

# WOMEN IN RECOVERY CONFERENCE

*Unique Needs. Unique Solutions.*

NOVEMBER 14, 2014

THE HAGERTY CENTER

*TRAVERSE CITY, MICHIGAN*

WOMENINRECOVERYCONFERENCE.ORG

## Addiction Treatment Services Presents

**The 1st Annual Women in Recovery Conference  
November 14th, 2014**

The Hagerty Center  
715 E Front Street  
Traverse City, MI 49686



**The Women In Recovery Conference, is presented by Addiction Treatment Services; Traverse City's leading provider of evidence-based care for those working to overcome addiction.**

Addiction Treatment Services is a 501c3 non profit.

In recent years research has provided critical insight into what works to prevent, treat and sustain recovery for women and families impacted by substance use disorders. Since women were not often included in research prior to the mid-nineties, it's a priority of the conference to ensure that participants can update their understanding of how woman are effected by addiction. There is a challenging stigma associated with addiction already. Being a woman with a substance use disorder complicates it even further due to the societal and professional misconceptions and a lack of awareness about how to support women throughout the recovery process. Our conference aims to bring some additional knowledge and conversation to Northern Michigan.

The goal of this inaugural conference is to inform participants about the special needs of women who struggle with substance use disorders so that communities, treatment providers and other recovery support systems can collaboratively realize and develop more compassionate and effective strategy for women with a history of substance abuse. At the end of the day, participants will be able to:

- Discuss how the societal factors such as media portrayals, stereo-types and gender expectations negatively impact women in need of treatment.
- Articulate these systemic barriers and begin to understand ways to overcome them, and thus, increase service access.
- Explain the latest research relative to physiological effects of addiction on women and how effective treatment models can be designed and implemented.
- List some effective screening, assessment and treatment recommendations for women who present with substance use issues.
- Describe progress and developmental milestones for women in various stages of recovery from addiction and other substance use issues.
- Plan effective recovery management strategies for women in recovery from addiction and other substance use issues.

## Who Should Attend:

- **Professionals** who are interested in learning more effective ways to identify, treat and further support women with substance use disorders.
- **Civic leaders** who are concerned with the impact addiction has on a community, and who are interested in creating ways to better support a culture of recovery.
- **Business leaders** who are impacted by the crippling effects addiction has on productivity, operations and revenue in the workplace, especially as it relates to women struggling with addiction.
- **Community members** that are personally effected by substance abuse, and would like a deeper understanding of how women are impacted by the disease, and how to further be a person of support, either directly or indirectly.
- **Students** that desire some supplemental information relative to their studies. Much of this up-to-date research has not yet found its way into most academic curriculums.
- **Women** have their own struggles with substance abuse. This is an opportunity to be amongst peers, and hear personal reflections from those in long term recovery.
- **Everyone** is impacted by addiction and substance abuse!

We hope you can join us in a day filled with nationally recognized speakers, thoughtful presentations, stimulating dialogue, in a beautiful Northern Michigan setting.

## Conference Agenda

### **8:00 a.m. - 8:30 a.m. Registration**

Continental Breakfast (included)

### **8:30 a.m. - 9:00 a.m. Welcome Session**

### **9:00 a.m. - 10:00 a.m. Mary George**

One Woman's Journey

### **10:00 a.m. - 10:15 a.m. Break**

### **10:15 a.m. - 11:45 a.m. Deidra Roach, MD**

Women and Alcohol Research Update

### **11:45 a.m. - 12:00 p.m. Break**

### **12:00 p.m. - 1:00 p.m. Luncheon Session**

Lori Butterfield

Portrayals of Addiction

### **1:00 p.m. - 2:00 p.m. E. McFadden, LLMSW and S. Burnes, MA, LPC, CAADC**

Addressing the Specific Needs of Women

2:00 p.m. - 2:15 p.m. Break

**2:15 p.m. - 3:45 p.m. Dr. Gadhia-Smith PSYD, LICSW**  
Living Fully in Recovery

**3:45 p.m. - 4:30 p.m. Conference Closing**  
With questions



## Education Credits

Application has been submitted for:

- 6 Michigan Certification Board for Addiction Professionals (MCBAP) continuing education hours, "SUD specific."
- 6 Continuing education hours for Social Workers

All sessions must be attended, documented, and evaluation submitted to be eligible for credit.



## Conference Speakers



Dr. Deidra Roach, NIAAA

Dr. Anita Gadhia-Smith

Director, Lori Butterfield

Mary George

Shelley Burnes, MS, LPC, CAADC

Erin McFadden, LLMsw

### Dr. Deidra Roach, NIAAA

Dr. Deidra Roach currently serves as a medical project officer for the National Institute on Alcohol Abuse and Alcoholism. She manages research portfolios addressing the treatment of co-occurring mental health and alcohol use disorders and alcohol-related HIV/AIDS among women. She also serves on the Interagency Coordinating Committee on Fetal Alcohol Syndrome (ICCFAS), the NIH Coordinating Committee for Research on Women’s Health, and the Office of AIDS Research Committee for Research on Racial and Ethnic Minorities.

## **Dr. Anita Gadhia-Smith**

Dr. Anita Gadhia-Smith is a psychotherapist in Washington, D.C. specializing in addictions, recovery, and relationship issues. She has served as a consultant to the United States Congress in parity legislation for substance abuse treatment. Dr. Gadhia-Smith has also spoken nationally and internationally on radio, television, and other media on addiction and treatment. Her book, "From Addiction to Recovery," is the true story of a psychotherapist's addiction, her seventeen-year journey in recovery, and discovery of an authentic life.

## **Lori Butterfield**

Lori Butterfield is an Emmy Award-winning producer, director and writer whose credits include television programming for National Geographic, Discovery, Animal Planet, Travel Channel and Discovery's Science Channel. Lori has been working in production for more than twenty years, traveling to 50 countries on six continents. Her work has taken her from the rainforests of Rwanda to the Australian Outback, the Persian Gulf desert to the North Pole bringing engaging, dramatic subjects to life.

Her numerous awards include a National Emmy© (Racing the Distance 2000), a Conservation Legacy Award at the International Wildlife Film Festival (The Lost Film of Dian Fossey 2004), a Golden Cine Award (The Lost Film of Dian Fossey 2004), two Gold Awards at the Houston International Film Festival (Gorillas on the Edge 2001 and Fantastic Voyage 1999), and a Silver Telly Award (Arctic Flyer 2001).

## **Mary George**

Like so many teens in her generation, Mary spent much of her youth experimenting with alcohol and drugs. By her twenties, her addictions had complete control of her life. With help, Mary eventually sought treatment and recovery. Over the next 10 years of sobriety, Mary got married, had children, built a career and lived the idyllic suburban lifestyle.

Then, a car accident turned her world upside down. Doctors prescribed painkillers, an all-too-easy route to relapse. Mary began to abuse the drugs and started drinking again. Filled with guilt, shame and remorse, she found herself descending back into the darkness of addiction. After a painful divorce, Mary's world spiraled out of control. In 2006, she was arrested and sentenced to jail. For this PTA, church going, soccer mom, her double life was finally exposed. It was the wake up call she needed. Mary found the courage and strength to ask for help. With the love of family, friends and the community, Mary is living a sober, happy and productive life again.

"Alcoholism is a beast," Mary says, "it affects everyone; mothers, fathers, neighbors, children and employees."

## **Erin McFadden, LLMSW**

Erin McFadden is a residential therapist at Phoenix Hall; Addiction Treatment Service's women's residential recovery home. She holds a Bachelor of Arts in Communication, focusing on interpersonal communication from Michigan State University and a Master of Social Work degree from Grand Valley State University. She currently holds a limited license in the state of Michigan.

## **Shelley Burnes, MA, LPC, CAADC**

Shelley Burnes has a background working with primarily single mothers and their children who have been identified by various social service agencies as at risk for child neglect and abuse. These mothers have been

burdened with multiple and complex problems which include generational poverty, teen motherhood, childhood sexual abuse, domestic violence and substance abuse and dependence. Other powerful predictors of lifelong struggles in this population are learning struggles and a lack of a high school education, little or no work skills, poor health, especially dental health, mental health struggles with depression, anxiety and an overall lack of a sense of empowerment.

## The Venue

### The Hagerty Center

The Hagerty Center is a premier waterfront venue for lifelong learning in Traverse City, Michigan. The Hagerty Center provides state-of-the-art conferencing facilities for local, regional, national and international groups. Learning opportunities include seminars, conferences and specialized training. For more information about The Hagerty Center please [click here](#).



### Lodging

Traverse City is home to over 50 [hotels and motels](#) that include your favorite nationally recognized brands in addition to privately-owned, one-of-a-kind properties.

### Restaurants

There's a reason *Bon Appetit* magazine named Traverse City as one of America's "Five Top Foodie" Towns: Traverse City is passionate about food.

Brick and mortar restaurants, roadside stands serving up fresh fare, and food trucks that line the tree-lined streets of Downtown Traverse City are all part of the local scene that make Traverse City a vibrant culinary destination. For a list of dining choices, please [click here](#).



Prior to the Women In Recovery Conference ATS will be presenting:

**Lipstick & Liquor, a documentary that will inspire a new dialogue.**

*A cold winter's day. A mystery unfolds. Julie Kroll stumbles away from a minor car accident in Northern Virginia, leaving behind her eight-year-old daughter...and an open container of alcohol. As darkness descends, she disappears. Lipstick & Liquor is a compelling film that explores the secret in the suburbs and confronts the stigma surrounding women who drink.*

**Thursday, November 13th**

**7PM @ the City Opera House**

**Film is Free**

**An Evening of Entertainment and Enlightenment**

[Addiction Treatment Services](#) (ATS), the region's leading service provider for those facing issues with addiction is thrilled to present the engaging documentary, Lipstick & Liquor. First screened at The Reel Recovery Film Festival in Santa Monica, Lipstick & Liquor brings to light the growing number of women abusing alcohol and becoming alcohol dependent. Lipstick & Liquor has been called a "must see" and "impactful and meaningful."

The evening will conclude with a panel discussion including from the film: Lori Butterfield, Dr. Deidre Roach and Mary George.

**Bonus for Conference Registrants. Join us for a VIP reception prior to the film, and meet the film maker and other panelists. Reception begins at 5:30pm at the City Opera House, and includes VIP seating for the film.**

## **[Registration Information](#)**

Conference registration includes a continental breakfast and plated lunch. Deadline for early registration is October 15!