



3rd Annual C.A.R.E. Conference

September 27-28, 2018

Lutheran Church of Hope
925 Jordan Creek Pkwy, West Des Moines, IA

AGENDA

Thursday, September 27, 2018 – PreConference

11:45-12:15 Registration (inside main circle entrance)

12:15-3:30 ***Ethics in the Digital Age*** – Scott Breedlove (downstairs in [The Well](#)) **3.0 hours - Ethics**
This session will explore the concepts of ethics, how professionals can create an ethical framework from which to practice and make decisions, and will include discussion of common ethical challenges professionals face. There will be an emphasis on how technology has changed the behavioral health field, and how those changes have impacted professional ethics. This will be an interactive session with open discussion that allows time for questions and answers.

Friday, September 28, 2018

8:15-9:00 Registration (inside main circle entrance) & visit exhibits

9:00-9:15 Welcome & Awards

9:15-12:15 Opening Keynote – ***Tailoring Addictions Treatment : A Focus on the Unique Needs of Men and Women Seeking Recovery*** - Mark Sanders, LCSW, CADC ([The Bridge](#)) **3.0 hrs-Alcohol & Drug Specific**
In this keynote address you will learn strategies to address the unique treatment needs of men and women seeking recovery. A partial list of topics includes: addressing core issues for male clients including difficulty expressing feelings, toxic masculinity, the shield of armor, difficulty with intimacy, drug use seen as synonymous with the male role, and addressing resistance to counseling with male clients. How to provide gender responsive services for women seeking recovery: 21 critical areas to focus on in women's treatment, 3 approaches to addictions and trauma recovery with women, strategies for increasing gender competence on the individual and programmatic levels, and viewing countertransference as a gift when counseling women and men.

12:15-1:30 Lunch on your own and visit exhibit tables

1:30-4:45 Concurrent Sessions

A. ***Do What I Say, Not What I Do: Are We Modeling Self-Care?*** - Scott Breedlove ([The Bridge](#)) **(3.0 hours-Counseling Theories)**

This session will talk about the importance of professionals practicing good self-care to ensure sound ethical practices are being followed and a high quality of care is being provided. Topics will include compassion fatigue and compassion satisfaction, how to identify compassion fatigue and burnout symptoms, creating a personal wellness plan and finding holistic balance in important life areas.

B. **Opioid Pain Killers and the Heroin Epidemic** – Pat Reinert and Al Fear **(downstairs in The Well)**
(3.0 hours-Alcohol & Drug Specific)

The Opioid Epidemic is creeping across the United States and leaving a path of death and destruction. This presentation will highlight national and local trends relating to the movement of the epidemic and ways in which we can work together to solve the problem. Pat Reinert and Al Fear have been featured speakers at numerous conferences throughout the State of Iowa. Their presentation is high energy and very informative on the issues we are facing and also what is yet to come.

4:45-5:00 Door Prizes (must be present to win), turn in Evaluations (leave on registration table) and visit exhibitor tables