

Creating Connections and Transforming Isolation

May 7-9, 2025



LIVE

WFRINAR

The 2025 Women's Recovery Conference offers up to 16 credit hours with a variety of credit options. The conference is designed for those working in substance abuse, mental health, psychology, criminal justice, human services, and other health care professions. The 2025 conference will be presented via a live webinar format. Live attendance at the webinar is required to receive professional credit.

During the past decade, we have had greater turnout than ever for this vital conference. In response to the natural disaster created by hurricane Helene, and the current economic environment, we are significantly reducing fees for 2025 Women's Recovery Conference. MAHEC is sincerely striving to support the Western North Carolina community at this time of need and to accommodate more individuals who otherwise would not be able to attend. In 2025, the conference will be held on a Livestream only platform, so that speakers nor attendees will need to physically travel to the disaster area.

In a further effort to accommodate strained clinical work schedules and challenges with travel and lodging, MAHEC is offering one-day, two-day, and three-day options; all of which may be accessed via WebEx Livestream with direct access to presenters. This allows MAHEC to provide mental health credits which are classified the same as inperson, "live" training as they receive vital North Carolina updates to inform care.

This is the 39th year of the Women's Recovery Conference, where gender-responsive care which focuses on the needs of women in recovery and their families, is exclusively presented. The Preconference on Wednesday, May 7th includes four distinct half-day topics as well as an all-day Motivational Interviewing (MI) session, allowing for even greater registration choices.

The main conference day on May 8th provides gender-responsive care topics addressing care needs relevant not just for North Carolina (NC), but also across the United States.

A special two-part presentation opens the day on Friday, May 9th, with an introductive North Carolina State of the State Address by the new DHHS MH/DD/SAS Women's Services Coordinator and an in-depth presentation by Dr. Elisabeth Johnson. Evidencebased strategies to promote hope, health, and healing are shared, as we continue to live though an unprecedented time of change, intertwining public and social health related crises. Strategies for coping with women's health challenges are embedded within this vital two-part session, designed to enhance the lives of both practitioners and the women whom they serve, strengthening recovery and laying a firm foundation for lifelong growth and positive transformation. Information on optimizing outcomes for women, including those who are pregnant or with families in North Carolina, will be provided, with a primary focus on the provision of compassionate care.

Gender-responsive approaches are taken on mandatory topics such as supervision, ethics, HIV, STIs, and bloodborne pathogens. The conference also offers a choice of innovative care modalities that frontline providers may implement to motivate and empower women, while optimizing balance on the inevitably precarious path of recovery. More than ever, community connection, solidarity and accurate information are vital in providing a solid foundation for sustained recovery. The entire conference emphasizes culturally appropriate care, the fostering of strong communities, and the enhancement of psychological and physiological support for women in recovery, including perinatal, and maternal care.

Opening Keynote: The Wounded Healer: A Story of Hope and Healing



with special keynote presenter **Dottie Saxon Greene**

PhD, LCSW, LADAC II, QCS, CPRS, RCP, RYT





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This conference is supported in part by NC Division of MH/DD/ SAS with federal funding from the SAMHSA Substance Abuse Prevention & Treatment Block Grant (SAPTBG) CFDA # 93.959.



Creating Connections and Transforming Isolation

Wednesday, May 7th

PRECONFERENCE 6.0 hours

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

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

1A. Rewiring for Recovery

1B. Considering the Ethics of Relationships in Women's Substance Use Disorder Treatment

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

1C. Healing from Co-Dependence to Create Healthy Connections

1D. Ethics and Clinical Supervision of Mental Health and Substance Use

-OR-

9:00 am - 4:30 pm Preconference Full-Day Session

1E. Engaging Clients and Facilitating Change: Strategic and Intentional Use of Motivational Interviewing

Agenda at a Glance

Thursday, May 8th

MAIN CONFERENCE Day One

4.5 hours for Track 1 / 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
 5:00 pm

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

The Wounded Healer: A Story of Hope and Healing

Dottie Saxon Greene, PhD, LCSW, LADAC II, QCS, CPRS, RCP, RYT

CHOOSE ONE

TRACK 1: General Track

2**A**.

10:45 am - 12:15pm

Do You Know "The Power of 20"?

1:15 pm - 4:30 pm

HIV/STI Updates for Substance Use Professionals



Friday, May 9th

MAIN CONFERENCE Day Two 3.5 hours

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 - 10:30 am Opening Presentation

Update from the State: Women's SUD Treatment in NC tba

Fostering Self-Compassion and Resilience: Connection in Recovery Elisabeth Johnson, PhD, FNP-BC, CARN-AP, LCAS

10:45 am - 12:45 pm

CHOOSE ONE

3A. The Emerging Science of Recovery Community Centers

3B. Healing with One Another: Group Counseling for Substance Use Disorder

TRACK 2: DHHS Track*

2B.

10:45 am - 11:45 pm

Jumping off the Balance Beam Might Just Save Your Life

11:45pm - 12:15pm

Foundations of Gender-Responsive SUD Treatment: How Did We Get Here and Why

1:15pm - 1:45pm

continued from above

1:45pm - 2:45pm

Healing Together: Addressing Addiction's Impact on the Family Unit

3:00 pm - 5:00 pm

Beyond Anger and Violence: A Program for Women

CONFERENCE OVERVIEW & AGENDA –

(Eastern Standard Time)

Preconference – Wednesday, May 7th | 9:00 am – 4:30 pm

| Morning Break: | 10:30 am - 10:45 am |
|------------------|---------------------|
| Lunch Break: | 12:15 pm – 1:15 pm |
| Afternoon Break: | 2:45 pm – 3:00 pm |

Preconference sessions (6.0 Educational Hours total) Choose between two different morning sessions + two different afternoon sessions or one full-day session

MORNING + AFTERNOON SESSIONS

| | MORNING CHOICES: | |
|----------------|--|--|
| Choose one: | 1A. 9:00 am – 12:15 pm (3.0 Educational Hours) Rewiring for Recovery Elizabeth Reese, PhD | For session descriptions, objectives and speaker bios, go to: www.mahec.net/wrc |
| | OR | |
| | 1B. 9:00 am – 12:15 pm (3.0 Educational Hours)*offers 3 hours of Ethics credit* Considering the Ethics of Relationships in Women's Substance Use Disorde Andrea Winkler, LCSW, LCAS | r Treatment |
| | AFTERNOON CHOICES: | |
| Choose one: | 1C. 1:15 pm – 4:30 pm (3.0 Educational Hours) Healing from Co-Dependence to Create Healthy Connections Judi Swayne, LCSW, LCAS | |
| | OR | |
| | $1D_{1}$ 1:15 pm $- 1:30$ pm (3.0 Educational Hours) | |

1D. 1:15 pm – 4:30 pm (3.0 Educational Hours) **Ethics and Clinical Supervision of Mental Health and Substance Abuse** Dayna Guido, MSW, LCSW, ACSW

-OR- Choose the full day:

FULL DAY SESSION

1E. 9:00 am – 4:30 pm (6.0 Educational Hours) Engaging Clients and Facilitating Change: Strategic and Intentional Use of Motivational Interviewing Laurie Conaty, LCSW, LCAS



Main Conference Day One – Thursday, May 8th | 9:00 am – 4:30 pm Track One 9:00 am – 5:00 pm Track Two

 Morning Break:
 10:30 am - 10:45 am

 Lunch Break:
 12:15 pm - 1:15 pm

 Afternoon Break:
 2:45 pm - 3:00 pm

9:00 am – 10:30 am (1.5 Educational Hours) Everyone in Attendance Opening Keynote: The Wounded Healer: A Story of Hope and Healing Dottie Saxon Greene, PhD, LCSW, LADAC II, QCS, CPRS, RCP, RYT

Choose Track One

2A. Track One: General Track

10:45 am – 4:30 pm (4.5 Educational Hours)

10:45 am – 12:15 pm **Do You Know the "Power of 20"?** Kathryn Rossi, PhD

1:15 pm – 4:30 pm

HIV/STI Updates for Substance Use Professionals Shannon Dowler, MD, FAAFP, CPE

-OR-

Track Two: **2B. Track Two: DHHS Track**

10:45 am - 5:00 pm (5.0 Educational Hours)

10:45 am – 11:45 pm **Jumping Off the Balance Beam Might Just Save Your Life** Nicole H. Lewis, MSW, LCSW, LCAS, CCS

11:45 pm – 12:15 pm* **Foundations of Gender-Responsive SUD Treatment: How Did We Get Here and Why** Melissa L. Godwin, MSW, LCSW

1:15 pm – 1:45 pm* continued from above

1:45 pm – 2:45 pm **Healing Together: Addressing Addiction's Impact on the Family Unit** Essence Hairston, LCSW, LCAS, CCS

3:00 pm – 5:00 pm **Beyond Anger and Violence** Selden Holt, LCSW, LCAS-A

Main Conference Day Two – Friday, May 9th | 9:00 am –12:45 pm

Morning Break: 10:30 am – 10:45 am Adjourn: 12:45 pm

9:00 am – 10:30 am (1.5 Educational Hours) Everyone in Attendance Opening Presentations:

Part One: 9:00 am – 9:15 am

Update from the State: Women's SUD Treatment in North Carolina tba

Part Two: 9:15 am - 10:30 am

Fostering Self-Compassion and Resilience: Connection in Recovery Elisabeth Johnson, PhD, FNP-BC, CARN-AP, LCAS

10:45 AM – 12:45 PM (2.0 Educational Hours) Choose between two plenary sessions:

Choose one:

The Emerging Science of Recovery Community Centers Dottie Saxon Greene, PhD, LCSW, LADAC II, QCS, CPRS, RCP, RYT

3B.

3A.

Healing with One Another: Group Counseling for Substance Use Disorder Geri Miller, PhD, LP, LCAS, CCS



At the 2025 Women's Recovery Conference: Creating Connections and Transforming Isolation, session content supports the following overarching conference goals:

- 1) Provide concrete information, therapeutic insights, and treatment skills which may be applied to process substance use, behavioral addictions, and dependence on other substances
- 2) Introduce skills to provide and ensure continuous, ethical care for women in recovery, within current workforce limitations
- Prepare providers with effective, evidence-based behavioral interventions to help women enter recovery, prevent return to use, sustain optimal health in long-term recovery, in benefit of women as well as their families
- 4) Discuss strategies for closing major gaps in the current United States (US) care delivery system regarding treatment access for pregnant and parenting women and marginalized groups
- 5) Update providers on current North Carolina policies and laws impacting women in recovery and their families
- 6) Detail ways in which systems can be trauma-informed and culturally-sensitive
- 7) Inform providers of current legislation surrounding reporting on and care of pregnant women
- 8) List at least three evidence-based modalities of care that foster social, psychological, and physiological well-being in women's recovery while reducing risk of return to use
- 9) Describe at least three effective evidence-based strategies which meet the gender-responsive needs of women with substance use disorders based on SAMHSA recommendations / research
- 10) Describe treatment approaches which foster resilience, build trust, and increase commitment to individualized therapeutic goals of women in recovery, while optimizing health outcomes
- 11) Provide information on healthy styles of communication which break co-dependent patterns
- 12) Provide skills on how to break old patterns which no longer serve the needs of recovering women, utilizing the "Power of 20"
- 13) Introduce Motivational Interviewing skills to promote motivation and adherence to recovery goals
- 14) Explain how to obtain access to community resources that sustain gender-responsive recovery
- 15) Demonstrate a commitment to honor diversity, celebrate individuality, promote authenticity, and foster genuine collaboration
- 16) Provide current information on gender-responsive ethics, infectious disease prevention, provider supervision, and optimization of spiritual, physical, and emotional health in recovery
- 17) Provide information on clinical supervision relevant to providers working with women in recovery
- Introduce a time-tested Recovery Community Center model to foster healthy lifestyle and communication relevant to women in recovery and their families

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

Keynote presenter **Dottie Saxon Greene** PhD, LCSW, LADAC II, QCS, CPRS, RCP, RYT

Dr. Greene is an Associate Professor in the Department of Social Work at East Tennessee State University. She is also the Executive Director of Johnson City Recovery Center, which she founded in 2022. She has spent the past 40 years supporting people in recovery in a variety of settings: peer support, clinical services, and academia. Dr. Greene holds a PhD from the University of Utah and an MSW from UNC-Chapel Hill. Among her career highlights are the development of two graduate certificate programs for addiction counseling in two universities, Western Carolina University and East Tennessee State University; two terms on the North Carolina Addictions Specialist Professional Practice Board; one term on the National Board of Directors of the National Association of Social Workers; and most recently, the creation of Johnson City Recovery Center, the first recovery community center in Northeast Tennessee. Dr. Greene's scholarly interests include recovering addiction professionals, self-care, yoga, mindfulness, and recovery science.



CREDITS

Preconference – Wednesday, May 7, 2025 0.6 CEUs 6.0 Contact Hours 6.0 NBCC 6.0 Contact Hours (category A) CE for NC Psychologists 6.0 Hours – NCASPPB

Main Conference Day One – Thursday, May 8, 2025 TRACK ONE: GENERAL TRACK 0.6 CEUs 6.0 Contact Hours 6.0 Contact Hours (category A) CE for NC Psychologists 6.0 Hours – NBCC 6.0 Hours – NCASPPB

TRACK TWO: DHHS TRACK 0.7 CEUs – Track Two 6.5 Contact Hours – Track Two 6.5 Contact Hours (category A) CE for NC Psychologists 6.5 Hours – NBCC 6.5 Hours – NCASPPB

Main Conference Day Two - Friday, May 9, 2025 0.4 CEUs 3.5 Contact Hours 3.5 Contact Hours (category A) CE for NC Psychologists 3.5 Hours – NBCC 3.5 Hours – NCASPPB NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs.



NCASPPB (C): North Carolina Addictions Specialist Professional Practice Board has approved this workshop for up to 16 hours (SS, GSB, and specialty hours including ETHICS, EBT, CSS, PSY and HIV hours available based on sessions attended).

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for up to 16 hours Category A.

CEU: MAHEC designates this live continuing education activity as meeting the criteria for up to 1.6 CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for up to 16 Contact Hours.



AUDIENCE

Mental health and substance abuse professionals; including substance abuse counselors, psychologists, social workers, licensed clinical mental health counselors, marriage and family therapists, peer support specialists, nurses, school counselors, and other professionals interested in these topics.

PLANNING COMMITTEE

- Judi Swayne, LCSW, LCAS, Charles George Veterans Affairs Medical Center
- Vernetta Eleazer, MS, LCAS, CCS, Oasis Recovery Center
- Judith Johnson-Hostler, LCMHC, LCAS, NCC, CSI, Alcohol & Drug Council of North Carolina, Division of MH/DD/SUS, Addictions & Management Operations Section, NC Department of Health and Human Services, DPH - Maternal Health Branch (WICWS)
- Angela Ramsey, MSW, LCAS, CSI
- Starleen Scott-Robbins, MSW, LCSW, Division of MH/DD/SUS, Addictions & Management Operations Section, NC Department of Health and Human Services
- Linda Hamilton, CDAC, Beyond Addiction
- Marie Gannon, LCMHC, LCAS, CSI, Consultant
- Melissa Parker, LCAS, CSI, Insight / Asheville Women's Recovery Center

And the following individuals from Mountain Area Health Education Center (MAHEC):

- Barbara Warren, MSW, LCSW, LCAS, Conference Planner / AHEC Mental Health Director
- Nick Hunter, Program Logistics Specialist
- Scott Schreiber, Program Logistics Specialist / Logistical Consultant



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May 7 -9, 2025

NCASPPB DETAILS

NCASPPB (C): North Carolina Addictions Specialist Professional Practice Board has approved this workshop for up to 16 hours (SS, GSB, and specialty hours including ETHICS, EBT, CSS, PSY and HIV hours available based on sessions attended).

[C = Combination of Substance Abuse Specific and General Skill Building]

PRECONFERENCE - Wednesday, May 7th

9:00 am - 4:30 pm (6.0 Hours)

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Choos

CREDITS BY SESSION:

| Choose one morning | | Rewiring for Recovery Considering the Ethics of Relationships in Women's Substance Use Disorder Treatment. | 3.0 hours SS (PSY) 3.0 hours SS (ETHICS) |
|-----------------------------------|------------|--|---|
| + one afternoon session: | 1C. 1D. | Healing from Co-Dependence to Create Healthy Connections Ethics and Clinical Supervision of Mental Health and Substance Use | |
| OR Choose | 4 F | Encoding Olionta and Encilitating Changes Strategie and Intentional Lies of Mativational | |
| the full day session: | IC. | Engaging Clients and Facilitating Change: Strategic and Intentional Use of Motivational Interviewing | 6.0 hours GSB (EBT) |

MAIN CONFERENCE - Thursday, May 8th

Track 1: General Track 9:00 am - 4:30 pm (4.5 Hours) | Track 2: DHHS 9:00 am - 5:00 pm (5.0 Hours)

| Choose Track One | All attendees: Opening Keynote: The Wounded Healer: A Story of Hope and Healing | 1.5 hours SS |
|------------------------|--|--|
| One | Track One - General 2A. Do You Know the "Power of 20"? | 4.5 Educational Hours TOTAL 1.5 hours SS |
| or | HIV/STI Updates for Substance Use Professionals | 3.0 hours SS (HIV) |
| Track Two: | Track Two - DHHS 2B. Jumping Off the Balance Beam Might Just Save Your Life | 5.0 Educational Hours TOTAL 1.0 hour GSB |
| | Foundations of Gender-Responsive SUD Treatment: How Did We Get Here and W | /hy1.0 hour SS |
| | Healing Together: Addressing Addiction's Impact on the Family Unit | 1.0 hour SS |
| | Beyond Anger and Violence: A Program for Women | 2.0 hour SS (PSY) |

MAIN CONFERENCE - Friday, May 9th

| | 9:00 | am - 12:45 pm (3.5 Hours) | |
|------|-------|---|--------------|
| | All a | ttendees: | |
| | | ate from the State: Women's SUD Treatment in NC ering Self-Compassion and Resilience: Connection in Recovery | |
| | 3A. | The Emerging Science of Recovery Community Centers | 2.0 hours SS |
| one: | 3B. | Healing with One Another: Group Counseling for Substance Use Disorder | 2.0 hours SS |

Guide to Abbreviations: ETHICS = EthicsEBT = Evidence-Based Treatment S or SS = Substance Abuse Specific Training HIV = HIV/AIDS/STD/TB/Bloodborne Pathogens G or GSB = General Skill Building Training PSY = Psychopathology Training C = Combination of Substance Abuse Specific and General Skill Building CSS = Clinical Supervision Specific Training

REGISTRATION

PRECONFERENCE (WEDNESDAY ONLY)

\$100 for individuals

\$70 for students, peer support specialists, and MAHEC employees (Must provide proof of enrollment or peer support status)

MAIN CONFERENCE DAY ONE ONLY (THURSDAY)

\$100 for individuals

\$70 for students, peer support specialists, and MAHEC employees (Must provide proof of enrollment or peer support status)

MAIN CONFERENCE DAY TWO ONLY (FRIDAY)

\$100 for individuals

\$70 for students, peer support specialists, and MAHEC employees (Must provide proof of enrollment or peer support status)

MAIN CONFERENCE ONLY (THURSDAY AND FRIDAY)

\$190 for individuals

\$135 for students, peer support specialists, and MAHEC employees (Must provide proof of enrollment or peer support status)

PRECONFERENCE + MAIN CONFERENCE

(WEDNESDAY, THURSDAY AND FRIDAY)

\$285 for individuals

\$175 for students, peer support specialists, and MAHEC employees (Must provide proof of enrollment or peer support status)

Early registration goes through April 30th. After the deadline, the total will be the registration fee + \$15.00.

Registration fee includes sessions and educational materials.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- · Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive a 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

Want to register?

Online Registration: https://mahec.net/home/event/75259

Have a question?

Barbara Warren, MSW, LCSW, LCAS CE Planner 828-257-4728 barbara.warren@mahec.net

Registration Information: 828-257-4475

Special Services:

828-257-4778