ABOUT THE EVERGREEN COUNCIL ON PROBLEM GAMBLING

The Evergreen Council on Problem Gambling (ECPG) is dedicated to increasing awareness of public health issues around problem gambling and gaming, expanding the availability and integration of services, and supporting advocacy, research, and programs for education, prevention, treatment, recovery, and responsible gambling and gaming. We provide confidential support for Washington State residents through our 24-hour Problem Gambling Helpline (800.547.6133) via phone, text, and chat, and public awareness, education, prevention, and resource development services for individuals, families, employers, students, the gaming industry, and business and community groups. ECPG also provides qualified training and certification programs and continuing education units (CEUs) for treatment professionals.

The Council offers support for residential treatment for those struggling with problem gambling and outpatient treatment for those affected by problem gambling and family members, as well as education and public awareness programs to a wide variety of community and professional groups through presentations. The Council works with the gaming industry to provide employee training and responsible gaming policy and program development, and offers a Responsible Gaming Certification program.

The Evergreen Council on Problem Gambling is pleased to work with schools and youth groups, educators and PTAs, civic and social service organizations, and others to develop and tailor education and awareness programs to meet your needs. For more information, or to schedule a presentation, call our office at 360.352.6133.

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ECPGambling

SCHEDULE AT-A-GLANCE

FOUNDATIONS IN GAMING DISORDER TRACK

MONDAY, DECEMBER 14

9:15 - 9:45 am	Welcome and Check-in		
9:45 - 10:45 am	Jeff Derevensky, PhD		*Are Video Games Safe and Do They Make a Good Gift?*
10:45 - 11 am	Activity Break: Favorite People, Favorite Places with Jeff Derevensky, PhD		
11 am - 1 pm	Panel: Hilarie Cash, PhD, LMHC, CSAT		*Gaming Disorder Recovery*
1 - 1:30 pm	Networking Lounge: Chat and Feedback		
1:30 - 2:30 pm	Sally Gainsbury, PhD		*Youth Gambling, Gaming, and Mental Health: Implications for Helping Professionals*

PREVENTION TRACK

MONDAY, DECEMBER 14

8 - 8:30 am	Welcome and Check-in		
8:30 am - 1 pm	Prevention	Alison Drain, MSW, MPA	*An Introduction to Youth Problem Gambling and Stacked Deck (Part 1)*
9:30 - 9:45 am	Activity Break: TEDx with Jody Bechtold, LCSW, ICGC-II, BACC		
10:45 - 11 am	Activity Break: Favorite People, Favorite Places with Jeff Derevensky, PhD		
12- 12:30 pm	Out of the (Lunch) Box: Sound Healing Yoga with Kristen Rubis		
1 - 1:30 pm	Networking Lounge: Chat and Feedback		

TUESDAY, DECEMBER 15

8 - 8:30 am	Welcome and Check-in		
8:30 am - 1:30 pm	Prevention	Alison Drain, MSW, MPA	*Stacked Deck Train the Trainer (Part 2)*
9:30 - 9:45 am	Activity Break: New Day Northwest Segments		
10:45 - 11 am	Activity Break: SNAPSHOT with Brian Farr, MA, LPC		
12 - 12:30 pm	Out of the (Lunch) Box: ECPG (Almost) LIVE! Gambling and Gaming During a Pandemic		
1:30 -1:45 pm	Networking Lounge: Chat and Feedback		

WEDNESDAY, DECEMBER 16

8:30 - 9 am	Welcome and Check-in		
9 am - 1 pm	Prevention	Alison Drain, MSW, MPA	*Stacked Deck Train the Trainer (Part 3)*
9:45 - 10 am	Activity Break: Three Centered Meditation with Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC		
10:45 - 11 am	Activity Break: Office Yoga: Small Ways to Get Back in Your Body with Judy Sugg, PhD, LMHC		
11:45 am - 12:15 pm	Out of the (Lunch) Box: Meals à la Mo		
1 - 1:30 pm	Networking Lounge: Chat and Feedback		

SCHEDULE AT-A-GLANCE

TREATMENT/RECOVERY TRACK			
MONDAY, DECEMBER 14			
8 - 8:30 am	Welcome and Check-in		
8:30 - 9:30 am	Treatment/ Recovery	Denise Quirk, MA, MFT, LCADC, CPGC-S, ICGC-II, BACC	*Treating Families Affected by Gambling Disorder*
9:30 - 9:45 am	Activity Break: TEDx with Jody Bechtold, LCSW, ICGC-II, BACC		
9:45 - 10:45 am	Treatment/ Recovery	Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC	*Family Gambling Recovery*
10:45 - 11 am	Activity Break: Favorite People, Favorite Places with Jeff Derevensky, PhD		
11 - 11:45 am	Treatment/ Recovery	David Luxton, PhD	*Telehealth Updates and Guidelines You Need to Know*
11:45 am - 12:15 pm	Out of the (Lunch) Box: Sound Healing Yoga with Kristen Rubis		
12:15 - 1 pm	Treatment/ Recovery	Tana Russell, SUDP, NCTTP, WSCGC-II	*Tobacco and Problem Gambling (Part 1)*
1 - 1:30 pm	Networking Lounge: Chat and Feedback		
TUESDAY, DECEMBER 15			
8 - 8:30 am	Welcome and Check-in		
8:30 - 9:30 am	Treatment/ Recovery	David Dickinson, MA	*Behavioral Health Equity*
9:30 - 9:45 am	Activity Break: New Day Northwest Segments		
9:45 - 10:45 am	Treatment/ Recovery	Panel: Melissa Etherington, Craig Johnson, LADC, and Susan Sheridan Tucker	*Player Protection Tools to Block Online Gambling Sites*
10:45 - 11 am	Activity Break: SNAPSHOT with Brian Farr, MA, LPC		
11 am - Noon	Treatment/ Recovery	Ann Gray, M.Ed	*Families, Holidays, Stress, and Suicide Prevention*

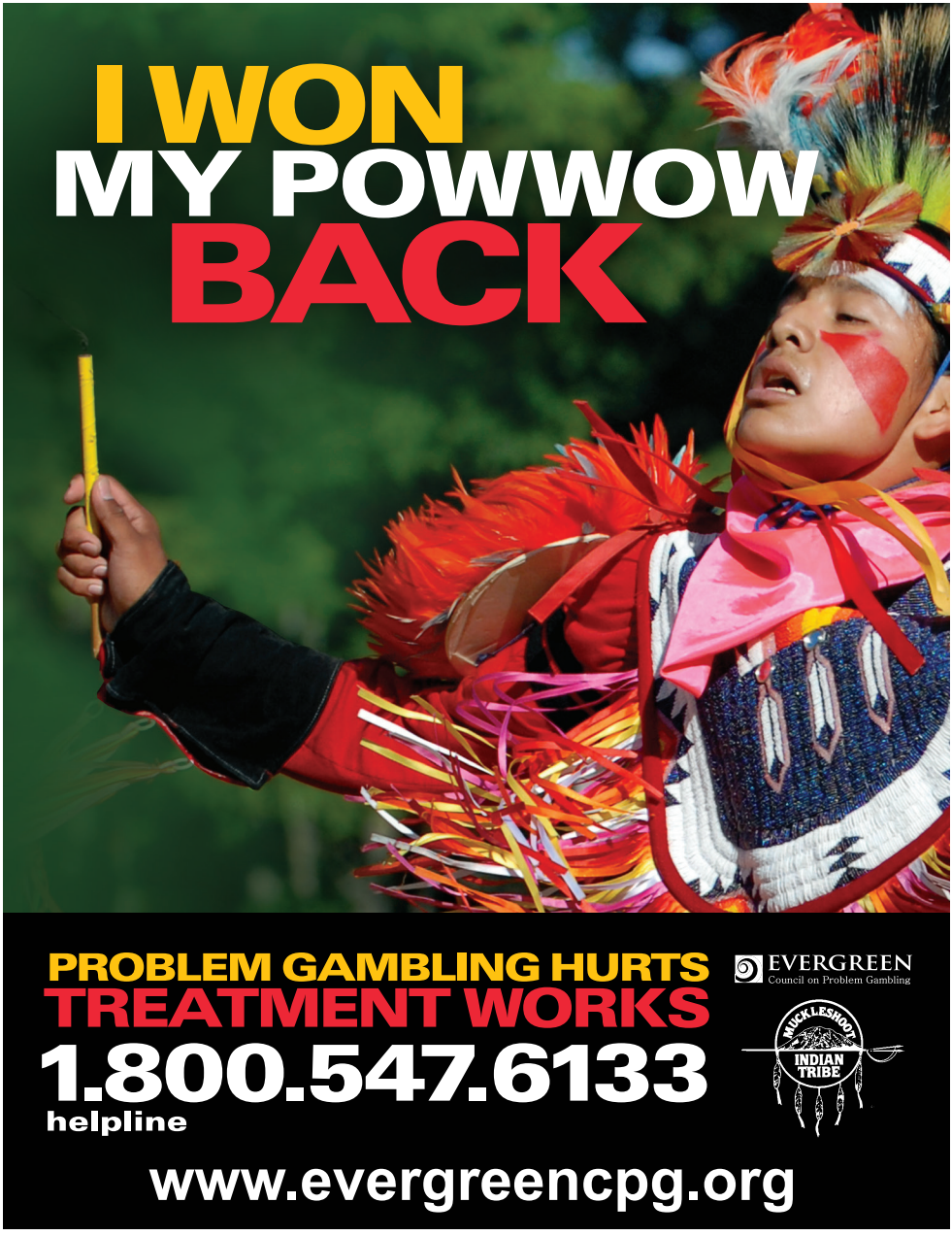
Thank you to our Foundations in Gaming Disorder Track partner!

The Massachusetts Council ON GAMING AND HEALTH

SCHEDULE AT-A-GLANCE

12 - 12:30 pm	Out of the (Lunch) Box: ECPG (Almost) LIVE! Gambling and Gaming During a Pandemic		
12:30 - 1:30 pm	Treatment/ Recovery	Tana Russell, SUDP, NCTTP, WSCGC-II	*Tobacco and Problem Gambling (Part 2)*
1:30 - 1:45 pm	Networking Lounge: Chat and Feedback		
WEDNESDAY, DECEMBER 16			
8:30 - 9 am	Welcome and Check-in		
9 - 9:45 am	Treatment	Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC	*Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 1)*
	Recovery	Lauren Davis and Ely Hernandez, MSW, LSWAIC	*Recovery Advocacy*
9:45 - 10 am	Activity Break: Three Centered Meditation with Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC		
10 - 10:45 am	Treatment	Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC	*Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 2)*
	Recovery	Cheryl Wilcox, BS, CPC, RC and Samantha Byers	*The State of Our States in Recovery Programs*
10:45 - 11 am	Activity Break: Office Yoga: Small Ways to Get Back in Your Body with Judy Sugg, PhD, LMHC		
11 - 11:45 am	Treatment	Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC	*Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 3)*
	Recovery	Panel: David Elsbernd, Eva James, Brian Ward, and Jeff Wasserman	*Voices of Recovery*
11:45 am - 12:15 pm	Out of the (Lunch) Box: Meals à la Mo		
12:15 - 1 pm	Treatment	Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC	*Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 4)*
	Recovery	Panel: Jason Bliss, Whitney Lehman, CRRA, and Alan Muia	*Recovery Residences: Standards, COVID Impacts, and the Future*
1 - 1:30 pm	Networking Lounge: Chat and Feedback		

THANK YOU TO OUR PLATNUM PEAK PATRON



ENGAGE
ECPG ONLINE LEARNING EXPERIENCE

DECEMBER 2020 MID-MONTH TRAINING SCHEDULE

Monday, December 14 - Foundations in Gaming Disorder Track

9:15 - 9:45 am

Welcome and Check-in

9:45 - 10:45 am **Breakout Session**

Are Video Games Safe and Do They Make a Good Gift?

Presented by: Jeff Derevensky, PhD

Both gaming and gambling are particularly attractive to youth and are among the fastest growing industries. The online gaming market continues to grow exponentially. Whether one is using a gaming console, tablet, computer, or smartphone, games can be played 24 hours a day, 7 days per week. While there are educational games designed to teach a multitude of skills, there are major concerns over excessive gaming. At the same time, there are real concerns with respect to the migration between gaming and gambling. Dr. Derevensky will discuss both the positive aspects associated with gaming and the negative consequences of excessive gaming. As well, he will highlight the concerns over the migration of gaming activities and gambling.

10:45 - 11:00 am **Activity Break**

Favorite People, Favorite Places with Jeff Derevensky, PhD

11:00 am - 1:00 pm **Breakout Session**

Gaming Disorder Recovery

Presented by: Hilarie Cash, PhD, LMHC, CSAT, WSCGC-I, Steve and Sally Bracke, Elizabeth and Kevin Jones, and Linda McGeady

Hear real-life stories from the families of those who have struggled with Gaming Disorder. Discover how the whole family was impacted, learn signs of a developing problem, learn how to support someone who is in recovery from a gaming disorder, and be inspired by what families did to find help both for themselves and for their loved one.

Monday, December 14 - Foundations in Gaming Disorder Track (cont'd)

1:00 - 1:30 pm

Networking Lounge – Chat and Feedback

1:30 - 2:30 pm

Youth Gambling, Gaming, and Mental Health: Implications for Helping Professionals

Presented by: Sally Gainsbury, PhD

Internet technology has made gambling more accessible than ever. Young people are gambling online and playing online games that incorporate gambling themes and mechanics. This can lead to serious problems for young people with significant mental health implications. In this webinar, Associate Professor Sally Gainsbury, Director of the University of Sydney Gambling Treatment and Research Clinic, will discuss how teens are using online gambling and gambling within online games and the impact of this on mental health, with some observations on service delivery responses.

Monday, December 14 - Prevention Track

8:00 - 8:30 am

Welcome and Check-in

8:30 am - 1:00 pm **Breakout Session**

An Introduction to Youth Problem Gambling and Stacked Deck (Part 1)

Presented by: Alison Drain, MSW, MPA

An introduction to youth problem gambling provides prevention specialists, counselors, and educators with a basic understanding of youth gambling and problem gambling. This understanding will assist the participant with facilitating the Stacked Deck Curriculum more effectively. Attendees will also learn best practices in building awareness in schools and communities. Discussion around shared risk and protective factors of mental health disorders will help those attending think about cross-sectional collaborations that can occur to assist in preventing problem gambling. There will also be an opportunity to build facilitation skills.

These presentations will be prepared and delivered by the presenters/panels in their personal/professional capacities. The opinions expressed in the presentations are those of the presenters/panelists and do not necessarily reflect the views of the Evergreen Council on Problem Gambling (ECPG), its staff, or board members. ECPG encourages respectful debate and dialogue on issues in our field.

Monday, December 14 - Prevention Track (continued)

9:30 - 9:45 am **Activity Break**

TEDx with Jody Bechtold, LCSW, ICGC-II, BACC

10:45 - 11:00 am **Activity Break**

Favorite People, Favorite Places with Jeff Derevensky, PhD

11:45 am - 12:15 pm **Activity Break**

Out of the (Lunch) Box: Sound Healing Yoga with Kristen Rubis

1:00 - 1:30 pm

Networking Lounge – Chat and Feedback

Tuesday, December 15 - Prevention Track

8:00 - 8:30 am

Welcome and Check-in

8:30 am - 1:30 pm **Breakout Session**

Stacked Deck Train the Trainer (Part 2)

Presented by: Alison Drain, MSW, MPA

9:30 - 9:45 am **Activity Break**

New Day Northwest Segments

10:45 - 11 am **Activity Break**

SNAPSHOT with Brian Farr, MA, LPC

12:00 - 12:30 pm **Activity Break**

Out of the (Lunch) Box: ECPG (Almost) LIVE! Gambling and Gaming During a Pandemic

1:30 - 1:45 pm

Networking Lounge – Chat and Feedback

Wednesday, December 16 - Prevention Track

8:30 - 9:00 am

Welcome and Check-in

The ***Stacked Deck*** course has been approved for 10.5 hours of General Prevention Education by the Prevention Specialist Certification Board of Washington (PSCBW).

Wednesday, December 16 - Prevention Track (continued)

9:00 am - 1:00 pm **Breakout Session**

Stacked Deck Train the Trainer (Part 3)

Presented by: Alison Drain, MSW, MPA

9:45 - 10:00 am **Activity Break**

Three Centered Meditation with Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC

10:45 - 11:00 am **Activity Break**

Office Yoga: Small Ways to Get Back in Your Body with Judy Sugg, PhD, LMHC

11:45 am - 12:15 pm **Activity Break**

Out of the (Lunch) Box: Meals à la Mo

1:00 - 1:30 pm

Networking Lounge – Chat and Feedback

Monday, December 14 - Treatment/Recovery Track

8:00 - 8:30 am

Welcome and Check-in

8:30 - 9:30 am **Breakout Session**

Treating Families Affected by Gambling Disorder

Presented by: Denise Quirk, MA, MFT, LCADC, CPGC-S, ICGC-II BACC

This one-hour interactive webinar will focus on the impact Gambling Disorder has on family members and how clinicians may use various therapeutic tools to assist the family members in their treatment. Denise Quirk has served the Reno, Nevada community for 28 years as a Marriage and Family Therapist and specialist in treating Gambling and other addictive disorders. She will outline ways that have been effective at the Reno Problem Gambling Center, the non-profit treatment center she opened 14 years ago, and involve participants in a discussion about what works.

9:30 - 9:45 am **Activity Break**

TEDx with Jody Bechtold, LCSW, ICGC-II, BACC

Monday, December 14 - Treatment/Recovery Track (continued)

9:45 - 10:45 am **Breakout Session**

Family Gambling Recovery

Presented by: Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC

Addictions, whether substance abuse or behavioral, have an impact on families and loved ones. There are many similarities, and also many differences. With the addition in the DSM-5 of Gambling Disorder as an addiction, one might assume that using the same interventions with family members of problem gamblers as those used with substance abusers are effective. This is not necessarily true. Understanding the differences in how addictions impact substance abuse families and gambling disordered families and how different treatment interventions are used can make a difference in treatment outcomes for all.

10:45 - 11 am **Activity Break**

Favorite People, Favorite Places with Jeff Derevensky, PhD

11 - 11:45 am **Breakout Session**

Telehealth Updates and Guidelines You Need to Know

Presented by: David Luxton, PhD

This presentation will cover all the essential requirements and best practices for using videoconferencing for telehealth services. The latest legal requirements and ethics considerations are covered, along with the types of settings and services that can be provided via videoconferencing. Technology selection, including appropriate software is covered, along with best practices for equipment and room setup. Safety and emergency protocols are also presented. This presentation is applicable to all health care provider and counselor professions.

11:45 am - 12:15 pm **Activity Break**

Out of the (Lunch) Box: Sound Healing Yoga with Kristen Rubis

12:15 - 1 pm **Breakout Session**

Tobacco and Problem Gambling (Part 1)

Presented by: Tana Russell, SUDP, NCTTP, WSCGC-II

This first session on Tobacco and Problem Gambling will cover the types of tobacco, including vape, general ingredients, Nicotine Replacement Therapy and Pharmacotherapy products approved by the FDA, the cycle of nicotine addiction and why people choose to start or chose to stop using tobacco, as well as comparing Tobacco Use Disorder to other addictive disorders such as Substance Use Disorders and Gambling Disorder. And finally, reviewing some of the current data regarding the co-occurrence of Tobacco and Gambling Disorders, ways they interact, and how COVID-19 has impacted this relationship.

Monday, December 14 - Treatment/Recovery Track (continued)

1 - 1:30 pm

Networking Lounge – Chat and Feedback

Tuesday, December 15 - Treatment/Recovery Track

8:00 - 8:30 am

Welcome and Check-in

8:30 - 9:30 am **Breakout Session**

Behavioral Health Equity

Presented by: David Dickinson, MA

This presentation will provide an overview of SAMHSA's Office of Behavioral Health Equity. It will outline SAMHSA's efforts to promote behavioral health equity in the health care continuum of services. Topics may include discussion of identified health disparities, recent policy developments in the era of COVID-19, and the social justice movement.

9:30 - 9:45 am **Activity Break**

New Day Northwest Segments

9:45 - 10:45 am **Breakout Session**

Player Protections Tools to Block Online Gambling Sites

Presented by: Melissa Etherington, Craig Johnson, LADC, and Susan Sheridan Tucker

This Introduction to Player Tools to block online gambling sites will share how apps like Gamban can help players block online gambling, social casinos, and gaming elements such as skins and loot boxes from third-party sites. Counselors using the tools and representatives from Gamban will address how treatment providers can assist individual clients and family members with these types of internet self-exclusion tools. They will address Interstate capabilities and the future of player protections.

10:45 - 11:00 am **Activity Break**

SNAPSHOT with Brian Farr

Tuesday, December 15 - Treatment/Recovery Track (continued)

11:00 am - Noon **Breakout Session**

Families, Holidays, Stress, and Suicide Prevention

Presented by: Ann Gray, M.Ed

The holidays are difficult for individuals who struggle with addiction and/or mental health concerns. In addition, the state of our world today has added a degree of unprecedented emotional distress that has greatly impacted families, and specifically youth. Suicidal ideation is an unfortunate reality for high risk populations and those who struggle with depression, anxiety, and mental health. In this presentation, signs of suicidal ideation will be reviewed with an overview of potential risk and protective factors. Suicide Prevention, intervention, and postvention will be defined with an overview of resources available in Washington State.

12:00 - 12:30 pm **Activity Break**

Out of the (Lunch) Box: ECPG (Almost) LIVE! Gambling and Gaming During a Pandemic

ENGAGE

ECPG ONLINE LEARNING EXPERIENCE

Join us for our next Mid-Month Training
January 11-14, 2021

Special Highlights:

- **Mark Griffiths** on The Culture of Online Gaming and Gambling (2 CEs)
- **Recovery Coach Training Topics** (12 CEs)
- **Mental Health Literacy and Social Justice Issues for Communities of Color** (Experts from Asian/Pan Pacific, Latinx, LGBTQ, and Native American Communities)
- Opportunities for Washington Treatment Providers to receive online gambling blocking tools for clients (1.5 CEs)

Tuesday, December 15 - Treatment/Recovery Track (continued)

12:30 - 1:30 pm **Breakout Session**

Tobacco and Problem Gambling (Part 2)

Presented by Tana Russell, SUDP, NCTTP, WSCGC-II

The second session on Tobacco and Problem Gambling will focus mainly on clinical approaches to addressing Tobacco Use Disorder, primarily among clients affected by gambling. We will review brief interventions such as screening and the Ask/Advise/Refer process, as well as treatment planning approaches, taking into consideration the client's stage of change for both gambling and tobacco, their priorities, and their place on an abstinence/harm-reduction matrix for gambling and tobacco use.

1:30 - 1:45 pm

Networking Lounge – Chat and Feedback

Wednesday, December 16 - Treatment/Recovery Track

8:30 - 9:00 am

Welcome and Check-in

LIVE!

SEE EVERYONE IN 2021!

VISIT OUR WEBSITE TO WATCH ALL OUR PAST EPISODES

Special Broadcast Recording
on Monday 12/15
Out of the (Lunch) Box Break

Don't miss any of the great ECPG LIVE! recordings, broadcasts on our Blog, Facebook, and YouTube!

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THANK YOU TO OUR GOLDEN EAGLE GUARDIANS

COWLITZ INDIAN TRIBE

Our mission is to improve outcomes with quality health care solutions by removing barriers to treatment.

- Outpatient treatment services
- Medical care
- Mental health counseling
- Medication assisted therapies: Suboxone, Vivitrol, Methadone
- DUI/deferred prosecution
- Transportation
- Onsite child care

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wellness center

Wednesday, December 16 - Treatment/Recovery Track (continued)

9:00 - 9:45 am **Concurrent Breakout Sessions**

Treatment Track

Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 1)

Presented by: Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC

Treating families who have been affected by problem gambling requires an understanding of the dynamics of their crisis and both the short-term and long-term effects of the stress and shock that interrupts their lives. This program focuses on the crisis that first ensues for a family and how helpers can support family members effectively. The second session looks at the impact of money and gives practical supports for practitioners to understand the differences with families affected by problem gambling. In this holiday time, the third session addresses stress management and offers specific mindfulness tools that counselors can use with family members. The threads of the training are tied together with family case studies and a closing guided imagery in the fourth session.

Recovery Track

Recovery Advocacy

Presented by: Lauren Davis and Ely Hernandez, MSW

How have the COVID-19 pandemic and other issues created or exacerbated behavioral health system challenges in Washington this year? Some of the key areas to be addressed include Certified Recovery Housing, Recovery Coaching, Inpatient Treatment Accessibility, and Behavioral Health Workforce Stabilization. Join Lauren Davis and Ely Hernandez as they address recovery advocacy efforts to bring recovery to the table on state, regional, and local behavioral health policy and planning groups and prepare for the 2021 Legislative Session with new plans and tips on how we can all support crucial recovery advocacy efforts.

9:45 - 10:00 am **Activity Break**

Three Centered Meditation with Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC

10:00 - 10:45 am **Concurrent Breakout Sessions**

Treatment Track

Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 2)

Presented by: Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC

Wednesday, December 16 - Treatment/Recovery Track (continued)

Recovery Track

The State of Our States in Recovery Programs

Presented by: Samantha Byers and Cheryl Wilcox, BS, CPC, RC

In a year of historic challenges and pivotal changes, how have Recovery Services in the Pacific Northwest been impacted? State program managers and project coordinators from Washington and Oregon will provide insights and answer questions on how the field has been impacted, where services are right now, and what the future might hold.

10:45 - 11:00 am **Activity Break**

Office Yoga: Small Ways to Get Back in Your Body with Judy Sugg, PhD, LMHC

11:00 - 11:45 am **Concurrent Breakout Sessions**

Treatment Track

Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 3)

Presented by: Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC

Recovery Track

Voices of Recovery

Presented by David Elsbernd, Eva James, Brian Ward, and Jeff Wasserman

The importance of hearing from people in recovery who have lived experience with gambling addiction cannot be emphasized enough. Treatment providers and peers are not the only ones who benefit from these voices, stories, people. This session will share those voices and how they are important in advocating for systemic changes to support those in recovery. Changes in the treatment field, in therapeutic justice systems, in the legislative arena, and through the full continuum of care. These stories will help share a better understanding of how gambling disorder is inextricably intertwined with substance use disorder, with other behavioral and process addictions, and with alarming suicide rates.

11:45 - 12:15 pm **Activity Break**

Out of the (Lunch) Box: Meals à la Mo

CEU ACCREDITATION AVAILABLE FROM:

Mental Health and Addiction Certification Board of Oregon (MHACBO)
American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD)
Association for Addiction Professionals (NAADAC)
National Council on Problem Gambling (NCPG)
For a full list of CE providers for the Foundations in Gaming Disorder Track, click here

Wednesday, December 16 - Treatment/Recovery Track (continued)

12:15 - 1:00 pm **Concurrent Breakout Sessions**

Treatment Track

Families Recovering Against All Odds: Helping Family Members of Problem Gamblers Rebuild (Part 4)

Presented by: Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC and Judy Sugg, PhD, LMHC

Recovery Track

Recovery Residences: Standards, COVID Impacts, and the Future

Presented by: Jason Bliss, Whitney Lehman, CRRA, and Alan Muia, M.Ed

Recovery residence; recovery house; recovery home – what's the difference? What levels of care do they offer? Who can live in a recovery residence, and how long? How has the COVID-19 pandemic impacted the ability to provide services at a recovery residence? Where do I find a recovery residence with space available and how do I apply? Join this panel session to gain a better understanding of the standards and duty of care as well as current issues and what the future holds for Recovery Residences in Washington.

1:00 - 1:30 pm

Networking Lounge – Chat and Feedback

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RECOVERY CAFÉ NETWORK

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recoverycafenetwork.org

PRESENTERS

Jason Bliss is a Senior Outreach Coordinator with Oxford House, Inc. in Washington, Montana, and Alaska. He has been in long-term recovery since 2010 and has worked for Oxford House, Inc. since 2011. He serves on several local boards, including the Benton Franklin Recovery Coalition and Merit Resources. He has coordinated with substance abuse organizations, county housing organizations, law enforcement, drug courts, CPS, and the Department of Corrections to build and maintain a strong recovery network for the community.

Steve and Sally Bracke, from Ossian, Indiana, are the parents of Charlie Bracke, age 32, a video game addict who is now over 5 years sober. Sally, a municipal clerk treasurer, and embroidery business owner, and Steve, a former military and corporate pilot, believe in openly sharing their family's journey in the hopes it can help others recognize the symptoms of addiction and find help.

Samantha Byers

Hilarie Cash, PhD, LMHC, CSAT, WSCGC-I has been working in the field of mental health as a private practitioner for more than 30 years. For the last 20 she has specialized in the emerging field of Internet and video game addiction, working with families and individuals struggling to cope with problems related to pornography and romantic chat, video gaming, surfing, social networking, etc. In 2009 she teamed up with Cosette Rae, MSW and Gary Simmons to found the first treatment center of its kind, the reSTART Center for Digital Technology Sustainability. Hilarie is the Co-Founder and Chief Clinical Officer of reSTART Life, an Internet Addiction Recovery Program.

Lauren Davis represents the 32nd Legislative District in the Washington State House of Representatives. She was the founding Executive Director and is the current Strategy Director of the Washington Recovery Alliance, a grassroots movement of individuals and families impacted by addiction and mental health challenges driving large-scale change in public policy and public understanding. She received her bachelor's degree in Ethnic Studies from Brown University, then spent several years researching education access as a Fulbright Scholar in Ghana, West Africa. In the legislature, Lauren's work centers on behavioral health treatment and recovery and criminal legal system reform.

PRESENTERS

Jeff Derevensky, PhD, is James McGill Professor and Director of Clinical Training in School/Applied Child Psychology and Professor, Department of Psychiatry at McGill University. Dr. Derevensky has published widely in the field of gambling, adolescence, and developmental psychopathology. Dr. Derevensky is the Director of the McGill University Youth Gambling Research and Treatment Clinic and the International Centre for Youth Gambling Problems and High-Risk Behaviors. He has testified before governmental bodies in the U.S., Canada, Europe, Asia and Australasia and is considered an expert in the field of gambling and behavioral addictions.

David Dickinson, MA has more than 40 years of experience in the field of behavioral health, working in clinical service delivery as a counselor, program manager, and agency director, as well as serving in leadership positions in state government in Kansas and Washington. He has served as the SAMHSA Regional Administrator in DHHS Region 10 since the creation of the office in 2011. Prior to his position as Regional Administrator for Region X, David served as the Director of the Division of Behavioral Health and Recovery (DBHR) in the Department of Social and Health Services, State of Washington. During his tenure in Washington, he was responsible for integrating the former Division of Alcohol and Substance Abuse and the Mental Health Division, creating the DBHR.

Alison Drain, MSW, MPA has more than 20 years of experience working with government and nonprofit agencies at the local, state, national, and international levels. She is the North Carolina Problem Gambling Program Prevention Coordinator with Morneau Shepell where she manages more than 60 statewide prevention grants, speaks at conferences and webinars to educate attendees on problem gambling prevalence rates and best practices in prevention, outreach, and education, and trains and provides technical support to school staff and prevention coordinators on ***Stacked Deck***, an evidence-based prevention curriculum. Alison holds a Master's Degree in Social Work and a Master's Degree in Public Administration.

PRESENTERS

David Elsbernd is on the Board of Voices of Problem Gambling Recovery, whose aim is to "educate, advocate, and promote recovery". David is employed by pacemaker manufacturer Biotronik. Dave represents the alternate viewpoint of a non-gambler who nonetheless has been intimately involved in a family member's recovery process. As such he uses his hard-won knowledge of gambling addiction to speak out to whomever might listen, such as community groups and legislative committees. Dave feels his involvement in VPGR helps to give voice to the largely silent problem gambling community.

Melissa Etherington works extensively with governmental bodies, treatment support providers, and commercial organisations, giving guidance on best practices for distribution and strategy in online gambling self-exclusion, and enhancing and improving protection for at-risk problem gamblers. Melissa works to accelerate positive change to ensure that recovery from problem gambling is both possible and achievable.

Sally Gainsbury, PhD is Director of the Gambling Treatment and Research Clinic and Associate Professor in the School of Psychology at the University of Sydney. Dr. Gainsbury's research focuses on understanding the impact of technology on gambling, and development and evaluation of technology-based harm-minimisation, prevention, and treatment interventions for gambling. She has received numerous awards and fellowships in recognition of her research leadership and contribution to reducing gambling-related harms.

Ann Gray, M.Ed had a 30-year career in education working as a teacher, counselor, principal, and district level administrator before leaving education to work for Washington State's Division of Behavioral Health and Recovery as the Problem Gambling Program Manager. Ann has served on the Board of the Evergreen Council on Problem Gambling and is a member of several educational organizations. Ann is currently the Program Supervisor for Behavioral Health and Suicide Prevention for the Washington State Office of Superintendent of Public Instruction (OSPI).

PRESENTERS

Maureen Greeley, BS is the Executive Director of the Evergreen Council on Problem Gambling (ECPG), has worked with and for ECPG since 1998, and became Executive Director in November 2006. At the national level, she holds an Affiliate seat on the Board for the National Council on Problem Gambling and has also served as the NCPG Board's President for two terms. In 2018, she received NCPG's Lifetime Achievement Award for Advocacy. Maureen is a member of the Washington State Problem Gambling Task Force, and serves on the Task Force's Access to Care, Treatment, and Recovery Work Group and Prevention and Outreach Work Group.

Ely Hernandez is originally from Mexico City, came to the U.S. when she was 13 years old, and grew up in Texas. She received her Bachelor's degree from the University of Washington and her Master's in Social Work from the University of Michigan. As part of her professional life, Ely spent almost a decade in clinical direct services, where she continued to see the barriers to wellness that her communities had. Ely came to the WRA because her belief that the community should drive the work fit perfectly the WRA values of bringing lived experiences to decision-making tables everywhere.

Eva James is a member of the Muckleshoot Indian Tribe. Eva is a survivor of domestic violence with a 30-year history of alcohol, drug, and gambling addiction, and even time in prison. After a year of sobriety, Eva started working at the Muckleshoot Family Support Center. Eva became a recovery coach in April of 2018, and in March 2019, Eva began working at the Muckleshoot Tribe's Recovery House. Recently, Eva began taking classes to become a Substance Use Disorder Professional. In addition to her work, Eva volunteers extensively in the community: she serves on the Muckleshoot Tribe's Homeless Task Force and its Domestic Violence Victim Services Committee. Eva joined the ECPG Board in 2019.

PRESENTERS

Craig Johnson, LADC is a licensed addictions counselor and mental health practitioner with Club Recovery. He developed his perspective on treatment from his own journey in recovery and by pursuing both undergraduate and graduate degrees focusing on addiction and psychology. He completed the Addiction Studies Program at Metropolitan State University in St. Paul, and earned his Master's Degree at St. Mary's University in Counseling and Psychology. His goal with all his clients is to provide an opportunity for them to learn about the disease of addiction, to develop a comprehensive treatment plan centered on specific skills they will need to be successful in recovery, and to learn new thinking and coping skills to live a meaningful productive life.

Elizabeth and Kevin Jones: originally from Columbus, OH, Kevin attended Ohio State & Ohio University. Upon graduating he began his career at IBM in Rochester, MN. In 2000, he took a position in Austin, TX, then moved the family to Taipei, Taiwan on an expatriate assignment from 2005-2010. After repatriating, the family moved to Raleigh, NC where he is a global executive vice president and serveson the board of a multinational charitable organization. Liz is originally from Portland, OR, and attended the University of Washington. Liz recently retired for the second time from Seniors Helping Seniors home healthcare, and serves as a board member for a charitable organization helping young women thrive.

Whitney Lehman, CRRA has been working in the substance abuse industry for more than a decade. In 2011, she began volunteering at the Florida Association of Recovery Residences (FARR). After witnessing her strong ethical values, organizational skills, and passion, the FARR Board hired Whitney in the role of Certification and Compliance Administrator. Since then Whitney has worked tirelessly to raise the standards of quality care in recovery residences. Whitney served on the Ethics & Standards Committee for the National Alliance of Recovery Residences (NARR) and is now a Board Member, as well as an advisory board member of the Florida Certification Board (FCB) and a participating member of the State Attorney's Sober Home Task Force.

PRESENTERS

David D. Luxton, PhD, MS, is Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. Dr. Luxton previously served as a Research Health Scientist at the Naval Health Research Center in San Diego CA, and Research Psychologist and Program Manager at the National Center for Telehealth and Technology (Defense Health Agency), Joint-Base Lewis McChord. He has published two books: Artificial Intelligence in Behavioral and Mental Health Care (2015) and A Practitioner's Guide to Telemental Health (2016). He has also helped to develop national guidelines for telemental health and clinical best practices in the use of technology in behavioral healthcare. He is a licensed clinical psychologist and served in the U.S. Air Force.

Linda McGeady is Board Chair of the Circus Project. Her son fell into screen addiction in middle school and despite seeing 3 different therapists over 2 years, ended up being abusive to his family; lying; sugar bingeing, refusing school, and stealing. He spent 7 months at reSTART Life as a 14-15yr old and the experience was transformational for him and his family.

Alan Muia, M.Ed is executive director of New Earth Recovery, an organization in its tenth year which currently operates five recovery residences in Skagit County. Alan is a founding member and current chair of the Washington Alliance for Quality Recovery Residences (WAQRR). As a recovery residence provider, Alan is most engaged in his work in relapse prevention and conflict resolution.

Denise Quirk, MA, MFT, LCADC, CPGC-S, ICGC-II, BACC is certified as a clinical supervisor and gambling counselor specializing in treatment for families. She is the CEO and Clinical Director of the Reno Problem Gambling Center, a nonprofit outpatient treatment center. Denise created and teaches an online problem gambling course for the University of Nevada, Reno. She serves as a Board member for the Nevada Council on Problem Gambling and is a member of the Nevada Governor's Advisory Committee for Problem Gambling. Denise is co-author of Gambling Patient Placement Criteria, and was a field reviewer for The ASAM Criteria.

PRESENTERS

Kristen Rubis has been dedicated to a path of service for nearly two decades. Her work in the healing arts has encompassed massage, yoga, sound healing, maternity support ,and girl empowerment. She is a graduate of The Evergreen State College and the Port Townsend School of Massage, with over 100 hours of continuing education in modalities such as neurodevelopmental movement therapies, mindfulness techniques, herbal education and nutrition. From 2008 to present, Kristen has helped to empower more than 700 teen girls and women through Empowerment 4 Girls day and week-long camps. In 2016, she became the Founder and Executive Director of Empowerment 4 Girls, a 501(c)(3) nonprofit organization.

Tana Russell, SUDP, WSCGC-II, NCTTP completed her Bachelor's in Criminal Justice from Harding University. She joined the ECPG staff as Assistant Director in September 2019. Tana has a passion for training and enjoys presenting on topics related to gambling, gaming, tobacco, addictions, treatment, and recovery. She has written program curriculum for a tobacco cessation education course and a co-occurring Gambling and Substance Use Disorder (GSUD) Relapse Prevention Treatment program, designed specifically to include both alcohol/drug and gambling terminology. She has worked with adults and adolescents, in the criminal justice, health care and OTP/MAT (Opioid Therapy Program/Medication Assisted Treatment) settings.

Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, ACC was educated as a Marriage and Family Therapist. She is currently licensed as an independent substance abuse counselor in Arizona, holds the NAADAC Masters Addiction Certification, is a Certified Gambling Counselor and Board-Certified Consultant with the National Council for Problem Gambling and is a Certified Coach. She specializes in working the long-term addiction recovery, families impacted by addiction, improving personal and professional relationships and developing specific wellness practices. She uses the Enneagram of Personality in much of her work.

PRESENTERS

Judith Sugg, Ph.D., LMHC is licensed as a counselor in Oregon and Washington, and now trains in organizations in the area of mindfulness, conflict resolution, EQ, and stress management. She is an adjunct psychology instructor and has taught yoga and meditation for over 25 years. Judy and Renee worked together treating problem gamblers and their families in Arizona. They authored a workbook and a book on treating families affected by problem gambling

Susan Sheridan Tucker, MUP has been the Executive Director of Northstar Problem Gambling Alliance since 2018. Susan was recently elected to serve on the National Council on Problem Gambling Board of Directors. Susan's career has focused on nonprofit management, building organizations and advocating for those with diminished voice or power. In the short time that Susan has been involved with problem gambling, she's learned a great deal about gambling disorder and the gambling industry, and sees tremendous opportunities for improving the delivery system of care. One of Susan's hopes is for mental health and behavioral health providers to receive significant training on gambling disorder and to integrate their care plans to reflect this highly prevalent co-occurring morbidity.

Brian Ward is a Certified Gambling Recovery Mentor. He uses his personal experience to help people with problem gambling disorders, and their loved ones, to find new balance in their lives. Brian is a husband and father of four, who has been in active recovery from gambling for more than three years.

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PRESENTERS

Jeff Wasserman, MPA, JD, CPRS ICGC-I is now the Judicial Outreach and Development Director for the Delaware Council on Gambling Problems, where he leads efforts to raise awareness of gambling addiction to judges, lawyers, and others in the legal system. In the last four and a half years Jeff became an International Certified Gambling Counselor (ICGC-I) and a Certified Peer Recovery Specialist (CPRS) (the first in Delaware with lived experience in gambling addiction). His community work includes being a call-taker on a problem gambling helpline, a sponsor and peer recovery specialist, a board member of the National Council on Problem Gambling, and a volunteer with Delaware Lawyers Assistance Program and Pennsylvania Concerned for Lawyers. He is the founder and facilitator of an online Problem Gambling Support Group.

Cheryl Wilcox has recovery support services as the major focus of her work. For two years, as the manager of the State's Problem Gambling Program, the number of problem gambling providers were increased and the availability of services increased. Gambling challenges will always be close to Cheryl's heart. With more than ten years of experience working with, and supporting, community-based recovery partners, recovery support in Washington is becoming more accessible to individuals living in Washington State. Knowing recovery supports work, and that recovery is the longest period of time of the continuum of care, continuing to work for the expansion of recovery support services will remain at the forefront of the work being done by Cheryl and colleagues at DBHR. Cheryl is a Certified Peer Counselor and CCAR Recovery Coach.

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