

**Promoting Culturally Responsive Treatment and Recovery Across the Pacific:
Guam's Virtual Conference on Substance Use Disorders**

AGENDA

DAY ONE: September 29, 2020 (All times are in Chamorro Standard Time [ChST])

TIME	TOPIC	SPEAKER(S)	TRACK
09:00 AM – 09:30 AM (ChST)	Welcoming Remarks	Theresa C. Arriola, MBA <i>Guam Behavioral Health and Wellness Center</i>	
	Prayer	Eric Borja	
	Opening Remarks and Introduction	Lourdes Aflague Leon Guerrero <i>Governor of Guam</i> Thomas E. Freese, PhD <i>UCLA Integrated Substance Abuse Programs</i> Captain Emily Williams, LCSW-PIP, BCD <i>Substance Abuse and Mental Health Services Administration</i>	
09:30 AM – 10:30 AM (ChST) AM Plenary Session	Stimulant Use Disorders 2020: An Update	Richard A. Rawson, PhD <i>UCLA Integrated Substance Abuse Programs</i> Description: Behavioral approaches are the most widely used clinical strategies for treating individuals with substance use disorders. Contingency management/Motivational incentives if the approach with the most robust impact in helping individuals reduce/discontinue their stimulant use. Other approaches with evidence of efficacy are community reinforcement approach, cognitive behavioral therapy, motivational interviewing and physical exercise. The implementation of these EBPs (especially contingency management) face significant challenges. One model for integrating EBPs into a unified 'protocol' that is currently being used (TRUST) will be described. Learning Objectives: 1. Explain the epidemiology of cocaine and methamphetamine 2. Describe the most common clinical challenges in treating people with stimulant use disorders	Plenary Session
10:30 AM – 10:45 AM (ChST)	Break		

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<p align="center">10:45 AM – 11:45 AM (ChST) Concurrent Workshops</p>	<p align="center">Introduction to Primary Substance Misuse Prevention</p>	<p>Alyssa O'Hair, MPH, MA, CPS <i>CASAT, University of Nevada, Reno</i></p> <p>Description: The science of primary prevention has continued to grow for decades, and the cultural practice of prevention has been around for centuries—even when the word “prevention” is not part of indigenous languages. Without effective primary prevention, current behavioral health and other health issues will only continue to grow. This workshop will define primary prevention and describe who is involved in doing the work of prevention. It will also provide an overview of what prevention looks like today, using both data and cultural knowledge to bring people together to apply comprehensive prevention strategies that work.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Explain the importance of using data-informed planning process in primary prevention 2. Summarize the value of coalitions and collaboration 3. Describe the importance of considering both evidence of effectiveness and cultural fit when selecting potential interventions 	<p align="center">Prevention</p>
	<p align="center">Adolescent SBIRT</p>	<p>Julie Lunstead, MPH <i>Boston Children's Hospital, Adolescent Substance Use Program</i></p> <p>Nadine Cepeda <i>Guam Department of Education</i></p> <p>Description: This presentation will provide an overview of adolescent development why adolescents are at especially high risk of developing substance use disorders. It will share insights from adolescent SBIRT projects in a variety of settings and give advice on how to provide prevention and early intervention through SBIRT programs.</p>	<p align="center">Treatment</p>

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		<p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Understand the basics of adolescent brain development 2. Identify the unique risks adolescents face from using substances 	
	<p>Addressing Compassion Fatigue and Promoting Self-Care Strategies for Substance Use Service Professionals</p>	<p>Beth Rutkowski, MPH <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Gloria Miele, PhD <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Description: Compassion fatigue is prevalent among those caring for people in distress. This secondary trauma and burnout are of particular concern in communities, and among first responders and health care providers caring for people with substance use, mental health, and primary health disorders. This workshop will help providers identify and manage the potential impact of witnessing and absorbing the suffering of people for whom they provide care, and provide strategies to promote self-care.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Recognize the three distinct and interrelated negative responses to stress 2. Recall at least three factors that may contribute to community-level compassion fatigue among people who provide care to those experiencing substance use, mental health, and/or primary care conditions/disorders 3. Identify at least two strategies to promote self-care, both in and out of the workplace 	<p align="center">Wellness</p>
	<p>COD 101: Tips for Providers to Address Co-Occurring Disorders</p>	<p>Andrew Kurtz, LMFT <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Description: This training will introduce participants to the epidemiology and neurobiology of co-occurring disorders. Participants will learn how to develop behavioral intervention</p>	<p align="center">Special Populations</p>

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		<p>strategies for those with co-occurring substance use and mental health. The training will also cover an overview of evidence-based practices for CODs, including Motivational Interviewing and Cognitive Behavioral Therapy.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Explain at least two ways that alcohol and other drugs impact the user's brain 2. Provide examples of at least three evidence-based methods for identifying and treating co-occurring disorders across the lifespan 3. Explain the essential steps to conduct a brief staging intervention for clients with co-occurring substance use and mental health disorders 	
	<p>Wicozani (Wellness Community)</p>	<p>Captain Emily Williams, LCSW-PIP, BCD <i>Substance Abuse and Mental Health Services Administration</i></p> <p>Description: Wicozani will show the braiding of culture into Behavioral Health and wellness programs in Indigenous Northern Plains communities. Bringing culture into care provides a pathway to success for communities.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Transform the way participants view culture within the context of treatment 2. Demonstrate a program that integrates (braids) culture into treatment to improve outcomes 	<p>Recovery</p>
<p>11:45 AM – 12:30 PM (ChST)</p>	<p align="center">Lunch Break</p>		
<p>12:30 PM – 12:45 PM (ChST)</p>	<p align="center">Movement Break provided by UCLA Recreation – Fitwell Programs</p>		
<p>12:45 PM – 01:45 PM (ChST) Concurrent Workshops</p>	<p>Sustaining Prevention: It Takes a Village</p>	<p>Michelle J. Park, CPS <i>Coalition for a Drug-Free Hawaii</i></p> <p>Description: Sustainability is a critical, and often overlooked, element of prevention planning. In order to sustain the</p>	<p>Prevention</p>

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		<p>successes that we achieve through prevention, we must look beyond our current funding and consider how to fully sustain the processes and programs that have brought us success. Essential vehicles for sustainability are community coalitions and similar networks. This workshop will review key elements of sustainability and how both coalition stakeholders and other community partners work together to sustain those processes and programs long-term, even when funding is diminished.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Define the term sustainability 2. Identify the three keys of sustainability 	
	<p align="center">Matrix Model for Guam</p>	<p>Athena Duenas, MA, CSAC III, ICADC, LPC <i>Guam Behavioral Health & Wellness Center</i> Valerie Reyes, LCSWe, LPC, MFT, LMHC, ICADC CSAC III <i>The Salvation Army Lighthouse Recovery Center</i></p> <p>Description: Guam Behavioral Health & Wellness Center's Drug & Alcohol Branch has provided the Evidence-Base Program, The Matrix Model for Substance Use Intensive Outpatient Treatment since 2007. The Drug & Alcohol Program continues to provide the Matrix Model with Fidelity and has also add a few adaptation to meet the needs of our consumers in the Pacific. This presentation will provide some information on the EBP Matrix Model and the added components we have made here on Guam and some challenges that we have also faced with the EBP model.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Apply the Matrix Model with fidelity and with adaptations for a more culturally relevant treatment experience 2. Identify at least two (2) challenges and possible solutions in providing evidence-based practices in the Pacific 	<p align="center">Treatment</p>

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	<p>The History, Evolution, and Future Direction of TOHGE, Guahan's only Peer-Run and Peer-Led Organization</p>	<p>Brian Hahn <i>TOHGE, Inc.</i></p> <p>Description: This workshop will explain the need for peer recovery support in Guam. It will define what is a peer, what is peer support, the importance of Peer Support in a Peer's journey through treatment. It will explain the effectiveness of Peer Support in Treatment.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Distinguish what a peer is and what a peer is not 2. Explain the importance of Peer Support in a Peer's journey through treatment 	<p>Recovery</p>
	<p>Exploring the Trajectory of Violence and Addiction among Incarcerated Men and Women: The Efficacy of Trauma-Informed Treatment</p>	<p>Nena Messina, PhD <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Description: Following the analytic model described in the ACE studies, the workshop describes the prevalence of multiple types of ACEs among men and women convicted of violent crimes serving life or long sentences in prison. It will further outline the appropriate trauma-based treatment for men and women and successful models of delivery to reduce violence and aggression and to heal from the trauma in their lives.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Increase understanding of the trajectories of violence and trauma throughout the lives of violent offenders 2. Outline the precipitating causes of their offending and aggressive behavior 	<p>Special Populations</p>
	<p>How to Effectively Engage and Retain Individuals from the Republic of the Marshall Islands Utilizing Services within the SUD – Continuum of Care</p>	<p>Julia Alfred <i>Republic of the Marshall Islands</i> Tony Alik <i>Waan Aelon in Majel (WAM)</i> Nel Nathan <i>The Salvation Army</i> Riem Simon</p>	<p>Wellness</p>

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		<p><i>Coastal Islands Protection Services</i></p> <p>Description: Presenters would like share their experiences in working with at risk youth and adults dealing with substance use disorders. The presentation will look at how the RMI interventions such as the Canoe building program, the coastal islands protection services and the young men's self-sufficiency program changed the knowledge, attitude and behavior. The Presenters are not Clinicians nor feel they are SUD experts but they've utilized culturally relevant and useful interventions to improve the participants' self-worth, self-confidence, self-image through acquiring vocational skills that not many can do. These interventions have not been evaluated to be considered evidence based interventions but the personal testimonies and the noticeable change in physical appearance, pride, attitude and abstinence from substance use is celebrated.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Recall at least two ways how a seawall building service motivates change among substance users 2. Recognize at least two (2) ways how the Waan Aelon in Majel improves self-worth and pride 	
01:45 PM – 2:00 PM (ChST)	Break		
02:00 PM – 3:00 PM (ChST) PM Plenary Session	Becoming Trauma Informed: An Essential Element for Justice Settings	<p>Nena Messina, PhD <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Description: The primary goals of this session are to provide criminal justice, mental health, and substance use treatment professionals with up-to-date information regarding trauma-informed care within the criminal justice system. This session will also provide information on the lifelong impact of trauma, recovery needs, and implementation of trauma-focused treatment interventions (including research findings from active trauma-informed programs in corrections).</p>	Plenary Session

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Learning Objectives:

1. Raise awareness regarding the trauma and the related behavioral, physical and mental health issues associated with adverse childhood events (ACEs) among justice-involved men and women
2. Increase the understanding of the complex issues surrounding the supervision of incarcerated men and women with histories of trauma and abuse, as well as its potential impact on themselves
3. Outline the efficacy of trauma-informed services and service delivery models

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DAY TWO: September 30, 2020 (All times are in Chamorro Standard Time [ChST])

TIME	TOPIC	SPEAKER(S)	TRACK
09:00 AM – 09:15 AM (ChST)	Welcome and Introductions	Thomas E. Freese, PhD <i>UCLA Integrated Substance Abuse Programs</i>	
09:15 AM – 10:15 AM (ChST) AM Plenary	The Science and Practice of Sustainable Well-Being	Emiliana Simon-Thomas, PhD <i>UC Berkeley Greater Good Science Center</i> <u>Description:</u> Greater well-being, or happiness in life tied to better health, more satisfying relationships, and overall success, and, it is of utmost importance to most of us. What it means, where it comes from, or how to enhance it, however, can feel elusive. This presentation will share a science-backed blueprint for sustainable well-being, including key insights and practical tools for strengthening it, particularly through investing in mutually supportive interpersonal connections, and contributing to something bigger than yourself—the greater good. <u>Learning Objectives:</u> <ol style="list-style-type: none"> 1. Understand the scientific approach to evaluating well-being 2. Describe the benefits of well-being 3. Explain the key drivers of well-being: Connection, Positivity, Resilience 	Plenary Session
10:15 AM – 10:30 AM (ChST)	Break		
10:30 AM – 11:30 AM (ChST) Concurrent Workshops	The Roles of Culture and Collaboration in Preventing Suicide and Substance Misuse	Gerry RainingBird <u>Description:</u> This session will discuss the intersection of suicide and substance use and the role that culture and collaboration plays in helping to prevent suicides.	Prevention

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		<p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Discuss the ways in which suicide and substance misuse overlap within the context of the Strategic Prevention Framework 2. Identify two (2) ways to leverage community partners for greater impact to prevent multiple behavioral health problems 3. Describe two (2) roles of culture and cultural considerations when working to prevent substance misuse and promote mental health 	
	<p>Telehealth Best Practices and Implementation</p>	<p>Gloria Miele, PhD <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Description: While other health care fields have utilized telemedicine for decades, behavioral health programs have been slower to adopt telehealth until now. Ready or not, physical distancing requirements due to COVID-19 have required agencies to implement telehealth quickly across a variety of settings. This presentation will provide an overview of telehealth best practices, from ergonomics to confidentiality, facilitators to barriers, with an emphasis on effective implementation in substance use treatment programs.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Describe two best practices to prepare clinicians for telehealth visits 2. Identify two best practices to prepare clients for telehealth visits 3. Evaluate two barriers to implementing telehealth 	<p>Treatment</p>
	<p>Age Matters: Addressing Opioid and Stimulant Use Among Youth</p>	<p>Deborah Werner, MA, PMP <i>Advocates for Human Potential, Inc.</i></p> <p>Description: This session will discuss strategies for addressing opioid and stimulant use disorders among youth and young adults (ages 12-24). The session will discuss integration of</p>	<p>Treatment</p>

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		<p>youth development and best practices in prevention, treatment, MAT and recovery supports for youth. The content will draw upon the experiences of grantees funded through the California Youth Opioid Response (YOR California). The session will include presentation, experiential activities/discussion and story-telling to offer practical suggestions and applications.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Discuss two strategies that can be used to address opioid and stimulant use disorders among youth 2. Discuss the integration of youth development and best practices in prevention, treatment, MAT and recovery supports for youth 	
	<p>Skills for Strengthening Well-Being</p>	<p>Emiliana Simon-Thomas, PhD <i>UC Berkeley Greater Good Science Center</i></p> <p>Description: This workshop will cover key concepts from the science of well-being like mindfulness, emotional intelligence, gratitude, and awe, and teach participants how to practice a series of simple exercises drawn from published research. The session will dispel some common, often counterproductive myths about where happiness comes from and address typical barriers to the pursuit of happiness, ultimately providing participants with the insight and practical tools to craft a successful pathway to sustainable well-being.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify at least five (5) key concepts from the science of well-being 2. Explain how to do three (3) practices for strengthening skills of well-being 3. List two (2) common myths and barrier to successfully pursuing well-being 	<p>Wellness</p>
	<p>Mindfulness Based Treatment for Substance Use Disorders</p>	<p>Suzette Glasner, PhD <i>UCLA Integrated Substance Abuse Programs</i></p>	<p>Wellness</p>

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		<p>Description: In this workshop, attendees will be introduced to the tenets of mindfulness based interventions for substance use disorders. Scientific evidence for the utility of mindfulness based relapse prevention in reducing alcohol and drug use will be reviewed, and the core mindfulness based skills that can be utilized in clinical practice with addicted populations will be described. Brief mindfulness exercises will be conducted to familiarize workshop participants with these techniques, and a set of specific skills training methods will be outlined to enable clinicians to readily implement of mindfulness based intervention strategies in patient care settings.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify three (3) potential benefits of integrating mindfulness meditation practice into counseling sessions for individuals who use alcohol and/or drugs 2. Plan two (2) meditation based exercises that can be useful in assisting clients with substance use disorders to manage cravings and uncomfortable emotions that could place them at risk for relapse 	
11:30 AM – 12:15 PM (ChST)	Lunch Break		
12:15 PM – 12:30 PM (ChST)	Movement Break provided by UCLA Recreation – Fitwell Programs		
12:30 PM – 01:30 PM (ChST) Concurrent Workshops	<p>Evaluating Prevention Outcomes: The Importance of Culture and Collaboration</p>	<p>James Arriola, MA, CPS <i>Brabu Behavioral Health Services</i></p> <p>Description: The main components of this presentation will focus on defining key principles of evaluation in a Pacific Island community context. The presentation seeks to highlight general evaluation basics, a collaborative approach to evaluation anchored in prevention science, and unique and experienced cultural considerations for Pacific Island communities. The workshop will review important challenges Pacific Islanders face with evaluation, including challenges with meeting federal requirements. Cultural approaches will focus on both National/State and community evaluation lessons with an</p>	Prevention

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		<p>emphasis on addressing cultural concerns to reduce resistance to evaluation and to the importance of collaboration for sustainability.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Describe at least two (2) different types of evaluation 2. Describe how evaluation helps prevention 	
	<p>Incorporating the Use of Traditional Healing Methods in the War we Provide Care to Clients</p>	<p>Tricia Lizama, PhD <i>Guma Yo'ãnte</i></p> <p>Description: Participants will learn about the history of traditional Chamoru healing methods practiced in Guam. Some traditional healing methods in Saipan, Rota and Tinian will also be explored. In addition, participants will have an understanding of why people would seek out services from a traditional healer, commonly known as a suruhãnu (male healer), suruhãna (female healer) or ya yo'ãnte a o you.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify three types of Chamoru healing methods 2. Distinguish between the types of healers 	<p>Treatment</p>
	<p>Reducing Stigma Associated with Opioid Use and Medicines for Addiction Treatment</p>	<p>Thomas E. Freese, PhD <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Description: Negative misconceptions surrounding opioid use disorders (OUD) and the FDA-approved medications for addiction treatment (MAT) can result in a disincentive for people to seek treatment. This will address some of the myths and misconceptions about OUD and MAT that feed into stigmatizing beliefs. Strategies for moving the field toward the use of less stigmatizing language when addressing substance use disorders will be discussed. The presentation will review the importance of understanding personal biases and the impact these biases can have on patients and their ability to access available services. The connection between stigma and</p>	<p>Treatment</p>

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		<p>health disparities, particularly in marginalized populations, will also be addressed.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify three (3) ways that stigma negatively impacts people with substance use disorders 2. Convert three (3) stigmatizing statements to more affirming language 3. Apply factual information to counter two (2) common misconceptions about MAT 	
	<p>Women in Recovery in Guam: Focus Group Findings</p>	<p>Valerie Reyes, LCSWe, LPC, MFT, LMHC, ICADC CSAC III <i>The Salvation Army Lighthouse Recovery Center</i></p> <p>Description: More and more women have been seeking treatment services for Substance Use Disorders. Women treatment services are available on Guam, however have limited options with just one recognized Treatment Center, the OASIS Empowerment Center who finds themselves at full capacity almost monthly.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will have understanding of treatment needs for women in Guam 2. Participants will be able to identify three treatment needs for women in Guam 	<p align="center">Recovery</p>
	<p>Providing Culturally Responsive Services for LGBT Individuals</p>	<p>Grant Hovik, MA <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Description: This workshop is intended for any provider in contact with LGBT individuals, including MH and SUD clinicians, HIV providers, State, Local and County governments employees, Primary care providers, Public health practitioners, Prevention specialists, Community based organizations, School teachers and counselors. The workshop includes an introduction to key terms and concepts (such as gender identity and sexual orientation), treatment considerations for clinical</p>	<p align="center">Special Populations</p>

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		<p>work, and addressing the specific needs of lesbian, gay, bisexual, and transgender individuals.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Recall two (2) factors that might contribute to substance use among LGBT clients 2. Identify two (2) barriers for health screening and medical care for LGBT clients 	
01:30 PM – 01:45 PM (ChST)	Break		
01:45 PM – 2:45 PM (ChST) PM Plenary Session	<p>Medical Managed Withdrawal from Alcohol, Opioid and Sedative-Hypnotic Addiction and Use Disorders</p>	<p>Kevin Kunz, MD, MPH, DFASAM <i>American College of Academic Addiction Medicine</i></p> <p>Description: This session will review the neurobiological basis of substance withdrawal in patients with substance use disorders, and will provide current evidence based protocols safe, acute withdrawal from these drug classes. The nature of the protracted withdrawal syndrome will also be reviewed, with recommendations for treatment.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify and summarize the neurobiological basis of substance addiction and withdrawal 2. Classify and list evidence-based pharmacologic and behavioral interventions to treat acute and chronic withdrawal 3. Translate to colleagues the rational for long term treatment of substance use disorders 	Plenary Session
02:45 PM – 03:00 PM (ChST)	<p>Closing Prayer, Closing Remarks and Conference Adjourns</p>	<p>Thomas E. Freese, PhD <i>UCLA Integrated Substance Abuse Programs</i></p> <p>Joshua F. Tenorio <i>Lieutenant Governor</i></p>	