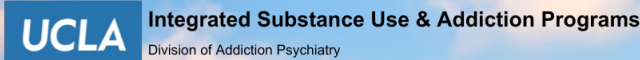



Guam's Sixth Annual Conference on Behavioral Health and Addictions Virtual Conference

Sponsored By:

Guam Behavioral Health & Wellness Center, UCLA Integrated Substance Use and Addiction Programs (ISAP), and the Pacific Southwest Addiction Technology Transfer Center (PSATTC), HHS Region 9



<p>Dates*</p>	<p>September 25-26, 2025 (Guam, CNMI, FSM, Palau, and RMI) September 24-25, 2025 (American Samoa and All US States)</p> <p><i>*Refer to the time zone conversion table to determine the start/end time for the conference:</i> Time Zone.xlsx</p> <p>Please try to log in 10-15 minutes prior to each session to ensure your audio and visual connections are working properly.</p>
<p>Registration Information:</p>	<p>Register for this free virtual experience at: 2025 Guam's 6th Annual Behavioral Health and Addictions Virtual Conference</p>
<p>Featured Plenary Speakers:</p>	<p>Day 1 Opening Plenary: Demystifying the Use of Medications for Treating and Reducing the Harm Associated with Opioid Use Disorder Use in Rural Settings <i>Thomas E. Freese, PhD</i></p> <p>Day 1 Closing Plenary: Uncovering the Hidden: Substance Use in Guam, <i>Annette M. David, MD, MPH</i></p> <p>Day 2 Opening Plenary: Cannabis Use Disorder- Evidence Based Practices, <i>Ziva Cooper, MD</i></p> <p>Day 2 Closing Plenary: Compassionate Care for Youth who Substances, <i>Eileen Chen, PsyD</i></p>
<p>Conference Description:</p>	<p>NATIONAL RECOVERY MONTH This two-day virtual conference is being held in recognition of National Recovery Month. Our goal for this conference is to bring together mental health substance use disorder treatment providers and prevention specialists to share knowledge and insights to enhance prevention, treatment, and recovery practices of substance use disorders for Pacific Islanders and their communities across the Pacific. The conference will feature four keynote presentations, and 32 workshops focused on one of the seven tracks: (1) Clinical Interventions, (2) Emerging Issues in Behavioral Health Care, (3) Mental Health, (4) Opioids, Stimulants, and other Emerging Trends in the Pacific, (5) Populations with Specific Service Needs, (6) Prevention, Challenges and Solutions in Rural Communities and (8) Women, Children, and Families.. This conference will bring critical information to often underserved and hidden populations across the US.</p> <p>For the full agenda, which includes session titles, presenters, descriptions, and learning objectives, please visit: https://www.uclaisap.org/dmhcod/html/2024-guam-fifth-annual-virtual-conference.html</p>

<p>Overall Conference Learning Objectives:</p>	<p>At the conclusion of the conference, participants should be able to:</p> <ol style="list-style-type: none"> 1. Explain at least two (2) treatment strategies for addressing OUD in rural communities. 2. Describe at least two (2) strategies to increase access to care for people with OUD. 3. Identify at least three (3) patterns of emerging drug trends. 4. Identify the sources of data used to delineate the nature of illicit substance use in a population. 5. Describe at least one (1) example of how to spot a potential “red flag” from population data indicating the need to further explore substance use through other sources. 6. Identify at least two (2) limitations of population-based surveillance systems. 7. Describe at least one (1) aspect of the current state of the overdose crisis especially as it relates to US Territories and US-Affiliated Pacific Island 8. Identify two (2) substances which are increasing in prevalence among Guam's youth.
<p>Continuing Education:</p>	<p>The conference course meets the qualifications for the provision of up to eight (8.0) continuing education credits/contact hours (CEs/CEHs).</p> <p>UCLA Integrated Substance Use and Addiction Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA ISAP maintains responsibility for this program and its content.</p>  <p>UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. Course meets the qualifications for up to eight (8.0) hours of continuing education credit for LMFTs, LCSWs, LPCCS, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCS-CASs, CADCS I/II, CADCS-CSs, and LAADCs (CCAPP, #2N- 00-445-1125), CATCs (ACCBC/CAADE, #CP40 872 C 0825), and SUDCCs (CADTP, #151),), and Certified Medi-Cal Peer Support Specialists (CMPSS; CalMHSA CE Provider #1012). Provider approved by the California Board of Registered Nursing, Provider #15455,). The conference is approved by the Hawaii State Department of Health’s Alcohol and Drug Abuse Division for eight (8.0) education content hours (CSAC, CCJP, CCS, CPS, CCDP-D, and CSAPA). This program is approved by the National Association of Social Workers -Hawaii Chapter NASWHI-CEP-005 for up to eight (8.0) Social Work continuing education contact hour(s), zero (0) specifically in Ethics. Provider approved by the California Board of Registered Nursing, Provider #15455, for up to 8.0 contact hours. CE credit will be awarded for full participation within 6-8 weeks following the conclusion of the conference. Partial credit will not be available for those participants who arrive to a session late or leave a session early.</p> <p>UCLA Integrated Substance Use and Addiction Programs (ISAP) is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians. UCLA Integrated Substance Use and Addiction Programs (ISAP) designates this live virtual conference for a maximum of eight (8.0) <i>AMA PRA Category 1 Credits™</i>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Continuing medical education will be awarded within 6-8 weeks following completion of the conference.</p>



Please contact Brandy Oeser by phone (310) 779-9067 or e-mail at boeser@mednet.ucla.edu if you have questions, concerns, special needs, or require additional information before registering for the conference. If you need a disability-related reasonable accommodation/alternative format for this event, please contact Brandy Oeser by phone (310) 779-9067 or e-mail at boeser@mednet.ucla.edu at least 1 week before the conference.

Refund/Cancellation Policy: Notice of cancellation must be made at least 72 hours in advance of the conference by contacting Brandy Oeser at boeser@mednet.ucla.edu

Instructions for Filing a Grievance Concerning UCLA ISAP’s Continuing Education Program:

Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing at: (UCLA ISAP, 10911 Weyburn Avenue, Suite 200, Los Angeles, CA 90024) or by phone (310-267-5397). Alternately, you may contact Dr. Gloria, ISAP-affiliated doctoral-level psychologist responsible for program planning for the ISAP CE Program. Dr. Miele can be reached in writing at: 10911 Weyburn Avenue, Suite 200, Los Angeles, CA 90024 or by phone at: 310-267-5888

Guam's Sixth Annual Conference on
Behavioral Health and Addictions

FINAL AGENDA

DAY ONE: September 25, 2025 (All times are in Chamorro Standard Time [CHST])

Time	Topic	Presenter(s)	Track
8:00AM - 9:00AM (ChST)	Welcoming Remarks, Introductions, and Bendishon (Blessing in Chamorro)	Thomas E. Freese , PhD, UCLA ISAP, PSATTC Eric Borja Karran Phillips , MD, CSAT Director Twyla Adams , MHS, SAMHSA ATTC Project Officer Linda Fulton & Theresa Mitchell , CSAT GPO's Joshua F. Tenorio , Acting Governor of Guam	
9:00 AM – 10:00 AM (ChST) AM Plenary Session	[P1] Demystifying the Use of Medications for Treating and Reducing the Harm Associated with Opioid Use Disorder Use in Rural Setting	Thomas E. Freese, PhD Director UCLA ISAP, Co-Director PS-ATTC Description: This plenary session will explore the importance of medicines as an intervention for Opioid Use Disorder (OUD), especially in rural settings. The presenter will provide a brief overview of the scope of the opioid problem and its interconnection with other substances in increasing overdose deaths as well as discuss strategies overcoming stigma faced by individuals with OUD in rural settings, medical and behavioral treatment, and strategies to prevent overdoses. Recommendations for building compassion for this hard-to-reach population and creating safe, stigma-free spaces in which to receive care will be discussed. Learning Objectives: 1. Explain at least two (2) treatment strategies for addressing OUD in rural communities. 2. Describe at least two (2) strategies to increase access to care for people with OUD. 3. Identify at least three (3) patterns of emerging drug trends.	Plenary Session CME AVAILABLE
10:00 AM – 10:15AM (ChST)	BREAK		

<p>10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops</p>	<p>[1A] What to Do? Opioid Use in Pregnancy</p>	<p>Heather Momberg, DNP, RN</p> <p>Description: This workshop will cover common substance use disorders affecting pregnancy, highlighting the importance of recognizing substance use disorders as chronic diseases during pregnancy. The session will explain key components of the "Eat, Sleep, Console" method for managing Neonatal Abstinence Syndrome. A case presentation will also be discussed.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. List at least three (3) common substance use disorders that can complicate pregnancy. 2. Describe three (3) reasons why it is important to acknowledge substance use disorders as a chronic disease in the context of pregnancy. 3. Explain at least three (3) key components of the "Eat, Sleep, Console" method of managing Neonatal Abstinence Syndrome/Neonatal Opioid Withdrawal Syndrome. 	<p>Clinic Track</p> <p>CME AVAILABLE</p>
<p>10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops</p>	<p>[1B] Difficult Conversations: Practical Strategies to Spark Mental Health Awareness in Pacific Communities</p>	<p>Grant Hovik, MA</p> <p>Description: Mental health and substance use challenges continue to affect Pacific communities in profound ways, creating a pressing need for mobilizing providers and community members. This interactive session will highlight training opportunities from UCLA ISAP's Pacific Mental Health Awareness Training (P-MHAT) grant, offering attendees practical skills, culturally responsive strategies, and outreach approaches to strengthen community support. Participants will explore ways to improve referrals to behavioral and mental health services and expand access to both professional and community-based resources tailored to Pacific communities.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Explain at least two (2) benefits of early intervention on mental health challenges 2. Identify at least two (2) ways a person might show early signs of a mental health challenge 3. Describe at least two (2) strategies to enhance recognition and open discussion of mental health in Pacific communities 	<p>Mental Health Track</p>

10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops	[1C] Beyond the Headlines: Understanding and Addressing Emerging Drug Trends	<p>Beth A. Rutkowski, MPH</p> <p>Description: This 60-minute workshop will provide a detailed review of emerging drugs. Epidemiological data on synthetic drugs, fentanyl, other synthetic opioids, xylazine, cannabis, methamphetamine, cocaine, mixed opioids/stimulants, and vaping will be presented. The presentation will define key terms, describe the major classes of emerging drugs, present available data on the extent of use, and discuss the acute and chronic effects. The presentation will conclude with a discussion of strategies that can be used in your local community to increase access to prevention and treatment services.</p> <p>Learning Objective:</p> <ol style="list-style-type: none">1. Describe at least three (3) patterns of emerging drug trends in non-metropolitan rural communities across United States.2. Identify at least three (3) key characteristics and acute and chronic effects of synthetic opioids(fentanyl), xylazine, synthetic cannabinoids (spice) and/or synthetic cathinones (bath salts).3. Explain at least two (2) strategies for communicating the negative consequences associated with the use of emerging drugs.	<p>Opioids, Stimulants, & other Emerging Trends Track</p> <p>CME AVAILABLE</p>
10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops	[1D] Grief and Loss: Supporting Children, Youth, and Families	<p>Linda Garcia, MA, CCLS</p> <p>Description: This workshop provides an overview of grief and loss, focusing on how personal experiences influence work with children and youth facing trauma or loss. Topics include unresolved grief, children’s developmental understanding of grief, funeral rituals, communication strategies, cultural considerations, and the importance of self-care to prevent vicarious trauma. A strength-based approach encourages participants to reflect on their own beliefs in a supportive environment.</p> <p>Learning Objective:</p> <ol style="list-style-type: none">1. Describe at least two (2) grieving process for children and youth2. Distinguish at least two (2) cognitive and emotional response to loss across all ages3. Identify at least one (1) grief interventions for children and youth	<p>Populations w/ Specific Service Needs Track</p>

<p>10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops</p>	<p>[1E] The Intersection: Substance Misuse and Suicide Prevention</p>	<p>Jana Boocock, MSW, CAC, CPS</p> <p>Description: The connection between substance misuse and suicide is clear and deeply concerning. Both suicide and substance-related deaths continue to rise in the U.S., and research shows that substance use significantly increases suicide risk. Following this workshop, participants will be able to describe the relationship between substance misuse and suicide, identify the critical overlaps between the two fields, explore opportunities for collaboration, and see practical examples of what this looks like in the field.</p> <p>Learning Objective:</p> <ol style="list-style-type: none"> 1. Explain at least one (1) of the relationships between substance misuse and suicide, including shared risk factors and community-level trends. 2. Identify at least two (2) overlaps between substance misuse prevention and suicide prevention strategies that can strengthen local initiatives. 3. Apply at least two (2) collaborative approaches by engaging partners to implement integrated prevention practices. 	<p>Prevention Track</p>
<p>10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops</p>	<p>[1F] Integrating Family Support Community Reinforcement and Family Training (CRAFT)</p>	<p>Darlene Schultz, BS Elementary Education</p> <p>Description: Families play a critical role in recognizing and responding to behavioral health challenges, yet they often feel overwhelmed, isolated, or unsure how to help. This presentation explores how family support can be meaningfully integrated into recovery services through Community Reinforcement and Family Training (CRAFT) — an evidence-based approach that equips families with tools for effective communication, self-care, and positive reinforcement. Participants will gain an understanding of CRAFT’s core principles, discover how it empowers families to encourage change while protecting their own well-being, and learn how USARA implements family support programs in community settings.</p> <p>Learning Objective:</p> <ol style="list-style-type: none"> 1. Explain at least one (1) reason integrating family support is important in recovery services. 2. Describe at least three (3) core principles or strategies of Community Reinforcement and Family Training (CRAFT). 3. Identify at least two (2) ways CRAFT empowers families to support their loved ones while maintaining their own well-being. 	<p>Challenges and Solutions in Rural Communities Track</p>

10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops	[1G] Preventing Substance Use Among Young Adults with Disabilities	Humberto Carvalho, MPH <u>Description:</u> The presentation highlights the unique vulnerabilities young adults with disability faces, including social isolation, limited access to tailored health education, and higher rates of co-occurring substance use and mental health conditions. It emphasizes the importance of inclusive prevention strategies that address both environmental and individual risk factors, such as peer support programs, accessible communication tools, and culturally competent care. <u>Learning Objective:</u> 1. Identify at least two (2) unique challenges faced by young adults with disabilities regarding substance use. 2. Classify at least two (2) evidence-based prevention strategies tailored to this population. 3. Describe at least three (3) roles of caregivers, educators, and healthcare professionals in prevention efforts that support individuals with disabilities.	Women, Children, and Families Track
10:15 AM – 11:15 AM (ChST) AM Concurrent Workshops	[1H] Intersecting Epidemics: Substance Use and Tuberculosis	Chima Mbakwem, MSHS, PGCFE Shannon Faythe Brown, RN, BSN, MHA, CCM Jackson Smith, MPH Ariel Villasenor-Urgo, BSPH <u>Description:</u> This session explores the critical intersection between substance use and tuberculosis (TB), focusing on how these overlapping epidemics impact patient care and public health outcomes. Participants will learn to identify current trends in substance use among individuals diagnosed with TB and recognize how substance use can influence disease progression and treatment adherence. <u>Learning Objective:</u> 1. Identify at least two (2) trends in substance use among tuberculosis patients. 2. Describe at least one (1) good clinical practice when providing tuberculosis treatment to patients struggling with substance use. 3. Explain at least two (2) of the risks of stopping tuberculosis treatment due to substance use.	Co-Occurring Health Conditions Track
11:15 AM – 12:00 PM	LUNCH		
12:00 PM – 12:15 PM	MOVEMENT BREAK		

<p>12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops</p>	<p>[2A] Dialectical Behavioral Therapy in Substance Use Disorder Treatment</p>	<p>Samantha Santamaria, LCSW</p> <p><u>Description:</u> This session will explore Dialectical Behavioral Therapy (DBT), an evidence-based treatment that was originally developed to treat chronic suicidal ideation and borderline personality disorder (BPD). Research has since shown that DBT is effective in treating a wide range of mood disorders such as depression, post-traumatic stress disorder (PTSD), and eating disorders, as well as for changing behavioral patterns such as self-harm and substance use. DBT is a modified type of cognitive behavioral therapy (CBT), and its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Distinguish at least one (1) of the origins of DBT and the four (4) groups of skills utilized in DBT (Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance). 2. Identify at least two (2) ways in which DBT skills can be useful in substance use disorder treatment. 3. Apply at least one (1) specific DBT skill pertaining to one of the four (4) groups of skills utilized in DBT. 	<p>Clinical Track</p>
<p>12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops</p>	<p>[2B]Trauma-Informed Engagement: Strategies for Compassionate Safety in Youth Treatment</p>	<p>Andrew Kurtz, MA, LMFT</p> <p><u>Description:</u> This session explores how Trauma-Informed Care (TIC) principles can be applied as a strategic framework to engage youth more effectively in clinical, educational, and community settings. Participants will examine the intersection of trauma, behavior, and engagement, and learn how to foster safety, trust, and empowerment in youth-centered environments. Through examples and interactive discussion, attendees will gain practical tools to shift from reactive approaches to proactive, healing-centered engagement strategies that meet youth where they are.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Describe at least two (2) modifications of Trauma-Informed Care (TIC) for youth populations. 2. Explain at least three (3) key principles of TIC that enhance relational and behavioral engagement. 3. Assess at least two (2) current practices for alignment with trauma-informed engagement principles. 	<p>Mental Health Track</p>

<p>12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops</p>	<p>[2C] Beyond Statistics: Tackling Youth Substance Use with Effective Interventions</p>	<p>Jose C. Salazar, DrPH, MPH <u>Description:</u> This informative session will focus on the topic of substance use among youth population and effective programs and interventions that can be implemented to reduce and/or prevent progression in the substance use disorder (SUD) continuum. Drawing from direct service experience and implementation of evidence-based practices (EBP's), this presentation will highlight effective interventions for youth and their family, including integration of Medications for Addiction Treatment (MAT).</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none">1. Identify at least two (2) emerging trends in alcohol and drug use among youth populations.2. Describe at least two (2) evidence-based practices (EBPs) that can be used to provide substance use disorder (SUD) services to youth populations.3. Identify at least two (2) benefits of integrating Medications for Addiction Treatment (MAT) with youth populations.	<p>Opioids, Stimulants, & other Emerging Trends Track</p> <p>CME AVAILABLE</p>
<p>12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops</p>	<p>[2D] Nutrition, Substance Use and Recovery</p>	<p>Annie Lindsay, PhD, FACSM Lenora Matanane, MS, RDN, LD</p> <p><u>Description:</u> This session will explore the impact of nutrition and physical activity for individuals in recovery. The unique challenges that clients living in rural communities' face will be discussed along with resources and supports for implementing strategies to address these challenges.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none">1. Identify at least two (2) of the impacts of nutrition and physical activity for individuals in recovery for substance use.2. Describe at least two (2) unique challenges that clients living in rural communities' face during recovery.3. Apply at least three (3) resources and supports for implementing strategies to address these challenges.	<p>Populations w/ Specific Service Needs Track</p>

12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops	[2E] Level Up Youth Engagement: Practical Strategies for Community-Based Substance Use Prevention	<p>Elizabeth Weybright, PhD Ashley Hall</p> <p>Description: This interactive session draws from the Youth Engagement Resource Guide to explore the foundations and practical applications of youth engagement. Participants will gain insights into why engaging youth during this developmental stage is critical. Through presentation, discussion, and brief activities, attendees will examine various types of youth engagement, learn how to select the most suitable approaches, and consider real-world factors that influence success. The session will conclude with strategies to “level up” youth engagement—moving from participation to leadership and co-creation. All participants will receive a copy of the guide.</p> <p>Learning Objective:</p> <ol style="list-style-type: none">1. Identify at least three (3) types of youth engagement and provide examples from their own context.2. Evaluate at least two (2) strategies for selecting appropriate engagement approaches based on goals, context, and youth needs.3. Describe at least two (2) ways to enhance “level up” youth engagement for deeper impact and sustainability.	Prevention Track
12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops	[2F] Tuning Up Your Ethical Game!	<p>Kate Speck, PhD, MAC, LADC</p> <p>Description: This practical session will help providers strengthen their approach to ethical challenges. Learn to define key ethical issues, explore research priorities, protect clinician well-being, and develop a personal ethical safety plan. This session offers tools and insights to strengthen your ethical foundation and empower you in your professional role.</p> <p>Learning Objective:</p> <ol style="list-style-type: none">1. Define at least one (1) ethical issue or challenge in research.2. Describe at least two (2) current research priorities related to ethics.3. Identify at least one (1) way protecting the clinician is prioritized in ethical research practices.	Challenges and Solutions in Rural Communities Track


<p>12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops</p>	<p>[2G] Adolescent Engagement Through Motivational Interviewing</p>	<p>Rosana Trivino-Perez, LCSW</p> <p>Description: This session will introduce participants to Motivational Interviewing (MI), an evidence-based, collaborative communication style designed to strengthen a person’s own motivation and commitment to change. It will highlight the foundations of MI, explores why it works with adolescents, and reviews MI skills that enhance engagement, including the practical micro-skills (OARS) which can help recognize and strengthen change talk.</p> <p>Learning Objective:</p> <ol style="list-style-type: none"> 1. Discuss at least two (2) of the principles and spirit of Motivational Interviewing (MI) and explain its relevance in working with adolescents. 2. Identify at least three (3) core MI micro-skills (OARS) 3. Describe at least two (2) reasons why MI is particularly effective with adolescents by examining developmental considerations. 	<p>Women, Children, and Families Track</p>
<p>12:15 PM – 1:15 PM (ChST) PM Concurrent Workshops</p>	<p>[2H] Hepatitis C, HIV, and Substance Use Disorders</p>	<p>Sarah Rowan, MD</p> <p>Description: This session will explore the overlapping epidemiology of HIV, HCV, and substance use disorders. Screening guidelines for HIV, HCV, and STIs among people with substance use disorders will be discussed. Novel treatment approaches will be presented that address challenges related to substance use disorders.</p> <p>Learning Objective:</p> <ol style="list-style-type: none"> 1. Explain at least two (2) factors that contribute to the overlapping epidemiology of HIV, HCV, and substance use disorders. 2. Identify at least two (2) screening guidelines for HIV, HCV, and STIs among people with substance use disorders. 3. List at least two (2) HCV treatment protocols and consider options for novel treatment approaches that address challenges related to substance use disorders. 	<p>Co-Occurring Health Conditions Track</p>

<p>1:30 PM – 2:30 PM (ChST) PM Plenary Session</p>	<p>P2 -Uncovering the Hidden: Substance Use in Guam</p>	<p>Annette M. David, MD, MPH</p> <p><u>Description:</u> This presentation describes the approach taken by Guam's State Epidemiological Outcomes Workgroup (SEOW) in determining the nature and extent of illicit substance use in the US Territory of Guam.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none">1. Describe at least one (1) example of how to spot a potential “red flag” from population data indicating the need to further explore substance use through other sources.2. Identify at least two (2) limitations of population-based surveillance systems.3. Identify at least (3) potential data sources to augment population surveys in uncovering hidden substance use.	<p>Plenary Session</p> <p>CME AVAILABLE</p>
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Guam's Sixth Annual Conference on
Behavioral Health and Addictions

FINAL AGENDA


DAY TWO: September 26, 2025 (All times are in Chamorro Standard Time [CHST])


Time	Topic	Presenter(s)	Track
8:00AM - 8:15AM (ChST)	Opening Remarks	Beth A. Rutkowski, MPH, UCLA ISAP, PS-ATTC Thomas E. Freese, PhD, UCLA ISAP, PS-ATTC	
8:15AM - 9:15AM AM Plenary Session	P3: Cannabis Use Disorder - Evidence Based Practices	Ziva D. Cooper, PhD Director UCLA Center for Cannabis and Cannabinoids <u>Description:</u> This presentation will describe Cannabis Use Disorder (CUD), including its clinical presentation, risk factors, and current approaches to management. Attendees will explore the diagnostic criteria for CUD, with a focus on identifying 2–3 core symptoms commonly seen in clinical practice. The session will also examine individual, environmental, and genetic variables that contribute to the risk of developing CUD. Finally, the session will review current evidence supporting the use of off-label pharmacological interventions and other evidence-based strategies for managing cannabis use disorder. Participants will gain practical insights into assessment and treatment options that can inform clinical decision-making and improve patient outcomes. <u>Learning Objective:</u> 1. Identify at least two (2) symptoms of cannabis use disorder (CUD). 2. Describe at least two (2) variables that impact the risk of developing CUD. 3. Explain at least two (2) off-label pharmacological options that may aid in the management of CUD.	Plenary Session 
9:15 AM – 9:30 AM	BREAK		

<p>9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops</p>	<p>3A - Competency Based Clinical Supervision</p>	<p>Paul Hunziker, MA</p> <p><u>Description:</u> This workshop is designed for behavioral health professionals who are supervisors or who are considering becoming supervisors. This one-hour lecture with Q &A will introduce participants to the concept of competency-based supervision and how it can benefit their supervisees. We will examine the different competency manuals available to supervisors.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Explain at least one (1) key concept of competency-based clinical supervision. 2. Compare at least two (2) different types of clinical supervision models. 3. List at least three (3) benefits of using the Feedback Model in supervision. 	<p>Clinical Track</p>
<p>9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops</p>	<p>3B - Effectively Addressing Compassion Fatigue and Burnout</p>	<p>Maria Hu, DSW, LCSW</p> <p><u>Description:</u> This presentation will aim to enhance the provider well-being by increasing awareness of compassion fatigue, secondary trauma, and burnout. Participants in this presentation will not only learn the various key indicators of these stress responses they will also have an opportunity to identify practical tools that enhances resilience. Grounded in the Eight Dimensions of Wellness Model (Swarbrick, 2006), this presentation session will emphasize the various principles that aim to cultivate and foster sustainable self-care practices. Participants will also have an opportunity to identify at strategies that integrates self-care into their daily lives.</p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> 1. Identify at least three (3) indicators of compassion fatigue, secondary trauma, and burnout. 2. Describe at least two (2) principles of the Eight Dimensions of Wellness Model (Swarbrick, 2006) that can enhance their self-care practices and resilience. 3. Explain at least two (2) strategies for incorporating self-care practices. 	<p>Mental Health Track</p> <p>CME AVAILABLE</p>

<p>9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops</p>	<p>[3C] Beyond the Headlines: Understanding and Addressing Emerging Drug Trends</p>	<p>Beth A. Rutkowski, MPH</p> <p><u>Description:</u> This 60-minute workshop will provide a detailed review of emerging drugs. Epidemiological data on synthetic drugs, fentanyl, other synthetic opioids, xylazine, cannabis, methamphetamine, cocaine, mixed opioids/stimulants, and vaping will be presented. The presentation will define key terms, describe the major classes of emerging drugs, present available data on the extent of use, and discuss the acute and chronic effects. The presentation will conclude with a discussion of strategies that can be used in your local community to increase access to prevention and treatment services.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Describe at least three (3) patterns of emerging drug trends in non-metropolitan rural communities across United States. 2. Identify at least three (3) key characteristics and acute and chronic effects of synthetic opioids(fentanyl), xylazine, synthetic cannabinoids (spice) and/or synthetic cathinones (bath salts). 3. Explain at least two (2) strategies for communicating the negative consequences associated with the use of emerging drugs. 	<p>Opioids, Stimulants, & other Emerging Trends Track</p> <p>CME AVAILABLE</p>
<p>9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops</p>	<p>[3D] Healing Our People, Honoring Our Roots</p>	<p>Lilinoe Kauahikaua, MSW, LCSW</p> <p><u>Description:</u> This session will introduce the work of Papa Ola Lōkahi, the Native Hawaiian Health Board, and highlight how culture serves as a vital protective factor for wellness. Participants will learn why our work in substance use and mental health is rooted in cultural foundations, and how ancestral knowledge shapes prevention, treatment, and healing. The presentation will showcase cultural resources, trainings, and recent projects that uplift the strengths of our communities, demonstrating culture not only as identity, but as health and healing for both our generation, and those that came before us.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Describe at least one (1) aspect of the mission of Papa Ola Lōkahi and its role in addressing Native Hawaiian health priorities. 2. Explain at least two (2) ways cultural foundations act as protective factors in substance use, mental health, and healing. 3. Identify at least two (2) current cultural resources or training initiatives that support prevention, treatment, and recovery. 	<p>Populations w/ Specific Service Needs Track</p>

<p>9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops</p>	<p>[3E] Engaging Faith Communities in Primary Substance Use Prevention</p>	<p>Albert Gay, MS</p> <p><u>Description:</u> As trusted institutions that are profoundly embedded within neighborhoods and cultures across diverse populations, faith communities serve as vital, often untapped partners in primary substance use prevention. This presentation delves into the distinctive advantages that religious and spiritual organizations bring to prevention work, such as their values-based messaging that is inherently consistent with substance use prevention objectives, intergenerational connections, regular gathering opportunities, and established community trust.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Describe at least one (1) role of faith communities in prevention. 2. Identify at least two (2) implementation challenges. 3. Apply at least one (1) responsive and practical engagement technique. 	<p>Prevention Track</p>
<p>9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops</p>	<p>[3F] Motivating Health Change Through Trauma-Informed Messaging: Nutrition Messaging for Recovery Communities</p>	<p>Adrienne Markworth, MA</p> <p><u>Description:</u> The core objective of this session will be to link the Self-Determination Theory and Recovery Capital Framework to nutrition education. The presentation will outline how nutrition decisions can support self-mobilization and self-regulation. It will also highlight how messaging can support intrinsic motivation by fostering a sense of autonomy, competence, and relatedness. Key takeaways will include the idea that recovery is about rebuilding health, meaning, and connection, and that trauma-informed, recovery-responsive messaging builds trust, agency, and hope. The presentation will analyze examples of nutrition curricula tailored for this population, specifically Leah's Pantry Food Smarts curriculum, adapted for the recovery community.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Explain at least one (1) way to increase messaging that supports intrinsic motivation by linking the Self-Determination Theory and the Recovery Capital Framework. 2. Describe at least two (2) novel strategies for developing recovery messages. 3. Analyze at least two (2) examples of nutrition curricula tailored for recovery populations. 	<p>Challenges and Solutions in Rural Communities Track</p>

9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops	[3G] Behavioral Interventions: Working with Populations at Risk for HIV and Stimulant Use Disorder	Ricardo Garcia, BA Description: The workshop will discuss the intersection of HIV and substance use among populations at risk and will review HIV prevention strategies and a review of behavioral interventions that have been shown to be effective working with populations at risk of HIV infection and substance use. Adolescent considerations will be included. Learning Objective: <ol style="list-style-type: none">1. Describe at least two (2) factors that may contribute to substance use among populations at risk.2. Explain at least two (2) ways that substance use can impact HIV transmission, including adolescent-specific influences3. List at least four (4) essential strategies for HIV treatment and prevention efforts.	Women, Children, and Families Track
9:30 AM – 10:30 AM (ChST) AM Concurrent Workshops	[3H] Perinatal and Reproductive Healthcare for People Living with HIV	Monica Hahn, MD, MPH, MS, AAHIVS Description: The session will provide an overview of reproductive and perinatal care for patients living with HIV. The presenter will discuss how to care for patients and families with a positive, whole-person care approach and will discuss timely updates on HIV prevention and treatment guidelines. This includes applying evidence-based approaches to reproductive and perinatal HIV care and prevention, including counseling and treatment strategies that support the health of people living with HIV and their infants, with the goal of improving outcomes for people living with or at risk for HIV. The session will conclude with a discussion of the role negative attitudes and perceptions contribute to health disparities and the role healthcare workers can play in providing optimal care for diverse patients and families. Learning Objective: <ol style="list-style-type: none">1. Identify at least two (2) recommendations for caring for people with HIV during the preconception, pregnancy, and post-partum period with a family-centered, whole-person care lens.2. Describe at least two (2) recent changes to perinatal/infant feeding guidelines within historical context and centering family-centered reproductive health and wellbeing.3. Explain at least one (1) effect of the negative attitudes and perceptions about HIV on the health of people living with HIV and their family-building goals.	Co-Occurring Health Conditions Track 
10:30 AM – 11:15 AM (ChST)	LUNCH BREAK		

11:15 AM – 11:30 AM (ChST)		MOVEMENT BREAK	
11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops	[4A] Radical Hospitality Starts Within: Self-Care as a Core Contingency Management Strategy	Andrew Dertien, CADC-I Jennifer Sabatier, M.A. Description: This interactive workshop will explore how counselor wellness is not only essential for professional sustainability but also central to client transformation. Drawing from personal narratives, Contingency Management (CM) outcomes, and consciousness studies, presenters will highlight the connection between practitioner self-care and client engagement. By integrating self-care into CM practice, providers can model radical hospitality, creating environments where clients feel safe, motivated, and empowered. Ultimately, this session affirms that when clinicians nourish their own well-being, they expand the possibilities for healing, recovery, and sustainable therapeutic relationships. Learning Objective: 1. Name at least one (1) reason counselor wellness is important in building the therapeutic alliance. 2. Identify at least (3) three wellness practices that support counselor effectiveness. 3. Explain at least one (1) way internal transformation can catalyze client motivation and engagement.	Clinical Track
		Maria Hu, DSW, LCSW Description: This presentation will aim to enhance the provider well-being by increasing awareness of compassion fatigue, secondary trauma, and burnout. Participants in this presentation will not only learn the various key indicators of these stress responses they will also have an opportunity to identify practical tools that enhances resilience. Grounded in the Eight Dimensions of Wellness Model (Swarbrick, 2006), this presentation session will emphasize the various principles that aim to cultivate and foster sustainable self-care practices. Participants will also have an opportunity to identify at strategies that integrates self-care into their daily lives. Learning Objectives: 1. Identify at least three (3) indicators of compassion fatigue, secondary trauma, and burnout. 2. Describe at least two (2) principles of the Eight Dimensions of Wellness Model (Swarbrick, 2006) that can enhance their self-care practices and resilience. 3. Explain at least two (2) strategies for incorporating self-care practices.	
11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops	[4B] Effectively Addressing Compassion Fatigue and Burnout		Mental Health Track 

<p>11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops</p>	<p>[4C] Medications for Addiction Treatment on Guam</p>	<p>Athena Duenas, MA, CSAC III, ICADC, LPC Nancy Swamy, MA, CSAC-III, ICADC Carla T. Haddock, DNP, FNP-C, AGACNP-BC, ENP-C, PMHNP-BC</p> <p><u>Description:</u> This session will discuss programs that provide medications for addiction treatment on Guam. It will highlight strategies that can be used to increase access to medication-assisted treatment and will provide examples of successful agency collaborations necessary to increase access to services.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Specify three (3) medications that are available to treat opioid use disorders. 2. Explain at least two (2) strategies that can be used to increase access to medication-assisted treatment on Guam. 3. Specify at least two (2) examples of successful agency collaboration that took place on Guam and helped build the MAT program. 	<p>Opioids, Stimulants, & other Emerging Trends Track</p>
<p>11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops</p>	<p>[4D] Innovative Programs for Youth</p>	<p>Rachel Castaneda, PhD, MPH</p> <p><u>Description:</u> This session will describe innovative programs for youth focusing on the use of technology to support youth development and well-being. Digital tools can enhance engagement, deliver timely interventions, and foster healthier lifestyles, focusing on prevention and support around substance use and mental health for youth populations.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Identify at least two (2) developmental considerations associated with substance use among youth. 2. Specify at least two (2) therapeutic best practices for intervening with youth who have substance use risk. 3. Describe at least three (3) examples of innovative programming to help engage and retain youth in care. 	<p>Populations w/ Specific Service Needs Track</p>

<p>11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops</p>	<p>[4E] Media in Prevention: Social Media Best Practices</p>	<p>Rebecca L. Cooney, MS</p> <p><u>Description:</u> The art of effective social media marketing requires that an organization be adept at creating targeted content that speaks to right person, in the right way, at the right time. Digital campaigns are designed with a series of unique pillars in mind that are all vital when working in tandem with a broader communication strategy. In this session we will walk through a series of steps for building a social media strategy framework, talk specifically about digital campaign planning and implementation including guidelines for sharing your message across multiple channels, and then close with information about metrics planning and optimization for sustainable outcomes.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Describe at least two (2) core principles of creating a social media strategy framework. 2. Apply at least two (2) digital campaign planning and implementation using guidelines for sharing their messages across multiple channels 3. Explain at least one (1) audience engagement strategies that produce measurable results. 	<p>Prevention Track</p>
<p>11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops</p>	<p>[4F] Culture As Health</p>	<p>Joshua Severns, MSW, LCSW, ACADC</p> <p><u>Description:</u> The overdose and drug poisoning crisis have impacted every community; however, indigenous people have been disproportionately affected by the losses from overdose death. Centering cultural practices that focus on tradition, resilience, and strength can have a positive impact on the health of Native communities. This presentation will focus on a Culture as Health model (Yamane and Helm, 2022) that can inform prevention, engagement, and treatment for indigenous people.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none"> 1. Explain two (2) ways to apply a Culture as Health model in a program or community where you live or work. 2. Identify the four (4) domains of Culture as Health. 3. Describe at least two (2) guideposts in each of the four Culture as Health domains and how they reflect the strengths of indigenous communities. 	<p>Challenges and Solutions in Rural Communities Track</p>

11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops	[4G] Hope Dealers: Guam's Peer-Led Youth Empowerment Prevention Programs	<p>Jerria Martin Brian Hahn</p> <p><u>Description:</u> This session will highlight Guam’s Peer-Led Youth Empowerment Prevention Program, which engages young leaders in promoting healthy choices and preventing risky behaviors among their peers. By fostering collaboration, leadership skills, and community involvement, these programs create a supportive environment where youth actively contribute to positive change across Guam.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none">1. Specify at least two (2) strategies that can be used to increase youth participation in prevention programs and events.2. Describe at least two (2) examples of successful agency collaboration that took place on Guam and helped build the Peer-Led Youth Empowerment program.3. Identify at least three (3) positive outcomes from the peer-led programs on Guam.	Women, Children, and Families Track
11:30 AM – 12:30 PM (ChST) PM Concurrent Workshops	[4H] Care Without Barriers: Street Medicine for HIV and Substance Use	<p>Benjamin Ignalino Kunane Dreier, BA Katie Wood, MS, LAADC</p> <p><u>Description:</u> Street medicine brings HIV and substance use care directly to people where they are, breaking down barriers to access and building trust with marginalized communities. This workshop offers an overview of core services: testing and linkage, mobile treatment, and integrated supports, and highlights best practices for providing compassionate, effective care in the field. A panel of expert providers and community leaders will share real-world insights, challenges, and strategies for strengthening street-based HIV and SUD services. Participants will leave with practical tools and inspiration to expand care for those most in need.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none">1. Explain at least one (1) way street medicine contributes to the prevention and treatment of HIV and substance use disorders.2. Identify at least two (2) integrated approaches that link medical, behavioral, and social support services.3. Apply at least two (2) innovative strategies to address and overcome real-world challenges encountered in street-based medicine.	Co-Occurring Health Conditions Track <div>CME AVAILABLE</div>

12:30 PM – 12:45 PM (ChST)	BREAK		
12:45PM - 1:45PM PM Plenary Session	[P4] Compassionate Care for Youth who Use Substances	<p>Eileen Chen, PsyD Elizabeth Rumbel, MA Center for Addiction Medicine, Denver Health</p> <p><u>Description:</u> This session will cover the impact of substances on the developing brain, the neuroscience of addiction, the addiction cycle, and challenges that are faced by all people navigating recovery from substance use. Participants will walk away with an enhanced understanding of what is dual diagnosis and a review of supportive strategies to provide care for youth who use drugs. Additionally, this presentation will inform participants on the “No Wrong Door” approach to behavioral health care to better serve youth impacted by substance use.</p> <p><u>Learning Objective:</u></p> <ol style="list-style-type: none">1. Describe at least three (3) components of the addiction cycle, including the neuroscience of addiction and substance use disorder as a recurring chronic disease.2. Explain at least two (2) key aspects of dual diagnosis and best practices for improving access to care.3. Identify at least two (2) strategies to support youth who use drugs and foster empathy in practice.	<p>Plenary Session</p> <p>CME AVAILABLE</p>
1:45PM - 2:30PM (ChST)	Closing Remarks	Beth A. Rutkowski, MPH, UCLA ISAP, PSATTC	