



Finding Balance Amid Constant Change

Agenda at a Glance

Wednesday, May 1st

PRECONFERENCE

6.0 hours

Sign-in/Connect 8:30 - 9:00 am
 Morning break 10:30 - 10:45 am
 Lunch break 12:15 - 1:15 pm
 Afternoon break 2:45 - 3:00 pm
 Adjourn 4:30 pm

Thursday, May 2nd

MAIN CONFERENCE Day One

6.0 hours for Track 1 / 5.5 hours for Track 2

Sign-in/Connect 8:30 - 9:00 am
 Morning break 10:30 - 10:45 am
 Lunch break 12:15 - 1:15 pm
 Afternoon break 2:45 - 3:00 pm
 Track 1 Adjourn 4:30 pm
 Track 2 Adjourn 4:00 pm

Friday, May 3rd

MAIN CONFERENCE Day Two

3.5 hours

Sign-in/Connect 8:30 - 9:00 am
 Morning break 10:30 - 10:45 am
 Adjourn 12:45 pm

9:00 am - 12:15 pm *CHOOSE ONE*
Preconference Morning Sessions

- 1A. Rewiring for Recovery
- 1B. Ethical Obligations in a World of Change

9:00 am - 10:30 am
Opening Keynote Session

**Pregnancy and After Delivery:
 A Challenging Time of Change**

Kimberly Yonkers, MD

9:00 am - 10:30 am
Opening Presentation

**Update from the State:
 Women's SUD Treatment in NC**
 Starleen Scott-Robbins, MSW, LCSW

**Hope, Resilience, Healing, and Health:
 Living Empowered Amid Change**
 Hendrée Jones, PhD

1:15 pm - 4:30 pm *CHOOSE ONE*
Preconference Afternoon Sessions

- 1C. Empowering Women in Recovery: Peer Support Supervision Strategies
- 1D. "Harm Reduction 101"

10:45 am - 12:45 pm *CHOOSE ONE*
3A. Keys to Maintaining Balance: Staying Centered and Thriving in a Chaotic World

3B. Maintaining a Teeter-Totter Balanced Lifestyle: Anchored in Serenity and Hope

CHOOSE ONE

TRACK 1: General Track

2A.
 10:45 am - 12:15 pm
The Argument: Releasing Ambivalence and Self-Sabotage
 1:15 pm - 4:30 pm
HIV/STI Updates for Substance Use Professionals

For session descriptions, objectives and speaker bios, go to:
www.mahec.net/wrc

TRACK 2: DHHS Track*

*Open to all attendees.

2B.
 10:45 am - 11:45 pm
Will I Ever Make it "Home:" Understanding the Co-Occurring Recovery Journey among Women at the Time of Reentry
 11:45 pm - 12:15 pm
Fetal Alcohol Spectrum Disorders: Finding the Balance Between Prevention and Support
 1:15 pm - 1:45 pm
continued from above
 1:45 pm - 2:45 pm
Women and Medications for Opioid Use Disorder (MOUD)
 3:00 pm - 4:00 pm
The Sobriety Treatment and Recovery Teams Model: Improving Outcomes for Buncombe County Families