug treatment. This course is designed as a refresher for the theories section of the National Certification Examinations. Includes test taking strategies. For counselors with less test taking experience. Presented by Eric Martin, M.A.C, CADC III, CPS.

The Teaching Side of Treatment 12 hours

Develop good teaching materials with or without fancy technology. Participants will learn the principles of learning and teaching, and how to apply them to special needs of addicts in treatment. Leave with the beginnings or more of a usable teaching product. Participants will need to bring their own laptop computer and materials for developing a teaching module. Presented by Johnson, M.A.CADC III

Principles of Understanding Addictions and the Family 12 hours

Designed to provide an overview of the theories, addictive processes, roles and relational problems that emerge in treatment of families with addiction. Will be set-up for special topics workshops: Adolescents, relationships and Addiction. Taught by Kelly Washam, MA, CADC II

Managing Client Records with ASAM 12 hours

ASAM Made Easy has been morphed into a two day workshop. The most common finding State Auditors have with client records is treatment plans. Adding this to ASAM should be a great help to people struggling with this paperwork.

Taught by Kathy Tomlin, MS, CADC III, LPC

Dialectical Behavioral Therapy 12 hours

This workshop emphasizes developing an understanding of DBT and the foundation for developing the skill set necessary to use DBT effectively with a wide variety of clients. DBT helps empower clients to improve emotional containment and develop skills to improve functioning. Participants will gain experience by practicing specific DBT techniques. Taught by Cathy Moonshine, Ph.D. CADCIII

Client Counselor Boundary Issues: Resolving Transference and Countertransference 12 hours

This two day course will enhance skills in recognizing and resolving transference and countertransference with addiction treatment clients, enhance awareness of counselor vulnerability for boundary problems, and will assist in developing a plan to avoid and/or resolve boundary violations. Presented by Johnson, MA,CADC III

Co-Occurring Disorders: Screening and Assessment 12 hours *GO TO WEBSITE FOR MORE CO-Occ. classes* This workshop will review the principles of COD-substance abuse and mental health disorders and criminality, in light of substance-induced brain injury. Participants will practice using validated screening and assessment instruments using TIP 42. Taught by Washam, MA, CADC II

Sexual Addiction 6 hours

Will explore the nature, cycle and recovery from Sexual Addiction. Learn practical tools for assessment and treatment planning, and address the needs of families affected by Sexual Addiction. Led by Steven Delugach, LPC, 25 yrs in treatment field. Chairs ITAP, Adv.isory Board for International Institute for Trauma and Addictions Professionals.

Domestic Violence and Addiction 6 hours

Workshop will review signs and symptoms of domestic violence in the addicted population, increase understanding of the cycle of violence, effective interventions, and resources. Taught by Kelly Washam, MA, CADCII and Kathleen McGraw, M.Div.

Treating Codependency 6 hours

Counselors will learn to help clients recognize codependent behavior as an ineffective attempt to get needs met. Participants will learn a structured process to teach clients how to assess themselves and how to support clients in the process of improving functional capacity. Led by Sarah Wheeler, CADC II

Treating the African American Client 6 hours

This overdue workshop helps counselors develop ability and commitment to assertively address issues of race in treatment. The African American experience, roles of race in relationships and counselor awareness are covered. Taught by Harry Watson, BA, CADC II

Addiction and Personality Disorders 6 hours

This workshop will explore clients with Cluster B personality disorders, examine the interaction with drug use, and explore strategies for engagement and retention. This workshop reviews psychiatric EBP's with Personality Disorders and overview of the limited research on Cooccurring Disorder EBP's, including Dialectical Behavior Therapy. Taught by Nikki Johnson, MA, CADC III

Curriculum-based Motivational Group 6 hours

This workshop will provide you with everything you need to facilitate a five contact motivational group. Every activity is designed to further client motivation. A manual with rationale, structure and reproducible handouts is provided. Taught by Ann Fields, M.Ed., CADC III

Gangs: Risk Assessment and Intervention 6 hours

Explore types of gangs, learn to assess for risk of gang involvement, identify stages of involvement and proven intervention strategies for both Hispanic and African-American clients. Taught by Ashley Brown, CADC I, GIS, QMHA, and Perrell Brown, CADC I, GIS

Transforming Grief 6 hours

The losses clients experience are immense. Helping them work through grief holds the potential for healing and wholeness. Learn strategies to help your clients discover the vital information their grief has to offer and how to use it in the recovery process. Taught by Marilyn Cady.

Resolving Client Shame 6 hours

This workshop will focus on a model for understanding and exploring shame issues, and the impact of those issues on recovery and relapse. We will apply evidence-based counseling practices that support the client's resolution of their shame issues. Led by Sarah Wheeler, CADC II

Treating Marijuana Dependence 6 hours

This one day course covers NIDA best practices with marijuana dependent clients, educating clients around the scientifically-defensible research on the health consequences of marijuana use. The increasing potency of marijuana and neuropharmacology of THC. Review of Marijuana Treatment research and the CYT EBP. Presented by Eric Martin, M.A.C, CADC III

Criminality and Addiction 6 hours

Explore the relationship between addiction and criminal behavior, and EBTs, including MRT, for working with Criminal Addicts. Taught by Kelly Washam, MA, CADCII

New Workshops

Trauma and Substance Abuse Disorders 6 hours

Explores Physical and psychological effects of trauma on people and its relationship to substance abuse, EBP for treating addicted Trauma survivors. Taught by Kelly Washam, MA, CADC II

Co-Occurring: Psychotic, Mood and Anxiety Disorders- one day each Explore symptoms, similarities with drug effects, EBP. Kelly Washam, MA, CADC III

Homelessness and Addiction 6 hours Explores causes, EBP for engaging chronic Homeless people who often have multiple problems, plan to end homelessness. Presented by Michelle Manix, CADC II

Hotel Information

"Tell them Daystar sent you!"

If you're coming from out of town and need lodging; Tell them: "Daystar Education contracted rate" at Crowne Royale at # 503-233-2401 and at Shilo inn 1 800-222-2244 (Also online www.shiloinns.com rate code DSTAREDU). Rooms are limited.

JANUARY 2012 MI:Theory and Practice Pharmacology Basic Counseling Infectious Disease RA/RR Criminality and Addiction FEBRUARY 2012 Racism as Ethical Isssue Theories of Tx and Couns MI:theory and Practice Group Counseling Adolescence	6-7 18-20 23-25 30 31 2 7-8 9-10 15-17 18	MARCH, con't Pharmacology Psychotic Disorders Mood Disorders Basic Counseling Skills Homelessness APRIL Resolving Client Shame Tx African American Client Addiction & Personality Dis Principles of FamilyTx Marijuana Dependence	14-16 22 23 26-28 29 2 5 11 12-13 16
Treating Co-Dependency	20	, ,	
Professional Ethics	23-24	Teaching Side of Treatment Treating Latino Clients	18-19 20-21
Sexual Addiction	27	Group Counseling Skills	25-27
MARCH		Sexual Addiction	30
DBT	2/29-3/1	MAY	
Client/Counselor Boundaries	8-9	ASAM	3-4
Infectious Disease RA/RR	12	Basic Counseling Skills	7-9

www.DaystarEd.com

To schedule any of the courses at your agency (or a specialized training tailored for your agency) please contact:

Daystar Education, Inc.

503-234-1215

A 501(c)3 nonprofit consortium of Oregon Addiction Educators

Registration --- Please Print Name Addresss Email (for confirmation) _ Phone **Core classes** Addiction Pharmacology (\$220 incl.book) □Jan 18-20 □Mar. 14-16 ■May 16-18 Basic Counseling Skills □Jan 23-25 □Mar. 26-28 \$175 ■May7-9 Group Counseling Skills \$175 □Feb. 15-17 □April 25-27 □June 27-29 Infectious Disease RA/RR \$90 □Jan 30(\$90) □Mar. 12 (\$90) □May 14 (\$90) Professional Ethics \$120 □Feb. 23-24 □June 7-8 □Aug. 20-22 **Continuing Education Classes** □April 11 Addiction and Personality Disorders \$80 □Oct. 4 Adolescents and Addiction \$80 □Feb. 18 □July 26 Resolving Client Shame \$80 □April 2 □Oct. 2 **Domestic Violence and Addiction** \$80 **□**May 19 ■Nov. 17 Racism as an Ethical Issue \$80 □Feb. 2 □May 23 Treating Co-dependency \$80 □Feb. 20 □Aug. 7 Treating Marijuana Dependence \$80 □April 16 □Sept. 6 **Treating African American Clients** \$80 □April 5 □Sept. 7 Relationships and Addiction \$80 □June 12 □Sept. 15 □Feb. 27 Sexual Addictions \$80 □April 30 Criminality and Addiction \$80 □Jan 31 □Aug. 1 Gangs: R/A & Intervention \$80 □May 24 ■Nov. 8 Homelessness and Addiction \$80 ■Mar 29 □Sept. 18 □Mar. 22 Co-Occurring: Psychotic disorders \$80 □Sept. 18 Co-Occurring: Mood Disorders \$80 □Mar. 23 □Sept. 19 Co-Occurring: Anxiety Disorders \$80 □Mar. 24 □Sept. 1 Trauma and Substance Abuse \$80 ■May 11 □Nov. 12 □Feb. 9-10 □Aug.16-17 MI: Theory and Practice \$120 \$120 □Oct. 27-28 Client-counselor Boundary Issues ☐Mar. 8-9 Principles of Family Work in Addictions \$120 □ April 12-13 □Oct. 8-9 Client Record Management with ASAM \$120 ■May 3-4 □Sept. 20-21 Theories of Treatment and Counseling \$120 □Feb. 7-8 □June 4-5 Teaching Side of Treatment (need laptop) □Oct. 25-26 \$135 □April 18-19 Co-Occurring Disorders: Assess/Treat \$135 □April 23-4 □Dec. 10-11 DBT (Dialectical Behavioral Therapy) \$150 ☐Mar. 1-2 □Aug. 14-15 Clinical Supervision (must take both parts) \$320 □Sept. 13-14 and Oct. 18-19 Payment: ____Check enclosed for \$_____ Charge Visa/MC # _ Exp. date _____ signed

Exp. date _____ signed _____ Check or Credit Card number must accompany this form to reserve a space. 2011 Discount: 5 core classes. Pay all at once: \$706.50 (10% savings) Make Check to/Mail to: Daystar Education, Inc. 2054 N. Vancouver Ave. Portland, OR 97227 FOR REFUND, MUST GIVE 2 WEEKS NOTICE. \$50 FEE for less than 48 hours notice