

## **Descriptions of Conference Seminars**

When you register for the conference, you will need to choose which seminars you will be attending. Each seminar will stand alone in terms of content but they have been planned to allow for broader attention to a particular area if sequenced.

The **Addiction Medicine 101-301 Series** is designed for clinicians who want an overview of a broad range of addiction related topics. It is appropriate for primary care or other clinicians who see this as an important clinical area related to their practice as well as addiction medicine specialty physicians interested in reviewing selected topics.

**Addiction Medicine 101** will cover screening and brief interventions for alcohol and other drug problems but will put them in the broader context of motivating for change across the range of health related behaviors.

**Addiction Medicine 201** will continue the series with attention to common medical and psychiatric comorbidities of substance use disorders and the basics of using adjunctive medications for relapse prevention.

**Addiction Medicine 301** will complete the series with an in-depth introduction to toxicology screening, including urine, saliva and hair analysis, and how it can be used therapeutically and effectively.

### **Benzos (Risks & Benefits): When is it Safe and Appropriate to Use Benzodiazepines in General Practice or in Addiction Medicine?**

Most formal treatment protocols do not recommend benzodiazepines as first line therapy or for chronic use and yet they are one of the most commonly prescribed classes of medication. This workshop will present a balanced approach to considering the potential risks and benefits of their use, including clinical indications, rational prescribing, appropriate monitoring and intervening with aberrant medication related behaviors.

**OTP Session 1** (Open to all conference attendees): This session is an open session and will cover multiple topic areas relevant to Opioid Treatment Programs. It will include an overview of methadone, guidelines for induction, drug interactions and other clinical situations such as benzodiazepine use and split dosing.

**OTP Session 2 Medical Directors/Medical Teams Forum** (Open only to Medical Directors, Program Physicians, PAs & NPs currently working in a NC Opioid Treatment Program): This workshop is an opportunity for Medical Directors or other medical team members working in the setting of NC Opioid Treatment Programs ("Methadone Clinics") to discuss clinical and administrative issues related to practice within this specialty setting. It is part of an ongoing mentoring and support network for these clinicians facilitated through the Governor's Institute.

**Pregnancy and Substance Abuse and Addiction:** This workshop is for clinicians working with pregnant patients with substance use disorders and is appropriate for obstetricians, primary care clinicians and

addiction medicine physicians. There will be particular attention to issues related to the abuse of opioids, alcohol or benzodiazepines, including risks, clinical presentations and appropriate detox, as well as the use of medications and other treatment alternatives.

**Prescribing for Pain: Knowing How to Take Off:** The first of these pain management seminars outlines several important steps when initiating opioid management of chronic non-malignant pain: deciding if there is an appropriate clinical indication for the use of opioids, doing an effective risk stratification, defining an effective treatment agreement, adjusting the treatment plan for psychiatric and addiction related co-morbidities and making a rational choice of opioid medication.

**Prescribing for Pain: Knowing When and How to Land:** The second of these pain management seminars focuses on issues related to ongoing chronic pain management with opioids, including time effective monitoring, adapting the treatment plan, intervening with aberrant medication related behaviors or other psychiatric co-morbidities, and knowing when and how to discontinue opioid medication.

### **PTSD & Trauma: In-depth Application and Case Discussion**

Prior or ongoing trauma is known to commonly co-occur with substance use disorders. This workshop will allow participants an opportunity for more in-depth discussion and application of the information presented in Dr Brady's plenary presentation; including issues related to screening and diagnosis, elements of psychotherapeutic intervention and the role of medications.

**Rural Buprenorphine Training Session 1: An Update and Overview of Treatment Options for Opioid Dependency:** The first part of this workshop will provide an overview of the current and emerging medication treatment alternatives for the treatment of opioid abuse and dependence. It will also provide an update and discussion of evolving administrative issues related to office based buprenorphine treatment, including evolving medical board standards for office based opioid treatment.

**Rural Buprenorphine Training Session 2: Current Issues and Challenges in Buprenorphine Management:** The second half of this workshop will present an overview of the emerging literature on treatment outcomes of office-based therapies, and discuss adapting treatment in response to ongoing monitoring and outcomes and defining therapeutic end-points for agonist therapy.

### **Substance Use in Older Adults: In-depth Application and Case Discussion**

What is different and what is the same in identifying and intervening with substance abuse and dependence in older adults? Using clinical examples, this workshop will allow a more in-depth discussion of the information presented by Dr. Blow in his plenary presentation, applicable to both primary care and addiction medicine setting.

### **Working with Veterans in the Community**

Traumatic history or recurring trauma is a known risk for military service members, veterans, and their families. This workshop will build on Dr Kudler's plenary and allow for more in depth discussion of issues specific to this population, highlighting resources available through the VA system.