

★ 2017/2018 DAWN FARM EDUCATION SERIES ★

PROVIDING FREE INFORMATION ON ADDICTION AND RECOVERY FOR 27 YEARS

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

September 19, 2017

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.

September 26, 2017

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 17, 2017

Tobacco 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.

October 24, 2017

In the Doctor's Office: Recovery Friend or Foe?

Mark A. Weiner, MD, D-FASAM; Internal Medicine and Addiction Medicine; Matt 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.

November 21, 2017

Intervention to Durable Recovery: The Power of Family

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 (Book sale/signing after presentation)

November 28, 2017

Personal Medicine: Becoming Active Agents in Our Own Recovery

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

January 16, 2018

Safe & Effective Management of Pain and Addiction

Carl Christensen, MD, Ph.D., D-FASAM, FASOG, ABAM; 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 23, 2018

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 30, 2018

Trauma, Chemical Use & Addiction

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

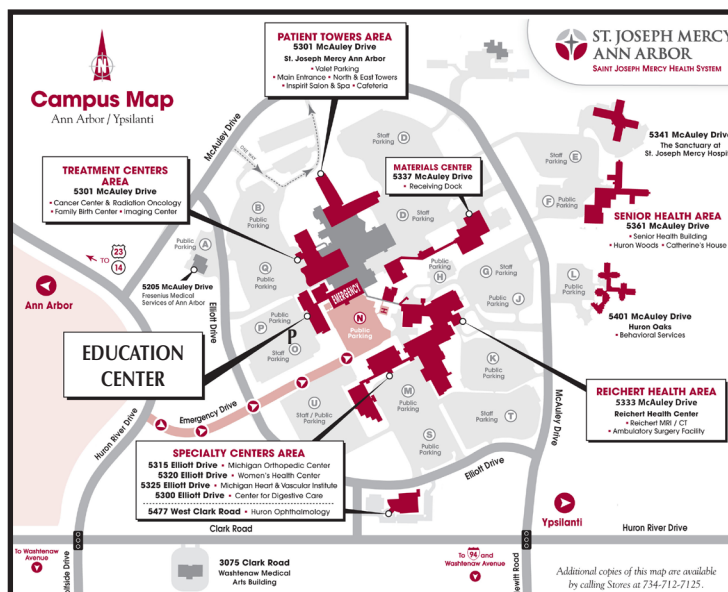
Research highlights the relationship between use, addiction and trauma. We will review symptoms of trauma and trauma work in treatment and recovery.

February 20, 2018

Does Addiction Treatment Work?

Carl Christensen, MD, Ph.D., D-FASAM, FASOG, ABAM, 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.



IMPORTANT NOTE

We welcome you to our 27th 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 addiction—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 PROGRAMS 7:30 PM TO 9:00 PM
AT ST. JOE'S EDUCATION CENTER, 5305 ELLIOTT DRIVE, YPSILANTI
FOR INFORMATION, CALL 734.485.8725 OR VISIT WWW.DAWNFORM.ORG



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February 27, 2018

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.

March 20, 2018

Grief & Loss in Addiction & Recovery

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

March 27, 2018

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.

April 17, 2018

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 24, 2018

Suicide Prevention & 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.

May 15, 2018

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.

May 22, 2018

Gratitude & Addiction Recovery

Amy R. Krentzman, MSW, PhD

This lecture provides definitions of gratitude proposed by social scientists, presents scientific findings about the benefits of gratitude, covers theories for the ways in which gratitude "works" (in general and in recovery), and ponders whether gratitude has a "downside." Together we will practice at least two gratitude exercises.

May 29, 2018

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.



GRATITUDE AND ADDICTION RECOVERY AMY KRENTZMAN, MSW, PHD MAY 22, 2018

"Gratitude" is a frequent topic in recovery circles, a recurrent theme in recovery program literature, and a central component of addiction recovery for many recovering people. Gratitude practices are commonly employed in addiction treatment and in recovery. This presentation will provide definitions of gratitude proposed by social scientists, present scientific findings about the benefits of gratitude, cover theories for the ways in which gratitude "works" (in general and in recovery), and ponder whether gratitude has a "downside." Together we will practice at least two gratitude exercises.

Amy R. Krentzman, MSW, PhD, is an Assistant Professor at the School of Social Work and at the Center for Spirituality and Healing at the University of Minnesota and an Adjunct Research Investigator in the Department of Psychiatry at the University of Michigan Medical School. Dr. Krentzman is a National Institute on Alcohol Abuse and Alcoholism (NIAAA) funded Training Fellow with the Alcohol and Other Drugs Education Program (ADEP) for Social Work Faculty. Her research focuses on factors that promote the initiation and maintenance of recovery from alcohol and other substance use disorders, particularly the mechanisms of therapeutic change that are precipitated by professional treatment, recovery community organizations, and 12-step programs. Current research projects include the development and testing of positive psychology interventions for individuals with alcohol and substance use disorders, the relationship between spirituality and alcoholism recovery, and the role of sober living houses on women's long-term abstinence.



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