

ICADD

Dr Rosengren Ph.D.

### Motivational Interviewing

MI is a repeated and readdressed topic at every conference. What more can we learn? If we aren't doing MI with our clients by now we aren't going to. However, he had some new ideas to implement; Envision, the opportunity to take ownership of enacting change. Addressing client push back, not all of our clients want change, they are comfortable where they are even if its antisocial.

The topic was well presented and shared several new ideas, I do have to say the roll play and audience participation portion was slow and difficult.

I learn best on these topics with notes from the presenter and would have appreciated the opportunity to follow with paper, marking bullet points to retain.

Tristan Poorman

### Diversion Programs

Diversion Programs abound, this one appears to be in its infancy. I can appreciate the passion in the presentation but fear that tracking and accountability are not addressed in the early stages of implementing this program. In our justice system, I repeatedly see courts, prosecutors and, of course, defense attorneys advocating for first time offenders. Sometimes the offender really is a first-time offender or the Defense is just doing their job. Simply because an offender, is a first-time offender, does not account for the life long criminal behavior of use and providing themselves (through antisocial activities) with the means for this use. Do we welcome more drugs to our state or do we hold users accountable for attracting the black-market retail sales? Idaho offers a withheld judgement for those who are true first-time offenders. Probation is meant to provide direction, treatment and deterrence to criminal activities.

Derek Ahlstrom

### Neurobiology of Addiction and Recovery

This being the 3<sup>rd</sup> presentation, I missed a few things and he did not provide notes to refamiliarize myself with the topic on the ICADD page. As I jog my brain for this presentation; discussed were rewards and withdrawals. Rewards being the brain stimulated to enjoy the substance and the addict attempting to reward themselves by avoiding withdrawal. MAT was also discussed and the ability for MAT to be provided through injection rather than pill form. As we are all aware, injections provided through a responsible office can be much more affective than pills that can be avoided or abused.

Joseph Green

### Narrative Disruption

An interesting presenter, something new for me to experience. A very genuine man who has overcome odds and advocates with passion. It is motivational to have a presenter who has been on the wrong path, overcome and retains his sobriety. This alone is motivation for those in the field to keep at it. We

see so few permanent successes and so many return clients; it makes the heart happy to experience new found joys of those in success.

John Kempf, Dominic Tierno

Fentanyl Education Project

What a great film, the more they are able to show this in schools and general public, the more educated our Idaho will be. Fentanyl is a killer. I also appreciate the few remarks shared of other drugs that help our kids get to Fentanyl. Marijuana is the next killer, a gateway to medication abuse and then to harder and worse drugs or to concentrates. This topic was also addressed in another session I attended and I fear that Idaho is already accustomed to treating marijuana as "its just a little weed". Where does a little weed lead to?

Adam Gordon MD

Treatment within Health Care

Dr. Gordon made a great point that our medical staff can assist with addictions and withdrawals. I am not familiar with enough doctors who spend enough time with patients to truly learn the individuals' addictions...

This would have been a great presentation as a breakout for MAT providers, counselors and other medical staff; for me, I did not find this beneficial.

Todd Orr

Drug Culture

As I remember, a power point that would be appreciated to have, to review and to further educate. It was interesting to note that east coast and west coast have different prevalent substances, the method of intake differs or the way the product is delivered is different. Interesting that our dealers want a few dead clients to show living clients they deliver a powerful product. Appreciated that it was noted that drugs are mixed; you don't get one pure substance, there is no quality control, what you requested isn't the only thing you are getting. I believe Naloxone was also mentioned in this presentation as well as the Fentanyl Education Project, a topic of need and appreciated.

The facility and vendors were well prepared and valued and ease of parking and attending were appreciated. Thank you to those who are on the board, those who prepared and those who presented.

James Hymas

May 31, 2024

My name is Corrie Serrano and this year I applied for the ICADD scholarship application. I was so happy to hear that I was awarded the opportunity to attend the 2024 conference. I have been a Probation Officer for Bonneville County now for 6 years and this is the first time that I have been able to attend this conference. I was happy to attend with two of my co-workers. The raffles were so fun and there were some great prizes. I had my fingers crossed on the quilt. The vendors were also wonderful to look at and get some great information from. Sometimes that is where I can put a face to people that I've been emailing for years.

First, the location was fantastic. I love the downtown Boise area. Parking was perfect and so accommodating. When looking at the agenda for the conference I focused a lot on motivational interviewing. I feel like everyone in our field can always improve their motivational interviewing skills. It is something I continue to work on. During the keynote address I received some valuable information, helpful tips, and refreshers. I continued to the next class with Mr. Rosengren. I unfortunately didn't get as much out of that class as I had wanted. There were some groups activities that seemed kind of pointless or maybe it was just the group of individuals I was doing it with. I made the mistake of sticking around for the 3<sup>rd</sup> class with Rosengren and I think I had just heard too much from him at that point and wasn't getting anything new. I changed it up for the final class of the day. I was a nice change of scenery, but I felt like speaker Ahlstrom went too fast and didn't explain well in the Neurobiology of Addiction and Recovery class. I was very interested in this topic but was let down.

Day two started with keynote speaker Joseph Green. He was fantastic. He was upbeat and kept everyone's attention. Not boring at all. The fentanyl education project class was also great. The video was so amazing that I sent it to my kids and their friends while I was sitting there. It's such great information, not only for our youth but for everyone. We have such a problem in our area with fentanyl and fentanyl overdoses. The more education we can get on this drug the better. The afternoon keynote address was kind of boring but that might have been because I had been sitting there all day and wasn't looking forward to the 4-hour drive home. Unfortunately, because of my 4-hour drive home I did not make it to the last class.

I appreciated the opportunity to be able to attend this conference and look forward to next year's event.

Corrie Holden-Serrano  
Bonneville County  
Misdemeanor Probation Officer

To whom it may concern,

I attended the ICADD conference that took place in Boise from May 13-May 15, 2024. It was my first ICADD and first conference on alcohol and drug dependency. What a wonderful experience. The conference was located at Boise State University and was clean, organized and skillfully ran through and through. The professional speakers were from all over the country and provided unbelievable knowledge, insight, experience, and motivation about their chosen topics and anything recovery related. I loved the set-up of the event with getting to choose your workshops that were of particular interest to you.

Kicking off the pre-conference workshops was, *If Prevention and Recovery Just Sat Down for a Cup of Coffee*, with focus on prevention and coalition. The speaker was fantastic! She had tons of energy and motivated the entire room. She talked about being involved in adolescents' lives, how to reach out to them, talk to them even when they don't feel like opening up. How to be gentle and approachable while still being direct with your message. The second half of the day was focused on ethics and this was entirely the black and white, do's and don'ts of the business.

Day one workshops started with an awesome keynote speaker presenting, *What is Motivation and how Might Motivational Interviewing Help with it?* Very informative topic highlighting what moves people to action and what energizes and gives direction to behavior. He talked about basic psychological needs as well as the value in partnership, acceptance, compassion, and empowerment. We then broke off to our own selected workshops and I chose *Growing Peer Based Recovery in Rural Idaho*. This workshop was good for me to sit in because it showcased a blueprint for a successful foundation of integrating a recovery building in the community. Establishing a board of directors, how to be open with the community, writing a business plan, and essentially sharing his sustainability model and what has worked for him. I then chose the workshop, *Exploring Local Resources: The Power of Community in Recovery*. It was a decent workshop, however most of the resources they discussed were for the bigger metropolitan area of Boise, with numerous references unavailable to smaller, rural areas such as Rexburg. Next was the *Community Alliance to Support Justice-Involved Individuals* workshop

which focused on the criminal justice aspect and how we as recovery coaches can help peers with the re-entry program and getting acclimated once again in society.

Day two workshops started with the keynote address of *Narrative Disruption: How I became the Primary Author of my Character*. Absolute fantastic presentation with ideas on creating authentic experiences with peers. We then went to *Disrupting the Narrative- The Power of Storytelling in Prevention*. This was the same speaker with even more knowledge dropped and the importance of knowing when to tell your story and how to be powerful, impactful, relatable, yet concise when talking about yourself to peers. The afternoon was summed up with a presentation of statistical information of overdoses and focused more on the clinical side of things. This led me to my last workshop of *Treatment Teams and the Value of a Recovery Coach*. Informative speaker outlying my job duties and responsibilities.

ICADD was an awesome, unforgettable experience I was grateful to be apart of. I enjoyed sitting in on the lectures, taking good notes and bringing valuable information back to my community and organization.

Thank you for your time,

Jimmy Bicking

To whom it may concern,

First, I want to thank you for the scholarship that allowed me to attend the 2024 ICADD Conference.

I was very interested in the presentation of "It. Prevention and Recovery Just Sat Down for a Cup of Coffee", by Kimberly Sausse from Hugs, inc. Her story was heartfelt and emotional as she talked about a teacher and a member of the community that helped her along her way, and the influence they left her with. By not letting her give up on herself they became her greatest supporters.

It all goes back to education and the community working together to help our young people. First, we have to educate ourselves for the jobs that we have and then have forums in the communities to pass on what we have learned. For so long Drug and Alcohol addiction was something that was not talked about publicly or even in our homes, but sadly it is here. It affects us all whether we believe it's here or not.

How do we do this you ask? Start Small. Talk to church reps, City Councils, and so on. Once the seed has been planted and the leaders learn more on how it affects people, we can use the tools that we have to better help the communities that we work in. More and more people will get on board once they also have the tools to help our young people and even adults who are struggling daily with Addiction.

As we know that Addiction is a Chronic Brain Disease. It does not go away, but, like many Chronic Diseases it can be managed and treated.

As for me and how I can help. I teach a twice weekly Class on Drugs and Alcohol at work to our Detention Residents. I have also taught Church groups and help them be aware of some of the clues that someone they know might be using or possibly in the throes of addiction. I have also taught preventative measures like how to secure prescription medications that are so trendy at this time. I'm also working on getting into our school systems to discuss prevention to our high school students. As we know the most vulnerable ages for kids are the years between 9-13 and 17-21.

As we go into these places, we must remember that we could possibly save a life somewhere down the road. The statistics are too high, and getting higher. Lets be more active in not letting these deadly drugs burrow there way into our homes and families

Thank you again for the opportunity to attend the 2024 ICADD Conference and bring back such useful information to pass onto my community, my work family and the kids I work with.

I just wanted to say thank you for this great opportunity. I learned a lot. This was my second time attending. Every time I attend, I learn new things. This year I attended all 3 days.

Monday was ethics. You can never get enough ethics. She talked about the six principles of prevention and code of ethics.

Tuesday, I attended the Keynote speaker. He was talking about Motivational Interviewing – I learned how it helps not only the client, but it helps me to motivational interview.

Planting Seeds – This workshop was great. I brought this back to the office, and I am going over what I learned with my team. It's more about motivational interviewing. It help with conducting helpful conversations.

When harm reduction meets law enforcement – This was very informative. It was about the ILED (Idaho Law Enforcement Diversion) I did not know that Idaho Falls had this program until I got back. If you get pulled over the officer can decide if you qualify for the program. It's a 12-month program. If you complete the program, then the charges do not go on your record.

Building Motivational Interviewing Skills – I learned about self-practice and self-reflection. I also will be talking with my team about this.

Wednesday, I attended the keynote speaker, He spoke about being a professional storyteller and poet.

Fentanyl Education Project – This was about statistics in Idaho and then we watched Dead on Arrival film.

A Trip Through Drug Culture – He talked about some of the larger drug bust in Idaho. He talked about type of cannabis. I was very informative.

Donna Johnson