

Vol 2: June 2016

The Addiction Studies Alumni Club (ASAC) quarterly e-newsletter bringing you industry updates, alumni spotlights, and other pertinent information of our industry.

Our Mission

The purpose of 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.

Future of Treatment in Illinois



This article is based on an interview with Dr. Jeff Coady, Interview by Jamelia Hand

Governor's State University's Addiction Studies Alumni Club prides itself in being at the forefront of the Addictions field. In this (Conversation with Leaders) we had the honor of interviewing Dr. Jeff Coady, Region V. Director SAMHSA (*Substance Abuse and Mental Health Services Administration*) to get his perspective on treatment trends and updates.

Dr. Coady, how did you train to become a regional director with SAMHSA?

It all started with my desire to work with the most vulnerable populations. I worked with clients diagnosed with HIV and AIDS. My mom wanted me to be a medical doctor and that influenced my being involved in the healthcare field. I value the opportunity to serve others and to be an agent of change. I did clinical work in multiple environments to gain experience, and had an affinity for the underserved. In grad school I had the opportunity to work in corrections and HIV, and wanted to address those challenges. In other positions, I learned quite a bit about primary care settings and financing in Medicaid/Medicare.

What does SAMHSA do?

"We are the lead federal agency in behavioral health. Our goal is to reduce the impact of behavioral health issues (including addictions) within our communities. Our vision is comprised of 4 parts:

- 1) Behavioral Health- Which is essential to overall health
- 2) Prevention works
- 3) Treatment is effective

4) People Recovery

ALL of these converge at a point and lead us to a lot of opportunities and challenges."

How does SAMHSA do the above?

We converge and integrate. SAMSHA funds two types of grants:

- Fund state programs through block grants which are noncompetitive
- Discretionary grants- competitive and targets communities

Congress allocates the budget to SAMHSA.

Traditionally, Substance Abuse services were covered primarily by block grants. Now, with the Affordable Care Act, Substance Abuse is now an essential health benefit which means that individuals now will have expanded insurance coverage and increased access to treatment. Providers are encouraged to become part of the Medicaid system. Providers have an opportunity develop a better business line and increased quality patient care. Providers are encouraged to partner with healthcare providers in their communities. How the field does business is changing.

Where is the field of Substance Abuse headed?

I believe that the field will open many doors and employment for those who can see the benefits of collaboration. There is a need to ensure we have the appropriate infrastructure for billing and working with managed care entities for new opportunities. I am very hopeful for the future of the field and for those individuals with substance use disorders accessing treatment

So Dr. Coady, what should those working in the field of addictions and students be doing to be better equipped as professionals?

I suggest increasing knowledge, language, and understanding of the broader health care field. This would include:

- Being prepared to work in teams where we can connect and benefit each other.
- The NEW treatment team includes physicians, nurses, medical assistants, peers, communities, health workers, spiritual leaders, dietitians, and so on...
- Providers should take advantage of being a consultant to other healthcare professionals. SUD (Substance Use Disorder) professionals are an authority in their field and should look for those opportunities to engage other healthcare professionals and how SUD impacts overall health outcomes. ALL work together to assess patients and clients and they must be able to articulate as consultants. LEAN IN because you ARE an authority.

What opportunities are available at SAMHSA?

Grants and resources! We have many, many resources...

- Behavioral health publications, Treatment improvement protocols, resources guides, system change information and others. Visit our website at www.samhsa.gov to check it out.

- Apply for our discretionary grants
- Keep your eyes on grants from our federal partners that also fund behavioral health initiatives including but not limited to:
 - DOJ- The Department of Justice www.justice.gov
 - Health Resources Services Administration. www.hrsa.gov
- Employment opportunities- USAJobs.gov

Would you recommend a book that you think would be useful for professional and or personal development?

Positive Discipline by Jane Nelson Ed.D. It is a classic guide to helping children develop self-esteem, responsibility, cooperation and problem solving skills.

For more information about Dr. Jeff Coady and his biography, please visit www.samhsa.gov (leadership biographies section)

Alumni Spotlight – James Golding MSW, MHS, CAADC, CCJP, MAC



What positions do you hold and what do you enjoy most at your jobs?

I am President and CEO at Phoenix Behavioral Services (PBS) and a Senior Lecturer at GSU. Both are fantastic and keep my passion for this work alive-- working with clients and educating students. My goal was for PBS to work with clients who have addiction, anger management, and mental health issues.

Many of our clients are court mandated and are having financial issues. PBS is a for-profit which thinks like a non-profit program. We have no outside funding but work with clients on a sliding scale fee.

What was your inspiration for entering the addiction field?

I always wanted to work in the field of behavioral health and recovery. In truth, I got here by accident. I was retired when one day I saw a poster about returning to school and here I am. When I was working towards my Behavioral Health degree at Arizona State University, a group of students who are in recovery stated that there were no masters level addiction programs. However, I researched and found GSU and decided to get the MHS in Addiction Studies here.

How did you academically prepare? What degrees, certifications, etc., do you hold?

I have a Masters in Social Work, a Masters in Addiction Studies, I am a certified Advance Addiction Counselor and certified Criminal Justice Professional, I am DUI Certified, I have Anger Management Training, and I have completed the Domestic Violence Course for Victim and Perpetrator.

Where have you worked along the way?

I worked in the financial field for 20 years until I retired at age 40. After an extended time I decided to go back and pursue my education which led me to working in the academic world by teaching at GSU and having my own private addiction treatment practice.

What self-care do you do in this high burnout field?

I have learned to separate my work and home life. I also find that keeping active outside of education and treatment helps me to maintain balance. I have been able to keep my passion for what I do and this gives me a purpose.

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.

Industry Update

Things may be changing for the better for those individuals addicted to heroin and other opiates who have been unable to enter a medication- assisted treatment program. The Huffington Post recently reported that President Obama has taken a stand on opioid treatment. He told health care providers that access to medication-assisted treatment must be expanded. This position takes into account that the scientific research shows that MAT in combination with behavioral counseling provides the best outcomes. Unfortunately, despite the research, many treatment providers and judges still consider abstinence to be the only acceptable treatment.

President Obama ordered federal agencies with health care responsibilities 90 days to identify barriers to medication-assisted treatment and to come up with ways to remove them. Read the whole article: http://www.huffingtonpost.com/entry/obama-opioid-addiction-treatment_5627b3d6e4b0bce347034174

ASAC Workshop Recap

During the last workshop the GSU Addiction Studies Alumni Club sponsored Peter Bradley's continuing education workshop, *Applying Cultural Competencies to Addiction Treatment*. The huge turnout evidenced the interest in the topic of culture and addiction. The impact of a clinician's worldview and awareness of the client's worldview on the counseling process were discussed. The challenges of counseling people of different cultures were examined both intellectually as well as experientially. There was a discussion of multicultural competencies of clients presenting with addictions. If you are a social worker or addictions counselor in need of CEUs, these continuing education workshops are for you. Additionally, there is plenty of time and opportunity for networking. Students are also welcome to attend 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

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.

Schedule of Events



Save the Date - 5th Annual Walk for Recovery – Saturday, September 17, 2016.

4th Annual Governors State University Addiction Studies Alumni Club's Recovery Walk was a success!

More than 200 individuals came out for the Walk on September 12, 2015. Although it had rained all morning, amazingly, when it came time for the Walk around the GSU Campus, the rain stopped and

the sun made a brief appearance. After a light breakfast was served during registration, the program began with Peter Palanca of TASC welcoming treatment providers, alumni, current students, professors, individuals currently in recovery programs and others in recovery. Mr. Palanca introduced Dr. Cheryl Mejta Chairperson of the Addictions Studies Department, who shared some words of encouragement. President of the Addiction Studies Alumni Club Jamelia Hand spoke about the Club and the ASAC Scholarship. The current recipient of the Scholarship spoke on how the Scholarship has affected him. Mrs. Joan Boan, a scholarship donor for graduate addictions studies students, spoke from the heart about her experience of losing her daughter to substance abuse. A few people from the audience gave moving testimonials of their treatment experience. Mark Sanders, the Keynote Speaker, engaged and interacted with the audience in a way that got everyone excited! Mr. Palanca motivated and organized everyone for the Walk. The group returned to a D.J. playing music that had almost everyone dancing, as pizza was provided to all in attendance, generously provided by Chicago Dough Company and Aurelio's Crete. Because of all who participated, despite the rainy day, the Walk was a success!

For sponsor information call Alumni Relations at 708.534.4128

ASAC Upcoming Schedule:

ASAC Meeting: Thursday June 9 at 6:30 p.m.

ASAC Meeting: Thursday, August 11 at 6:30 p.m.

Workshop: Saturday, August – to be announced

ASAC Meeting: Thursday, September 8 at 6:30 p.m.

5th Annual Walk for Recovery – Saturday, September 17

Workshop: Saturday, October – to be announced

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