2015 SOUTHERN ILLINOIS
DRUG AWARENESS CONFERENCE

APRIL 1 & 2, 2015

Online Registration at www.jalc.edu/cbi
For more information, please call
John A. Logan College
at 618.985.2828 Ext. 8510
or email cbi@jalc.edu
CEUs Available

SEATING IS LIMITED.
Wednesday April 1

8:30  Welcome
Dr. Michael Dreith, President – John A. Logan College
Holistic Services
Mark Sanders

9:00-10:30  "Synthetic Cannabinoids - 'The Loss of Innocents': History, Chemistry, Toxicology and Case Studies"
Dr. Anthony Scalzo and Glen Sinks

10:30-10:45  Break
TED Talks (10 minute overviews by each Keynote speaker)
10:45-10:55  John Shadowens
10:55-11:05  Chad Sabora
11:05-11:15  Dr. Thomas J. Kadela
11:15-11:25  Dr. Shane Reister
11:25-11:40  Break
11:40-12:40  Breakouts Round 1
12:40-1:40  LUNCH -- On Your Own
1:45-2:45  Breakouts Round 2
3:00-4:00  Breakouts Round 3

Thursday April 2

8:30-9:30  Breakouts Round 4
9:30-9:45  Break
9:45-10:45  Breakouts Round 5
10:45-11:00  Break
11:00-12:00  Breakouts Round 6
12:00-2:00  Lunch Break—LUNCH PROVIDED
Medical Marijuana Panel (Q&A)
2:00-2:15  Break
2:15-3:30  Garret Gross Story, Professional MMA Fighter
3:30-4:00  Closing Remarks and Door Prizes
Breakout Sessions: Round 1
 Integrated Care in Addiction and Recovery | Mark Sanders
 Winner’s Circles | Rev. Tommie Johnson
 “Moving at the Speed of Culture”: Trends in Social Media and Today's Music | Abby Jurgens, Sara Baker
 Overdose/Underdose Interactive Cases | Dr. Anthony Scalzo, Glen Sinks
 Meth 101 | Master Sergeant Daryl Grammer and Members of the Meth Response Team
 Helping the Person/Helping the Community | Chad Sabora, Robert Riley II
 PTSD - The Farm Animal In The Room | Dr. Thomas J. Kadela
 Yoga & Addictions | Dr. Daidra Marano, Dr. Shane Reister

Breakout Sessions: Round 2 *Denotes session is repeated from Round 1
 Counselor Self Care | Mark Sanders
 Winner's Circles* | Rev. Tommie Johnson
 “Moving at the Speed of Culture”: Trends in Social Media and Today's Music* | Abby Jurgens, Sara Baker
 Overdose/Underdose Interactive Cases | Dr. Anthony Scalzo, Glen Sinks
 Meth 101* | Master Sergeant Daryl Grammer and Members of the Meth Response Team
 Helping the Person/Helping the Community* | Chad Sabora, Robert Riley II
 PTSD - The Farm Animal In The Room* | Dr. Thomas J. Kadela
 Twelve Step-Informed Cognitive Therapy | Dr. Shane Reister

Breakout Sessions: Round 3 *Denotes session is repeated from Round 1 or 2
 Tools for Working Collaboratively Across Fields | Mark Sanders
 Winner’s Circles* | Rev. Tommie Johnson
 “Moving at the Speed of Culture”: Trends in Social Media and Today's Music* | Abby Jurgens, Sara Baker
 Pharm 101 | Tom McNamara
 Helping the Person/Helping the Community* | Chad Sabora, Robert Riley II
 PTSD - The Farm Animal In The Room* | Dr. Thomas J. Kadela
 Culturally-Informed Motivation & Harm Reduction | Dr. Christian Gillespie, Dr. Shane Reister
Breakout Sessions: Round 4
- Treatment Planning 101 | George Rafeedie
- Steroid Use & Abuse | Dr. Jane Nichols
- Illinois Youth Survey: The Importance of Local Data | Jessica Thomas
- Medical Marijuana: Personal Story | Densey Cole II
- Mental Health 101 | Shea Haury
- Use of Naloxone (Narcan) to Reverse Opioid Overdose | Greg Cueto
- Drug Courts | Judge Stephen G. Sawyer (Ret.), Ericka Sanders
- Sex, Drugs & Rock-n-Roll (Oops)...DISEASE! | Stephen St. Julian
- Nutrition of 101 | Gail Peterman

Breakout Sessions: Round 5 *Denotes session is repeated from Round 4
- Treatment Planning 101* | George Rafeedie
- Steroid Use & Abuse* | Dr. Jane Nichols
- Illinois Youth Survey: The Importance of Local Data* | Jessica Thomas
- Medical Marijuana: Personal Story* | Densey Cole II
- Suicide Prevention | Verletta Saxon
- Use of Naloxone (Narcan) to Reverse Opioid Overdose* | Greg Cueto
- Drug Courts* | Judge Stephen G. Sawyer (Ret.), Ericka Sanders
- Sex, Drugs & Rock-n-Roll (Oops)...DISEASE!* | Stephen St. Julian
- Nutrition of 101* | Gail Peterman

Breakout Sessions: Round 6 *Denotes session is repeated from Round 4 or 5
- Treatment Planning 101* | George Rafeedie
- Steroid Use & Abuse* | Dr. Jane Nichols
- Illinois Youth Survey: The Importance of Local Data* | Jessica Thomas
- Medical Marijuana: Personal Story* | Densey Cole II
- Suicide Prevention* | Verletta Saxon
- Use of Naloxone (Narcan) to Reverse Opioid Overdose* | Greg Cueto
- Drug Courts* | Judge Stephen G. Sawyer (Ret.), Ericka Sanders
- Sex, Drugs & Rock-n-Roll (Oops)...DISEASE!* | Stephen St. Julian
- Nutrition 101* | Gail Peterman
INTEGRATED CARE IN ADDICTION AND RECOVERY | Mark Sanders
This workshop will focus on the importance of integrating treatment services for those clients active in their addiction or those moving into recovery. The multiple agencies involved in working with clients with not only substance use disorders, but other multiple behavioral health concerns will be referenced as well as recommendations for improving integrated care.

WINNER’S CIRCLES | Rev. Tommie Johnson
This workshop introduces the concept of grassroots support for early stage recovery for clients in the criminal justice system. A self-help support group developed for clients with not only substance use disorders, both those with criminal justice concerns as well.

“MOVING AT THE SPEED OF CULTURE”: TRENDS IN SOCIAL MEDIA AND TODAY’S MUSIC | Abby Jurgens, Sara Baker
This presentation will highlight current trends in social media and music and how they affect our youth today. We will discuss the current trends in social media and bring awareness to how teens use and abuse these networks. Another topic that will be presented is today’s music and how our youth are subjected to powerful lyrics which often encourage negative outcomes.

OVERDOSE/UNDERDOSE INTERACTIVE CASES | Dr. Anthony Scalzo, Glen Sinks
A question and answer session where the presenters provide cases and encourage participants to provide their solutions.

METH 101 | Master Sergeant Daryl Grammer and Members of the Meth Response Team (MRT)
The panel has had extensive experience working with meth labs, meth behavior and meth investigations. The class will be an overview demonstrating how meth is manufactured, problems for the community, and the response to a situation where meth is involved.

HELPING THE PERSON/HELPING THE COMMUNITY | Chad Sabora, Robert Riley II
This session Robert will discuss a prevention and awareness campaign he is involved with that takes panels of recovering addicts into a high school health class, and how teaching about addiction and providing resources is hopefully helping reduce the stigma of addictions. He will also share what he sees working for people who utilize self help as a tool in recovery.

Chad will talk about the community need from the legislative stage and why it is vital to those attempting to recover. He will also examine Harm Reduction and share how recovery often begins with the smaller steps and the need to look at harm reduction from a prospective which promotes healthier decision making.

PTSD - THE FARM ANIMAL IN THE ROOM | Dr. Thomas J. Kadela
We know PTSD is one of the ‘signature wounds of the war’ however many civilians experience trauma every day. PTSD is often present in people with addiction issues – the two often go hand in hand. This workshop provides an overview of PTSD including diagnosis history, diagnostic criteria and symptoms, prevalence, course, comorbidities, and risk factors.

YOGA & ADDICTIONS | Dr. Daidra Marano, Dr. Shane Reister
There is a fast growing trend, in the substance community, to address recovery through a multimodal approach to include spiritual, physiological, and mental. Within this trend, yoga is used as a principle basis for addressing mind body awareness in most privatized recovery programs. This presentation will include how yoga, a body centering tool, can be used to address trauma and addiction. It will include yogic postures and breath used to address addiction and mind/body connection. As well, how a 12 step program can be supplemented in the yogic practice.

COUNSELOR SELF CARE | Mark Sanders
This workshop will address the therapeutic benefits of humor in preventing burn out and compassion fatigue.
TWELVE STEP-INFORMED COGNITIVE THERAPY | Dr. Shane Reister
The twelve-step community can be considered a subculture in our society, a culture with unique traditions and language. It is a culture passed down orally and through 12-step literature. This breakout will show how clinicians’ cultural awareness of the twelve-step community can enhance cognitive therapy interventions. Participants will also learn how 12-step informed cognitive reframing can serve a dual purpose of addressing mental illness concerns while simultaneously reinforcing 12-Step concepts and the value of 12-step meeting attendance. This breakout will cover commonly quoted AA slogans and AA literature, which every therapist should be aware of when working with clients in recovery.

TOOLS FOR WORKING COLLABORATIVELY ACROSS FIELDS | Mark Sanders
This session addresses the inter-connectedness of human services fields and how often multiple agencies are involved with one client or family. Tools and recommended job skills will be reviewed as well as a template for improving interagency collaboration.

PHARM 101 | Tom McNamara
A question and answer period focused on the current problems of narcotics in our communities.

CULTURALLY-INFORMED MOTIVATION & HARM REDUCTION | Dr. Christian Gillespie, Dr. Shane Reister
The therapeutic relationship is a key component for therapeutic change. This breakout will cover how the therapeutic alliance can be strengthened through culturally-informed approaches to motivating change. Attendees will learn how to work more effectively with multicultural and/or LGBT populations. This session will discuss general principles and techniques for increasing motivation while utilizing a holistic approach for recovery. Participants will also learn about harm reduction for clients terminating treatment before completion of motivation techniques and addiction treatment.

TREATMENT PLANNING 101 | George Rafeedie
Treatment plans are a patient’s road map to success. This workshop will provide the rules of the treatment planning process and give participants the opportunity to design treatment plans that meet administrative requirements. Navigating the treatment process from assessment through progress notes and arriving at positive treatment outcomes for patients will be discussed.

STEROID USE & ABUSE | Dr. Jane Nichols
This workshop will provide practitioners in the field an overview of how to approach treating a client with a steroid use issue, as well as what to look for if there is suspected steroid abuse occurring. Useful for clinicians, educators, health providers, and parents.

ILLINOIS YOUTH SURVEY: THE IMPORTANCE OF LOCAL DATA | Jessica Thomas
The Illinois Youth Survey (IYS), a free drug use and related risk factors survey that is administered biennially to middle and high school students across the state, provides local data to schools, districts, communities, counties, and the state as a whole. IYS data can be used to assess needs, track progress toward physical, social, and mental health goals, and evaluate student support services. In 2014, a total of 892 schools (representing 214,249 youth) participated in the IYS.

MEDICAL MARIJUANA: PERSONAL STORY | Densey Cole II
Densey will discuss his story as a veteran Chicago Police officer including the accident which resulted in his injury. He will describe his history of addiction with opiates and his current use of medical marijuana as a legitimate alternative for treating conditions associated with his injury.

MENTAL HEALTH 101 | Shea Haury
This course is designed for individuals who are not trained to work with people with mental illness. This is an introduction to some of the more common mental illnesses that one may encounter. This is not a session for someone experienced in working with the mentally ill.
USE OF NALOXONE (NARCAN) TO REVERSE OPIOID OVERDOSE | Greg Cueto
In this presentation the presenter will define and give examples of opiates & opioids, understand the history & epidemiology of opiates & opioids and what an opiate/opioid overdose looks like. The presenter will explain what naloxone is and how it works on an opiate/opioid while also dispelling common myths about reversing an opiate/opioid overdose.

DRUG COURTS | Judge Stephen G. Sawyer (Ret.), Ericka Sanders
Problem-Solving Courts utilize a nationally recognized and scientifically validated method to address the most pressing issues facing our criminal justice system and our society. How often do we see an individual, newly released from prison or successfully discharged from a rehabilitation facility, fail after he or she returns home to family and friends and a host of issues that he or she is incapable of addressing? Problem-Solving Courts treat the addiction, the mental illness, and the criminal way of thinking in the person's own environment, not in the sterile confines of a rehabilitation facility, hospital or jail. A team composed of a judge, public defender, treatment provider, case manager, state's attorney and public defender utilize evidenced-based practices grounded in decades of research in the field of human psychology to craft a treatment plan for each participant. Behavior is shaped through the use of immediate punishment and rewards. Criminal thinking is changed through the use of cognitive behavioral therapy. Rather than placing a bandage on a gaping wound, Problem-Solving Courts heal the wound from the inside out. It is common sense. And it works.

SEX, DRUGS & ROCK-N-ROLL (OOPS)...DISEASE! | Steven St. Julian
Plain-talk overview of the connection between drug use and sex behaviors and the most common repercussions- HIV, Hepatitis C and other STDS. Participants will gain a usable knowledge as to “How ya get ’m”, “How ya don’t”, and the most recent medical advances addressing “What the heck can I do about ’m?” as told with humor and candor by someone who's been there, done that, and survived to tell it.

NUTRITION 101 | Gail Peterman
Nutritional balance is important for all individuals to maintain their health. Proper nutrition is especially important for individuals recovering from substance abuse. This area of rehabilitation may often be overlooked but actually is of upmost importance to help substance abusers attain and maintain a healthy life physically and mentally. This session is intended to give an overview on how to provide healthy nutrition to all individuals to avoid overweight and underweight issues as well as how to economically provide all of the nutrients necessary daily to maintain a healthy diet.

SUICIDE PREVENTION | Verletta Saxon
Suicide is among the top 10 leading causes of death in America and in some age groups it is among the top 3 leading causes of death. Research has also identified that individuals with substance abuse histories are 6 times more likely to report a suicide attempt over their life time. During this presentation we will discuss the link between substance abuse and suicide; the difference between suicidal thoughts, gestures and actions; identify risk factors; acknowledge the difference between self-harm and suicidal behavior; identify community resources; and discuss the individuals role in identifying and assisting someone who is suicidal.
SARA BAKER, BS ED teaches a comprehensive school-based substance abuse prevention curriculum to adolescents in Jackson County, IL. As a member of The Positive Youth Development Coalition (PYD), she serves as the sub-committee chair for youth prevention programming, planning, and conducting coalition’s community-focused activities for families and youth.

In addition to her prevention education teaching, Sara has 5 years’ experience teaching in health and wellness in public schools. Sara has served as mentor, tutor, church volunteer, and as youth head coach for Swamp Fox, a local summer track and field program.

She received her Bachelor’s Degree in Education with additional minors in Health and Coaching from McKendree University.

DENSEY COLE II joined the Chicago Police Department in 1992. He worked throughout the city from Englewood to the Gold Coast. In his career he made over 1000 felony drug arrests. He was injured in a catastrophic accident while en route to a robbery in progress call on May 27, 2009. After being struck by a vehicle and coming to rest on a light pole, he was subsequently robbed for his wallet and service weapon. He was rendered a Quadriplegic and spent the next 5 and half months in Craig Hospital in Denver, CO. While a patient at Craig pain management was a topic for discussion and Medical Marijuana was considered a legitimate option for pain and other chronic symptoms associated with his injury. Early in 2010 he was injured again and was placed on Oxycodeone to treat the pain associated with his injury. By 2011 he was addicted to Opiates and found himself hospitalized. It was recommended he begin a Methadone treatment program but chose to discontinue Opiate use on his own. With no way to manage his pain and related symptoms he has turned to Medical Marijuana as the most important and effective treatment option.

GREGORY E. CUETO became the Law Enforcement Committee Coordinator (LECC) for the United States Attorney’s Office, Southern District of Illinois, in September of 2012. As the LECC, he is the liaison between local, state and federal law enforcement agencies. Mr. Cueto is responsible for conducting trainings to law enforcement and provides federal grant information to various agencies, etc. Prior to his assignment with the United States Attorney’s Office, Mr. Cueto served in the United States Army Military Police Corps from 2004 to 2011 as a Squad Gunner in Afghanistan for over 200 combat missions and as a Platoon Sergeant, Military Police Investigator, Noncommissioned Officer in Charge for the Special Reaction Team, the Department of Defense Non-Lethal Weapons Instructor and as the Deserter Apprehension NCO at Fort Leavenworth, Kansas. Mr. Cueto served as a Juvenile Probation Officer prior to his Military Service and upon his completion of Military Service, served as an Intensive Probation Officer, conducting curfew checks on the violent felons and sex offenders for the St Clair County, Illinois, Probation Department. Mr. Cueto graduated from McKendree College, Lebanon, Illinois in 2002 with a BS in Computer Information Systems. He married his college sweetheart, Chasity in 2003, and they have three children.

CHRISTIAN H. GILLESPIE, PHD is a Licensed Clinical Psychologist; she received her Bachelor’s from the University of California, Irvine, and her Master’s and Doctorate from Southern Illinois University, Carbondale. Dr. Gillespie specializes in Black psychology, multicultural-diversity issues, and has a particular interest in uncovering the unique nuanced experiences of racial-ethnic minorities. Her professional experience encompasses state correctional, juvenile justice, private practice, academic and college counseling center settings. She currently serves as a Mental Health Professional in the Illinois Department of Corrections. Much of her work experience involves social justice/advocacy, teaching, research, community outreach/intervention, individual, group, and couples counseling. She has commonly worked with African American / Black, Hispanic, Asian American, International, and LGBT clients from varied socioeconomic and sociopolitical backgrounds. Dr. Gillespie enjoys working with clients who have affective disorders, psychotic disorders, trauma issues, and substance use disorders. By attending to the intersectionality of her clients’ identities, she often assists clients in effectively navigating the distress they experience with respect to the raced, gendered, and class-based dimensions of their lived experiences.
**SHEA HAURY, MS, LCPC** received her Master of Science degree in Rehabilitation Counseling from Southern Illinois University – Carbondale. She is a Licensed Clinical Professional Counselor (LCPC). She started her career working as a substance abuse counselor for the Impact Incarceration Program in DuQuoin, IL. She joined the Human Service Center in 1999 as a substance abuse counselor and crisis worker. She then worked as the mental health clinical supervisor and later became Clinical Director. She left Human Service Center in February 2012 to become the Treatment Director for The H Group. As Treatment Director, she is responsible for program management of the Substance Use, DUI, Mental Health and Community Support programs. Since 2008 Shea also works for the Illinois Law Enforcement Training and Standards Board providing CIT training to law enforcement personnel across the state of Illinois.

**DONA HOWELL MS, CRADC** is the Program Manager from Comprehensive Connections of Jefferson County at Big Muddy River Correctional Center. With over 30 years of experience in the field, she is on the Certification Board and has retired from the Illinois Department of Corrections Addiction Recovery Management Services Unit.

**REV. TOMMIE ANDRE JOHNSON,** associate minister at New Mt. Moriah Baptist Church, Recovery Services Coordinator with TASC, and trainer and motivational speaker. Rev. Johnson graduated from Whitney M. Young H.S, and went on to play football at Southern Illinois University. Rev. had a brief attempt at professional football with the San Diego Chargers. Rev. Johnson's career title is Recovery Support Services Coordinator for the State of Illinois for Treatment Alternatives for Safe Communities (TASC). This position requires that he works in unison with the Illinois Department of Corrections. Rev. Johnson is the organizer and executive director of the ‘Outside the Walls Ministries’. This is a ministry that directs its efforts toward individuals, adult and juvenile, coming out of incarceration, as well as using drugs or in recovery from drug use. Juvenile’s gang affiliated or other wise misguided are also a focus. Rev. Johnson has been featured in a nationally aired PBS Special on reentry and recidivism on the program entitled ‘NOW’, the segment entitled ‘MAXIMUM CAPACITY’. Most recently honored by Transforming Lives International with the Lorraine McGhee Human Service Award, and selected ‘Unsung Hero’ for 2011 and given a banquet in his honor in Dallas Texas. Considered one of the leaders in not just Chicago, but all of Illinois and quickly becoming a national voice on reentry, recovery and recidivism. He has been sought out by and is seated on many boards and committees. He is known throughout the community as an advocate for recovery capital, and for providing motivational speeches to men inside institutions from the northern most to the southern most of Illinois. Rev. Johnson is over several programs most notably ‘The Winners’ Circle.’ He is well known for his motto which states: "If I can help someone as I pass along then my living shall not be in vain."

**ABBY JURGENS, BSW, MHP** specializes in an array of comprehensive prevention and early intervention services to youth and young adults. She has experience leading grief and loss classes and has taught a substance abuse prevention curriculum to children and adolescents. Abby works across multiple programs which help develop life skills among homeless youth, court involved youth and also provides stabilization to foster children in the foster home transitions. Abby has worked as a special education aid, middle school youth mentor and tutor along with volunteering for Tip Hospice all in the Southern Illinois region. Her work also includes four years in relational youth ministry. Abby has experience helping local business link families and individuals in poverty with support resources in the Southern Illinois region.

She has a Bachelor’s in Social Work from Southern Illinois University of Carbondale. She is the developer of Community Classes: How Credit Works a six step comprehensive class to understanding personal finance.
THOMAS J. KADELA, PH.D. works for the Department of Veterans Affairs at the Marion, Illinois VA Hospital. He is the Training Director for Behavioral Medicine and responsible for Specialty Clinical Programs. Dr. Kadela is a nationally known speaker in the area of mental health and on faculty at Southern Illinois University at Carbondale.

DR. DAIDRA MARANO received her Doctoral Degree in Clinical Psychology from The Illinois School of Professional Psychology in 2010. She successfully runs the Pontiac Mental Health unit at Pontiac Correctional Facility for maximum security male inmates and has been employed by IDOC since 2012. Her duties include, but are not limited to: facilitating treatment groups, individual therapy, and assess the needs of individuals as they transfer to and from other facilities when their segregation time is up. Dr. Marano evaluates inmates for purposes of emergency or involuntary medication, crisis evaluation, and may petition inmates for civil commitment/testify in court. Dr. Marano has previously worked in private hospitalization, as well, as at Elgin Mental Health Center since 2006 with acute and chronic mental illness, those found unfit to stand trial, and those found NGRI. Additionally, Dr. Marano also has a history of doing the initial evaluations for law enforcement officers as well as fitness for duty evaluations.

Dr. Daidra Marano received her 200 hours Yoga Teacher Training certification at the Sense of Samadhi in 2013. Dr. Marano's passion has been to expose underserved populations to yoga, after having gone to Sacramento, California to be trained by Jeff Fox on addressing trauma, yoga, and incarcerated individuals. As a result of this training, she has gone onto present at several different forums for yoga teacher trainers, mental health professionals, and with the public. She presented on the following topics: “reuniting mind body and trauma, Svadhyava Yoga, Intro to Yoga, Teaching Yoga to Prison Populations, Alternative methods to Healing, Intro to Essential Oils,” and a section in Freedom on the Inside's Yoga piece. In the past year, Daidra has implemented Yoga for staff at Pontiac Correctional Center. As well, she independently created an instructional video on an introduction to yoga, with supporting information and slides to be used for offenders across IDOC.

Dr. Marano's philosophy in yoga and therapy is to motivate, support and accelerate progress within the human condition and to implement karma yoga.

CATHY MCCOY began working in the helping profession in 1989 working with adolescents in a residential substance abuse setting. She has worked with youth in a variety of capacities including substance abuse, mental health and welfare reform. She has also worked with adults in a Substance abuse setting both residential and outpatient. Cathy earned her Master’s in Educational Psychology from Southern Illinois University Carbondale, graduating in 2006. She earned her clinical license in 2008. She has worked in a community mental health setting since 2006. Today she coordinates Substance Abuse Services and provides clinical supervision to substance abuse clinicians across three sites for Centerstone of Illinois.

TOM McNAMARA was presented the Governor’s Award of Excellence for Individual Achievement for his major contributions to the Illinois Law Enforcement Training and Standards Board Drug Interdiction Committee. McNamara, retired from the Illinois State Police, is the Special Projects Coordinator for the Southern Illinois Enforcement Group and is recognized nationally for his work in narcotic enforcement. Beginning in 1998, McNamara accepted the Training Board's initiative to develop a curriculum for law enforcement officers responding to a methamphetamine incident. Originally developed for law enforcement use, the curriculum has been used for fire service, healthcare and local community members. It [curriculum] has been made available to law enforcement officers outside of the U.S., such as Iceland, Great Britain, and New Zealand.

McNamara became involved with narcotics investigation in 1969 with the Carbondale Police Dept. assigned to train and coordinate narcotics enforcement. The end result was a 400 percent increase in arrests. His career with drug enforcement includes investigative activities for domestic and international terrorist operations, organized crime, street gangs, illegal motorcycle gang activities, ritualistic criminal activities, and major drug distribution and networks. Tom was involved in both covert and overt operations in organized crime task forces such as ‘Operation Iron Eagle’ and ‘Operation Fort Apache.’ He was responsible for training local, state, and federal law enforcement personnel in the investigative techniques utilized to contain and eliminate organized criminal activities.
Tom McNamara's reputation precedes him throughout Illinois and even parts of the United States. He has received numerous awards including commendations from the U.S. Department of Justice, Office of the U.S. Attorney General; the U.S. Senate; the U.S. Grand Jury of the Southern District of Illinois; the Illinois State Police Medal of Honor; the Illinois Senate; National Press Photographers Association; the Midwest Regional Organized Crime Drug Enforcement Task Force Association; and the Illinois Drug Enforcement Officers Association. McNamara's long tenured presence in drug interdiction and training distinguishes him as a leader and innovator in law enforcement training.

**GAIL PETERMAN RD, LD, CDE** is a registered dietician, certified diabetes educator, and a graduate of the University of Texas Health and Science Center in Dallas, Texas. She has been employed with Shawnee Health Service for 31 years and Marshal Browning Hospital for 20 years.

**GEORGE K. RAFEEDE, M.P.A., CSADC** has more than 40 years of service and experience in behavioral healthcare. He is a retired USAF Capt where he spent 21 years providing and developing substance abuse programs and policies. He has worked in community-based programs in Illinois and Missouri as a counselor, DUI assessor, clinical coordinator, and program director in various settings that include outpatient, residential, and methadone treatment. George came to DHS/DASA in 2001 as a DUI Program Liaison and monitors all categories of DASA licensed programs with a focus on intervention services.

**SHANE REISTER, PSY.D** received his Bachelor's from the University of Wisconsin, Milwaukee and his Master's and Doctorate from Illinois School of Professional Psychology at Argosy University. Dr. Reister specializes in LGBT psychology and multicultural-diversity issues with correctional populations. He currently is the Southern Regional Psychologist Administrator for the Illinois Department of Corrections and serves on the Department's state-wide Gender Identity Committee and has developed a guide and trainings on transgender correctional psychology. He was appointed as co-chair to the Illinois Psychological Association Health and Rehabilitation Subcommittee. Over the course of his professional career, Dr. Reister has worked in a variety of roles, including case management, group and individual psychotherapy, assessment, training, social justice/advocacy, and systemic-change facilitation. He has worked in settings ranging from community, private practice, and state agency settings. He has commonly worked with African American/Black, Latino, Asian American, and LGBT clients from varied socioeconomic and sociopolitical backgrounds. Dr. Reister utilizes an integrative theoretical orientation, which utilizes psychodynamic case conceptualization to prioritize and narrow the focus of targets for cognitive behavioral interventions. He enjoys using a culturally-informed and trauma-informed treatment approach to empower clients to find their path to wellness and freedom from the crippling effects of serious mental illness and addiction.

**ROBERT RILEY, II** was released from incarceration in a federal prison in May of 2008. After years of substance abuse and incarceration he was able to sustain sobriety by seeking help through a 12 step program. While on parole in two different states and under federal supervision at the same time, Robert was able to complete supervision, advance in the workplace, and maintain his sobriety; all of which he credits to actively working a 12 step program.

In 2012 Robert met Chad Sabora while detoxing a heroin addict at her home. They went on to form STL Heroin Help, a non-profit aimed at providing resources to heroin addicts. Robert and Chad have gone on to form the Missouri Network for Opiate Reform and Recovery, another nonprofit organization that provides education in local high schools, legislative advocacy and other community involvement battling the opiate epidemic. Robert has been labeled a recovery activist by addiction counselors throughout Missouri and continues to be part of the solution to the opiate epidemic gripping the country.
CHAD SABORA was raised in Chicago by his father a recovering addict who spent most of his life as an executive at Gateway rehabilitation paving the future of treatment for people that suffer from the disease of addiction and his mother a housewife and a prosecuting attorney.

Chad received his undergraduate education at The University of Illinois and his law degree at The John Marshall Law school and followed his mother’s path and began his legal career as prosecutor for Cook County Illinois. Despite his upbringing and education Chad also suffers from the disease of addiction which took hold of him in 2006. He became addicted to prescription pain killers which led to heroin addiction that controlled his life until June 9th 2011.

After getting clean he began working with heroin addicts to ensure they received all the help they could no matter what their financial circumstances were. In 2013 he and Robert Riley II created the Missouri Network for Opiate Reform and Recovery. Together they expanded the initial vision to include creating a new education system in our public schools, harm reduction, social and political reform, and the most important part of their mission is to destroy the stigma associated with opiate/heroin addiction.

STEVEN ST. JULIAN is a native of Southern Illinois, Steven is currently the HIV Prevention, Outreach and Adherence Coordinator for the Southern Illinois HIV CARE Consortium, having prior served that agency for 5 years as Illinois’ first HIV+ Consortium Director. After attending University of Illinois and Southern Illinois University, Steven went on to complete his J.D at Hastings College of the Law in San Francisco. Since the first appearance of HIV/AIDS in 1981, Steven has actively served those infected or impacted by this disease. A 20-year member of Illinois’ state committees addressing HIV Care and Prevention; further recognition in his field include his being named “Outstanding HIV Advocate” in 2007, and honored again in 2010 with the “Sustained HIV/STD Leadership” award. Steven’s most recent work has centered on better serving incarcerated and/or newly-released individuals. This most recent focus resulted from Steven having been a part of the team who spearheaded the “The Prison to Community Transition Project”, a comprehensive program connecting individuals recently released from incarceration to a variety of needed services, and which due to its pilot success, won national recognition and is now being replicated statewide.

MARK SANDERS, LCSW, CAADC. is a clinician, addictions counselor, consultant, trainer, educator, mentor, and a member of the faculty of the Addictions Studies Program at Governors State University. He is an international speaker in the addictions field whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. A partial list of clients includes: Youth Outreach; Wisconsin Department of Corrections; Illinois Department of Corrections; Nashville, Tennessee, Public School System; Northwestern Hospital, Institute of Psychiatry; Hazelden Foundation; and United States Army, Navy, Airforce, and Marines.

A partial list of topics includes: Mental Health; Best Practices in Adolescent Treatment; Substance Abuse Treatment; Best Practices in Criminal Justice Treatment; The Art of Clinical Supervision; Empowering the Homeless; Diversity; Stress Management; and Benefits of Humor.

Mark is author of four books and numerous articles and manuals. He has had two stories published in the New York Times best-selling book series, “Chicken Soup for the Soul.” Programs presented in his workshops are being implemented throughout the world.
ERICKA SANDERS is an Associate Judge from Marion County, Illinois. After graduating from Southern Illinois University School of Law in 1998, Sanders became a staff attorney with Land of Lincoln Legal Aid and then an Assistant Public Defender in Marion County. Sanders moved on to the General Law Bureau, civil defense division, at the Attorney General’s Office in Springfield and worked there for three years before returning to Marion County to be the Lead Public Defender. In 2010, she was appointed to the Associate Judge position. Sanders is the Problem-Solving Court judge in Effingham, Illinois, presiding over the drug court, mental health court and veteran’s court. She is also the drug court judge and juvenile court judge in Marion and Clinton Counties. Sanders was appointed to the Supreme Court Committee on jury instructions in criminal cases. She serves as the chair of the Fourth Circuit’s Juvenile Justice Counsel and the co-chair of the Family Violence Coordinating Counsel. She is a topic editor of the civil procedure bench book and serves on the executive board of the Illinois Association of Problem Solving Courts. Sanders lives in Centralia, Illinois with her husband and many dogs and one cat.

JUDGE STEPHEN G. SAWYER (RETIRED) is the Director of Specialty Courts for the 2nd Judicial Circuit of Illinois and a member of the Board of Directors of the Illinois Association of Problem Solving Courts. He is also the Juvenile Redeploy Illinois Specialist for the southern half of Illinois.

Judge Sawyer received his law degree from the University of Illinois College of Law in 1979. During his judicial career, Judge Sawyer presided over the criminal and juvenile dockets in Wabash County; held court throughout the 2nd Circuit, and served as Drug Court Judge for Franklin County during his last year on the bench. As a Resident Judge, he founded the diversion-focused Wabash County S.H.O.C.A.P., as well as the Wabash County Special Advocate Program.

Judge Sawyer is Vice-Chair of the 2nd Circuit Family Violence Coordinating Council, President of the 2nd Circuit Juvenile Justice Council, and President of the Illinois Association of Juvenile Justice Councils. He also serves as Chair of the Protective Forms Subcommittee formed by the Illinois Supreme Court Commission on Equal Access to the Courts.

VERLETTA A. SAXON, PH.D., CRC, LCPC, LPHA is the Assistant Crisis Director at Centerstone of Illinois where she specializes in crisis services management, The Zero Suicide Initiatives, suicide assessments, crisis stabilization, suicide prevention and psychiatric boarding. Dr. Saxon built her career on creating models for Community Based Emergency care for clients of all ages in crisis and emphasizing the importance of hope in life. Dr. Saxon is a graduate of the Rehabilitation Institute at Southern Illinois University at Carbondale where she earned her doctoral degree in rehabilitation. In addition, Dr. Saxon is a published author who has appeared on national television and presented at research conferences on various subjects including suicide prevention, crisis assessments, community support, protective factors, and hope for the future.

ANTHONY J. SCALZO, MD, FACMT, FAAP, FAACT is Professor of Pediatrics and Internal Medicine at Saint Louis University School of Medicine, Director of the Division of Toxicology and attending physician in the Division of Pediatric Emergency Medicine at SSM Cardinal Glennon Children’s Medical Center. He served as Medical Director of the Missouri Poison Center from 1986 to 2013. During the past 25 years he has been active in medical toxicology consultation and direct patient care for both children and adults. He lectures frequently on toxicology and emergency medicine topics to housestaff and faculty as well as at local and national meetings. Since 1995 he has been active in community service by speaking with over 12,000 middle and high school students about the dangers of cigarette smoking and nicotine addiction. He has written and performed several anti-smoking and anti-drug raps.

RISA STUTZ, MSW, LCSW is a graduate of Western Kentucky University and a Substance Abuse Counselor providing dual diagnosis services at Centerstone of Illinois. The majority of her client population is referred by law enforcement due to charges related to illegal drug use. A native of Colorado, she has followed the progression of legalization of medical and recreational marijuana closely due to its impact on her clinical approach to treatment.