

# COMING TO GRIPS WITH UNDERLYING ISSUES WHEN DEALING WITH ADDICTION

Presented by the Mississippi Association of Recovering Pharmacists

October 13-14, 2018

Trotter Convention Center, Lower Level  
402 2<sup>nd</sup> Street South Columbus, MS. 39701

## Saturday, October 13, 2018

- 8:00-8:45 Registration and Breakfast
- 8:45-8:50 Explanation of the Facilities and Scheduled Activities of the Day  
Jerry Fortenberry, MARP Seminar Coordinator
- 8:50-9:00 Welcome and intro to first Speaker  
Don Comfort, President, MARP
- 9:00-10:15 Family Dynamics  
Dr. Ty Stafford, Licensed Psychologist
- 10:15-10:25 Break
- 10:25-11:55 Mindfulness  
Chris Austin, LPC
- 11:55-12:45 Lunch
- 12:45-1:45 Update on the Opioid Crisis  
Cheri Atwood, RPh  
Mississippi Board of Pharmacy
- 1:45-3:00 Handling Stress  
Keenan Wald, LPC  
Clinical Coordinator for the  
Pines & Cady Hill Recovery Center
- 3:00-3:15 Break
- 3:15-4:30 Trauma  
Melvin Colvin, LPC

## Sunday October 14, 2018

- 8:00-8:40 Breakfast
- 8:40-8:45 Welcome and intro to first Speaker  
Don Comfort, President, MARP
- 8:45-10:15 Depression- Symptoms, Stressors, Solutions  
Kimberly Rush, LPC Alabama
- 10:15-10:30 Break
- 10:30-12:00 Sleep and Mental Health  
Michael R. Nadorff, PH.D., Licensed Psychologist

### Family Dynamics

**Dr. Ty Stafford, Licensed Psychologist**

APCE UAN: 0032-9999-18-041-L04-P/T 1.25 contact hours (0.125ceu)

Target audience - Pharmacists, pharmacy technicians

A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Describe family dynamics, specifically focusing on dynamics related to chemical dependency (P/T)
2. Discuss the impact that chemical dependency can have on relationships and families. (P/T)
3. Identify ways to support family members of individuals in recovery and integrate family into recovery. (P/T)

### Mindfulness

**Chris Austin, LPC**

APCE UAN: 0032-9999-18-042-L04-P/T 1.5 contact hours (0.15ceu)

Target audience - Pharmacists, pharmacy technicians

A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Discuss the concept of mindfulness and give a brief overview of its history. (P/T)
2. Explain how mindfulness-based stress reduction techniques can improve one's wellbeing. (P/T)
3. Provide practical strategies for the integration of mindfulness in one's everyday life. (P/T)
4. Give resources on mindfulness including: book, websites, phone applications, etc. (P/T)

### Update on the Opioid Crisis

**Cheri Atwood, RPh Mississippi Board of Pharmacy**

APCE UAN: 0032-9999-18-043-L03-P/T 1.0 contact hours (.1 ceu)

Target audience - Pharmacists, pharmacy technicians

A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Describe the regulation revisions regarding opioids. (P)
2. Cite red flags for opioid prescriptions. (P/T)
3. List the recommendations from the Governor's opioid and heroin study task force (P/T)

### Handling Stress

**Keenan Wald, LPC Clinical Coordinator The Pines & Cady Hill Recovery Center**

APCE: 0032-9999-18-044-L04-P/T 1.25 contact hours (0.125ceu)

Target audience - Pharmacists, pharmacy technicians

A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Discuss the relationship between the stress response, the relaxation response, and emotional regulation. (P/T)
2. Explain the connection these (stress response, the relaxation response, and emotional regulation) have with addiction. (P/T)
3. Describe the utilization of the principles of relaxation with self-care. (P/T)

### Trauma

**Megan Colvin, LPC**

APCE UAN: 0032-9999-18-045-L04-P/T 1.25 contact hours (0.125ceu)

Target audience - Pharmacists, pharmacy technicians

A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Identify the prevalence of trauma in our country. (P/T)
2. Discuss different types of trauma. (P/T)
3. Describe a basic understanding of the neurobiological processes involved in trauma response. (P/T)
4. Discuss how different parts of our personality evolve in response to trauma; addictive behaviors as firefighters. (P/T)

### Saturday CE contact hours total is 6.25

### Depression - Symptoms, Stressors, Solutions

**Kimberly Rush, LPC Alabama**

APCE UAN: 0032-9999-18-046-L01-P/T 1.5 contact hours (.15ceu)

Target audience - Pharmacists, pharmacy technicians

A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Identify the characteristics of depression according to the DSM-V. (P/T)
2. Cite common stressors of those in the medical field. (P/T)
3. List ways to cope with stressors and be knowledgeable of other interventions commonly used. (P/T)

### Sleep and Mental Health

**Dr. Michael R. Nadorff, PH.D. Licensed Psychologist**

APCE: 0032-9999-18-047-L04-P/T 1.5 contact hours (.15ceu)

Target audience - Pharmacists, pharmacy technicians

A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Describe the association between sleep and several mental illnesses. (P/T)
2. Discuss the impact of alcohol and substance use on sleep. (P/T)
3. Name empirically-supported treatments for insomnia and nightmare disorder. (P)

### Sunday CE contact hours total is 3.0



The University of Mississippi is accredited by the Accreditation Council for Pharmacy Education as providers of continuing pharmacy education. This knowledge-based continuing education activity is approved for up to 9.25 contact hours (0.925 ceu) of continuing pharmacy education credit. To successfully complete this activity and receive credit a participant must be registered, attend the sessions in entirety, and complete a post-session evaluation. Statement of continuing education for participants will be posted to the MyCPE website within 60 days of the program date.

**28th Annual MARP Seminar**  
**10/13/18 - 10/14/18**

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WHEN DEALING WITH  
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*Presented by*

*The Mississippi Association*

*Of*

*Recovering Pharmacists*

**October 13 - 14, 2018**

*Trotter Convention Center, Lower Level  
402 2<sup>nd</sup> Street South Columbus, MS. 39701*

*Accommodations available*

*For more information contact Jerry Fortenberry  
601-937-1672*

*E-Mail address: [marprdd@aol.com](mailto:marprdd@aol.com)  
Website: [mymarp.com](http://mymarp.com)*

Rooms available at a special rate of \$99 per night single & \$109 per night double at the Columbus Hyatt 101 Hospital Road Extension, Columbus, MS 39701. The Hyatt is located Next to Belk Dept Store and Dicks and just behind Longhorns Steakhouse. **(book room by 9/28/18)** Phone 662-370-1800 and tell them you are with “MARP” for the special Rate (code is **G-MARP18**). We are providing shuttle to and from the Convention Center also With Friendly City Express so you will not have to worry about parking!! There will be a shuttle Schedule posted at the Hyatt.

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**MARP**  
**77 Deer Run**  
**Columbus, MS 39705**

**Fee for the seminar is \$225.00 if paid by September 30, 2018 or \$250.00 after October 1, 2018 (Breakfast served Sat. & Sun. Lunch served Sat.) NO REFUNDS**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ (Daytime, please)

Pharmacy License # and State \_\_\_\_\_

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Make check payable to: **You can also register online at [mymarp.com](http://mymarp.com) and pay with PayPal**

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**Columbus, MS 39705**

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