

# ★ 2016/2017 DAWN FARM EDUCATION SERIES ★

## FREE INFORMATION ON CHEMICAL DEPENDENCY AND RECOVERY FOR 26 YEARS

All programs are free and open to students, recovering individuals, professionals, people interested in recovery, family members and others affected by chemical dependency—ALL ARE WELCOME. A certificate of attendance is provided upon request—CEU's are available. Registration is not required.

### September 20, 2016 • Positive Emotions and the Success of Alcoholics Anonymous Reception 6:30-7:30

George E. Vaillant, MD, Professor of Psychiatry at Harvard Medical School and the Department of Psychiatry, Massachusetts General Hospital

A 60-year study of adult development performed at Harvard University yielded fascinating information about alcohol use disorders and recovery.

This presentation will present evidence based, prospective longitudinal research on why Alcoholics Anonymous (A.A.) is the treatment of choice to achieve abstinence from alcohol lasting more than two years, and will suggest the mechanisms by which A.A. achieves these goals.

### September 27, 2016 • Addiction 101

James Balmer, President, Dawn Farm

A primer on the dynamics of alcohol and other drug use, addiction as a brain disease, and the process of recovery.

### October 18, 2016 • The Intersectionality of Domestic Violence, Sexual Assault and Substance Abuse

Barbara Niess May, MPA, MSW; Executive Director, SafeHouse Center; and David J.H. Garvin, LMSW; Founder, Alternatives to Domestic Aggression, Chief Operating Officer of Catholic Social Services of Washtenaw County

Learn the importance of understanding the relationship between domestic violence/sexual assault and substance use/abuse in order to safely and effectively intervene with the perpetrator and support the survivor.

### October 25, 2016 • 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. We will review symptoms of trauma and trauma work in treatment and recovery.

### November 15, 2016 • Intervention to Durable Recovery: The Power of Family Reception 6:30-7:30

Debra and Jeff Jay, best-selling authors/counselors

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

### November 22, 2016 • In Our Midst: The Opioid Epidemic, and a Community Response

Stephen Strobbe, PhD, RN; Clinical Associate Professor, University of Michigan School of Nursing, and the Department of Psychiatry and Co-Chair, Washtenaw Health Initiative (WHI) Opioid Project

Communities across the country are in the grips of an opioid epidemic. Ours is no exception. Learn about the opioid epidemic in our midst, and what we are doing as a community to respond.

### November 29, 2016 • Collegiate Recovery Programs: Supporting Second Chances

Mary Jo Desprez, MA, Director, Wolverine Wellness, U of M Health Service; and Matthew Statman, LMSW, CAADC, University of Michigan Collegiate Recovery Program Manager

The transition to a college environment can pose great risk to a recovering student. This presentation will provide an overview of the national and local efforts to build recovery support programs on college campuses and describe how collegiate recovery programs support students.

### January 17, 2017 • Safe and Effective Management of Pain and Addiction

Carl Christensen, MD, Ph.D., FASAM, ABAM; and Mark A. Weiner, MD

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 24, 2017 • How to Support Recovery & Not Support Addiction

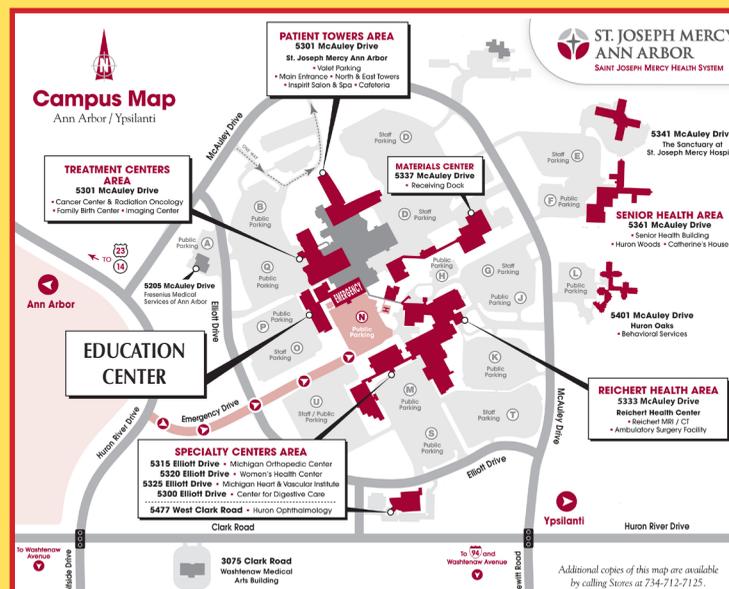
Charles F. Gehrke, MD, FACP, FASAM

When all else has failed—what does work when confronted with a loved one's addiction?

### January 31, 2017 • Suicide Prevention and Addiction

Raymond Dalton, MA, CAADC, Coordinator Dawn Farm Outpatient & Adolescent Services

This program will raise awareness of the signs of suicidal thinking and describe ways to offer support and obtain help for people with addiction who may be contemplating suicide.



### IMPORTANT NOTE

We welcome you to our 26th season of the Dawn Farm Education Series!

All programs are free and open to students, recovering individuals, professionals, people interested in recovery, family members and others affected by chemical dependency—ALL ARE WELCOME.

A certificate of attendance is provided upon request—CEU's are available - MCBAP approved education provider.

We hope to see you this year for some truly amazing programs!



**ALL ARE WELCOME! • ALL PROGRAMS 7:30 PM TO 9:00 PM**  
**HELD AT ST. JOE'S EDUCATION CENTER, 5305 ELLIOTT DRIVE, YPSILANTI**  
**FOR INFORMATION, CALL 734.485.8725 OR VISIT WWW.DAWNFARM.ORG**



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### February 21, 2017 • Addiction and Families

Anna Byberg, LMSW, CAADC,

Program Coordinator, Spera Recovery Center

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

### February 28, 2017 • Relapse Prevention

Erik Anderson, LMSW, CAADC

Dawn Farm Outpatient Therapist

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.

### March 21, 2017 • In the Doctor's Office: Recovery Friend or Foe?

Mark A. Weiner, MD; Internal Medicine and Addiction Medicine; and Matthew Statman, LMSW, CAADC, University of Michigan

Collegiate Recovery Program Manager

Some say the doctor's office is a dangerous place for people in recovery. It's also been said that recovering people are terrible patients. Are these statements fair? Learn why health care providers are essential allies for long term recovery—and how recovering people and health care providers can be allies.

### March 28, 2017 • Cultivating Mindfulness to Support Recovery

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

Cultivating mindfulness can support recovery from substance use disorders.

This presentation will describe mindfulness, provide opportunities to experience and cultivate mindfulness, and review the evidence of its positive effect on recovery.

### April 18, 2017 • Grief & Loss in Addiction & Recovery

Amanda Eidemiller, LMSW, Adult Palliative Care Consult Service, University of Michigan Hospital; 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.

### Thursday, April 20, 2017 • Emerging from the Darkness: The End of the Drug War and the Rise of Recovery

Reception 6:30-7:30

Dr. Kevin McCauley, MD; co-founder of the Institute on Addiction Study; author of the award-winning DVD "Pleasure Unwoven" and "Memo To Self;" nationally-recognized leader in the field of addiction treatment.

A rising science of recovery and recovery management, astonishing new brain research, and innovative local and national policies are emerging from the rubble of the Drug War and its decades of zero-tolerance and mass incarceration.

Dr. McCauley will review advances in recovery science and policy and the challenges entailed.

### April 25, 2017 • Spirituality in Recovery:

#### The Many Paths to Spiritual Fitness

Jerry Fouchey, BS, MA, SpA, CADC; Dawn Farm Outpatient and Personal Medicine Therapist

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.

### May 16, 2017 • Does Treatment Work?

Carl Christensen, MD, PhD, FASOG, 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.

### May 23, 2017 • Tobacco Cessation & Recovery

Anna Byberg, Program Coordinator,  
Dawn Farm Spera Recovery Center

Learn about the prevalence of tobacco dependence among people with addiction, the relationship between tobacco use and recovery, and basic information about how to quit using tobacco.

### May 30, 2017 • 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 is the term 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.

## TWO SPECIAL JOINT PROGRAMS WITH THE UNIVERSITY OF MICHIGAN

### September 21, 2016 • Paths Into and Paths Out of Alcoholism

Reception 6:30 pm to 7:30 pm

Presentation 7:30 - 9:00 pm

Co-sponsored by the University of Michigan

Collegiate Recovery Program/Students for Recovery

Rackham Amphitheatre, 915 East Washington Street,  
Ann Arbor, Michigan 48109

George E. Vaillant, MD. Professor of Psychiatry at Harvard Medical School and Department of Psychiatry, Massachusetts General Hospital  
Dr. Vaillant will discuss evidence learned from a 60 year prospective Harvard study that supports the efficacy of Alcoholics Anonymous participation in providing the four proven ingredients for stable remission from addiction, including: (1) a competing comforting substitute for alcohol, (2) a spiritual, loving family, (3) involuntary supervision and reminder of the consequences of relapse, and (4) new love relationships.

### April 21, 2017 • The Brain and Recovery:

An Update on the Neuroscience of Addiction

Reception 11:30 am to 12:30 pm • Presentation  
12:30 pm to 2:00 pm, with Q/A 2:00 pm to 2:30 pm

Co-sponsored by the University of Michigan

Collegiate Recovery Program/Students for Recovery  
Rackham Amphitheatre, 915 East Washington Street,  
Ann Arbor, Michigan 48109

Dr. Kevin McCauley, MD; co-founder of the Institute on Addiction Study; author of DVD "Pleasure Unwoven" and "Memo To Self;" nationally-recognized leader in addiction treatment.

Learn about the most current neuroscientific research about addiction - research that explains how the brain constructs pleasurable experiences, what happens when this process goes wrong, and why this can have a dramatic impact in our ability to make proper choices.



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