

Welcome to the inaugural edition of the Addiction Studies Alumni Club (ASAC) quarterly e-newsletter bringing you industry updates, alumni spotlights, and other pertinent information of your industry.

Our Mission

The purpose ASAC is to help alumni and students that are currently enrolled in the addictions studies program at Governors State University, keep abreast of all of the changes that affect those that are in the field of addictions, and support the mission and objectives of the Governors State University Alumni Association and of Governors State University.

Meet The President



My mission as your Addictions Studies Alumni Club (ASAC) president is to support leaders (like you) who are committed to serving Governors State University and the fields of Substance Abuse Treatment/Mental Health. I'm also an author and CEO of an Addictions-focused greeting card company called Hand Written Greetings Inc.

I currently work for Indivior (formerly Reckitt Benckiser Pharmaceuticals). In my current role as a Clinical Liaison II, I am responsible for the educational support and program consultation regarding medication assisted treatment of opioid dependence.

My area of responsibility is in the management of a Chicagoland area territory which consists of direct clinical support to physicians, therapeutic treatment providers, pharmacists, and any other person who contributes to the treatment team. Prior to Reckitt Benckiser I worked in every Chemical Dependency treatment provider role from program development to case management. I've also worked directly with clients/patients in every level of care from inpatient hospitalization to outpatient services and in most aspects of addictions including but not limited to medical stabilization and psychiatric treatment.

I am heavily involved in community advocacy for addictions related issues and serves on several advisory boards for leading addictions entities. I have over (14) years professional experience in mental health and substance abuse, (8) of those performing in management positions. I've dedicated myself to the addictions treatment community and my self-proclaimed purpose is to support clients, patients and organizations with my community matrix model. This model implements resources to ensure that each client receiving services has the best opportunity to recover. My hearts purpose brought me to the field of healthcare, specifically Chemical Dependence Treatment and Mental Health Treatment. I purposely, passionately, and insanely LOVE serving these very special and underserved populations. It is my personal and professional mission to change how addictions and mental health is viewed and treated globally.

My Professional Boards and Organizations include but are not limited to:

- Board member of The Illinois Certification Board (IAODAPCA)
- Board member/Treasurer NAADAC (IL Chapter IAAP)
- Governors State University Addictions Studies Alumni Club President
- Governors State University Alumni Board member

I am looking forward partnering with you and being a resource of support for your academic and career goals.

Jamelia R. Hand MHS CADC MISA I

Alumni Spotlight

ASAC will highlight a GSU Addictions Studies alumni in each edition of the ASAC newsletter. If you would like to self-nominate to be included in the newsletter, please e-mail alumnirelations2@govst.edu and include your work history, information about you, what you've been up to and any other information you feel is important. Our newsletter review committee will review all applications and submit their recommendations for inclusion.

Call for Workshop Presenters

GSU ASAC is calling for workshop volunteer presenters that offer unique educational experiences for Addiction and Social Work focused students and professionals. We are seeking current and relevant information for the topics below:

- **Practice Management & Technology:** Health Information Technology (HIT), Electronic Health Records (EHR), Certification/Licensure, Patient Retention, Billing/Insurance, Social Media, Teletherapy, and Ethical, Legal, and Liability Issues.
- **Co-Occurring Disorders:** Integrated Treatment, Changes from DSM-IV to DSM-5, Mental Health Disorders, Trauma, and ICD 10.
- **Psychopharmacology:** Neurobiology of Addiction, Pharmacotherapy/Medication-Assisted Treatment, Opioids, Alcohol, Marijuana, Sedatives, Stimulants, Synthetic Drugs, Tobacco/Nicotine, and Designer Drugs.
- **Advocacy:** Policy/Regulatory Issues, Affordable Care Act (ACA), and How to Advocate.
- **Clinical Skills:** Evidence-based Practices, Case Studies, Relapse Prevention, Treatment Planning, Screening & Assessment, Counseling Theories, The ASAM Criteria, and Promising Practices.
- **Cultural Sensitivity:** Introduction to Cultural Humility, Addiction-Specific Issues Involving LGBTQ, Racial/Ethnic Groups, Gender, Spirituality, Low-Income/Homeless, and Veterans/Military.
- **Process Addictions:** Gambling Addiction, Sexual Addiction, Internet Addiction, and Eating
- **Education:** Topics that seek to enhance the quality of training and education in addiction studies, to disseminate professional knowledge and share ideas regarding addiction studies,

students and scholarship in the field of addiction studies with a creative evidence-based focus. The topics can be as broad as national policy level discussions, and as narrow as creative improvement of a single course—originality is key.

If you are interested in becoming a volunteer workshop presenter, please forward your speaker bio, topic and presentation outline for consideration to cgarey@govst.edu and jamelia.hand@gmail.com as soon as possible.

Future of Treatment in Illinois

This article is based on an interview with Peter Palanca Executive Vice President and COO of TASC (Treatment Alternatives for Safe Communities). He is a Board Member with NADPT (National Association of Addiction Providers) and Faculty Advisor of the Addiction Studies Alumni Club Board.

With the dramatic budget cuts to social services in Illinois, what can we, as substance abuse and mental health professionals and educators, do?

Advocacy thru the State Legislature and the Department of Human Services is key as changes in the State Budget directly result in cuts that especially effect underserved populations.

What is a major area of underserved populations?

Right now 2 out of 10 people who need services get them. In Illinois and especially Cook County the situation is dire. There is a cross section of substance abuse and the criminal justice system. Cook County Jail has the most inmates with substance abuse/mental health issues in the US. We have to stabilize and treat people before they end up in the criminal justice system—treat people rather than lock them up.

How can we best intervene with people to prevent negative outcomes like loss of family or jail?

With funding becoming even tighter, it is especially important to creatively bring service providers together in collaboration so those at a crisis point experiencing addiction and/or mental health issues can be stabilized and treated. Those working in different areas and providing different levels of care can provide seamless service delivery. Since these problems do not occur in isolation, getting support services for families is important. All of us are better than any one of us.

We want to help. With all these funding issues, are there jobs out there?

Yes! There are jobs out there! Addiction/mental health providers are using their Websites to post job openings. You can also contact human resource offices at treatment centers. People are needed in the field.

What is your self-care regimen in this high burnout field?

I pray, exercise, and spend time with my wife, children and grandchildren.

This article is a collaborative effort between Dana Forbes, Jamelia Hand, Rodney Bullock, and David O'Donnell

Hope Behavioral Services at the Jeannine Brent Center Inc.



Hope Behavioral Services at the Jeannine Brent Center Inc. is a DUI and substance abuse treatment/intervention provider, licensed by the Department of Human Services, Division of Alcoholism and Substance Abuse. The agency was founded in August 2014, in Crest Hill, Illinois by Beth Marie Hawkins, LCSW, CAADC, Clinical Director. Hope Behavioral Services (HBS) provides: DUI evaluation and risk education, along with adult and adolescent outpatient substance abuse treatment services. Additional services offered include: re-entry services for the formally incarcerated; services in Spanish; anger management classes; parenting classes; urinalysis testing; case consultation; and hosting of educational presentations.

The mission of Hope Behavioral Services is to provide a supportive therapeutic environment which integrates a holistic and culturally competent delivery of services to enhance the overall quality of life for the person served. Service providers have more than 30 years of combined experience in the helping professions. The agency provides quality services with care. Utilizing evidenced based practices, clinicians partner with clients for better client outcomes. The clinicians primarily utilize an integrative approach incorporating: cognitive behavioral therapy, motivational interviewing and the transtheoretical model of change. Respect, non-judgment and commitment to helping people are very key elements of service provision. Additionally, the agency name “Hope” is derived from “holding hope for others until they are able to hold hope for themselves.”

Contact Information: Hope Behavioral Services Inc., 406 Theodore Street, #A1, Crest Hill, IL, 60403, 815-260-7203 www.hopebehavioralservices.com or hopeservices3@yahoo.com

Recovery Coach Training



The Recovery Coach Training Program is a free training, approved and funded by the Division of Alcohol and Substance Abuse (DASA) of the State of Illinois. This training provides an initial foundation for Recovery Coaches to be an integral part of a R.O.S.C. for individuals working toward recovery from substance use disorders. Upon successful completion of the training, participants receive a *Certificate of Completion* and are eligible to interview for employment as a Recovery Coach for adults at various treatment settings.

Allen Harris completed the training in 2014 at GSU and is employed at a recovery home. He currently has seven clients and sees each client at least four times a week, approximately 30 to 40 minutes each time. Allen describes his role as “a motivator, a provider of helpful and compassionate assistance.” Alan identifies listening skills as essential to be an effective Recovery Coach, and the ability and willingness to acknowledge a client’s personalized needs and goals.

Regina Robinson completed the training in 2014 and is also employed at a recovery home. Typically, she has six to eight clients, meeting with each client four times a week. Regina also meets with the clients’ counselors to discuss client’s progress toward their goals. Regina describes her role as “goal monitor and resource person.” Many of her clients request what she describes as “how to” information – how to obtain housing, employment, and food after they leave the recovery home.

Regina notes that providing appropriate resources for clients is a fundamental piece that supports the client's recovery.

This training has been provided at GSU for the last five years through the College of Health and Human Services by GSU faculty of the Addictions Studies and Behavioral Health Program. The training is open to all Illinois residents, as well as GSU faculty and students. The next training dates are pending, as GSU is awaiting funding approval from DASA for FY2016.

ASAC Workshops for CEU Credits

On Saturday May 30th the GSU Alumni Association and the Addiction Studies Alumni Club presented 2015's first workshop for Addiction Counselor and Social Worker CEU Credits. The topic, *Avoidance of Burnout and Maintaining Wellness in the Addictions and Helping Professions*, was led by Beth Marie Hawkins and Dr. Maristela Zell. The relevance of this topic was evidenced by the strong turnout. Much was discussed including defining burnout, equity theory, social exchange theory, stress reduction, coping skills, mindfulness meditation, and self-care.

Participants have found these workshops to be a great opportunity to earn CEU Credits, learn more about topics relevant to helping professionals, reconnect with the passion of helping others, and to expand the professional and personal support network. Students are also welcome and receive a discounted rate when registering.

Information about upcoming workshops is sent via email and is posted at www.govst.edu/alumni - Addictions Studies Alumni Club

Join ASAC

ASAC membership is available to all GSU Alumni interested in the field of Addictions. There is no charge to join ASAC. Student memberships are also available. For more information, contact Jamelia Hand at Jamelia.hand@gmail.com or cgarey@govst.edu

Industry Update

The [Illinois Alcohol and Other Drug Abuse Professional Certification Association \(IAODAPCA\)](#) is the latest organization to accept NAADAC continuing education towards certification. All [upcoming and on demand webinars](#) are now approved continuing education by IAODAPCA, as well as NAADAC's [Substance Abuse Professional's U.S. DOT Alcohol and Drug Testing Regulation Qualification and Re-qualification Independent Study Course](#)

Now, all NAADAC members who hold their licenses in Illinois can benefit from over 75 online CE credits through the [NAADAC Webinar Series](#). All continuing education is offered online and at your convenience. Simply watch the webinar of your choice, complete the online CE quiz, and receive a free CE certificate to use towards your certification. Non-members of NAADAC can also participate in the webinar series for free, and CE certificates are available for a fee. [Start your membership today!](#)

In addition to IAODAPCA, NAADAC education is approved by [NAADAC, The Association for Addiction Professionals](#), [National Board of Certified Counselors \(NBCC\)](#), and [California Association for Alcohol/Drug Educators \(CAADE\)](#), accredited by the [American Probation and Parole Association](#), and accepted by the [New York Office of Alcoholism and Substance Abuse Services \(OASAS\)](#). Click [here](#) for a full list of approvals.

Schedule of Events



4th Annual Walk for Recovery – Saturday, September 12.

Registration: 8-9 a.m.

Program: 9 a.m.

2 Mile Walk (Optional): 10 a.m.

Free Admission, door prizes, refreshments, music and entertainment, resource fair

Master of Ceremonies: Peter Palanca, Executive Vice President and COO, TASC, Inc.; Keynote speaker, Mark Sanders, CEO, On the Mark Consulting; DJ entertainment and more

Register on-line and be entered for a special door prize: www.govst.edu/alumniwalk

For sponsor information call Alumni Relations at 708.534.4128

