



# **IBC C.A.R.E. Conference 2019**

## **General Information & Registration**

### **September 19-20, 2019**

**C - Cultural Consideration**  
**A - Addictions & Trends**  
**R - Reducing Stress & Promoting Self-Care**  
**E - Exploring Best Practice**

This year's **IBC C.A.R.E. Conference** will be held on September 19-20, 2019 at **Courtyard by Marriott, located at 2405 SE Creekview Dr. in Ankeny, Iowa**, and will be two full days. A block of rooms is reserved at Courtyard for Wednesday, Thursday and Friday nights at a rate of \$129.00/night. You will need to make your own room reservation and reference "Iowa Board of Certification" to receive the room rate.

#### **Registration:**

- Cost of registration for **both days** (12 hours) is \$160.00 through May 31, \$170.00 from June 1-September 1, and \$180.00 after September 1.
- Cost of registration for **Thursday only, September 19** (6 hours) or **Friday only, September 20** (6 hours) is \$90.00 through May 31, \$100.00 from June 1-September 1, and \$110.00 after September 1.

The attached registration form can be also found on the IBC website at [www.iowabc.org](http://www.iowabc.org), and needs to be completed and sent to the IBC office with payment. Registrants will be notified via email when their registration form and payment is received. The registration fee includes attendance, materials, lunches, snacks and certificate of completion.

Space is limited and registrations will be taken on a first paid/first served basis. Walk-in registrations will only be accepted the day of the conference provided there is space available. ***A refund of 70% will be allowed for cancellations received at IBC by September 9; after September 9, no refunds will be given.***

Exhibitors will be present both days.

#### **IBC CEU's Offered:**

##### **Thursday, September 19:**

- ***Opioid Use in America*** (Ed Baker): 3.0 hours in Alcohol & Drug Specific
- ***Recipe of Resiliency*** (Debra Salz): 3 hours in Counseling Theories

##### **Friday, September 20:**

6.0 hours; IBC certified professionals will be allowed hours depending upon session choice:

- Session 1 (Friday morning) – choose one:
  - ***Trauma Informed Care*** (Angie Davis): 3 hours in Counseling Theories
  - ***Microaggressions*** (Sharaine Conner): 3 hours in Racial/Ethnic
  - ***Celebrate Recovery*** (Melissa Dale): 3.0 hours in Alcohol & Drug Specific
- Session 2 (Friday afternoon) – choose one:
  - ***Human Trafficking*** (Ruth Buckels): 3 hours in Special Populations
  - ***Ethics*** (Angie Davis): 3 hours in Ethics

**NASW has determined that this program meets the criteria of the Iowa Board of Social Work for 12.0 hours (6.0 hours each day) of continuing education.**

***Note: Certificates will be emailed to participants within 10 business days after the conference.***



## IBC CARE Conference 2019

September 19-20, 2019

### Registration Form

Name \_\_\_\_\_

Agency \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

I am registering for **both days** \_\_\_\_ (**\$160.00 through 5/31/19, \$170.00 from June 1-September 1, \$180.00 after 9/1/19**)

I am registering for **just Thursday**, September 19 \_\_\_\_ (**\$90.00 through 5/31/19, \$100.00 from June 1-September 1, and \$110.00 after 9/1/19**)

I am registering for **just Friday**, September 20 \_\_\_\_ (**\$90.00 through 5/31/19, \$100.00 from June 1-September 1, \$110.00 after 9/1/19**)

#### Thursday, September 19, 2019

8:45-9:00 Welcome  
9:00-12:00 Opioid Use in America, Brain Disease & Medications for Opioid Use Disorder - Ed Baker  
12:15-1:00 Lunch (provided)  
1:15-4:30 Recipe of Resiliency - Debra Salz

#### Friday, September 20

(**Circle your CHOICES for Session 1 and Session 2**):

9:00-12:15 (Session 1)  
A - Trauma Informed Care – Angie Davis  
B – Microaggressions: The Need for Those in the Field to Continue to be Self-Aware – Sharaine Conner  
C – Celebrate Recovery – Melissa Dale  
12:30-1:15 Lunch (provided)  
1:30-4:45 (Session 2)  
A – Human Trafficking: It is Here & Thriving in Iowa! – Ruth Buckels  
B – Ethics: In the Know – Angie Davis

#### Lodging:

Courtyard by Marriott has a reserved block of rooms for conference attendees on Wednesday, Thursday and Friday nights for \$129.00/night. You are responsible for making your own reservation by calling them at 515-422-5555 and referencing the Iowa Board of Certification conference.

#### Your completed registration form/fee may be submitted to IBC:

- Mailed to us at 225 NW School St., Ankeny, IA – 50023
- Faxed to us at 515-965-5540
- Scanned/Emailed to us at [info@iowabc.org](mailto:info@iowabc.org)

You may pay by check or you can pay on our website with debit/credit card or Paypal at [www.iowabc.org](http://www.iowabc.org)

## 4th Annual IBC CARE Conference

September 19-20, 2019

### Speaker Bios



**ED BAKER** is a Licensed Independent Clinical Social Worker and Licensed Alcohol/Drug Counselor in Vermont. He has practiced psychotherapy with individuals with substance use disorders for over 30 years in a number of clinical settings ranging from in-hospital care to outpatient private practice. He has an undergraduate and graduate degree in Social Work from Fordham University in New York City, and he is a Columbia University Revson Fellow. Retired from clinical practice, Ed now is focused upon researching and developing educational programs in the areas of brain addiction, psychoactive drug use and use trends, substance use treatment, recovery, positive messaging to dispel the stigma associated with addiction, and current developments related to emerging novel psychoactive substances (NPS) and synthetic fentanyl. Ed hosts/produces the Addiction Recovery Channel (ARC) on CCTV Channel 17 in Burlington, Vermont; ARC is a public TV

broadcast that focuses on public education to dispel the stigma associated with substance use disorder. Ed is in personal recovery from addiction for 34 years.



**DEBRA SALZ** has been training and coaching since 1993 and is known for her contagious enthusiasm and extreme attention to detail. She is an experienced trainer, facilitator, coach, presenter and inspirational speaker at the National, Regional and State Convention levels. Debra works with local and national, small and large companies and civic organizations forming partnerships between those she works with and for. She provides energized, custom training programs and keynote addresses to businesses and organizations through her “toolbox methodology.” Debra and her programs have been referred to as “dynamic,” “thought-provoking,” “humorous,” and “a pure delight to learn from and listen to!” She is the President and owner of Prevention Services & Strategies, a consulting and training company located in Cedar Rapids. She is a licensed Social

Worker through the State of Iowa. She earned her BA degree from Buena Vista University.



**MELISSA DALE** was raised in a broken home by her mother who was an alcoholic and she became codependent at an early age. Her father left when she was young, and she started searching for the love she never knew. Drugs, gambling, crime and bad relationships led her to a place of looking at a possible 75-year federal sentence - but God had different plans. She has now been clean for 15 years. She spent the last 8 years serving on staff at the largest Lutheran Church in the world, Lutheran Church of Hope, and is now a Minister and Ministry Leader for Celebrate Recovery. She has been a State Rep for 8 years, helping churches start new Celebrate Recoveries all over Iowa. She currently serves as Iowa’s Team Lead, encouraging other Iowa State Reps. Her passion is letting people know they never

have to stay stuck in a life of despair. She has had the privilege of sharing her story at many churches around the country, in the paper, on the news and even has been featured on Oprah’s Life Class show with Pastor Rick Warren, author of the Purpose Driven Life. She likes spending time with her pets, NASCAR and family.



**RUTH BUCKELS**, LMSW, is the AMP and the Tens Against Human Trafficking (TAHT) Statewide Coordinator for Youth & Shelter Services in Ames, Iowa. AMP is an advocacy program focusing on youth voices initiating system change in the child welfare system. TAHT is a school focused program seeking to set up teams of youth in each school that will create safety in that school through education. AMP youth educated Ruth on human trafficking in Iowa by sharing their trafficking experiences. With permission, Ruth shares Iowa trafficking stories, creating awareness and increasing safety. Ruth has been a licensed foster parent since 1988 and an adoptive parent since 2008. Over 90 teens have resided with Ruth and her family; 15 youth have become permanent family members, making 19 total children and counting. Ruth has parented multiple survivors of human trafficking and advocates for all Iowa's youth to learn about this crime and how it is thriving in Iowa.



**SHARAIN CONNER**, LMSW, IADC, is currently working as a therapist and addictions counselor in private practice and an adjunct instructor for the University of Iowa School of Social Work. She completed her undergraduate degree in Social Work with an emphasis in education at the University of Iowa, and received her Master's degree in Clinical Social Work from the University of New England. She has been a certified alcohol & drug counselor since 2012 but has been working in the field for long before that point. Sharaine has researched and developed several evidence-based curriculums for adolescents and adults, as well as provided trainings in the community on topics such as diversity, human sexuality, addiction, LGBTQIA+, and clinical aspects (i.e. assessment, evaluation, ASAMs, treatment planning) to others in the profession. She is also a member of IBC's Training and Ethics Committees, the Iowa Club of Des Moines, the Polk County JCS African American Case Review Team, and the Iowa Chapter of NASW.



**ANGIE DAVIS** is a Training and Implementation Specialist supporting the field of human services, primarily across Iowa. Angie is formally educated and practiced in therapy, coaching, training and development, and organizational behavior. Her specialty is implementation. She currently holds a Bachelor's degree in Psychology from the University of Iowa, and a Master's degree in Education from Western Illinois University. It is her mission to introduce the opportunity the field of human services has to thrive by enhancing professional and consumer experience. The approach: guide the change it takes to get there. The objective: leave the individual or organization with a template to thrive. When not at the office, it is her mission to enhance her own life experience by traveling, eating fantastic food, and trying to keep up with her family.

# 4th Annual IBC CARE Conference

September 19-20, 2019

## Session Descriptions

### Thursday, September 19

**9:00-12:00:** *Opioid Use in America, Brain Disease and Medications for Opioid Use Disorder* – Ed Baker

This presentation will summarize the “triple wave” of opioid use that has resulted in an unprecedented health crisis in America. We will look closely at how opioids operate in the brain, and the impairments that may result with continued use. We will examine brain addiction, its development and complications. We will review medications for opioid use disorder, the way they work and their potential for effective treatment. Innovative programs that have begun to show encouraging results in Vermont will also be summarized.

**1:15-4:30:** *Recipe for Resiliency* – Debra A. Salz

Burnout has been called the occupational hazard of the 21<sup>st</sup> century. Why? The pace and complexity of work is increasing. The amount of information needed to be successful is multiplying exponentially and we are hyper-connected to our workplace and client demands. The beneficial news is that there are strategies which you can engage to assist in identifying and reducing stress levels and promote healthy self-care. Join Debra in this interactive session where you will experience techniques which you can apply to overcome compassion fatigue and other ailments of the helping profession. Expand your resources within the field by forming partnerships with others who can assist you in your success of a balanced life, professionally and personally, and initiate an action plan to invest in you!

### Friday, September 20

**9:00-12:15 (choose one):**

*Celebrate Recovery* – Melissa Dale

In this session, you will learn about the program of Celebrate Recovery and why it is growing, not only in Iowa, but to over 35,000 churches around the world. Because brokenness affects families, friends and co-workers, Celebrate Recovery addresses all types of people, and all ages and issues including those struggling with dual diagnosis. You will learn what the program covers and why so many people are turning to faith to find healing. You will hear testimonies as well as facts as to why this program works. We will also take some time for Q&A as well as get the audience involved.

### **Trauma Informed Care...A Way of Being** – Angie Davis

It begins with asking the question “what happened to you?” instead of “what’s wrong with you?” Trauma-Informed Care is a concept growing in prevalence since the first ACEs study was conducted from 1995 to 1997. Many institutions and organizations have formalized it and we are making big strides in Iowa to do the same. The concept is not only about how to treat patients, clients and consumers, but also co-workers, candidates, supervisors and community members. In this segment, participants will explore the concept, find what it means in their personal and professional life and walk away with an awareness which is the first step to being trauma-informed.

### **Microaggressions: The Need for Those in the Field to Continue to be Self-Aware** – Sharaine Conner

The objectives of this training are to:

- Learn and understand the definition of microaggressions and the different subtypes
- Understand and engage in understanding your own implicit bias
- Learn and reflect on how microaggressions affect clients
- Learn and reflect on how microaggressions affect other professionals and colleagues
- Learn steps to making changes in order to reduce microaggressions by the provider

**1:30-4:45 (choose one):**

### **Human Trafficking: It is Here & Thriving in Iowa** – Ruth Buckels

This training will consist of a candid discussion on how human trafficking operatives work, the impact on victims, and how people serving youth can identify and respond. Iowa examples and stories will be shared to clarify situations. This presentation also contains statistics of trafficking trends and video testimonials of actual victims of Human Trafficking. National statistics show that 68% of youth coming out of “the life” experienced the child welfare system at some point in their lives so we need to protect the youth we foster, adopt or accept guardianship of.

### **Ethics: In the Know** – Angie Davis

Each year or two, we are asked to attend ethics training. Whether you are a treatment provider, an accountant, or the CEO of an organization, you need to log those hours. The subject of ethics has changed little over the years; it was once compared to using the same k-cup for coffee multiple times to save cash (p.s. the coffee gets worse). So how do we participate in another ethics training but avoid terrible coffee? The answer is clear – come and get it. The concept is ethics for practical use – we will not discuss the wildly unethical events that occur where the answer is clear. We will discuss the ethical and unethical events we see each day. We will then challenge each other to consider alternatives and ask: right or wrong?

