

★ 2018/2019 DAWN FARM EDUCATION SERIES ★

PROVIDING FREE INFORMATION ON ADDICTION AND RECOVERY FOR 28 YEARS

All programs are free and open to recovering individuals, people interested in recovery, family members and others affected by substance use disorders, students and professionals—ALL ARE WELCOME. A certificate of attendance is provided upon request—CEU's are available (MCBAP-approved education provider). Registration is not required.

September 18, 2018

Addiction 101

James Balmer, President, Dawn Farm

A primer on the dynamics of addiction as a brain disease, the process of recovery and how individuals and communities can support long-term recovery.

September 25, 2018

Addiction & Families

Lynn Kleiman Malinoff, Ed.D.

Substance addiction affects the entire family. Learn how each family member is affected and ways family members can cope with addiction.

October 16, 2018

Addiction and Older Adults

Charles E. Coleman LLMSW, Primary Therapist, Dawn Farm Downtown; and Matthew Cremin, LLMSW; Foreclosure Prevention Coordinator, Housing Bureau for Seniors

A discussion of myths and facts about how addiction relates to older adults as well as treatment options and local supportive services for older adults.

October 23, 2018

The Intersectionality of Domestic Violence, Sexual Assault and

Substance Use/Substance Use Disorders

Barbara Niess May, MPA, MSW; Executive Director, SafeHouse Center; and David J.H. Garvin, LMSW; Vice President, Programs & Facilities, Catholic Social Services of Washtenaw County and Founder, Alternatives to Domestic Aggression

There is a strong correlation between domestic violence/sexual assault and alcohol/other drug use – and correlation does not equal cause/effect nor does it define personal responsibility. Learn the relationship between domestic violence/sexual assault and substance use/substance use disorders in order to safely and effectively intervene with the perpetrator and support the survivor.

October 30, 2018

Personal Medicine: Becoming Active Agents in Our Own Recovery

Jerry Fouchey, BS, MA, SpA, CADC; Dawn Farm Personal Medicine therapist & Didactic Group Facilitator
Personal Medicine consists of things we do—not things we take—that increase our sense of wellness and help us feel better. This program will discuss how conditions common to early recovery, such as sleep disturbance, psychiatric symptoms, and chronic pain can be effectively managed through these behavioral interventions.

**HOPE TO SEE YOU
THIS YEAR FOR
SOME AMAZING
EDUCATIONAL
PROGRAMS!**

November 20, 2018

Parenting in Recovery

Mary Jo Desprez, MA; Director, Wolverine Wellness, University Health Service (UHS) University of Michigan; and Amber Horwitz, B.S., MSW candidate; Founder, Proud Parents of Loss

Parenting can be challenging under any circumstances; parents in recovery from substance use disorders face additional challenges in balancing the work of recovery with the responsibilities of parenting. This program will discuss the importance of maintaining a strong recovery program while parenting; explore “parenting skills 2.0” that can help recovering people to be strong, capable parents; and include a panel discussion by parents in recovery.

November 27, 2018

Cultivating Mindfulness to Support Recovery

Elizabeth A.R. Robinson, Ph.D., MSW, MPH

Mindfulness practices have been found to be effective in supporting sustained recovery from substance use disorders. This presentation will define mindfulness, describe research supporting mindfulness' benefit, and provide opportunities for the audience to experience and cultivate mindfulness. Lastly, we will tie these experiences and research to the process of recovery, making explicit the connection.

December 18, 2018

Navigating Grace: The Power of Connection and Transformation

Jeff Jay, best-selling author, educator and clinician
Twelve Step recovery programs stress personal connection as a key ingredient in recovery. This presentation will be based on Jeff's latest book, Navigating Grace, and will describe the often-unlikely process of personal connection, and the concepts of service and altruism that lie at the heart of Twelve Step Programs. The presentation will include inspiring personal remembrances of the people who changed Jeff's life forever.
(Book sale/signing after presentation)

January 22, 2019

Safe and Effective Management of Pain and Addiction

Carl Christensen, MD, Ph.D., D-FASAM; Dawn Farm Medical Director; and Mark A. Weiner, MD, D-FASAM

People with pain deserve relief, and the good news is there are many strategies for both acute and chronic pain management that are safe and effective for people at risk of or in recovery from substance use disorders.

This presentation will discuss various methods of pharmacologic and non-pharmacologic pain management and their relative risks and benefits and describe creative approaches to effective pain relief for people in recovery from substance use disorders.

January 29, 2019

Trauma, Chemical Use & Addiction

Tana Bridge, PhD., LMSW, Professor, School of Social Work Eastern Michigan University

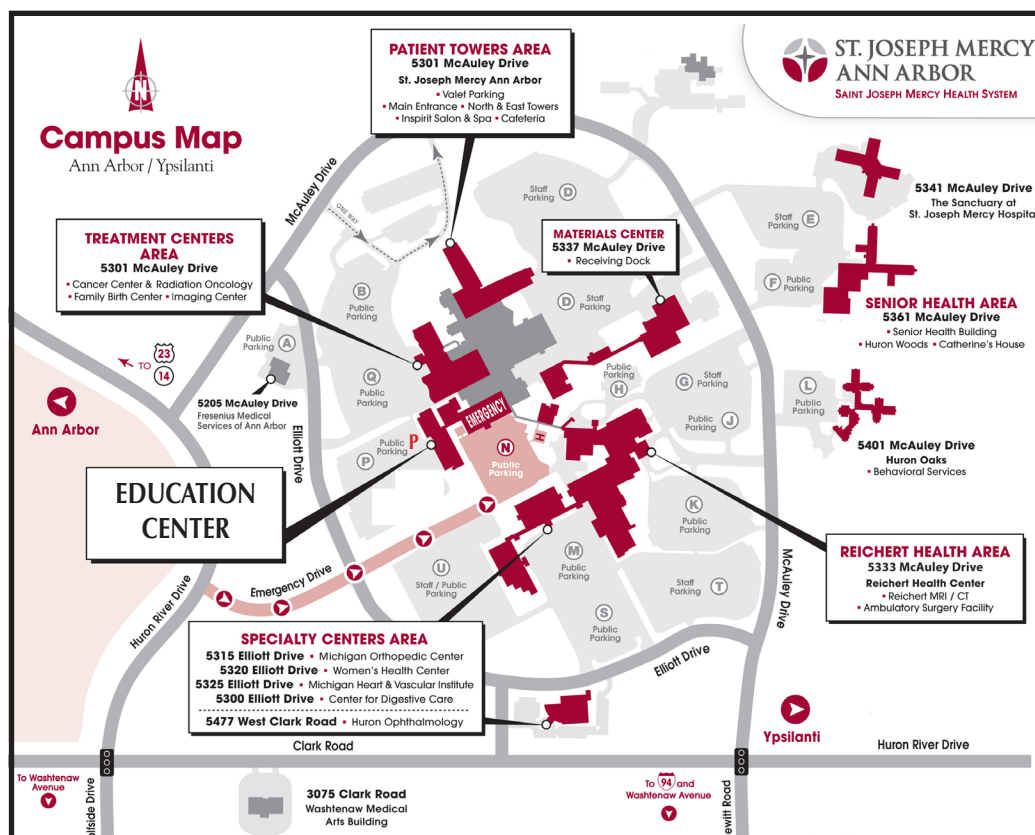
Research highlights the relationship between use, addiction and trauma. This presentation by an award-winning trauma expert will review symptoms of trauma, the relationship between trauma and substance use, and trauma recovery.

February 19, 2019

Dispelling Myths about Smoking, Mental Health/Substance Use Disorders & Recovery

Rosemary Bak Lowery, MS, CHES®, CNP, ACSM-CPT; Certified Health Education Specialist

People with mental health/substance use disorders can quit smoking, and when they do, they experience improved mental health and greater success in recovery. Learn about the true relationship between smoking and mental health/substance use disorders, the challenges faced in quitting and resources for quitting.



ALL PROGRAMS 7:30 PM TO 9:00 PM

**AT ST. JOE'S EDUCATION CENTER, 5305 ELLIOTT DRIVE, YPSILANTI (EXCEPT APRIL 30, 2019)
FOR INFORMATION, CALL 734.485.8725 OR VISIT WWW.DAWNFARM.ORG**



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February 26, 2019

Co-occurring Eating Disorders and Addiction: Implications for Recovery

Tiffany Schultz, LMSW; Dawn Farm Outpatient Therapist
Eating Disorders and Substance Use Disorders often converge in complex ways. Simultaneous treatment of both disorders is the best course of action, and long-term recovery from both disorders is possible. This presentation will explore the ways in which these two very serious conditions intersect and how those intersections impact the course of treatment and recovery.

March 19, 2019

Does Addiction Treatment Work?

Carl Christensen, MD, Ph.D., D-FASAM
Dawn Farm Medical Director

Feeling confused by conflicting reports on addiction's causes and treatments? Dr. Christensen will review the recent criticisms of treatment for addiction including Twelve Step, residential, and medication assisted therapy, the scientific studies that do and do not support their use and other controversial issues.

March 26, 2019

Grief & Loss in Addiction & Recovery

Jerry Fouchey, BS, MA, SpA, CADC; Dawn Farm Personal Medicine therapist and Didactic Group Facilitator; and Barb Smith, author of "Brent's World."

An overview of how grief, loss and grief recovery are experienced by the individual and the family in addiction and recovery, with a personal story of grief, loss and recovery.

April 16, 2019

Intervention to Durable Recovery: The Power of Family

Debra and Jeff Jay, best-selling authors, clinicians & educators

Debra and Jeff Jay will describe effective techniques for doing an intervention and developing a family recovery team, based on their books Love First and It Takes a Family (*Book sale/signing after presentation*)

April 23, 2019

People Like Me: Mutual Aid and Recovery from Substance Use Disorders

Todd Diana, Dawn Farm staff

People with substance use disorders and their families/friends have an expansive menu of mutual aid groups they can turn to for practical help and support along with a sense of belonging, understanding, acceptance and connection. Learn about the history, development, and research-supported efficacy of mutual aid recovery programs and hear a panel discussion by members of a sampling of mutual aid programs.

April 30, 2019

Barking to the Choir: The Power of Radical Kinship

Gregory Boyle

See special insert on this page for a description of this powerful program.

May 21, 2019

Relapse Prevention

Erik Anderson LMSW, CAADC, University of Michigan Counseling and Psychological Services

Relapse is a process that starts before resumption of alcohol/other drug use. Learn about warning signs that may predict relapse, how to develop a relapse prevention plan, and strategies that help handle both everyday and high-risk situations.

May 28, 2019

Co-Occurring Disorders: Understanding Self-Medication and Complex Recovery

Jeremy Suttles, MSE, LMSW; Clinical Social Worker, University of Michigan Hospital – Adult Inpatient Psychiatry

Co-Occurring Disorders or Dual Diagnosis are the terms used to describe having both a substance use disorder and a mental health or medical illness; the symptoms of one influence the symptoms and treatment of the other. This presentation will explore a comprehensive model of recovery that provides for emotional and physical health recovery as well as ongoing sobriety.

June 18, 2019

Coordinating a Community Response to the Opioid Epidemic

Molly Welch Marahar, MPP; WHI Opioid Project Coordinator, Center for Healthcare Research & Transformation. Carrie Rheingans, MSW, MPH; WHI Project Manager, Center for Healthcare Research & Transformation; and a panel of WHI Opioid Project members

The WHI Opioid Project is a cross sector coalition that was formed to address the opioid crisis in Washtenaw County. Learn about a coordinated community-level response to the opioid epidemic from a public health perspective and find ways to get involved.

June 25, 2019

Spirituality in Recovery:

The Many Paths to Spiritual Fitness

Jerry Fouchey, BS, MA, SpA, CADC; Dawn Farm Personal Medicine therapist and Didactic Group Facilitator

12 Step recovery programs challenge participants spiritually through the 11th Step. The literature points out that recovering people have "tread innumerable paths" in this process. Participants will be encouraged to clarify their personal understanding of a Higher Power and explore growth in this area.

SPECIAL EVENT AT THE WASHTENAW COMMUNITY COLLEGE TOWSLEY AUDITORIUM



Gregory Boyle is the founder of Homeboy Industries in Los Angeles, Calif., the largest gang intervention, rehabilitation, and re-entry program in the world.

A Jesuit priest, from 1986 to 1992 Father Boyle served as pastor of Dolores Mission Church, then the poorest Catholic parish in Los Angeles that also had the highest concentration of gang activity in the city. Father Boyle witnessed the devastating impact of gang violence on his community during the so-called "decade of death" that began in Los Angeles in the late 1980s and peaked at 1,000 gang-related killings in 1992. In the face of law enforcement tactics and criminal justice policies of suppression and mass incarceration as the means to end gang violence, Father Boyle and parish and community members adopted what was a radical approach at the time: treat gang members as human beings.

In 1988 they started what would eventually become Homeboy Industries, which employs and trains former gang members in a range of social enterprises, as well as provides critical services to thousands of men and women who walk through its doors every year seeking a better life.

Gregory Boyle will share how compassion, kindness, and kinship are the tools to fight despair and decrease marginalization. Through his stories and parables, all will be reminded that no life is less valuable than another.

**This program will be held at the Washtenaw Community College Towsley Auditorium,
Morris Lawrence Building, 4800 East Huron River Drive, Ann Arbor Michigan. Book signing follows!**

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