



2018

New York State

RECOVERYCONFERENCE

The Journey to Recovery Wellness: Home, Health,
Community and Purpose

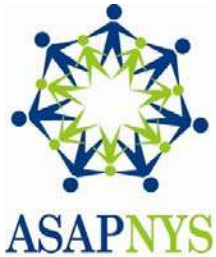
August 19-21, 2018
Albany Marriott



2018 New York State Recovery Conference

Presented By:

ABOUT ASAP



Alcoholism and Substance Abuse Providers of New York State, Inc. (ASAP) represents the interests of the largest substance use disorders and problem gambling services system in the United States. Through advocacy at the state and federal levels, ASAP champions the urgent message that substance use and problem gambling are public health issues that with adequate resources can be effectively addressed. ASAP offers professional development, program development, technical assistance, and community education to strengthen and increase access to prevention, treatment and recovery support services. ASAP serves as a catalyst for cross systems collaboration with public health, mental health, criminal justice, juvenile justice, child welfare, and social services, policy makers and service providers. We represent the field on numerous policy development and implementation work groups with a regional, statewide and national focus.

www.asapnys.org



ABOUT FOR-NY

Friends of Recovery - New York (FOR-NY) is a statewide, non-profit organization with a mission to demonstrate the power and promise of Recovery from alcohol & drug addiction as well as the value that Recovery provides to individuals, families, and entire communities throughout New York State. We envision a world in which recovery from addiction is not only common, but celebrated; a world in which the entire spectrum of effective prevention, treatment, and recovery support services are available and accessible to all.

www.for-ny.org

ABOUT NYCB



The New York Certification Board (NYCB) is a project of the Alcoholism and Substance Abuse Providers (ASAP) of New York State. Its mission is to strengthen health and human services outcomes and enhance the recovery-oriented skills and capacity of the workforce by providing high quality testing, credentialing, and technical assistance. NYCB certifies the following peer professional roles: Certified Addiction Recovery Coach (CARC), Certified Recovery Peer Advocate (CRPA and CRPA-Provisional), and is developing CRPA-Youth and CRPA-Family certifications. NYCB provides resources and support to assist peers in obtaining required training, experience, and job opportunities.

www.nycertboard.org

*Help spread the word that Recovery is achievable, sustainable and powerful by sharing quotes, photos and videos from the conference on all your social media platforms using the hashtag **#NYSRecoveryCon***



Welcome!

On behalf of Friends of Recovery – New York (FOR-NY), Alcoholism & Substance Abuse Providers of New York State (ASAP), and the New York Certification Board, we are delighted to welcome you to the annual **2018 New York State Recovery Conference: The Journey to Recovery Wellness**. This year's program – which includes a pre-conference and dance – has been developed to provide an innovative and comprehensive overview of the recovery movement today and is built around the various stages of recovery with a special focus on: home, health, community, and purpose. With a commitment to presenting the most current and accurate information available, the Conference Planning Committee has gathered many of the most notable experts on addiction and recovery from around the country and New York State to serve as our keynote speakers, panelists, and presenters.

The success of any conference ultimately depends on the people who put in countless hours to plan and execute it. Thank you to ASAP's team of Sherry LaFountain and FOR-NY's Theresa Knorr, Allison Weingarten, Shana Kaplanov and Debbie Brosen, for all their hard work in planning and arranging this event. Thank you to all who served on the committees that helped to shape this year's event, the volunteers who staff it, and to each of our esteemed speakers and panelists for investing their time and talents and sharing their experience and expertise with us. Thank you to our generous sponsors and exhibitors for helping make this conference and celebration possible. And finally, thank YOU – the Recovery community, which includes family, friends and professional allies – for making this conference possible.

As we come to the Capital Region from throughout New York State and across the country, we come with unique backgrounds and diverse experiences, but are united by a shared belief: we believe in Recovery because we know it is real and we know the hope and healing that Recovery brings. It is that shared belief that makes us a powerful community committed to standing together to raise awareness, build recovery and, ultimately, save lives.

Welcome and enjoy the conference!

With gratitude,

A handwritten signature in black ink, appearing to read 'Stephanie M. Campbell'.

Stephanie M. Campbell
Executive Director
Friends of Recovery – New York

A handwritten signature in black ink, appearing to read 'John J. Coppola'.

John J. Coppola
Executive Director
Alcoholism & Substance Abuse Providers of NYS



**Office of Alcoholism and
Substance Abuse Services**

ANDREW M. CUOMO
Governor

ARLENE GONZÁLEZ-SÁNCHEZ, M.S., L.M.S.W.
Commissioner

August 19, 2018

Dear Friends and Colleagues:

Welcome to the 3rd Annual New York State Recovery Conference! On behalf of Governor Andrew M. Cuomo and the New York State Office of Alcoholism and Substance Abuse Services (OASAS), I want to thank Friends of Recovery - New York (FOR-NY), Alcoholism and Substance Abuse Providers, Inc. (ASAP) and the New York Certification Board (NYCB), for making this event a reality and each of you for attending.

Under the leadership of Governor Cuomo and with the support from the Legislature, OASAS is working to enhance recovery services and reverse the stigma around addiction, and in doing so improve the quality of life for the people, families and communities we serve. We are pleased to once again provide scholarships for peer professionals and young adults to attend the conference. This year's conference is especially exciting because we've partnered with FOR-NY to co-host the Pre-Conference Recovery Institute which features opportunities for networking and workshops for representatives from all OASAS-funded recovery support providers.

During our time together, you will hear leading national and state experts in the field of addiction address many topics relative to the conference theme: *"The Journey to Recovery Wellness: Home, Health, Community and Purpose."* The conference planners have assembled a strong program which includes an engaging roster of keynote presenters such as: Andre Johnson, President/CEO, Detroit Recovery Project; Tony Redhouse, Native American Sound Healer; and Phil Valentine, Executive Director, Connecticut Community for Addiction Recovery (CCAR).

No matter what role you have within the recovery community, this year's conference will be informative and helpful. I hope you have an opportunity to fully participate and actively engage in everything there is to offer.

Let's continue to work together to lead the nation in our fight against addiction on behalf of all New Yorkers who will benefit from improved outcomes and outstanding prevention, treatment and recovery services.

Sincerely,

Arlene González-Sánchez
Commissioner

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1450 Western Avenue | Albany, New York 12203-3526 | oasas.ny.gov | 518-473-3460



New York State
RECOVERYCONFERENCE

CONFERENCE PROGRAM

SUNDAY, AUGUST 19, 2018

LOCATION:

10:00 am—5:00 pm

YVM-NY/OASAS Strategic Planning Meeting

Albany/Colonie

12:00 pm - 1:00 pm

Registration for Pre-Conference/Exhibitor Set-up

1:00 pm - 5:05 pm

OASAS/FOR-NY Pre-Conference Institute for Recovery Supports

Salons A&B

5:05 pm - 6:00 pm

Dinner on Your Own

5:00 pm - 7:00 pm

FOR-NY Networking Event for Trainers of Peer Professionals

Empire Room

6:00 pm - 7:00 pm

Networking/Dance Sponsor Exhibits and Raffle Kick Off

Outside Empire Room

7:00 pm - 10:00 pm

DANCE, DJ & Dance Contest! (Light Hors d'oeuvres)

Empire Room

MONDAY, AUGUST 20, 2018

8:00 am - 8:30 pm

Recovery Rhythms Drumming (Sandra Sabene)
Tai Chi (Theresa Knorr)

Salons D, E, F, G, H
Empire Room

8:00 am - 9:00 am

Registration (Networking/Exhibits)

9:00 am - 9:30 am

Welcome— Opening Remarks (Stephanie Campbell, John Coppola,
Joseph Turner, OASAS Commissioner Arlene González-Sánchez)

Salons D, E, F, G, H

9:30 am - 10:00 am

Opening Plenary A
Andre Johnson—Detroit Recovery Project

Salons D, E, F, G, H

10:00 am - 10:30 am

Break (Networking/Exhibits)

10:30 am - 11:45 am

Workshop Series 1

- **Home:** Employment in Recovery Panel
- **Health:** Narcan Training
- **Community:** Mothers in Recovery Panel: It Takes a Community to Raise a Child (Panel)
- **Purpose:** Finding Life's Purpose in Recovery

Salon A
Salon B
Salon C

Albany/Colonie

11:45 am - 1:00 pm

Lunch/Networking/Exhibits

Salons D, E, F, G, H

1:00 pm - 2:15 pm

Workshop Series 2

- **Home:** Family Supported Recovery (RCA/CRAFT informed)
- **Health:** Holistic Health for Recovery (Panel)
- **Community:** Initiating Recovery in the Community (Panel)
- **Purpose:** Work Place Wellness: Developing a Purpose Driven Culture

Salon A
Salon B
Salon C
Albany/Colonie



New York State
RECOVERYCONFERENCE

CONFERENCE PROGRAM

2:30 pm - 3:45 pm

Workshop Series 3

- **Home:** Supportive Housing Builds Recovery for Individuals, Families and Communities
- **Health:** Process Addictions Panel
- **Community:** Peer Recovery Professionals—Adding Value to the Community
- **Purpose:** Activities of Purpose for Recovery (Panel with ROcovery Fitness)

LOCATION:

Salon A

Salon B
Salon C

Albany/Colonie

3:45 pm– 4:00 pm

Break (Networking/Exhibits)

4:00 pm - 4:45 pm

Day One Closing Plenary B

Tony Redhouse—Native American Cultural Symbolism

Salons D, E, F, G, H

4:45 pm - 5:15 pm

Recovery Fine Arts Festival Awards

OASAS Commissioner's Choice Award (5:00 pm)

Salons D, E, F, G, H

5:15 pm - 5:45 pm

Break (Networking/Exhibits)

5:45 pm - 7:00 pm

Dinner, Entertainment and Awards

6:00 pm

Music: Todd Podrazik and Keisha Nankoosingh

Salons D, E, F, G, H

7:15 pm - 8:15 pm

Mutual Aid Meetings:

All Recovery

SMART

Refuge

Y12SR

GRASP

Salon A

Troy

Schenectady

Salon B

Albany

8:30 pm - 10:00 pm

SPECIAL EVENT: Tony Redhouse Concert

Salons D, E, F, G, H

TUESDAY, AUGUST 21, 2018

8:00 am - 8:30 am

Mindfulness Meditation (David McNamara)

Sound Healing Meditation (Tony Rehouse)

Empire Room

Salons D, E, F, G, H

8:00 am - 9:00 am

Registration (Networking/Exhibits)

9:00 pm - 9:30 am

Day 2 Welcome – Opening Remarks (Stephanie Campbell, John Coppola, Joseph Turner, Assistant Secretary for Mental Hygiene, Shelly Weizman)

Salons D, E, F, G, H

9:30 am - 10:00 am

Day Two Opening Plenary A

Phil Valentine—CCAR

Salons D, E, F, G, H

10:00 am - 10:30 am

Break (Networking/Exhibits)

10:30 am - 11:45 am

Workshop Series 4

- **Home:** Siblings/Grandparents—Intergenerational Needs (Panel)
- **Health:** Harm Reduction/Medication Assisted Recovery (Panel)
- **Community:** Rescue to Recovery; ER Protocols - Starting Recovery in Hospital (Panel)
- **Purpose:** A Day in the Life of a Recovery Coach: The Gifts I Receive! (Panel)

Salon A

Salon B

Salon C

Albany/Colonie



New York State
RECOVERY CONFERENCE

CONFERENCE PROGRAM

LOCATION:

11:45 am - 1:00 pm

Lunch/Networking/Exhibits

Salons D, E, F, G, H

1:00 pm - 2:15 pm

Workshop Series 5

- **Home:** Soft Skills/Vocational Training for the Peer Professionals
- **Health:** Hope After Loss, Turning Grief into Purpose for Healing
- **Community:** RCOs—Building Partnerships in the Community (Community Asset Mapping)
- **Purpose:** A "Purpose FULL" Life;; Fighting Internalized Stigma/A Journey to Recovery Wellness and Advocacy

Salon A
Salon B
Salon C
Albany/Colonie

2:15 pm - 2:30 pm

Break (Networking/Exhibits)

2:30 pm - 3:45 pm

Workshop Series 6

- **Home:** Engaging Faith Based Communities (Panel)
- **Health:** Alternative Self-Healing Techniques
Self-Hypnosis for Recovery and the Emotional Freedom Technique
- **Community:** Telephone & Text Peer Support (Panel)
- **Purpose:** How an Artist Can Be a Friend of Recovery

Salon A
Salon B
Salon C

Albany/Colonie

3:45 pm - 4:15 pm

Break (Networking/Exhibits)

4:15 pm - 4:45 pm

Day Two Closing Plenary E

Chris Grosso—The Indi Spiritualist—Dead Set on Living

Salons D, E, F, G, H

4:45 pm - 5:00 pm

Conference Closing Remarks

Robert Kent—OASAS Counsels Office

Salons D, E, F, G, H

Long Island Center for Recovery

Offering you a
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50-Bed Rehabilitation Facility
with a medically supervised detoxification unit

LICR is OASAS licensed, JCAHO accredited
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Treatment Highlights

- Group and Individual Counseling
- Education Lectures and Workshops
- Relapse Prevention
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- Women's Group
- Military & First Responders Group
- Family Education and Counseling
- Meditation and Yoga
- Rapid Resolution Therapy for Trauma
- Serenity Lounge - Biofeedback Therapy
- Nutritional and Recreational Counseling
- Fully-equipped gym and workout area
- Outpatient with DWI Groups
- AA & NA Meetings Every Evening

Admission is open 24 hours a day, 7 days a week. Insurance pre-certifications are conducted by our admissions team. Transportation is available for all admissions and discharges upon completion of treatment.



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WORKSHOPS & PANEL DISCUSSIONS

Workshop Series 1 (Monday 10:30 AM):

Home: Employment in Recovery Panel

Presented by Julie Dostal, Michael Carpenter and Kellie Roe

The goal of this workshop is to educate the attendees on the challenges faced by individuals in recovery in terms of getting and maintaining employment, the different approaches taken by employers who are sensitive to helping the recovering population, and how other business owners can get on board with initiatives that serve as part of the solutions to current problems recovering people face in finding employment.

Health: Narcan Training

Presented by Lauren Bendall

In this workshop, participants will learn to recognize, respond to and reverse a suspected opioid overdose using 4mg of intranasal naloxone.

Community: Mothers in Recovery: It takes a Community to Raise a Child (Panel)

Presented by Fawn Montanye, Jennifer Wilks and Valerie Walters

In this workshop, participants will gain a deeper understanding of how mothers enter into and maintain their recovery, while maintaining/repairing/improving their role as often the primary parent. Participants will gain insight to the needs of this vulnerable population, the services utilized and the length of paid clinical and unpaid voluntary services needed. Participants will also learn how supporting mothers in recovery can positively impact their children, parents, partners, etc., understanding the unique role that mothers in recovery have from those in recovery without dependents.

Purpose: Finding Life's Purpose in Recovery

Presented by Ruth Riddick

What is your vision for recovery? Finding one's life's purpose is among the many gifts that come with a commitment to building a sustainable life in recovery. This workshop explores strategies for identifying goals, values and talents underlying the search and recognition of one's life's purpose.

Workshop Series 2 (Monday 1:00 PM):

Home: Family Supported Recovery – (RCA/CRAFT informed)

Presented by Lori Drescher and Keith Greer

In this workshop, participants will learn about and explore how to integrate the 10 Family Recovery Principles and concepts that respectfully challenge family members to assess how they can best support their loved one in identifying their own motivation for change, ie; choices that support recovery vs. choices that support active addiction.

Participants will learn how to effectively utilize these recovery celebratory guidelines in assisting family members in the creation of a healthy, strength-based and meaningful relationship with their loved one, while supporting their loved one's autonomy in managing their recovery plan.

Health: Holistic Health in Recovery (Panel)

Presented by Bridget Shea, Evan Rock, Ginger Miller and M Norlund

Holistic approaches such as Fitness & Nutrition, Acupuncture, Traditional Chinese Medicine & Ayurveda, The Feldenkrais Method & Massage, Essential Oils & the AromaTouch Technique can all enhance recovery. The presenters on this panel will explain these modalities and how they can be a benefit to a well-rounded recovery program. These nontraditional approaches to improve health can be a springboard into a new direction.

Community: Initiating Recovery in the Community (Panel)

Presented by Meghan Hetfield, Carl Hatch, Carlee Hulsizer, Joe Cavallo, Tylica Pope and Carlee Hulsizer

This training will provide a comprehensive understanding of the many ways individuals are initiating recovery in the communities throughout New York State and innovative strategies to implement these initiatives. Included in the discussion will be ER engagement, Open Access Centers, Telephone and Text Support, Youth Engagement, and street outreach. Participants will learn of real time solutions to initiate recovery in their community.

Purpose: Work Place Wellness: Developing a Purpose Driven Culture

Presented by Laurie Quinn, Courtney Lovell and Chip White

This workshop will cover emotional, spiritual and physical health, and how incorporating overall wellness into an agency will better support employees in their work. Participants will learn the value of the three touch points of wellness for improving agency outcomes.

Workshop Series 3 (Monday 2:30 PM):

Home: Supportive Housing Builds Recovery for Individuals, Families and Communities

Presented by William C. Panepinto, Ann Rhodes and Rita Zimmer

This Workshop will focus on: (1) successful program models of Supportive Housing designed for individuals and families in recovery, including specific programming for women, veterans, and rural communities; (2) connections to education and job development, including recruitment for peer advocates and recovery coaches; and (3) opportunities for public funding for supportive housing.

Health: Process Addictions (Panel)

Presented by William Hill, Amber Haag and Elsie Demers

In this workshop, participants will identify the warning signs, impacts and treatment/best practice options for the process addictions of gambling, sex & food disorders.

Community: Peer Recovery Professionals - Adding Value to the Community

Presented by Ruth Riddick

Certified Recovery Peer Advocates (CRPA) and Certified Addiction Recovery Coaches (CARC) add value and recovery capital to the community through their diverse roles and service delivery. This workshop explores these roles and how they deliver recovery stage-appropriate support in a variety of settings. Participants are invited to bring their questions about peer recovery career pathways.

Purpose: Activities of Purpose for Recovery (Panel with ROCovery Fitness)

Presented by Sandra Sabene, Yana Khashper, Carlee Hulsizer, Simone Ochrym and Tawny Lara

This workshop will identify and describe modalities/activities within recovery support, as part of a larger multiple pathway model. Attendees will learn about blogging, photo journalism, film making and drumming/art as activities which support finding identity and purpose in enhancing recovery as a whole.

Workshop Series 4 (Tuesday 10:30 AM):

Home: Siblings / Grandparents- Intergenerational Needs (Panel)

Presented by Ambi Daniel, Rachelle Brown, Joseph Davis and Carol Michelle Hulsizer

Siblings and grandparents play an important role in the family system in supporting a loved one in their recovery. In this panel participants will learn about how addiction and recovery impact the family unit. Participants will obtain at least 3 tools/resources to understand and proactively respond to the family dynamics of recovery.

Health: Harm Reduction/Medication Assisted Recovery (Panel)

Presented by Keith Brown, Rheannon Croy, Bethany Medley, Angela Lewin, Amy Jones and Will Robertson

In this workshop, panelists will discuss the intersection of harm reduction, treatment, and recovery. Attendees will have the opportunity to hear from treatment professionals, drug policy and harm reduction experts, providers of services, and people with lived experience.

Community: Rescue to Recovery; ER protocols – Starting Recovery in Hospital (Panel)

Presented by Lori Drescher, Mark Gunther, Mark O'Brian, Meghan Hetfield, Patrick O'Connor and Sue Martin

Experts will share experiences providing ER services to individuals presenting in the ER in withdrawal or after an opioid overdose with the objective of saving lives, bridging to treatment and improving sustained recovery.

Emergency Room visits in NYS are purported to have risen 30% – 40% as a result of the opioid epidemic and yet most hospitals are failing to respond to the healthcare crisis with a sense of urgency or innovation.

This panel will focus on what is working, how and why it is working, and how successful ERs have overcome the perceived barriers experienced by their peer hospitals.

Purpose: A Day in the Life of a Recovery Coach: The Gifts I Receive! (Panel)

Presented by Keith Greer, Denis King, Kevin Cleare, Ashley Livingston and Erin Eishler

In this workshop, participants will learn about the expanding profession of Recovery Coaching from the perspective of four professionals who are presently engaged in the practice of Recovery Coaching. In addition to providing a description of scope of practice, panel members will focus on how their role as a Recovery Coach has benefitted them personally and professionally. There will be an opportunity for Q and A with the panel!

Workshop Series 5 (Tuesday 1:00 PM):**Home: Soft Skills/Vocational Training for Peer Professionals**

Presented by Jason Page, Dr. Masica Jordan, Heddie Tinker

This workshop will provide background on employment related soft skills for peer professionals. The presentation will consider when to employ different soft skills and why these skills are important. The presentation will also explore soft skills assessments and development. We will conclude with a review of why these skills are important and some of the practice related challenges that can impede their development. Information on different Peer Training programs will also be offered.

Health: Hope After Loss: Turning Grief into Purpose for Healing

Presented by Kristen Hoin, Daniel Totten and Sheila Morrissey

In this workshop, participants will develop an understanding of not only the grief process but understand the differences in the grief experience that occurs when the death is substance use related. Attendees will develop an understanding of the concept that tragedy can produce hope and action. This will be presented with real life experience through multiple panelists.

Community: RCOs -Building Partnerships in the Community (Community Asset Mapping – FOR-NY)

Presented by Allison Weingarten, Shana Kaplanov, DJ Rhodes, Tammy Butler- Fluitt, Luis Laboy, Ashley Livingston, Caren Schwartz

This workshop will briefly describe what community asset mapping is and then give leaders from local recovery community organizations from throughout New York State the opportunity to provide the audience with real life examples of how they are engaging with community partners in order to support recovery locally. At the end of the presentation, audience members will be asked to list three partners that they will make a connection with in their community in order to support recovery.

Purpose: A "Purpose FULL" Life; Fighting Internalized Stigma / A Journey to Wellness and Advocacy

Presented by James Mayer

The goal of this workshop is to stimulate and inspire discussions about saving lives through ending negative public perception about people with addiction and people in recovery. This presentation will break through the negativity and fears about active addiction that leads to life-threatening stigma through highlighting hope and celebrating the accomplishments and victories of people living purpose- driven lives in recovery.

Workshop Series 6 (Tuesday 2:30 PM):

Home: Engaging Faith Based Communities (Panel)

Presented by Jennifer Wilks , Ambi Daniel, Shelly McDade, Donna Potter, Kay Alameen and Barry Wertheimer

Faith communities offer a protective factor that can be used to foster maintenance of long-term recovery as well as act as a doorway to entering recovery. This workshop will highlight resources already available that may not be widely known and to demonstrate how faith communities can be engaged to support favorable recovery outcomes. Presenters will engage with the audience to identify successful initiatives in their community and what further assistance they need to engage their local faith community.

Health: Alternative Self-Healing Techniques

Self-Hypnosis for Recovery and the Emotional Freedom Technique

Presented by Peter Blum and Aisha A. Muhammad

Self-hypnosis is a simple technique that can be used for a variety of applications – including reprogramming negative and self-destructive unconscious beliefs and behaviors. Participants will learn how to guide themselves into a light trance. This is an excellent alternative, or adjunct to a meditation practice.

Through the Emotional Freedom Technique, participants will be able to verbalize an anticipation of a lifestyle change and/or some relief from emotional trauma, chronic physical pain, compulsions, addictions, stress or that empty feeling inside, to living a life that is filled with peacefulness, joy, and fulfillment, from day to day and moment to moment when utilized regularly.

Community: Telephone & Text Peer Support (Panel)

Presented by Richard Buckman, Joseph Cavallo and Conor Mulvaney

In this workshop, participants will learn about peer telephone recovery support and how it is currently being utilized through a 12:00 PM to 12:00 AM telephone program in Long Island. Presenters will present current data on the efficacy of this practice in supporting recovery.

Purpose: How an Artist Can Be a Friend of Recovery

Presented by Daniel Totten

This presenter will share his personal search for meaning as an artist and community organizer who lost his brother to addiction. Using the development of a hands-on-learning based mentoring program developed for the Red Hook Community Center, Daniel will outline the value of individuals engaging with and seeking out a peer group of other siblings who've lost loved ones to addiction. He will use his experience to discuss the role of the artist in a rural community and creative ways of advocating for recovery.

KEYNOTE SPEAKERS



Commissioner Arlene González-Sánchez

Commissioner Arlene González-Sánchez, MS, LMSW, was appointed Commissioner of the New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS) by Governor Andrew M. Cuomo on Jan. 3, 2011.

Commissioner González-Sánchez has more than 30 years of experience in the fields of behavioral health services administration, health policy development, and medical research. Under the Commissioner's leadership, OASAS works to realize her vision for transforming the current system of care for individuals with substance use disorders into a comprehensive, patient-centered and family-focused system. Commissioner González-Sánchez serves on the Governor's Medicaid Redesign Team (MRT) Behavioral Health Subcommittee. She is co-chair of the State's Behavioral Health Services Advisory Council and a co-chair of the Responsible Play Partnership which addresses problem gambling in New York State.

On a national level, Commissioner González-Sánchez serves as Region II Representative on the National Association of State Alcohol and Drug Abuse Directors (NASADAD) Board, representing New York, New Jersey, Puerto Rico and the Virgin Islands. She regularly liaises with leadership at The White House Office of National Drug Control Policy (ONDCP) and the Substance Abuse and Mental Health Services Administration (SAMHSA).

Commissioner González-Sánchez holds a Master's of Social Work degree in Administration and Community Organization from the Hunter College School of Social Work; and a Master's of Science degree in Cell Biology and a Bachelor of Science degree in Biology; both from Fordham University. She is a Licensed Master Social Worker.



Chris Grosso

Chris Grosso is a youth mental health and healing group facilitator with [Newport Academy](#), public speaker, writer, and author of [Indie Spiritualist](#), [Everything Mind](#) and [Dead Set On Living](#). He writes for [ORIGIN Magazine](#), [Huffington Post](#), and [Mantra Yoga + Health Magazine](#), and has spoken and performed at Wanderlust Festival, Celebrate Your Life, Yoga Journal Conference, Sedona World Wisdom Days, Kripalu, Sun Valley Wellness Festival, and more.

Chris is passionate about his work with people who are in the process of healing or struggling with addictions of all kinds. He speaks and leads groups in detoxes, yoga studios, rehabs, youth centers, hospitals, conferences, and festivals worldwide. He is a member of the advisory board for [Drugs over Dinner](#), hosts [The Indie Spiritualist Podcast](#) on Ram Dass's esteemed [Be Here Now Network](#) and is a member of [The Evolutionary Leaders](#).



Andre L. Johnson, MA President & CEO of Detroit Recovery Project

Andre L. Johnson is the President & CEO of the Detroit Recovery Project (DRP), a multi-service agency that provides a wide spectrum of support services to the city's recovery community. The agency also oversees an ex-offender program that helps returning citizens reintegrate successfully into the Detroit community, with an aim of reducing recidivism and/or relapse among this population. Mr. Johnson has over 29 years of professional work experience, exemplifying a long-standing commitment and dedication to the field of substance abuse. In 2013, Mr. Johnson was appointed by U.S. Secretary of Health of Human Services Kathleen Sebelius to the SAMHSA Center for Substance Abuse Treatment (CSAT) - National Advisory Council. Mr. Johnson holds a bachelor's degree in psychology from Morehouse College and a master's degree in organizational management from the University of Phoenix. Mr. Johnson is a trained certified recovery coach, and in 2016 he was chosen as a recipient of the Champions of Change Award from President Barack Obama.



Tony Redhouse

Tony Redhouse is a person in long term recovery. Because of his addiction and recovery from alcohol and drugs he has experienced positive changes in his life that he now shares with others challenged with the trials of life. He uses his music to inspire souls in recovery from addiction, trauma, cancer, grief, divorce, and more.

Tony teaches Native American craft and cultural programs in schools and resorts. He works as a consultant with Native American behavioral health organizations and substance-use-disorder programs. There realized his life's work of helping to heal.

He uses the drum, flute and the power of the human voice in chant, the three ancient forms of expression that appear across all ancient cultures. He takes his listeners into meditation and to simplify and heal their lives. He works in prestigious healing facilities, spas, and yoga retreats, but feels just as comfortable in his community drug and alcohol rehabs, AIDS clinics, cancer hospitals, and counseling centers.



Phil Valentine

Phil is the current Executive Director for the Connecticut Community for Addiction Recovery (CCAR). He has been an integral component in this Recovery Community Organization since January 1999. Phil is known to carry the message of recovery through his relatable story-telling, likeable humor and quick wit. Inspiration for many of his keynote presentations comes from an unbelievable journey of 2,189 miles that he took to promote recovery and to conquer the Appalachian Trail from start to finish.

Phil is a proud speaker in long term recovery. He believes in speaking out loud about his own recovery from alcohol and cocaine addiction and wants to end discrimination surrounding addiction and recovery. He is married and has five children. His favorite hobbies – of course include hiking and also taking an occasional water adventure with the kayak.



Shelly Weizman

Shelly Weizman joins the Empire State Fellows Program from a position of Senior Staff Attorney with MFY Legal Services, Inc.'s Disability and Aging Rights Project, where she led efforts to expand and enforce the rights of people with psychiatric and physical disabilities living in institutional settings in New York City. In that role, Shelly pioneered a law reform strategy centered on strategic relationship-building with clients, families, people in government, mental health providers, residential care providers, and advocacy groups. While at MFY, Shelly utilized a holistic set of tools on behalf of her clients, including civil rights litigation, community organizing and education, legislative and regulatory reform, coalition-building, direct client representation, and training. Shelly has given lectures on disability rights at the New York City Bar Association and Columbia University Schools of

Law and Social Work. Prior to law school, Shelly worked as an outreach coordinator at Cornerstone Recovery, a community-based organization in Houston, Texas that provides services and supports to adolescents in recovery from drug and alcohol addiction. Shelly received her law degree with a concentration in Health Law and Policy from Seton Hall University School of Law and her Bachelor of Arts with honors from the University of Houston. **Placement: New York State Office of Mental Health.**

2018 NYS Recovery Conference Presenters

Kay Alameen
TAUBAH Training Academy

Lauren Bendall
OASAS

Peter Blum
Institute for Transformation and Change

Tawana Brown
Arrow of Yahweh International

Keith Brown
Katal Center

Rachelle Brown
Alumni Association

Richard Buckman
LIRA

Tammy Butler Fluitt
Samaritan Women, Inc.

Mike Carpenter
The Northeast Group

Joe Cavallo
Long Island Recovery Association

Kevin Cleare
NYC DOHMH

Jonathan Crandall
SMART

Rheannon Croy
Alliance for Positive Health

Ambi Daniel
Center for Family Life & Recovery

Joesph Davis
YVM-NY

Elsie Demers
LIRA

Julie Dostal
LEAF

Lori Dreshcer
Recovery Coach University

Erin Eschler
HFM Prevention Council

Keith Greer
Recovery Coach University

Mark Gunther
Erie County Medical Center Corporation

Amber Haag
Hope Haven/Kavod

Carl Hatch-Fier
RecoveryNet

Meghan Hetfield
Council Addiction Prevention Education

Bill Hill
Center for Problem Gambling

Kristen Hoin
Summer's Run/FOR-Albany/GRASP

Carol Michelle Hulsizer
Mission Recovery & Hope

Carlee Hulsizer
YVM-NY

Amy Jones
Center for Law and Justice, Inc

Jordan Masica
Jordan Peer Recovery Training

Shana Kaplanov
FOR- NY

Yana Khashper
ROCoveryFitness

Denis King
Champlain Valley Family Center

Theresa Knorr
BALANCE Recovery Consultation

Luis Laboy
Bronx Council

Tawny Lara
SobrieTEA Party

Angela Lewin
Albany Behavioral Health

Ashley Livingston
FOR-WW

Cortney Lovell
Our Wellness Collective

David MacNamar
Samadhi

Sue Martin
RAIS

James Mayer
True to Self Counseling

The Rev.Shelley McDade
St. John's Episcopal Church

David McNamara
Collective Production

Bethany Medley
Harm Reduction Coalition

Ginger Miller
Healing Springs

Aisha A. Muhammad
Tauheed Center for Human Excellence

Fawn Montanye
Fawn Montanye Consultancy

Sheila Morrissey
GRASP

Conor Mulvaney
LIRA

Keisha Nanoosing
Songbird, Greater Monroe RCO

Marjorie Norlund
ROCovery Fitness

Mark O'Brien
Addiction Policy Forum

Simone Ochrym
ChasingNirvana Clean

Patrick O'Connor
Yale School of Medicine

Jason Page
Helio Health

Bill Panepinto
Panepinto Consulting

Todd Podrazik
ToddPodrazik.com

Tylica Pope
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Donna Potter
In His Name Outreach

Laurie Quinn
Our Wellness Collective

Tony Redhouse
Tony Redhouse.net

Ann Rhodes
HFM Prevention Council

DJ Rhodes
YVM-NY

Ruth Riddick
New York Certification Board,
a project of ASAP

Will Robertson
VOCAL

Evan Rock
Saratoga Awareness

Kellie Roe
Second Chance Opportunities

Sandra Sabene
Liverpool Arts Center

Caren Schwartz
FOR-Rockland

Bridgette Shea
Ageless Acupuncture

Diane Simpson
Y12SR

Heddie Tinker
EPRA

Daniel Totten
Red Hook Community Center

Valerie Walters
Lower East Side Center

Allison Weingarten
FOR-NY

Chip White
Our Wellness Collective

Jennifer Wilks
Celebrate Recovery

Barry Wertheimer
Center for Applied Psychology
at Bikur Cholem

Rita Zimmer
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THANK YOU!

A very special thank you to all of our speakers, panelists and presenters for taking the time to be here and share your knowledge and expertise with us.

Our deepest appreciation to all of the committee members who helped plan the program, secure sponsors and exhibitors, and market the event. Your guidance and support has been essential to the success of this conference.

We would also like to express our gratitude to the dozens of volunteers who donated their time to staff this event. Without you this would not have been possible.

A big thank you to our amazing photographer, Paul Deming, for once again contributing his time and talent to the recovery community and ensuring we have a visual record of our time together. You are invaluable.

NYS RECOVERY CONFERENCE COMMITTEES

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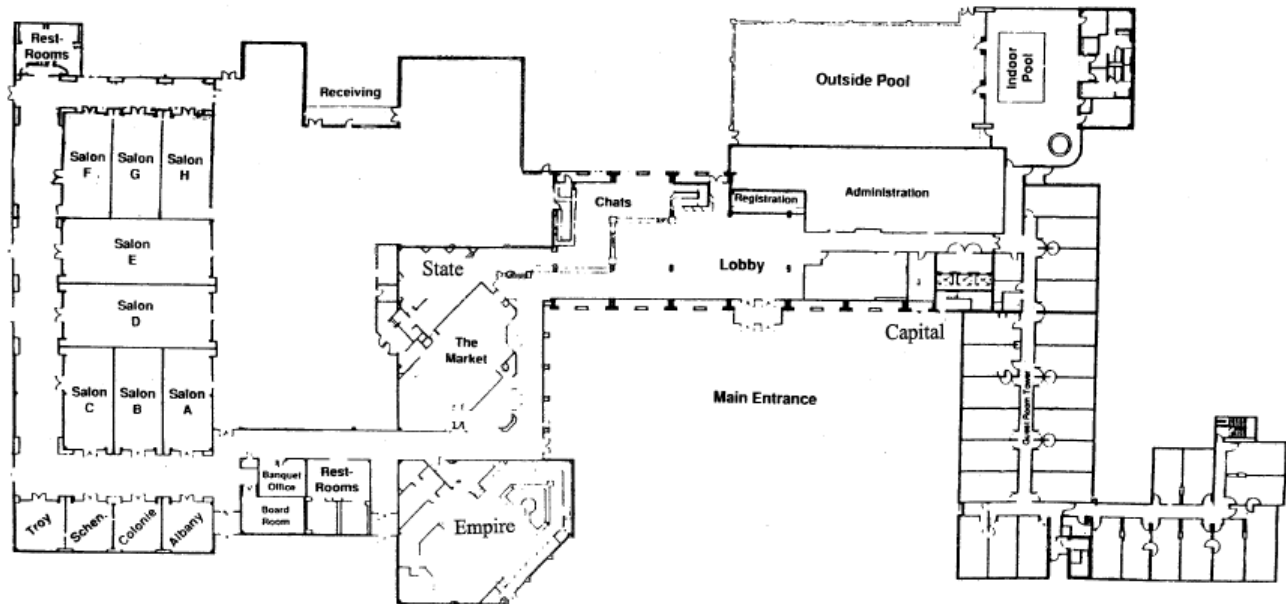
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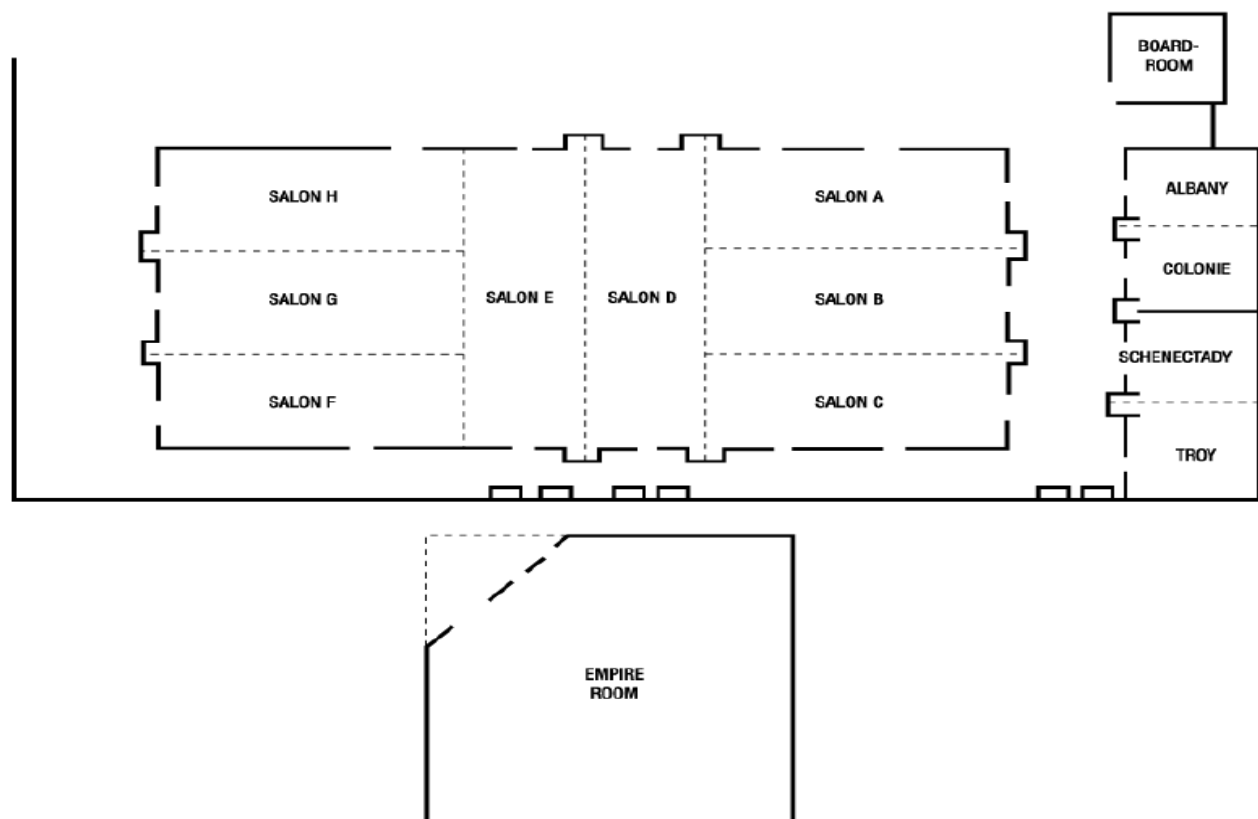
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American
Addiction Centers

American Addiction Centers is a leading provider of substance abuse treatment services. We treat adults who are struggling with drug and alcohol addiction and co-occurring mental health issues. With coast-to-coast facilities including AdCare in Rhode Island and Massachusetts and Sunrise House in New Jersey we provide caring, seasoned professionals, American Addiction Centers is your ideal treatment partner. We take a big picture approach to addiction treatment by addressing each client as a whole person. We evaluate how factors such as your lifestyle, environment, health, and co-occurring mental illnesses may play a part in your addiction involving drugs and/or alcohol, and create a customized, research-based treatment plan just for you.

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Barclay Damon attorneys team across offices and practices that include energy, intellectual property, labor and employment, business and finance, real estate and project development, public finance, and commercial and civil litigation, among numerous others, to provide customized, targeted solutions grounded in industry knowledge and a deep understanding of our clients' business. Notably, the firm has one of the largest health and human services practices in Upstate New York and a robust and growing Canada-US cross-border practice. With nearly 300 attorneys, Barclay Damon is a leading regional law firm that operates from a strategic platform of offices located in the Northeastern United States.



Bradford Recovery Center is a fully licensed and accredited detox and residential facility in North Central, PA. Our mission is to provide quality, individualized, evidence based treatment to those who suffer from the disease of addiction in an environment that is physically, mentally and spiritually enriching.



The Connecticut Community for Addiction Recovery (CCAR) envisions a world where the power, hope and healing of recovery from alcohol and other drug addiction is thoroughly understood and embraced. CCAR is a centralized resource in CT for all things recovery. Whether you are contemplating a life in recovery, are new to recovery or are in long term recovery, CCAR is here to help you to navigate the recovery community, by connecting you with others in recovery and providing access to area support services. Living in recovery from alcohol and other drugs is a never ending journey, and wherever you are in that journey, CCAR is here to help you meet your recovery goals. Visit us online at www.ccar.us or by telephone: (860) 244-2227.



Cornerstone Treatment Facilities Network (CTFN) has been a respected leader in the chemical dependency treatment field for more than 25 years. Our mission is to provide quality inpatient detox and rehab services to all chemically dependent individuals in a progressive, dignified, confidential and safe environment. The staff of CTFN is comprised of clinically focused and culturally diverse treatment professionals who use their expertise to provide professional treatment services ensuring a positive experience.



Essential Health Solutions-Owner Patty Matthews is a Certified Nutrition Coach -Essential Oil Educator-Personal Trainer and Certified Recovery Advocate- Essential Health Solutions is Committed to help you Reach your Optimal Health and Vitality -We will assist you in your journey to find the root cause of your concerns and be your guide to help you find natural solutions to put your body back in balance-At Our interactive booth at the we will be giving you an Essential Oil Experience with doTerra CPTG Essential Oils-Essential -These powerful gifts of the Earth are composed of Tiny Molecules that are powerful enough to pass the Blood Brain Barrier producing Health Benefits that nothing else can-By reaching for a bottle of doTerra Essential Oils you can redirect your mood and release a flow of positive Chemicals through your Brain and Body. PattyMatthews.com EssentialHealthsolutions4You@Gmail.Com



Families Together in New York State is a statewide, family-run organization that represents thousands of families with lived experience raising a child with behavioral health needs. Our goal is to ensure that all children, youth and families have the support they need to succeed in their home, community, and school. Our board and staff are made up primarily of family members and youth with involvement in child-serving systems including mental health, addiction, physical health, juvenile justice, child welfare, developmental disability, and education.



When you know how you feel you can make better decisions and create positive outcomes. Jiffy Journal is a quick, easy way to acknowledge feelings, guide behavior and build a history of valuable information. Emotional organization, emotional exercise and being healthy inside and out are what Jiffy Journal is all about. Jiffy Journal ~ The journal worth keeping. Contact; Elizabeth Williams (203)-989-7050 Email: elizabethmwilliamsllc@gmail.com www.jiffyjournal.com



Jordan Peer Recovery, a division of Dr. Masica Jordan, LLC (Dr. MJ, LLC) is a training institution offering innovative solutions like; a proprietary peer recovery workforce assessment, State and National Board (NAADAC) approved peer recovery trainings, specialized trainings (forensic peer recovery, gambling recovery, *The Opioid Toolbox* (resources for peers working with individuals in recovery from substance abuse supervision and more), a peer recovery workforce registry and many other services to support the peer recovery workforce.



The Long Island Center for Recovery is a 50-bed Inpatient and Outpatient rehabilitation facility with a medically supervised detoxification unit. LICR is OASAS Licensed and JCAHO Accredited and offers Group and Individual Therapy, Family Education and Counseling, cutting edge Rapid Resolution (Trauma Based) Therapy, Military Services-Veterans and First Responders Program, Gender Specific Groups, 12 Step Recovery, Relapse Prevention Groups and Educational Lectures and Workshops. Admissions are open 24 hours a day, 7 days a week. Insurance pre-certifications are conducted by our admissions team. Transportation is available for all admissions and discharges upon completion of treatment.



The Long Island Recovery Association is a grassroots 501c3, Not for Profit organization concerned about the rights of those in recovery from or seeking help for addiction related illnesses.

LIRA was founded in January 2000 to give a voice and visible presence to the Long Island recovery community. For too long our constituency of people in recovery and impacted family members remained underground as others made decision affecting us, our families and friends including the enactment of discriminatory policies resulting in barriers that prevented our folks from being treated equally. LIRA educates decision makers, policy leaders, and the community at large to reduce the negative public perception surrounding Substance Use Disorders with the aim of building a bridge of mutual understanding for individuals in recovery, family members and those seeking a pathway that accurately reflects both the available resources and existing needs of our community.



Our team of clinicians and therapists treat each resident's individual needs, pinpointing physiological and psychological ailments that contribute to their addictions. We believe that addiction is often supported by one or more co-occurring conditions. We also specialize in treatment for over 20 additional diagnoses, which are supported by the most current and medically-recommended therapies. Our historic estate is nestled in the foothills of the Middle Tennessee countryside, which provides a celestial safe haven for rehabilitation.

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Over 20 years ago, Martin, Harding & Mazzotti, LLP was formed as a personal injury law firm with multiple locations throughout New York and Vermont. The Heavy Hitters have been dedicated solely to the representation of injured persons, including workers compensation, Social Security disability and a mass tort division to ensure those injured by defective medical devices or drugs have a voice. Our firm continues to grow to better serve and support our communities.



The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is one of the 27 institutes and centers that comprise the National Institutes of Health (NIH). NIAAA supports and conducts research on the impact of alcohol use on human health and well-being. It is the largest funder of alcohol research in the world.

NIAAA leads the national effort to reduce alcohol-related problems by: conducting and supporting alcohol-related research in a wide range of scientific areas including genetics, neuroscience, epidemiology, prevention, and treatment; coordinating and collaborating with other research institutes and federal programs on alcohol-related issues; collaborating with international, national, state, and local institutions, organizations, agencies, and programs engaged in alcohol-related work; and translating and disseminating research findings to health care providers, researchers, policymakers, and the public. Through both research within NIAAA, and by funding grants at institutions worldwide, NIAAA aims to: better understand the health risks and benefits of consuming alcohol, as well as why it can cause addiction; reveal the biological and socio-cultural origins of why people respond to alcohol differently; remove the stigma associated with alcohol problems and develop effective prevention and treatment strategies that address the physical, behavioral, and social risks that result from both excessive drinking, and underage alcohol consumption.



Newport Academy is a series of evidence-based healing centers for adolescents and families struggling with mental health issues, eating disorders, and substance abuse. With locations across the United States, Newport Academy offers a family-systems approach, providing gender-specific, individualized, and comprehensive holistic programs that encompass clinical therapy, academic support, and experiential modalities.

Offerings include residential treatment, intensive outpatient programming, recovery-based therapeutic day schools, and day treatment. Newport Academy nurtures the physical, psychological, social, educational, and spiritual needs of adolescents and their families, from a foundation of compassionate care, clinical expertise, and unconditional love. Our primary mission is to empower teens and restore families.



**Office of Alcoholism and
Substance Abuse Services**

The New York State Office of Alcohol and Substance Abuse Services (OASAS) oversees one of the nation's largest addiction services systems with approximately 1,600 prevention, treatment and recovery programs. OASAS-certified chemical dependence treatment programs have an

average daily enrollment of 99,100 and serve over 276,000 New Yorkers every year. During the 2016-17 school year, OASAS-funded prevention programs delivered direct prevention services to approximately 406,000 youth. OASAS plans, develops and regulates the State's system of chemical dependence and gambling treatment agencies, which includes the direct operation of 12 Addiction Treatment Centers statewide.



St. Joseph's Addiction Treatment & Recovery Centers operates a 67-bed inpatient facility, a 25-bed residential program for veterans, and our family program in Saranac Lake.

We also provide adolescent treatment at Rose Hill in Massena; outpatient services through eight sites in Essex and Franklin Counties; aftercare at our supportive living program in Poughkeepsie and our Guest House in Schenectady; and beginning in the summer of 2019, a 28-bed supportive living facility in Malone.

www.stjoestreatment.org



TruetoX Laboratories, LLC., is a highly specialized toxicology laboratory located in Garden City Park, NY. In addition to providing excellent toxicology services, we are now in the business of providing clinically actionable data to assist providers in driving better patient outcomes. We

are fundamentally changing the way laboratories provide useful information to clinicians. TRAC (Trending Report Analysis Console) is a powerful tool created for providers by providers utilized for trending usage and assisting in predictive analysis among patients. TruetoX has harvested useful intelligent data to prepare treatment providers for Value Based Reimbursement. How will you prepare?



Valley Vista is a 99-bed inpatient addiction treatment program for men, women and young adults suffering from substance use disorder often complicated by co-occurring mental health conditions. Each program makes use of multiple evidence-based therapeutic modalities including health realization, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Seeking Safety, Smart

Recovery, 12-Step programming and the Seven Challenges. With two beautiful Vermont locations, in Bradford and Vergennes, Valley Vista offers recovery from substance use disorder in humble and tranquil settings. For more information about Valley Vista visit www.vvista.net or call 802.222.5201. Valley Vista can also be found on Facebook, LinkedIn and Twitter. Contact Information: John Caceres, Director of Marketing 802.222.5201 x327; email: john.caceres@vvista.net

19TH ANNUAL CONFERENCE



ASAP 2018

SEPTEMBER 23-26, 2018 | THE ONCENTER, SYRACUSE NY

www.asapnysconference.org

NOTES

[illegible]

NOTES

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The lines are thin and consistent in color, set against a plain white background. There are no margins, text, or other markings present on the page.

