

IN CELEBRATION OF **35** YEARS OF TREATMENT

CONIFER PARK'S ANNUAL CONFERENCE:

# Unspoken Obstacles in Treatment and Therapeutic Approaches

## PROGRAM

**KEYNOTE - 9:00AM TO 11:00AM**

### ■ **Addressing the Process: Treating Co-Occurring Eating Disorders and Substance Use**

*Presented by*

**Linda Lewaniak, LCSW, CAADC**

**Director of Integrated Services, Eating Recovery Center, Chicago**

This presentation will look at the similarities and differences between the substance use disorder and eating disorders. Treatment components that are necessary for treating both disorders will be explored as well as barriers to treatment.

Considerations for programs treating these issues together and how to keep the individual and family focused on healing and recovery.

**11:15AM TO 12:15PM**

### ■ **Supporting Patients Through the Recovery Rollercoaster: The Wait Times, the Slow Climb up, the Deep Dives, the Never-ending Spirals and the Unexpected Reverses**

*Presented by*

**Samara M. Gabree, A NP-BC, AAHIVS**

This training will review how substance users face various and often compounding forms of stigma along the continuum of recovery. In addition, learn ways to get and keep patients engaged in care along the course of recovery including active use, treatment and especially relapse.

**1:15PM TO 2:15PM**

### ■ **Nutrition in Addiction Recovery**

*Presented by*

**Lianne Prescott, RD, CDN**

Proper Nutrition is key to the substance abuse healing process because it can help restore physical and mental health and improve the chance of recovery. This presentation will review the effects of substance abuse as they relate to nutrition and health, discuss the five nutritional treatment goals of substance abuse recovery and address the importance of nutrition in preventing relapse.

**2:15PM TO 3:15PM**

### ■ **Welcoming Peer Professionals to the Team**

*Presented by*

**Chad Putman, LMSW, COTI Project Dir., New Choices Recovery Center  
Fawn Montanye, CRPA-P Coordinator, Wellsprings**

This training will provide an overview of peer support services and recovery resources. Aspects of the training to be highlighted include the components of peer qualifications, training including recovery coach academy, ethics and MAT, credentialing & peer supervision including QHP and peer lead supervision.

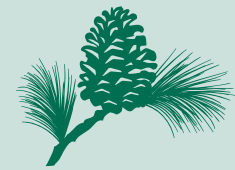
**3:30PM TO 4:30PM**

### ■ **Y12SR: Yoga of 12 Step Recovery**

*Presented by*

**Abigail Bernard, BA, CTRS, Certified Y12SR Leader**

12-step based discussion and yoga practice open to anyone identifying, coping or providing treatment for addictive behaviors. This adjunctive intervention combines the teachings of yoga with the twelve steps of Substance Use Recovery Programs.



# Conifer Park

79 Glenridge Rd, Glenville NY 12302

PLEASE JOIN US

## May 17, 2018

KEYNOTE PRESENTER

### Linda Lewaniak

LCSW CAADC

ERC Insight, Chicago, Illinois

## CONFERENCE INFORMATION

- \$45.00 non-refundable fee includes Lunch
- 6.0 CASAC Training Hours pending
- Check In begins at 8:15am in the Gym at Conifer Park

**TO REGISTER, please complete the form below, enclose payment, and mail to the address below:**

**OR, REGISTER ONLINE at:**  
[www.coniferpark.com](http://www.coniferpark.com)

**TO PAY VIA CREDIT CARD, please contact our Cash App. Dept. at 518-952-8154**

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### **Mail Registration Forms to:**

Conifer Park, 79 Glenridge Rd, Glenville, NY 12302  
Attn: Joanne E. Egnaczyk-Gonda

### **For questions, please contact:**

Joanne E. Egnaczyk-Gonda  
(518) 265-1465 | [jegnaczyk@libertymgt.com](mailto:jegnaczyk@libertymgt.com)

Conifer Park is a 205-bed inpatient treatment facility situated on 32 wooded acres in Glenville, NY. Conifer Park offers specialized programming for adults and their families affected by the disease of alcoholism and chemical dependency.

Conifer Park operates outpatient clinics in Glenville, Glens Falls, Plattsburgh, Rochester, Syracuse, Schenectady and Troy. Conifer Park now offers OTP services in 4 locations: Plattsburgh, Liverpool, Schenectady and Troy.

Programs offered by Conifer Park are accredited by the Joint Commission on Accreditation of Health Care Organizations and licensed by the New York State Office of Alcoholism and Substance Abuse Services.