

Central Nebraska Council on Alcoholism and Addictions, Inc.
3204 College Street
Grand Island, NE 68803

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SAVE THE DATES | APRIL 18 & 19, 2024

Central Nebraska Council on Alcoholism and Addictions, Inc

2024 CONFERENCE



for Professionals

GRAND ISLAND, NE

visit www.cncaa.net for up-to-date information

Thursday, April 18, 2024
5:00 p.m. - 9:00 p.m.
"Laughter is Good Medicine"
with comedian Ally Weinhold



Ally Weinhold is a Los Angeles based comedian, social worker, and person in longterm recovery. Thirteen years of sobriety and seven years of standup have taught her that laughter truly

is the best medicine. When she's not performing comedy or trying to convince her sponsor that astrology is a substitute for step-work, Ally can often be found using humor and creativity as clinical tools in the mental health field. Ally doesn't care how cheesy it sounds, she believes that laughter is an important catalyst for human connection and has the power to heal trauma.

Learning Objective:

To identify ways to use and experience humor/laughter in treatment and recovery.

- 5:00 p.m. Doors Open
- 5:30 p.m. Buffet Banquet catered by Whitefoot
- 6:30 p.m. Spirit Award
- 6:45 p.m. Raffles & Dessert Auction
- 7:15 p.m. Comedy Show

These sessions have been approved by the Central Nebraska Council on Alcoholism and Addictions, Inc. as a NAADAC Approved Education Provider, for up to 13 CE's, NAADAC Provider #236874, Central Nebraska Council on Alcoholism and Addictions, Inc. is responsible for all aspects of its programming.

Criminogenic Hours have been APPROVED for all sessions.

- Earlybird Registration by April 5, 2024
- ___ April 18 Workshop Only \$186
 - ___ April 18 Workshop & D/C Show \$239
 - ___ April 19 Workshop Only \$186
 - ___ April 18 & 19 Workshops Only \$360
 - ___ SAVE \$25 = Both Workshops & D/C Show \$400
 - ___ April 18 D/C Show Only \$53 / \$96 pair
 - ___ Table of 8 at D/C Show \$400

- After April 5, 2024
- ___ April 18 Workshop Only \$206
 - ___ April 18 Workshop & D/C Show \$259
 - ___ April 19 Workshop Only \$206
 - ___ April 18 & 19 Workshops Only \$380
 - ___ SAVE \$25 = Both Workshops & D/C Show \$420
 - ___ April 18 D/C Show Only \$65 / \$120 pair
 - ___ Table of 8 at D/C Show \$480

Name: _____
 Organization: _____
 Email: _____
 Address: _____
 City, State, Zip: _____
 Telephone: _____

VISA or MC accepted. For your safety please do not fax or email credit card information. 308-385-5520
CCard# _____
Expiration Date: ___/___ Code on Backside: ___
Zip Code: _____

Please make checks payable to CNCAA. Please send registration form and payment to CNCAA, 3204 College Street, Grand Island, NE 68803.

Online registration: www.cncaa.net CNCAA reserves the right to withhold a \$50 processing fee for all cancellations.

Force majeure: In the event CNCAA is prevented from carrying out its obligations as a result of any cause beyond its control, such as but not limited to acts of God, war, acts of terrorism, airline flight cancellations, strikes, lock-outs, flood, commercially unfeasible or failure of third parties to deliver goods or services, CNCAA shall be relieved of its obligations and liabilities for as long as fulfillment is prevented.

CNCAA room blocks are available at:
Hampton Inn (308) 384-9770
Boarders Inn And Suites (308) 384-5150
Room Block Name: CNCAA (incl. Gov't)

Thursday, April 18, 2024
8:30 a.m. - 4:00 p.m.

**“Clinical Tools for Treating
Substance Use Disorder”**

**with Bob Tyler, BA, LAADC-
CA, CADDC II, SAP, ACRPS**



Bob Tyler has been working with inpatient, residential, and intensive outpatient levels of care since 1990.

He serves as Compliance Officer at Los Angeles Centers for Alcohol and Drug Abuse, is owner of Bob Tyler Recovery Services (consulting, private practice, public speaking, continuing education), is past President of CAADAC, and served as faculty at LMU Extension in the Alcohol and Drug Studies Program for more than 15 years. Bob received his BA degree in Psychology at Loyola Marymount University and will complete his Masters in Psychology in Spring of 2024. Bob authored the EVVY award-winning book *Enough Already! A Guide to Recovery from Alcohol and Drug Addiction* and

has produced multiple educational videos, shown in more than 1000 treatment centers across the country.

Workshop Description:

In this workshop Bob Tyler will incorporate expertise, skills, and strategies he’s used in his work of more than thirty years, highlighting strategies introduced by others in the field. He will demonstrate the utilization of CBT principles and Gorski Model/relapse prevention skills in aiding patients to proactively deterring relapse before it occurs, a strategy for preventing relapse that is often overlooked. Bob will incorporate the work of Brene’ Brown and its application to addiction treatment, offering skills to aid clients in coping specifically with shame in recovery. Drawing from the work of Dr. David Mee-Lee, Project Match Research Group, and Motivational Interviewing (MI) techniques, this portion of the workshop highlights the importance of building therapeutic alliance with patients and skills to develop such. Participants are provided specific tools, strategies, and interventions to increase patient engagement and retention (completion rates). Additionally, Bob offers strategies to increase our

ability to structure group sessions in a way that increases efficiency and effectiveness, while maintaining proper focus, and specific strategies to aid clients in processing and coping with uncomfortable emotions.

Learning Objectives:

1. Learn effective ways to educate clients about the physical, psychological, and social set-up behaviors which lead to entering the craving cycle and reduce how often they enter the craving cycle.
2. Develop a thorough understanding of trigger events and the ability to explain them in ways clients can understand and avoid them in order to minimize risk for relapse.
3. Gain skills helpful in utilizing groups as a training ground for clients to feel and tolerate shame and other emotions and teach clients how to “parent” their inner child when trauma or shame are activated.
4. Develop skills to build therapeutic alliance with clients.
5. Identify specific treatment strategies/design to improve client engagement and subsequent retention.
6. Learn the value of providing client/patient-centered, rather than program-centered, treatment in improving client/patient engagement.

All conference sessions are open to all alcohol/drug counselors. Depending upon your scope of service, these workshops may meet the criteria of an approved continuing education program for mental health and social work practices, marriage and family therapists, and professional counselors.

Friday April 19, 2024
8:30 a.m. - 4:00 p.m.

**“Helping Build Recovery Capital
in Those We Serve”**

**with James E. Campbell, LPC,
LAC, MAC, AADC, CGP**



James Campbell has worked professionally in the human services field for over twenty-eight years in a wide range of clinical settings, currently serving as the Training and Technical Assistance Manager for Southeast Addiction Technology Transfer Center. His passion is helping individuals and families heal and build on the strengths they possess and equipping other professionals to serve effectively. He’s a member of both NAADAC and

ACA and is a past president of the state chapter of NAADAC. James is also an ordained minister, musician, poet, and nationally recognized author and speaker.

Workshop Description:

Active addiction touches every aspect of a person’s life. Likewise, active recovery does as well. Research in the area of recovery capital grew out of studying the ninety percent of those struggling with substance use who never engaged in formal treatment. The resulting information highlighted specific areas of individuals lives that diminish during active substance use and that increase in recovery. The implications for treatment in this research is significant and both reaffirms and challenges treatment models. Helping those we serve build their recovery capital in four key areas can result in reduced risk of relapse/recurrence and increased progress

in recovery. These four areas are human, physical, social, and cultural, and together they form a framework whereby those supporting recovery can have a cohesive framework for supporting those in our care. When leveraged effectively, people grow healthier, relapse decreases, recidivism for crimes diminishes, and recovery is more vibrant and sustainable.

Learning Objectives:

- Participants in this session will be able to:
1. Define recovery capital.
 2. List the four domains of recovery capital.
 3. Identify ways of helping to build recovery capital in those we serve.
 4. Describe the impact of utilizing recovery capital in addressing crime and recidivism.
 5. Apply the information and framework presented to build skill in supporting recovery.

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