

FINDING FREEDOM

2019

Dear Symposium Participant,

The LGBTQ Association would like to welcome you to the Fifth Annual Finding Freedom LGBTQ Symposium. This year we have formed a community partnership to ensure the longevity of this special event.

Thank you to our sponsors and presenters for believing in this special event. It is a privilege to be working together to bring forward current research, innovative perspectives and fearless discussions. Your dedication and expertise are the cornerstones of the symposium. Our hope is to provide a supportive atmosphere that can continue to help build a foundation for present and future considerations and ongoing change.

We recognize that your time is valuable and appreciate your commitment to the conference and the clients you serve. We invite you to settle in, relax, listen, laugh, connect with old friends, develop new ones, and experience this significant and empowering event.

The agenda is fairly simple and hopefully can offer you the time and opportunity to hear from others, be heard and be a part of the assemblage developed. The value and expertise of our speakers, combined with your perspectives, can begin the process toward identifying best practices in addiction treatment for LGBTQ patients with co-occurring disorders.

This year's additional weekend highlights include the Out Your Inner Star fundraiser reception for The Sanctuary Palm Springs. A conference favorite is PRIDE Institute's Saturday Bar-b-que Lunch.

There is always strength and wisdom in the cooperation of a community, and through an integrated gathering of advocates such as this, reforms can be identified, developed and implemented.

Sincerely,

The Community Partners

Renee Baribeau
Michael's House

Kurt Carlson
Bella Monte Recovery

Paul d'Entremont

Terry Gatewood
Blue Tiger Recovery

Tiffany Henning
Neuro Wellness Spa

Josie Herndon
Addiction
Therapeutic Services

Jeff Schlund
Hazelden Betty Ford
Center Foundation

Jonathan Wynne
Desert AIDS Project

THURSDAY, JANUARY 23

THANKS TO THE COACHELLA VALLEY LGBTQ+ ASSOCIATION FOR SPONSORING THIS EVENT



COFFEE SPONSOR



PLEASE VISIT OUR VENDORS

ABC Club
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A Mission for Michael
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Buckeye Recovery
Constellations Behavioral Health
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Hoag Hospital
It Happens to Boys Conferences
Ken Seeley Communities

LAGPA
NALGAP
Northbound Treatment Center
Ocean View Psychiatric Health Facility
Private Solutions Detox
Seeking Integrity
Stepping Stones
The California Consortium of Addiction Programs and Professionals (CCAPP)
Twin Town Treatment Centers
SafeHouse of the Desert

CE INFORMATION

Please refer to page 16 for full CE details.

No partial credit. Participants must attend the full afternoon Friday and/or the full day Saturday for up to 10 CE (3.5 CE on Jan 24 and 6.5 CE on Jan 25).

To claim CE credit, please sign in at the CE desk to make sure you receive an email after the conference with a link to fill out an evaluation and receive your CE Certificate

7:00 pm

SPONSORED BY BLUE TIGER RECOVERY

Town Hall Meeting: Internalized Shame Due to Heterosexism

John Dennem, CADC-II, PCC, CAL State University Los Angeles

Recovery is often seen as monolithic. Sexual, cultural, and racial identities are often glossed over or not considered during inpatient treatment. Research has established that identities such as sexual, racial, and cultural are determinates of health. The experience of identity development in opposition to dominate society can lead to the development of health disparities (e.g. SUDS, obesity, diabetes).

According to Gershon Kaufman who wrote *On Shame, Identity and the Dynamics of Change*, internalized shame leads to a shame identity. Dealing with shame as an identity is different than shame-based behavior. This workshop highlights the difference between the two and participants will discover ways to move toward an emotional sobriety which can have a lasting effect, promote long-term sobriety and increase positive self-regard.

Attendees will be able to:

- Describe a shame-based identity
- Discuss how shame is often avoided in session due to the practitioner's own shame
- Discuss how shame-based identity comes about
- Explore an approach that is beneficial and not iatrogenic to the patient
- Employ cultural, racial, and other identity evidence-based interventions

FRIDAY, JANUARY 24

9:30 am - 12:30 pm

Tours of Local Facilities

Coordinated with individual representatives.
Group tour is available - Text Irish Hysell (310) 779-9573

1:00 pm - 4:00 pm | Grand Ballroom III

Exhibitor Setup

1:00 pm - 4:30 pm | Foyer

Registration Open

1:00 pm - 1:30 pm | Foyer

Break and Visit Exhibit Hall, CE Sign In

1:30 pm - 5:15 pm | Grand Ballroom II

AFTERNOON WORKSHOP - 3.5 CE

LGBTQ+ Health, Wellness, and Longevity

This afternoon workshop will feature cutting-edge issues in health and wellness in the LGBTQ+ community. Experts from the Desert AIDS Project in Palm Springs, California will highlight concerns, trends, risk factors, resources, and treatment updates on the topics listed below.

Narcan: What, When, and How to Administer It

Amanda Cowan, Outreach Director, Clare | Matrix, Santa Monica, CA

Presenter will review current trends of opioid use, review how opioids are absorbed and metabolized in the body. Participants will learn how to identify and respond to an opioid overdose, including how to administer Narcan (naloxone), an opioid antidote.

Attendees will be able to:

- Identify an opioid overdose and safely administer Narcan
- Explore California laws on naloxone tracking, distribution, and administration
- Review common misconceptions about naloxone
- Leverage conversations around harm reduction and overdose prevention

FRIDAY, JANUARY 24

Workshop Continued

HIV and Aging

Jill Gover, PhD, Behavioral Health Manager, Desert AIDS Project

This presentation will highlight concerns facing those living with HIV now that the life expectancy is much longer. The largest population living with HIV are over 50 years old.

Attendees will be able to:

- Identify the long-term needs HIV/AIDS patients are facing
- Explore ways to manage stress and HIV-specific stressors
- Examine mental health concerns such as survivors guilt, grief, and loss

Anal Cancer

Matt Moran, MSN, NP, PHN, ANP-BC, AAHIVS, Senior Nurse Practitioner, Desert AIDS Project

This presentation will provide an update on anal cancer and the overall risk to the gay community. Attendees will examine the statistics, risk factors, and the screening process for anal cancer and the treatments available.

Attendees will be able to:

- Identify risk factors for anal cancer
- Examine types of screening and treatments
- Discuss ongoing treatments and potential clinical trials

2:45 pm - 3:00 pm | Grand Ballroom III

Break and Visit Exhibit Hall

FRIDAY, JANUARY 24

3:15 pm -5:15 pm | Grand Ballroom II

LGBTQ+ Health, Wellness, and Longevity (Cont.)

Hepatitis C – The Silent Killer

Shubha Kerkar, MD, Director, Hepatitis Center of Excellence, Desert AIDS Project

This presentation will provide an update on Hepatitis C (HCV) and the many risk factors for the LGBTQ+ community. Attendees will review the most recent information from CDCP on infection rates as well as learn how to treat and cure the disease.

Attendees will be able to:

- Review trends and infection rates
- Identify risk factors for HCV
- Explore the impact of being undiagnosed and untreated
- Examine overall liver health information

PrEP and PEP – What You Need to Know

Andy Ansell, PrEP Program Manager, Desert AIDS Project

This presentation will provide information about pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP). Presenter will review treatment issues, side-effects and costs.

Attendees will be able to:

- Explain the difference between PrEP and PEP and how they work
- Explore the myths about PrEP
- Identify the known side-effects of each
- Discuss costs of treatment and how to access care, even if you think you cannot afford it

Trans Care

Anthony Velasco, MS, APRN, AGPCNP-BC, CNS, PHN, CMSRN, ACRN, AAHIVS, Co-Chair, Transgender Health Program, Desert AIDS Project & UCLA

This presentation will focus on transgender health. A wide range of specific needs concerning the trans community will be discussed, from hormone therapy to coping with discrimination within the community.

Attendees will be able to:

- Identify health issues are specific to the trans community
- Examine available resources and potential roadblocks are ahead – health and legislative
- Explore what is on the horizon for trans health and what to expect

FRIDAY, JANUARY 24

5:15 pm - 6:15 pm | Grand Ballroom III

Reception with Hors d'oeuvres

5:15 pm - 6:00 pm | Grand Ballroom II

Out Your Inner Star Fundraiser

Benefitting Sanctuary Palm Springs

Vote for your favorite celebrity.

SATURDAY, JANUARY 25

7:30 am – 8:30 am | Foyer, Grand Ballroom III

Registration, Coffee, Visit Exhibit Hall

8:30 am – 8:45 am | Grand Ballroom II

Welcome Message from Conference Organizer

Renee Baribeau

8:45 am – 9:45 am | Grand Ballroom II

KEYNOTE SESSION - 1 CE

Embracing an Unanticipated Life: Resilience, Connection and Lifelong Recovery in the LGBTQ Community

David Fawcett, PhD, Seeking Integrity, LLC

This workshop examines pathways toward a productive and healthy life in recovery. Far from being an end in and of itself, recovery is simply the beginning of a journey which most of us never anticipated and for which we were often ill-prepared. This presentation is a skills-based, interactive workshop which first addresses how we can rewrite our life story by moving beyond limiting beliefs to expand awareness of our own potential. This may require difficult, yet productive therapeutic work and diligence as we begin to uncover and accept the particular constellation of talents and individual gifts.

Although most people consider resilience a character trait, it is actually a set of skills that can be taught and perfected. Various components of resilience will be discussed, including mindfulness practices, living with intention, gratitude, giving service, and a sense of purpose. Each of these will be examined with examples from the presenter's life while eliciting interaction with participants about their own experiences.

Attendees will be able to:

- Identify techniques to overcome and rewrite limiting beliefs that constrict potential in recovery
- Discuss worthiness and other concerns that impact their ability to acknowledge their own strengths, gifts and talents
- Examine the central role of connection in recovery and its special role in the
- LGBTQ+ community
- Explore various skills inherent in creating resilient life in recovery, including the challenges and rewards of that process

SATURDAY, JANUARY 25

9:45 am - 10:00 am | Grand Ballroom III

Break and Visit Exhibit Hall

10:00 am - 11:30 am | Grand Ballroom II

PANEL DISCUSSION - 1.5 CE

Sharing the Road – Many Paths LGBTQ+ Long-Term Recovery Options

Panel Discussion facilitated by Renee Sievert, RN, LMFT

Davina Kotulski, PhD, Author, Life Coach, Spiritual Counselor

Susan Lake, Ordained Minister, Spiritual Counselor

Rev. Mark Accomando, Ordained Senior Minister, Centers for Spiritual Living

TJ Woodward, Author, Ordained Agape Minister, Conscious Recovery

This panel is inspired by the origin and history of the recovery movement that includes conscious contact with a higher power, prayer, and meditation. During this workshop, presenters will discuss practices from mindfulness and consciousness practices to the 12 steps of AA and nature-based approaches. Panelists will discuss several evidence-based practices that they teach and use with their clients.

Attendees will be able to:

- Explore spiritual modalities on the road to recovery
- Examine the contribution of spirituality, nature, and mindfulness-based practices and other forms of spiritual healing that aid in the recovery process
- Discuss emerging approaches to recovery

SATURDAY, JANUARY 25

11:30 am - 12:30 pm | Grand Ballroom II

KEYNOTE SESSION - 1 CE

The Intersection of Mom and Clinician: Raising a Non-Binary Child

Krista Gilbert, PhD, CEO, Constellation Behavioral Health

Utilizing a case study from the presenter's personal experience, as well as current research and data regarding nonbinary/transgender adolescents, the key clinical pitfalls and best practices will be presented from the perspective of both the family member and the treatment provider. Attendees will be able to:

- Explore the personal narrative of the speaker's experience of being the parent of a nonbinary/transgender youth as a case study and as a clinical expert in working with the LGBTQ population to learn about the shortcomings, challenges, and pressures in the current treatment offerings.
- Identify areas of personal bias related to working with nonbinary and transgender adolescents
- Discuss the specific family dynamics around nonbinary and transgender adolescents
- Examine key clinical considerations/treatment planning in providing treatment to nonbinary and transgender adolescents and their families

12:30 pm - 1:45 pm | Patio

Barbecue Lunch

An annual conference favorite, sponsored by PRIDE Institute.

1:00 pm - 3:00 pm | Grand Ballroom III

Coffee Bar

Sponsored by Southern California Recovery Centers (SCRC)

SATURDAY, JANUARY 25

1:45 pm – 2:45 pm | Royal I

BREAKOUT SESSION – A1 - 1 CE

Fragile Power: Why we need to expand cultural competency to include people who live in identities of power

Paul Hokemeyer, PhD, Drayson Mews, Kensington, London, UK

Historically, psychotherapeutic formulations that address minority populations do so through a lens of the diminished power these human beings possess. These include the constructs of minority stress as it relates to the LGBTi population and feminist psychology. But there is another side of the power bell curve that exists and has not been openly explored in the realm of theoretical constructs and clinical formulations. Power, and its expression exists in the intrapersonal, interpersonal and sociocultural realms of everyone's life. In the psychotherapeutic experience it must be addressed through a lens of cultural competency and clinical excellence. In his book, *Fragile Power: Why Having Everything Is Never Enough* (Hazelden, 2019) Dr. Paul Hokemeyer, explores the phenomenon of power and develops a clinical formulation to effectively address it. He will discuss his findings in this dynamic presentation.

Attendees will be able to:

- Identify three cultural markers of people who live in identities of power
- Discuss the transference and countertransference that arises between therapist and client around differentials in power identities
- Explore how power is worshipped and disdained in our modern zeitgeist
- Identify a new clinical formulation to address patients who live in the world in elevated power

1:45 pm – 2:45 pm | Royal II

BREAKOUT SESSION – A2 - 1 CE

The importance of attachment healing for LGBTQ+ persons in substance use disorder treatment

Rigo Brueck, PhD, LP, LMFT, Hazelden Betty Ford, Rancho Mirage, CA

Many LGBTQ+ individuals experience intense rejection, betrayal, bullying, and abandonment. The use of alcohol and other drugs as attempts to self-medicate or self-soothe leads to additional experiences of pain and suffering. When providing treatment and therapy for LGBTQ+ persons, a sole focus on the substance use disorder (SUD) is in most cases not enough. Healing the ability for attachment and connection is an important part of restoring the person to wholeness.

Attendees will be able to:

- Examine state of the science of substance use disorder (SUD)
- Review of proven therapy approaches for SUD
- Explore tools and techniques for healing attachment and connection

SATURDAY, JANUARY 25

1:45 pm – 2:45 pm | Royal III

BREAKOUT SESSION – A3 – 1 CE

Assessment, Demographics, and Trends of LGBTQ+ Population

Todd Connaughty, MA, LPCC, LADC, Director of Clinical Services, Pride Institute, Eden Prairie, MN

The session will highlight recent trends and demographics of the LGBTQ+ population seeking treatment with an additional focus and training on the LGBTQ Affirming Comprehensive Psychiatric Evaluation (LACPE), a sexual orientation, gender development-specific, development, and culture-informed psychiatric assessment.

Attendees will be able to:

- Identify key components of the LGBTQ-Affirming Comprehensive Psychiatric Evaluation (LACPE)
- Examine current trends and demographics of LGBTQ+ individuals seeking treatment for co-occurring disorders
- Discuss the intersections of gender identity, sexual orientation, and other minority status and the impact of these on LGBTQ individuals
- Examine and share the results from the Pride Institute study on gender minority clients in residential treatment

2:45 pm – 3:00 pm | Grand Ballroom III

Break and Visit Exhibit Hall

3:00 pm – 4:00 pm | Royal I

BREAKOUT SESSION – B1 – 1 CE

Understanding LGBTQi Role Responsibility During Times of Collective Uncertainty

Lauren Costine, PhD, Author, Private Practice, Los Angeles, CA and Renee Baribeau, Author, Community Outreach and Marketing, Foundations Recovery Network, Palm Springs, CA

Are we being heard? Everyone wants their seats at the table. When we do not feel heard, it can be interpreted as a microaggression. This is a common problem in the dominant culture and within our LGBTQi+ communities. There are external stressors in our current political, socio-economic, and social justice realm. Hard fought rights are being threatened to cause increased stress, anxiety, and depression – common undercurrents of addiction and mental health disorders. During our conversation, we will look at the difficult questions that need to be asked such as: How do we protect ourselves? How do we support our differences? And how do we as a community build greater resilience and what are our role responsibilities?

SATURDAY, JANUARY 25

Understanding LGBTQi Role Responsibility During Times of Collective Uncertainty (Continued)

Attendees will be able to:

- Raise awareness and understanding about the effects of the LGBTQi+ community, during times of backlash
- Examine how internal and external stress affect the acuity of mental health and addiction disorders
- Create effective tools for integration into treatment plans
- Explore our role and responsibilities as clinicians, leaders, and members of the communities

3:00 pm - 4:00 pm | Royal II

BREAKOUT SESSION - B2 - 1 CE

Sexually Informed Addiction Recovery

Joe Kort, MSW, PhD, Center for Relationship and Sexual Health, Royal Oak, MI

In the beginning of recovery, some men struggle to understand their true sexual identity and orientation. Sexual fluidity is often ignored or misunderstood. Erotic identity is different than sexual identity. Together we will explore the many ways sexual expression manifests and how to help clients assess themselves as LGBTQ or straight.

Attendees will be able to:

- Understand the difference between sexual identity and erotic identity
- Explore various sexual identities that exist for males
- Differentiate between straight, gay, and bisexual and go beyond the binary
- List at least three ways men express their sexuality from a strength-based perspective
- Identify four ways to guide men how to self-identity their sexual orientation

3:00 pm - 4:00 pm | Royal III

BREAKOUT SESSION - B3 - 1 CE

Beyond the ABCs: Full Spectrum Clinical Awareness with LGBTQ Clients

John Sovec, MA, LMFT, Clinical Consultant, The Life Group, Pasadena, CA

Everyday, LGBTQ clients walk through the door of treatment centers wondering if their identity will be affirmed and recognized as they work through the myriad challenges of substance use. As a professional working with the LGBTQ community, even the most well-meaning clinicians can find themselves making mistakes in communication, treatment planning, and community involvement that make it challenging for an LGBTQ client to feel safe and understood.

SATURDAY, JANUARY 25

Beyond the ABCs: Full Spectrum Clinical Awareness with LGBTQ Clients (Continued)

It is vital for clinicians to cultivate an awareness of how biases and agendas develop and how the pervasiveness of these constructs can influence the therapeutic alliance. This workshop will explore a model of care that addresses the impact of sexual minority status on mental health, physical health, and recovery. Participants will explore the alienation of LGBTQ clients from their family of origin, understand coping mechanisms that influence LGBTQ identity development and how, by creating an affirming and supportive environment, clients can regain and expand their sense of LGBTQ identity as they move toward recovery.

Attendees will be able to:

- Explore a model of care addressing the impact of sexual minority status on mental health, physical health, and recovery
- Examine the impact of alienation of LGBTQ clients from their family of origin
- Identify coping mechanisms that influence LGBTQ identity development
- Discover how through creating an affirming and supportive environment, clients can regain and expand their sense of LGBTQ identity as they move toward recovery

4:00 pm - 4:15 pm | Grand Ballroom III

Break and Visit Exhibit Hall

4:15 pm - 5:15 pm | Royal I

BREAKOUT SESSION - C1 - 1 CE

Continuum of Care: Developing a Community Culture of Long-Term Recovery Support

Cheryl Houk, Executive Director

Chris Mueller, LCSW, Program Manager

Pam Highfill, LMFT, Director of Outpatient Services

Damon Robinson, Case Manager, Stepping Stone, San Diego

Addiction is cunning, baffling, and powerful. Stepping Stone of San Diego (SSSD) has developed a continuum of care model for supporting clients for up to the first two years of their recovery. This continuum of care is successful because it is designed to keep the client involved with and connected to the sober community and support services for as long as possible. This gives clients a better chance to build a stronger foundation of recovery before moving on to independent living.

Attendees will be able to:

- Identify innovative ways to involve the client in the continuum of care
- Examine ways to build a continuum of care and how to fund it
- Discuss the importance of creating a sense of community for clients

SATURDAY, JANUARY 25

4:15 pm – 5:15 pm | Royal II

BREAKOUT SESSION – C2 – 1 CE

An Overview of Ethics and Dual Relationships in the LGBTQ+ Recovery Community

Mark McMillan, LMSW, CAADC, The Center for Relationship and Sexual Health, Royal Oak, MI

Most Social Workers and other addiction professionals are aware of the challenges faced when navigating dual relationships with their clients. This workshop will explore the unique and more uncommon challenges that LGBTQ+ addiction therapists struggle with in their local recovery community.

Similar to dual relationships in rural areas, most local LGBTQ+ recovery communities are close-knit and well connected. From the perspective of the professional as a member of the recovery community, the presenter will review different aspects of possible dual relationships, including clients taking service positions in the therapists 12-Step home group, clients becoming friends with the therapist's 12-Step fellowship members, and other overlooked situations unique to the LGBTQ+ recovery community.

Participants will gain more awareness of conflicts of interest that exist for the LGBTQ+ addiction therapist, the difference of inappropriate behavior and violating behavior in an ethical dilemma, and gain more awareness of maintaining a therapeutic relationship that honors the LGBTQ+ client while ensuring the privacy of the addiction therapist. This workshop will offer short case studies and personal experiences for group discussion.

Attendees will be able to:

- Examine an appropriate ethical foundation of substance abuse treatment for LGBTQ+ clients
- Identify three key differences between inappropriate behavior and ethics violation
- Discuss how an addiction therapist can appropriately protect and maintain their own recovery program while navigating dual relationships with clients
- Explore two case studies that illustrate more overlooked dual relationships unique to the LGBTQ+ therapist in their local recovery community

4:15 pm – 5:15 pm | Royal III

BREAKOUT SESSION – C3 – 1 CE

Countering Toxic Male Spirituality: Reclaiming The Male Spiritual Journey

Steve Kelly, LPC, CSAT, Quest Counseling Center, Plano, TX

Evidenced-based research is clear: Healthy spirituality improves the quality of recovery and increases long-term success in maintaining sobriety. And yet, what passes as spirituality is often shaming, dualistic, abusive, violent, and performance driven. This toxic spirituality dominates what passes for male spirituality in our present culture.

SATURDAY, JANUARY 25

Countering Toxic Male Spirituality: Reclaiming The Male Spiritual Journey (Continued)

This dominance in present-day culture complicates and impedes many in the LGBTQ community as they seek to discover what healthy spirituality looks like. This presentation will examine the latest evidenced-based research relating to recovery, spirituality, and the LGBTQ community; explore healthy spirituality as connection; present a healthy paradigm of the male spiritual journey and its implications for on-going recovery; provide resources for its implementation.

Attendees will be able to:

- Examine current data regarding the importance of healthy spirituality and meaningful recovery.
- Explore healthy spirituality as connection – self, others, and the world.
- Define key elements of toxic male spirituality.
- Present a healthy paradigm for male spirituality – initiation, heroic descent, self-identity, and more.
- Discuss implications for the LGBTQ community and tools to implement.

5:15 pm | Foyer

Evaluations and Sign Out

CE INFORMATION

The Hazelden Betty Ford Graduate School of Addiction Studies and Foundations Recovery Network are cosponsors of this program.

This cosponsorship has been approved by **NBCC**. HBFSGAS is an **NBCC** approved Continuing Education Provider, ACEP # 6547. The ACEP solely is responsible for this program, including the awarding of **NBCC** credit.

The Hazelden Betty Ford Graduate School of Addiction Studies is approved by the **American Psychological Association** to sponsor continuing education for psychologists. The Graduate School maintains responsibility for this program and its contents.

This course has been approved by Hazelden Betty Ford Graduate School of Addiction Studies, as a **NAADAC** Approved Education Provider, for 10 CE (3.5 CE on Jan 24 and 6.5 CE on Jan 25). **NAADAC Provider #77968**, Hazelden Betty Ford Graduate School of Addiction Studies is responsible for all aspects of its programming.

The Graduate School is also approved to provide continuing education by **CAADE** Provider # CP20 975 C 0322, **CCAPP** Provider Number 1N-88-160-1121 and **CA BRN** CEP 16722.

Participants are required to keep their certificate for a minimum of six years. For information about this continuing education program, please contact the Hazelden Betty Ford Graduate School of Addiction Studies, P.O. Box 11 CO9, Center City, Minnesota 55012, 1-651-213-4538

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