10th Annual Best Practices Conference

Mental Health and Addiction Treatment:

The *Serenity* to Integrate, the *Courage* not to, and the *Wisdom* to Know the Difference

**Date:** Thursday, April 7, 2016

**Time:**
7:30 AM - Registration/Breakfast  
8:30 AM – 3:30 PM Program

**Place:**
Pines Manor  
2085 Lincoln Highway (Route 27)  
Edison, New Jersey 08817

**Fee:**
- UBHC Employees with ID: $90  
- Other Healthcare Providers: $100  
- Physicians: $110

**Fee Includes**
CME and Continuing Education Credits, Handouts, Continental Breakfast & Lunch

A CME/CE Certified Live Activity Provided by Rutgers University Behavioral Health Care and the Center for Continuing and Outreach Education at Rutgers Biomedical and Health Sciences.

**Target Audience**
This activity is designed for behavioral health physicians, social workers, nurses, psychologist, certified counselors and other behavioral health care providers working with addiction and mental health dually diagnosed clients.

**BE SURE TO REGISTER EARLY** (link on page 8)

[YouTube Conference Promotional Video - Click Here](#)

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Conference Goal
Patients with mental health and substance use disorders utilize various specialized resources and make intensive use of health care services. Institutions may not offer specific services for managing patients with co-occurring disorders. The fields of substance abuse treatment and psychiatry have traditionally been profoundly isolated from each other. Yet practice guidelines have indicated that co-occurring disorders are better dealt with using an integrated approach that services being offered concurrently.

This conference will bring mental health and addiction professionals together to examine and discuss the need for the mental health community to integrate services for patients with both addiction and mental illness. As a result, learners will have a better understanding of the clinical needs of the patients with co-occurring disorders that they are working with and the conceptualization of the role of members of the health care team and the skills required to treat patients with dual diagnosis. The discussions will be presented in a trauma informed care and cultural competence frame work.

Conference Objectives
Upon completion of this activity the learner will be better able to:
1. Recognize the benefits and detriments of integrating mental illness and addiction services.
2. Assess practices providing care to patients receiving services in a predominately addiction’s setting so to identify factors that enhance or impede service integration.
3. Assess practices providing care to patients receiving services in a predominately mental health setting so to identify factors that enhance or impede service integration.
4. Analyze treatment connections that bridge mental illness and addiction.

AGENDA

7:30 am  Registration/Continental Breakfast

8:30 am  Welcome and Conference Overview
Stephanie Marcello Duva, PhD
Program Director, Behavioral Research and Training Institute
Chief Psychologist
Rutgers University Behavioral Health Care

8:45 am  Mental Health and Addiction Treatment: Need for Reform
Petros Levounis, MD, MA
Chair Department of Psychiatry - Rutgers New Jersey Medical School;
Chief of Services - University Hospital, Newark New Jersey

10:00 am  Refreshment Break

10:30 am  Addiction and Mental Health: Serenity, Courage and Wisdom
Erin A. Zerbo, MD
Assistant Professor - Department of Psychiatry
Associate Director of Medical Student Education in Psychiatry
Rutgers New Jersey Medical School

12:00 pm  Lunch

1:00 pm  Mental Illness and Addiction: Serenity, Courage and Wisdom
Betty Vreeland, APN.C., PMHCNS, ANP, BC
Advance Practice Nurse
Rutgers University Behavioral Health Care
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2:30 pm    Making Treatment Connections  
     Manuel Guantez, PsyD, LCADC  
     Vice President of Outpatient and Addiction Services  
     Rutgers University Behavioral Health Care  

3:25 pm    Evaluations  

4:00 pm    Adjourn  

Conference Activity Director:  
Sharon Eaton, MSN, RN  
Program Coordinator  
Behavioral Research and Training Institute  
UBHC Center for Continuing Education  
University Behavioral Health Care  

Conference Planning Committee:  
Magdalena Dumanski, RN, BSN  
Assistant Nurse Manager  
Acute Inpatient Services  
Rutgers University Behavioral Health Care  

Stephanie Marcello Duva, PhD  
Program Director, Behavioral Research and Training Institute  
Chief Psychologist  
Rutgers University Behavioral Health Care  

Leonard Estrada, MSW, LCSW  
Training and Consultation Specialist  
Behavioral Research and Training Institute  
Technical Assistance Center  
Rutgers University Behavioral Health Care  

Ravi Maharajh, MA, EdS, LPC  
Training and Consultation Specialist  
Behavioral Research and Training Institute  
UBHC Center for Continuing Education  
University Behavioral Health Care  

Theresa Miskimen, MD  
Vice President for Medical Services  
Rutgers University Behavioral Health Care  
and  
Professor of Psychiatry  
Robert Wood Johnson Medical School, New Brunswick, NJ  

The conference activity director and planning committee members have no relevant financial relationships to disclose.  

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Faculty

**Manuel Guantez, PsyD, LCADC**, is the Vice President of Outpatient and Addiction Services at Rutgers University Behavioral Health Care. Prior to coming to UBHC, he served as Chief Executive Officer at Turning Point. Dr. Guantez is an international speaker and consultant working with the United Nations to help other countries achieve the gains in combating addiction that we have seen here in the United States. He has been singled out as an important contributor in shaping statewide policy and practices in mental health and substance abuse, and has served on the New Jersey Division of Addiction Services’ Residential Licensure Standards Revision Committee, the Residential Treatment Services Committee, and the Quality Standards Substance Abuse Treatment Committee.

**Petros Levounis, MD, MA**, is Chair of the Department of Psychiatry at Rutgers New Jersey Medical School and Chief of Services at University Hospital in New Jersey. Dr. Levounis has published nine books on mental health and addiction topics, and is currently working on the American Psychiatric Association’s DSM-5 “Pocket Guide to Addiction Assessment and Treatment”.

**Betty Vreeland, APN.C., PMHCNS/APN.BC** is an Advanced Practice Nurse at Rutgers University Behavioral Health Care. She has over 30 years of nursing experience working in a variety of behavioral health settings. She divides her time between clinical practice, training, and clinical research/quality improvement initiatives. She has published over a dozen articles and book chapters, and co-authored two manualized psychoeducational wellness programs designed for people with mental illness. Ms. Vreeland has presented at hundreds of state-wide and national conferences, and provided training and consultation to hundreds of behavioral health care organizations on how to implement new paradigms of care, how to integrate physical health care into behavioral health settings, and most recently co-developed UBHC’s Motivational Interviewing (MI) training curriculum.

**Erin A. Zerbo, MD**, is an Assistant professor in the Department of Psychiatry at Rutgers New Jersey Medical School, and the Associate Director of Medical Student Education in Psychiatry. She currently works on the inpatient psychiatry unit at University Hospital. Dr. Zerbo’s primary interest has always been the treatment of addiction in the context of public psychiatry. She is especially interested in the pharmacotherapy of substance use disorders among the underserved populations and in addressing systemic barriers to integrated and continuous care. She has published a variety of chapters and peer-reviewed journal articles on the subject of addiction, and has frequently lectured on addiction and co-occurring psychiatric disorders.

The conference faculty have no relevant financial relationships to disclose.

**Commercial Support:** There is no commercial support for this activity.
Continuing Education Credits

CME Credit and Professional Contact Hours Provided

1. Participants may not be eligible for continuing education credits if they are not on time and present for the entire conference, and partial credits will not be issued to participants arriving late or leaving early.

2. Participants must
   - Sign in on the appropriate sign in sheet.
   - Submit a completed evaluation form at the end of the conference.
   - Compete, sign and submit credit/contact hour request form with program code and fee.

NOTE: CME/CE Certificates will be emailed/mailed to participants approximately four weeks upon receipt of a credit/contact hour request form.

Physicians: Rutgers, The State University of New Jersey is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Rutgers, The State University of New Jersey designates this live activity for a maximum of 6 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Certified Counselors: Rutgers University Behavioral Health Care is an NBCC-Approved Continuing Education Provider (ACEP™) and a cosponsor of this event/program. Rutgers University Behavioral Health Care may award NBCC-approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. (5 clock hours). ACEP Number: 6198.

Social Workers (Association of Social Work Boards): Rutgers University Behavioral Health Care of Rutgers, The State University of New Jersey, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program from July 10, 2015 to July 10, 2018. Rutgers University Behavioral Health Care of Rutgers, The State University of New Jersey, maintains responsibility for the program Licensed social workers participating in this course will receive 5 continuing education clock hours. Targeted social work practice level: Advanced. NOTE: Social Workers must provide their Social Work license/certification/registration number and license jurisdiction on the sign in sheet and request for certificate. Please be sure to bring this information with you to the training. Go to www.aswb.org to confirm that state acceptance of ASWB credits.

Social Worker (New Jersey Board of Social Work Examiners): This program is approved for 6 general social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey Administrative Code 13:44G and recognized by The New Jersey Board of Social Work Examiners. NOTE: Social Workers must provide their Social Work license/certification/registration number and license jurisdiction on the sign in sheet and request for certificate. Please be sure to bring this information with you to the training. Check with your state board for acceptance of NJBSWE Credits.

Marriage and Family Therapists: This course will count for recertification credits towards NJDCA Marriage and Family Board licenses and certifications (LMFT). Rutgers University Behavioral Health Care provider number 200201113.5RCE. (5 Credit Hours)

Psychologists: Rutgers University Behavioral Health Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Instructional Level: Intermediate. (5 CE Credits). Provider #1532.

Certified Alcohol and Drug Counselors (CADC): This course is approved for renewal (recertification) credits by the Addiction Professionals Certification Board of NJ, Inc. This course is approved for 5 hours of training for course C108. Rutgers University Behavioral Health Care approval number is #1902010. Approval number for this course is #1902010 C108.

Nurses: Rutgers University Behavioral Health Care is an approved provider of continuing nursing education by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. #204-11/15-18. (5.25 contact hours). Accredited status does not imply endorsement by Rutgers University Behavioral Health Care, NJSNA or ANCC of any commercial products or services.

Screener Recertification: In compliance with Rutgers University Behavioral Health Care-Technical Assistance Center (TAC) policy, 5 recertification TAC Continuing Education credits will be issued only to Screeners who attend the entire scheduled class.

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Please contact Sharon Eaton at 732-235-9282 with any questions or concerns regarding continuing education credit documentation for this training.

**PINES MANOR**  
2085 Lincoln Highway (Route 27)  
Edison, New Jersey 08817  
Phone: 732-287-2222  
Fax: 732-287-2603  
www.pinesmanor.com  
**Free Parking** - Ample onsite parking available

**DRIVING DIRECTIONS TO THE PINES MANOR**

**FROM THE TURNPIKE**  
NJ Turnpike – To Exit 10. Follow signs to 287 North. Follow to Exit 2B (Route 27 South, New Brunswick) Bear right onto Route 27 South. Pines Manor is a half mile on the right.

**FROM THE NORTH**  
Garden State Parkway South – To exit 129. Follow to Interstate 287 North. Follow to Exit 2B (Route 27 South, New Brunswick). Bear right onto Route 27 south. Pines Manor is a half-mile on the right.

**Interstate 287 South** – Follow to Exit 3 (Metuchen-New Durham). Make a right off the exit onto New Durham Road. At the first light, make a left onto Talmadge Road. Go through the first two traffic lights and prior to the third traffic light, the side entrance of the Pines Manor will be on your left.

**Route 1 South** – Follow to Interstate 287 North. Follow to Exit 2B (Route 27 South, New Brunswick). Bear right onto Route 27 South. Pines Manor is a half-mile on the right.

**FROM THE SOUTH**  
Garden State Parkway North – To Exit 127. Take Interstate 287 North and follow to Exit 2B (Route 27 South, New Brunswick). Bear right onto Route 27 South. Pines Manor is a half-mile on the right.

**Interstate 287 North** – Follow to Exit 2B (Route 27 South, New Brunswick). Bear right onto Route 27 South. Pines Manor is half-mile on the right.

**Route 1 North** – To the Plainfield Ave. jug handle. Cross over Route 1 and go to the second traffic light, which is route 27 South. Make a right onto Route 27 North. Go 4 traffic lights. Pines Manor is approximately 1 mile on the left.

**FROM NEW YORK**  
Staten Island – Take 440 South over the Outer Bridge Crossing. Route 440 South becomes Interstate 287 North. Follow to Exit 2B (Route 27 South, New Brunswick). Bear right onto Route 27 South. Pines Manor is a half-mile on the right.

**New York City** – Take either George Washington Bridge, the Holland Tunnel, or the Lincoln Tunnel, to NJ Turnpike South. Get off at Exit 10. Follow signs to Interstate 287 North. Go about two miles to Exit 2B (Route 27 South, New Brunswick). Bear right onto Route 27 South. Pines Manor is a half-mile on the right.

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Registration Deadline - Monday, March 28, 2016
REGISTER EARLY

Cancellation Policy
If you cannot attend the program, please call (732) 235-9282 so that we can fill your seat with individuals on the program waiting list.

Cancellation Disclaimer
Rutgers University Behavioral Health Care reserves the right to modify the activity content, faculty and activities and reserves the right to cancel this activity if necessary.

Refund Policy
Refund of registration fee, less a $20 administrative charge, will be made if written notice of cancellation is received by March 28, 2016. No refunds can be made thereafter.

Confirmation
Confirmation of registration will be sent upon receipt of the registration and payment. If you do not receive confirmation of registration and you believe that you have registered, please call 732-235-9282.

Inclement Weather
You may call 732-445-4636 or go to www.NB.rutgers.edu to obtain an announcement if Rutgers–University Behavioral Health Care is closed due to inclement weather. If Rutgers University Behavioral Health Care is closed, the program you have registered for will be canceled and, if possible, rescheduled. If the conference is cancelled a full refund will be made available. If the program is rescheduled, and you choose not to attend, a full refund will be made available upon a written request received within two weeks of the canceled program.

For additional program information, questions, or concerns, or if you require special arrangements (ADA) to attend this activity, please contact UBHC Center for Continuing Education at (732) 235-9282.

Sweaters and jackets are recommended to accommodate for room temperature variations.
Click Here for Registration & Payment!