

FALL CONFERENCE

UNDERSTANDING ADDICTION AND OLDER ADULTS

THURSDAY, OCTOBER 11, 2018
8:00 A.M. TO 4:15 P.M.

UNIVERSITY CENTER AT DESALES UNIVERSITY

Presented by

KeyBank 

Register at phoebe.org/piaconference by October 2, 2018.

#phoebeinstituteonaging



 **Phoebe**

Institute on
Aging

UNDERSTANDING ADDICTION AND OLDER ADULTS

Growing older brings on many changes in health, lifestyle, family obligations, work roles, and sources of support. It can also bring physical pain, stress, loneliness, and loss of mobility. The very real difficulties of aging can become overwhelming and drive seniors toward an unhealthy reliance on alcohol or drugs. In other cases, a pre-existing addiction may worsen over the years.

This conference will explore both the trend of addiction in older adults and insights into treatment modalities, offering hope in a time of crisis.

Conference Sponsor:

KeyBank 



KEYNOTE SPEAKER



THE NEUROBIOLOGY OF THE DISEASE OF ADDICTION

*Joseph M. Garbely, D.O., FASAM
Vice President of Medical Services and
Medical Director of Caron Treatment Centers*



Dr. Garbely oversees all medical treatment at Caron Pennsylvania in Wernersville, including detoxification and medicine-related interventions. He collaborates on medical research, Caron's older adult program, and Caron's chronic pain and health care professionals programs.

Dr. Garbely received his board certifications through the American Board of Internal Medicine, the American Board of Psychiatry and Neurology, and the American Board of Addiction Medicine. He is a Fellow of the American Society of Addiction Medicine. He has worked closely with the Addiction Medicine Foundation, formally the American Board of Addiction Medicine, to establish a year-long addiction medicine fellowship program in collaboration with Reading Hospital's Department of Family Medicine. He is a Clinical Associate Professor at Penn State College of Medicine as well a member of the medical staff at Reading Hospital.

BREAKOUT SESSION SPEAKERS

GARY ANDREWS, Assistant Professor of Psychology, Lehigh Carbon Community College

Professor Andrews began his 15-year career in addictions soon after he completed his undergraduate work in 1995, functioning first as a certified addictions counselor, then as a quality improvement director. In 2003, he earned a master's degree in general/theoretical psychology from Marywood University. His cognitive-based research prompted his appointment as an adjunct psychology instructor at DeSales University where he continues to offer courses in cognitive psychology, psychopharmacology, and psychobiology.

BETH BOSSERT, RN, BSN, NHA, Chief Clinical Officer, Masonic Villages of the Grand Lodge of Pennsylvania

Beth Bossert has been employed at the Masonic Village in Elizabethtown since 1993. Recently promoted, Bossert serves as the chief clinical officer for all Masonic Villages in Pennsylvania, providing leadership and administrative oversight for setting objectives, planning, staffing, and directing the activities of all health care services across the organization. She also consults for Ashlar Creative Solutions. Bossert earned her bachelor's degree in nursing and communications at the University of Pittsburgh. She is a licensed nursing home administrator and a member of the Pennsylvania Association of Directors of Nursing Administration.

SANDY HALSTEAD, Addictions Counselor, East Coast Recovery Services

Sandy Halstead holds a bachelor's degree in addiction studies and maintains her CAPC, ASTAT, and AMAT certificates. Halstead has been working in the field since 2001, when she began her career in the relapse unit at Caron Treatment Centers. She also has extensive experience working with families that have been negatively impacted by addiction. In 2011, Halstead completed one year of training with Patrick Carnes, Ph.D., a leading expert in Addiction Interaction Disorder, and since that time has focused on the impact of process addictions.

SHARON A. MATTHEW, LPC, ACRPS, CCS, CSAT, CMAT, Clinical Director of the Older Adult Program, Caron Treatment Centers

Sharon A. Matthew has worked at Caron Treatment Centers for over 20 years. She developed the older adult program for Caron and has directed its operations since it opened in February 2015. The older adult program was developed to meet patients' needs medically and cognitively, treating patients between the ages of 55 and 90. Sharon helped to transition staff and patients into the new Neag Medical Center at Caron, where the second floor is devoted exclusively to the older adult population.

CYNTHIA S. RICHART, R.PH., Vice President of Pharmacy Operations, Phoebe Pharmacy

Cynthia S. Richart has over 30 years of experience in pharmacy operations, mostly spent in the long term care sector. She became director of operations for Phoebe Pharmacy in 1998, and has since then been responsible for the operation and supervision of the pharmacy and support staff, overseeing three pharmacy locations, as well as the budget and revenue cycle for the pharmaceutical supply chain. She also oversees the employee prescription drug program, which she initiated in 2005.

JEFF RUDSKI, PH.D., Professor of Psychology, Muhlenberg College

Dr. Rudski holds a Bachelor of Science in psychology from McGill University in Montreal, and a doctorate in experimental psychology with a focus on behavioral pharmacology from the University of Minnesota. He

has been teaching courses in general and experimental psychology, along with psychopharmacology, at Muhlenberg College in Allentown, Pennsylvania, since 1994. Dr. Rudski's research currently focuses on the intersections between sociology, psychology, pharmacology, and ethics.

JANE WILLIAMS, M.DIV., PH.D., Professor Emerita, Moravian Theological Seminary

The Rev. Dr. Jane Williams is an Episcopal priest, a spiritual director and retreat leader, and a licensed psychologist in the Lehigh Valley. Rev. Dr. Williams is professor emerita at Moravian Theological Seminary where she directed and taught in a spiritually integrated graduate counseling program. Her passions are exploring the intersection of spirituality and psychology, teaching, counseling, creative writing, and watercolor painting. She frequently presents at conferences and is a sought-after retreat and workshop leader.



SESSION DESCRIPTIONS

MORNING

PRE-CONFERENCE FILM
8:00-9:00 A.M.

"Addicts' Symphony"

WARNING - This film contains strong language

In this uplifting documentary, composer and musician James McConnell examines music's extraordinary transformative power as he unites ten classical musicians whose lives have been blighted by addiction for a spectacular one-off performance with the London Symphony Orchestra. As he follows the personal journey of each musician to the nerve-wracking climax, McConnell reveals their daily struggles against the grip of addiction. Throughout, we see that each musician is pinning their hopes on recovering their love of music and, more significantly, their trust and pride in themselves.

KEYNOTE
9:15-10:45 A.M.

The Neurobiology of the Disease of Addiction

Joseph M. Garbely, D.O., FASAM, Vice President of Medical Services and Medical Director of Caron Treatment Centers

Providing an overview of the neurological changes occurring during the addictive process, Dr. Garbely will explore the relationship between neurobiological functioning, behavioral changes, and spiritual changes in addicted persons. His presentation will address the internal neurobiological mechanisms and chemistry behind substance use disorder, and offer patient-centered treatment solutions using evidence-based pharmacological, psychological, and spiritual interventions.

AFTERNOON

FIRST BREAKOUT SESSION
12:30-1:30 P.M. (2 OPTIONS)

OPTION A:

Current Topics in Opioid and Benzodiazepine Addiction in Seniors

Joseph M. Garbely, D.O., FASAM, Vice President of Medical Services and Medical Director of Caron Treatment Centers

Cynthia Richart, R.Ph., Vice President of Pharmacy Operations, Phoebe Pharmacy

Older adults are at higher risk for medication misuse than the general population and they may also experience cognitive decline, which could lead to improper use of medications. There has been more research on the successful treatment of substance use disorder in the older adult population in recent years, but there are still many misconceptions, even in the health care industry. This session will educate attendees on the neurobiological aspects of substance use disorders and clinical considerations for the treatment of substance use disorders in older adults.

OPTION B:

Addiction, Dependence, and the Role of Heredity

Jeff Rudski, Ph.D., Professor of Psychology, Muhlenberg College

This session will focus on issues related to substance dependence and the etiology of addiction in older adults. Particular attention will be paid to the distinctions between substance use, substance abuse, and substance

SPECIAL GUEST REMARKS

11:00 - 11:30 A.M.

Pennsylvania's Opioid Crisis Task Force

Teresa Osborne, MHSA, Secretary of the Pennsylvania Department of Aging



In January of 2018, Governor Tom Wolf declared the heroin and opioid epidemic a statewide disaster emergency and launched the Opioid Operational Command Center at Pennsylvania's Emergency Management Agency. Secretary Osborne will provide insight on the commonwealth's opioid crisis, the Wolf administration's response to the epidemic, and initiatives that specifically address addiction in older adults. In addition, Secretary Osborne will speak about the unique needs of older Pennsylvanians who suffer from the disease of addiction, and the importance of proper treatment.

Teresa Osborne was nominated on January 16, 2015, by Governor Tom Wolf, and was confirmed as Secretary of the Pennsylvania Department of Aging by a unanimous vote of the Senate on May

13, 2015. A native of Scranton, Pennsylvania, Secretary Osborne has over two decades' experience working with and advocating for older Pennsylvanians and other vulnerable populations. She holds a Bachelor of Social Work and Master of Health Service Administration from Marywood University.



dependence. Additionally, Dr. Rudski will discuss when palliative care becomes concerning, and how that might affect physicians underprescribing or overprescribing potentially addictive agents.

SECOND BREAKOUT SESSION **1:45-2:45 P.M. (2 OPTIONS)**

OPTION A:

PART 1—Effective Treatment Strategies for Addicted Older Adults

Sharon A. Matthew, LPC, ACRPS, CCS, CSAT, CMAT, Clinical Director of the Older Adult Program, Caron Treatment Centers

The first of a two-part presentation will explore effective treatment strategies for addicted older adults and the growing need for addiction treatments for this population. The discussion will focus on specialized programming for treating addiction in older adults as well as the necessary components to provide an integrated approach.

OPTION B:

Panel Discussion: Considering the 12-Step Recovery Model

Beth Bossert, RN, BSN, NHA, Chief Clinical Officer, Masonic Villages of the Grand Lodge of Pennsylvania

Jane Williams, M.Div., Ph.D., Professor Emerita, Moravian Theological Seminary

Moderated by Gary Andrews, Assistant Professor of Psychology, Lehigh Carbon Community College

Beginning with an overview of the 12-step recovery model, this panel discussion will focus on the need for 12-step programs in long term care facilities and explore the different components and implications of

the model in long term care. The panelists will discuss the demographics of seniors and addiction, as well as the components of successful recovery, genetic and environmental factors, overcoming barriers, and the spiritual implications of the model.

THIRD BREAKOUT SESSION **3:00-4:00 P.M. (2 OPTIONS)**

OPTION A:

PART 2—Effective Treatment Strategies for Caregivers and Family Members of Addicted Older Adults

Sharon A. Matthew, LPC, ACRPS, CCS, CSAT, CMAT, Clinical Director of the Older Adult Program, Caron Treatment Centers

Part two of this presentation will address the needs of family members and caregivers for addicted older adults, including caregiver burnout, how to help families communicate their concerns to loved ones, and options for their own well-being and self-care.

OPTION B:

Process Addictions in the Older Adult Population

Sandy Halstead, Addictions Counselor, East Coast Recovery Services

This session will educate attendees on addiction interaction in the older adult population, specifically process addiction wherein individuals engage in behaviors knowingly despite the negative impacts on their lives. The presentation will touch on treatment modalities to address addiction issues as well as ongoing care for the senior and family or caregivers.

DIRECTIONS & PARKING



University Center at DeSales University | 2755 Station Avenue | Center Valley, PA 18034

FROM ROUTE 309 TRAVELING SOUTH

- Take state Route 309 South to Route 378 North.
- Turn LEFT and follow Route 378 North to Preston Lane (next to the Copperhead Grille).
- Turn RIGHT on Preston Lane.
- Turn RIGHT on Landis Mill Road to enter the DeSales University Campus.
- Turn LEFT on Station Avenue. The University Center parking lot is the first left. Additional parking and a shuttle are located across Landis Mill Road in front of Billera Hall.

FROM ROUTE 309 TRAVELING NORTH

- At the intersection of Route 309 and Route 378, bear right.
- Follow Route 378 North to Preston Lane (next to the Copperhead Grille).
- Turn RIGHT on Preston Lane.
- Turn RIGHT on Landis Mill Road to enter the DeSales University Campus.
- Turn LEFT on Station Avenue. The University Center parking lot is the first left. Additional parking and a shuttle are located across Landis Mill Road in front of Billera Hall.

PARKING

Parking is available in the lot in front of University Center. Overflow parking will be available across the street in front of Billera Hall. Carpooling is encouraged.

A shuttle from Billera Hall and a walking path to the nearby University Center are both available.

Please note in your registration if you need a reserved spot close to the building due to a physical limitation.

REGISTER TODAY FOR THE FALL CONFERENCE

The cost for the full-day conference, which includes all programming, a continental breakfast, and a buffet lunch, is \$25.

Register online* at Phoebe.org/piaconference by October 2, 2018.

- Seating is limited and registrations will be taken in the order they are received, so please register early.
- Students and Phoebe employees are admitted free with a valid ID (which must be presented during morning check-in) and scholarships will be considered. Most CEUs are offered at an additional cost. We encourage students to register online in advance of the conference.
- PLEASE NOTE: The conference room tends to be cool, so please be mindful of your own comfort as you dress for the day. We recommend layers that can be added or removed easily throughout the day. The temperature in the conference rooms cannot be changed.

* Please call 610-794-5132 with questions or if you do not have access to the internet.

The Phoebe Institute on Aging promotes improved quality of life and care for the aging and their families. The Institute is well-known for its innovative educational programs, cooperative ventures, and outreach activities.

Phoebe Ministries is able to provide this educational conference at a low cost thanks to the continued support of our donors.



CONTINUING EDUCATION UNIT HOURS

SIX TOTAL HOURS ARE AVAILABLE FOR THE DAY.

Three credit hours are available for the morning and three for the afternoon. Please visit the designated CEU tables during registration to receive your paperwork.

• Nursing CEUs

Phoebe has applied to the Pennsylvania State Board of Nursing for six CEUs for the full day. If approved, they will be available for \$10.

• NEW! Pennsylvania Certification Board (PCB) CEUs

Phoebe has applied to the Pennsylvania Certification Board (PCB) for six CEUs for the full day. If approved, they will be available for \$10.

• NEW! National Association of Long Term Care Administrators Board (NAB) CEUs

Instead of NHA and PCHA credits, Phoebe is offering credits from the National Association of Long Term Care Administrators Board (NAB) which apply to both certifications. Effective April 1, 2018, all NHAs and PCHAs are required to register for an NAB Continuing Education Registry ID to receive continuing education hours from a National Continuing Education Review Service (NCERS) sponsor. To create and manage your account, visit nabweb.com/manage-my-account.

• Social Work CEUs†

Six CEUs will be awarded for completion of the full-day course, or three for the morning program. Bring a check payable to the National Association of Social Workers (NASW) the day of the event: \$15 for NASW members; \$50 for non-members.

• Community Life Professional CEUs

Phoebe has applied to the National Certification Council for Activity Professionals (NCCAP) for six CEUs for the full day. If approved, they will be available for \$10.

• Pastoral Care CEUs

Six units are available at no cost for the full day.

• Certificate of Attendance

Phoebe Ministries offers a certificate of attendance at no cost.

† NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapists (Section 48.36), and Professional Counselors (Section 49.36) by the Pennsylvania State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.



SAVE THE DATE

Phoebe Institute on Aging
SPRING CONFERENCE
Thursday, May 9, 2018
at DeSales University

UNDERSTANDING MENTAL HEALTH AND OLDER ADULTS

with a Keynote Address by **Judy Collins**,
legendary Folk Singer, Author, and Artist



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Applications have been submitted for Nursing,
Long Term Care Administrator, Social Work,
Community Life, Pastoral Care, and Pennsylvania
Certification Board credits.

1925 W. Turner Street
Allentown, PA 18104

