

2015

OEAP Annual Resource Conference



***Understanding
Substance Abuse:
Current Trends in
Treatment and Recovery***

September 15, 2015



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Dear Participant:

It is with sincere pleasure that the Ohio Employee Assistance Program (OEAP) and the Ohio Department of Mental Health and Addiction Services welcome you to the 2015 OEAP Annual Resource Conference.

The conference theme is *Understanding Substance Abuse: Current Trends in Treatment and Recovery*, which offers an exciting and informative look into the issue of substance abuse and how it can impact individuals, families and the workplace. But just as important, the conference will address strategies to increase our understanding of the issue of substance abuse, and to explore the trends and advances in treating substance abuse.

We are especially delighted to have two keynote speakers, Dr. Mark Hurst, medical director of the Ohio Department of Mental Health and Addiction Services (OhioMHAS), and Dr. Joseph Hullett, national medical director, Optum Behavioral Solutions. Dr. Hurst will be addressing the *Stigma of Substance Abuse in the Workplace*; and Dr. Hullett will speak about *Innovations in Treatment and Recovery*. Also, Andrea Boxill, OhioMHAS deputy director, and Sarah Smith, director of Start Talking at OhioMHAS, will be presenting during plenary session II. They will share information about drug awareness and the Start Talking program.

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We truly hope your conference experience will provide you with a better understanding of substance abuse treatment and recovery, and offer ways to help employees become a healthier, more engaged and productive workforce.

We have designed the conference consistent with the mission of the OEAP: To assist employees and their families in resolving personal and work-related problems by providing quality service, support and solutions that enhance the emotional, behavioral health and overall productivity of employees, in a confidential and professional manner.

Substance abuse is a major problem that affects so many people. Our goal is to ensure you have current information to better understand the connections between substance abuse issues and the impact to the workplace. We appreciate your support, participation and the role you play in helping employees “*Live Well and Serve Well.*”

Please be sure to visit the exhibitors during breaks or the lunch period.

Enjoy the conference, as it promises to be a rich and rewarding experience!

Sincerely,
Stephanie Loucka
Chief of Human Resources
Ohio Department of Administrative Services

Debora Branham
Assistant Benefits Administrator
Ohio Department of Administrative Services
Benefits Administration Services

Keynote Speakers



Joseph Hullett, M.D. is the national medical director for Optum Behavioral Solutions. A board-certified adult psychiatrist with 25 years of executive medical leadership experience in the delivery of mental health and substance abuse treatment. He began his career as assistant professor in residence at the University of California, Los Angeles (UCLA) where he taught and published research. Subsequently, as assistant professor at University of California, Irvine, he opened and directed an inpatient clinical research unit and served as chief of forensics. He received a B.A. in economics and his M.D. from Wayne State University in Michigan. He completed a general surgery internship with a concentration in neurosurgery and his psychiatric residency training at UCLA.



Mark Hurst, M.D. joined the Ohio Department of Mental Health and Addiction Services (OhioMHAS) in 1993 as a psychopharmacology consultant at Twin Valley Behavioral Healthcare (TVBH) in Columbus.

Currently, he serves as the medical director at OhioMHAS. At

TVBH, he progressed to assistant chief clinical officer for addiction psychiatry in 1998 and chief clinical officer in 2008.

Prior to his career with the state, he held leadership positions in psychiatry and addiction psychiatry in the VA health system at Harding Hospital and at The Ohio State University, where he remains an active clinical faculty member.

A native of Zanesville, Dr. Hurst was the 1981 class valedictorian at Muskingum College in New Concord. He graduated from the Medical College of Ohio at Toledo in 1985 and completed residency training at the University of Michigan and The Ohio State University, where he served as chief resident in his final year of training. He is board-certified in psychiatry and addiction psychiatry and has been recognized as a “Best Doctor in America.”



Speakers, Presentation and Panel Discussion Overview

Plenary Session I: *Confronting the Stigma of Substance Abuse in the Workplace*

Keynote Speaker: Mark Hurst, M.D., Medical Director, Ohio Department of Mental Health and Addiction Services (OhioMHAS)

During this presentation, Dr. Hurst will review historical views of substance use disorders that have stigmatized affected individuals, and led to misguided and often ineffective treatments with poor outcomes. Addiction will be presented as a chronic disease with biological, psychological and social components that have positive outcomes when treated in a person-centered, comprehensive and compassionate manner.

Plenary Session II: *Start Talking & Drug Awareness*

**Presenters: Sarah Smith, Director of Start Talking, OhioMHAS
Andrea Boxill, Deputy Director, OhioMHAS**

This presentation will provide background on the prescription drug and heroin epidemic in Ohio. Also, it will give insight into statewide efforts to fight this epidemic. Also, you will learn more about the Start Talking program, which is a statewide initiative implemented by the Governor's Office.

Open Forum Discussion with Panel: *Real Talk: Trends in Treatment and Recovery*

Moderator: Joseph Hullett, M.D., National Medical Director, Optum Behavioral Solutions

Panel Members:

Gina Burris, Client Support Assistant, Alvis House and Amethyst

Jackie Doodley, Women's Treatment and Recovery Specialist, OhioMHAS

Mark Hurst, M.D., Medical Director, OhioMHAS

Cheri Walter, Chief Executive Officer, Ohio Association of County Behavioral Health Authorities (OACBH)

The open forum will provide a deeper understanding of how to create an environment of safety that is transparent by discussing and exposing the stigma towards those who have substance abuse issues. Also, the open forum will explore how treatment and recovery is working to empower and improve the quality of individuals' lives.

Plenary Session III: *Innovations in Treatment and Recovery*

Keynote Speaker: Joseph Hullett, M.D., National Medical Director, Optum Behavioral Solutions

The field of substance abuse treatment has changed rapidly during the past five years. Legislative actions have, in effect, created an entirely new substance abuse treatment benefit for most commercial plans leading to a burgeoning demand for services. Moreover, the unique needs of previously unserved populations and changing demographics have required innovative, individualized approaches to care. The evidence-based utility of both individualized and medication-assisted treatment is reshaping care delivery to foster improved focus on long-term recovery and resiliency.

Speakers, Presentation and Panel Discussion Overview

Track A: *Open Panel Discussion: Building Relationships and Supporting Agency EAP Coordinators*

Facilitator: Marius Igwe, LPC, LICDC-CS, Human Services Program Consultant, Ohio Department of Health (ODH)

Panel Members:

Tom Flynn, Affirmative Action Manager, Public Utilities Commission of Ohio (PUCO)

Carla Hall, Program Manager, Ohio Department of Job and Family Services (ODJFS)

David Montgomery, Human Resources Manager, Ohio Department of Developmental Disabilities (DODD)

Pam Schaal, Human Resources Manager, Adjutant General's Department

The panel will discuss and review the OEAP services available to state employees and explore ways to improve the services OEAP provides to support employees impacted by substance use disorders. Also, the panel will discuss the role of the agency EAP coordinators as well as look at some of the challenges and successes.

Track B: *Overview of State of Ohio Drug-Free Workplace Program*

Presenter: Laverna Styles, Assistant Administrator, DAS

You will learn about the current drug and alcohol testing programs for state employees in accordance with the State of Ohio Drug-Free Workplace Policy and collective bargaining agreements.

Track C: *Neurotransmitters Made Easy: Chemistry, Mood and Addiction*

Presenter: Brad Lander, Ph.D., The Ohio State University, Talbot Hall

We are chemical beings. Our brain chemistry controls mood, temperament, mental health and addiction. Some is heredity, some is lifestyle and some is how we think. This workshop looks at the eight major neurotransmitter systems, how the systems interact to make us who we are, and how they can cause addiction and mental illness. We will discuss how alcohol and drugs affect brain chemistry, and share strategies on how to help people regain balance.

Track D: *Effectively Addressing Substance Abuse and Mental Illness (SAMI) in the Workplace*

Presenters:

John Dye, MRC, LICDC, OhioMHAS

Ed Flynn, Labor Relations Officer, TVBH, OhioMHAS

Anthony Imagic-Douglas, LICDC, SAMI Clinician, TVBH, OhioMHAS

Justin J. Trevino, M.D., Twin Valley Behavioral Healthcare (TVBH), OhioMHAS

The presenters will discuss the extent of SAMI issues in the workplace; explain the consequences of SAMI issues in the workplace; describe important features of a workplace drug testing program; explain the process of initiating an EAP referral for a worker with SAMI issues; review the elements of the SBIRT approach and describe the activities that occur in each element; describe the basic attributes of the Stages of Change model and Motivational Interviewing; and explore the basic elements of community treatment programs designed to treat those with substance use problems.

Program Agenda

		Room Locations
8 – 8:30 a.m.	REGISTRATION AND EXPO TIME	Multi-Purpose Room
8:30 – 9 a.m.	WELCOME/OPENING REMARKS Debora Branham, Assistant Benefits Administrator, DAS Stephanie Loucka, Chief of Human Resources, DAS Marci Seidel, Executive Director, Drug Free Action Alliance	
9 – 9:30 a.m.	PLENARY SESSION I Confronting the Stigma of Substance Abuse in the Workplace Keynote Speaker: Mark Hurst, M.D., Medical Director, OhioMHAS	Multi-Purpose Room
9:30 – 9:45 a.m.	BREAK AND EXPO TIME	
9:45 – 10:30 a.m.	PLENARY SESSION II Start Talking and Drug Awareness Presenters: Sarah Smith, Director of Start Talking, OhioMHAS Andrea Boxill, Deputy Director, OhioMHAS	Multi-Purpose Room
10:30 – 10:45 a.m.	BREAK AND EXPO TIME	
10:45 – Noon	Open Forum Discussion with Panel Real Talk: Trends in Treatment and Recovery Moderator: Joseph Hullett, M.D., National Medical Director, Optum Behavioral Solutions Panel Members: Mark Hurst, M.D., Medical Director, OhioMHAS Gina Burris, Client Support Assistant, Alvis House and Amethyst Jackie Doodley, Women’s Treatment and Addiction Specialist, OhioMHAS Cheri Walter, CEO, OACBHA	Multi-Purpose Room
Noon – 1 p.m.	LUNCH State Fire Marshal Cafeteria \$7.50 per person Includes meal, salad or soup, drink and a cookie	

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Presentations

All conference presentations and resource materials will be available on the OEAP website following the conference at: ohio.gov/eap.

Event Photography

A photographer will be documenting the event. OEAP reserves the right to use photos collected for the purposes of promoting and marketing the program.

Program Agenda

	Room Locations
1 – 1:15 p.m. EXPO TIME	Multi-Purpose Room
1:15 – 2:15 p.m. PLENARY SESSION III Innovations in Treatment and Recovery Keynote Speaker: Joseph Hullett, M.D., National Medical Director, Optum Behavioral Solutions	Multi-Purpose Room
2:15 – 2:30 p.m. BREAK & EXPO TIME	
2:30 – 4 p.m. WORKSHOPS	
TRACK A Building Relationships and Supporting Agency EAP Coordinators An Open Panel Discussion Facilitator: Marius Igwe, LPC, LICDC-CS, Human Services Program Consultant, Ohio Department of Health (ODH) Panel Members: Tom Flynn, Affirmative Action Manager, PUCO Carla Hall, Program Manager, ODJFS David Montgomery, Human Resources Manager, DODD Pam Schaal, Human Resources Manager, Adjutant General's Department	Room 2303
TRACK B Overview of State of Ohio Drug Free Program Presenter: Laverna Styles, Assistant Administrator, DAS	Room 2305
TRACK C Neurotransmitters Made Easy: Chemistry, Mood and Addiction Presenter: Brad Lander, Ph.D., The Ohio State University, Talbot Hall	Multi-Purpose Room
TRACK D Effectively Addressing Substance Abuse and Mental Illness (SAMI) in the Workplace Presenters: John Dye, MRC, LICDC, OhioMHAS Ed Flynn, Labor Relations Officer, TVBH, OhioMHAS Anthony Imagie-Douglas, LICDC, SAMI Clinician, TVBH, OhioMHAS Justin J. Trevino, M.D., Twin Valley Behavioral Healthcare (TVBH), OhioMHAS	Multi-Purpose Room

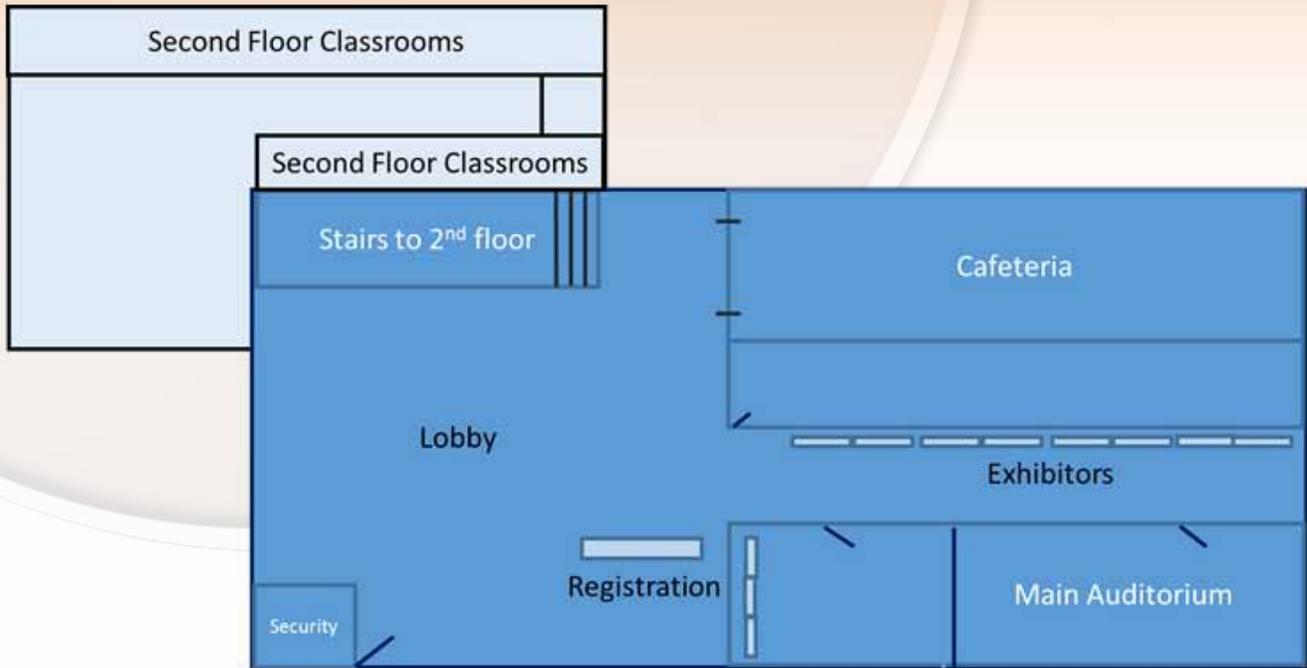
Questions

Conference staff will be available at the registration desk to respond to questions and provide any assistance you may need.

Continuing Education Units

A total of 5.0 hours of continuing education units will be available for chemical dependency, counseling, nursing, social work and psychology professionals attending the entire day of the program.

Conference Floor Plans



Main Entry

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Please Visit Our Exhibitors

Center for Family and Safety Healing

Essential Health and Wellness

Netcare Access

Ohio Association of County Behavioral Health Authorities

Ohio Department of Mental Health and Addiction Services

Ohio Department of Public Safety

Ohio Employee Assistance Program

Optum Behavioral Solutions

Take Charge! Live Well!

The Ohio State University, Talbot Hall

Unison

Thank you for being a part of the 2015 OEAP Annual Resource Conference!

A Look Back at the OEAP 2014 Annual Resource Conference

Transforming Conflict to Conversation

Introduced the new Employee Workplace Mediation Pilot Program



Special Thanks and Acknowledgments

Andrea Boxill, OhioMHAS

Gina Burris, Alvis House and Amethyst

Kim Campbell, DODD

Christine Dietch, SERB

Jackie Doodley, OhioMHAS

John Dye, OhioMHAS

Ed Flynn, OhioMHAS

Tom Flynn, PUCO

Regina Ford, ODOT

Teri Gardner, OhioMHAS

Valerie Gladden, DAS

Carolyn Groves, DAS

Tamara Hairston, DODD

Carla Hall, ODJFS

Joseph Hullett, M.D., Optum Behavioral Solutions

Mark Hurst, M.D., OhioMHAS

Marius Igwe, ODH

10 Anthony Imagie-Douglas, OhioMHAS

Jessie Keyes, DAS

Brad Lander, Ph.D., The Ohio State University, Talbot Hall

Stephanie Loucka, DAS

Rebecca Mann, DAS

Darryl McFarlane, DAS

David Montgomery, DODD

Pam Schaal, ADJ

Marcie Seidel, Drug Free Alliance

Sarah Smith, OhioMHAS

Laverna Styles, DAS

Stacey Tharp, DODD

Justin Trevino, M.D., OhioMHAS

Cheri Walter, OACBHA

Genelle Willis, DAS

Anna Zimmerman, DRC

Drug Free Action Alliance

Nationwide Children's Hospital

Ohio Association of County Behavioral Health Authorities

Ohio Department of Mental Health and Addiction Services

Planning Committee

Andy Bensing, OEAP Benefits Manager, DAS

Debora Branham, Assistant Benefits Administrator, DAS

Roderick Cheatham, Training Program Manager, DAS

Teri Gardner, Training Officer, OhioMHAS

Eric Hagely, Public Information Officer, DAS

Tamara Hairston, EEO Manager, DODD

Leslie Hannah, OEAP Consultant, DAS

Marius Igwe, M.Ed., LPC, LICDC-CS, Human Services Program Consultant, ODH

Michael Keels, OEAP Consultant, DAS

Carrie McKean, OEAP Administrative Professional, DAS



2015

OhioDAS
Service · Support · Solutions

John R. Kasich, Governor
Robert Blair, Director

Ohio Department of Administrative Services
Human Resources Division
Office of Benefits Administration Services
30 E. Broad St., 27th Floor
Columbus, Ohio 43215

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