

SOLUTION TO ADDICTION

WE ALL KNOW SOMEONE



KNOW THE FACTS.
JOIN THE CONVERSATION.
BE PART OF THE SOLUTION.



SEPTEMBER 26, 2018



**BE
PART
OF
THE
SOLUTION**

AGENDA

- WELCOME | Swinomish Tribal
Chairman Brian Cladoosby and Skagit
County Commissioner Lisa Janicki
- KEYNOTE | John Fitzgerald, PhD
- DINNER | Swinomish Casino & Lodge
- VIDEO | Person in Recovery
- SPEAKER | Denna Vandersloot
M.Ed: What is recovery and how
can the community help?
- PANEL | North Sound Recovery
Coalition presentation: The Voice of
Recovery moderated by David Jefferson
- SKAGIT COUNTY | What can you do?
- CLOSING | Remarks by
Commissioner Ken Dahlstedt



JOHN FITZGERALD, PHD, LPC, CAS

KEYNOTE

Dr. Fitzgerald is the Statewide Addiction Treatment Analyst for the Oregon Criminal Justice Commission. He is presently leading all work on Senate Bill 1041, which involves studying, tracking, and accounting for all public money spent on addiction treatment in Oregon, and the outcomes achieved for that spend.

Dr. Fitzgerald also maintains a private practice in Lake Oswego working clinically as a Licensed Professional Counselor (LPC since 2001) and Certified Addiction Specialist (CAS since 2006). He is completing his first book, *Optimizing Addiction Treatment: The 5-Actions Approach*, that will be published by Routledge in 2019.

For the past decade, he has worked with colleagues to develop an evidence-based self-help online

solution to addiction. The integrated platform includes help for families utilizing the CRAFT approach, 24/7 phone support, and enhanced connection to medication-assisted treatment.

Dr. Fitzgerald has held various positions in the Department of Psychiatry at Oregon Health & Sciences University since 1997, and presently is Clinical Faculty. He has also been Adjunct Faculty in the Graduate Program of Systems Science at Portland State University since 2007.

Outside of his work in the addiction field, John is an avid photographer developing one of the largest portfolios of images exclusively focused on New York City. He also dedicates time to contemplative practices, travel, and – most importantly – his family.



Pulling together for a
future free from addiction



**SWINOMISH INDIAN
TRIBAL COMMUNITY**



**DENNA
VANDERSLOOT**

Denna Vandersloot is the co-director of the Northwest Addiction Technology Transfer Center at the Alcohol and Drug Abuse Institute at the University of Washington. She has worked as a health educator and consultant in the field of addiction and co-occurring disorders for the past 20 years. Her areas of expertise include healthcare integration, motivational interviewing, recovery-oriented systems of care and screening, brief intervention, and referral to treatment. She has worked with Skagit County Public Health Department on a variety of projects promoting early intervention and recovery focused services.



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info@idealoption.net



**DAVID
JEFFERSON**

David Jefferson has a Master's Degree in Social Work Administration from the University of Washington. He is a Public Health Analyst with Skagit County Public Health and is the lead staff directing the Population Health Trust Advisory Committee, consisting of 33 volunteer community leaders dedicated to improving health for ALL people in Skagit County.

David led a Skagit County needs assessment in 2015 that identified opioids as one of the leading problems in our community. This led to the launch of a gap analysis workgroup of community stakeholders that resulted in an action plan to address opioids in the area.

David is a member of the North Sound Accountable Communities of Health Program Council, chairs the North Sound Recovery Coalition, and a board member of the Northwest Career and Technical College. David has worked in the Behavioral Health field since 1988.



JANICKI LOGGING AND CONSTRUCTION



The Northwest Addiction Technology Transfer Center serves workforce development needs of health organizations and clinicians working with persons with substance use and co-occurring health disorders in **Alaska, Idaho, Oregon, and Washington.**

Located at the University of Washington's Alcohol & Drug Abuse Institute, the Northwest ATTC supports community-based implementation of evidence-based practices (EBPs) for treatment and recovery.



What We Do

- **Provide intensive technical assistance** to support community and organizational efforts to implement EBPs and create recovery-oriented systems of care
- **Offer consultation** for systems-level change in the emerging landscape of behavioral healthcare
- **Disseminate science-based information** on EBPs, cultural humility, and more



Focus Areas

Motivational Interviewing

Healing of the Canoe

Youth & Families

**Recovery-Oriented
Systems of Care**

Opioid Use Disorder

**Screening, Brief
Intervention, and Referral
to Treatment**



Monthly Webinars

Join us for our monthly webinar series! Every **last Wednesday** of the month, from **12-1pm PST**.

Topics include: Opioid Use Disorder, Recovery-Oriented Systems of Care, Healing of the Canoe, Harm Reduction, and more.



You can also view all of our past webinars online.

For more information, visit:
<http://bit.ly/NWATTCWebinars>

Watch Our Next Webinar:

October 24th, 2018, 12-1pm PST
Harm Reduction: An Organizing Framework to Address the Opioid Epidemic

Susan Collins, PhD, Univ. of Washington

Community Resources



Visit our website!

Featuring upcoming events and trainings, webinar series, detailed info on our areas of focus, and regional training resources.

<http://attcnetwork.org/northwest>

Washington State Resources

ADAI Find It! Toolkit
<http://ada1.uw.edu/findit>

Online toolkit of resources for professionals, families, communities, and college personnel.

ADAI Clearinghouse
<http://adaiclearinghouse.org>

Print and online prevention and treatment materials for providers, health specialists, and communities.

WA Recovery Help Line
<http://warecoveryhelpline.org>

24-hour help and referral for substance use, problem gambling, and mental health.

Contact Us: northwest@attcnetwork.org
206-685-4419



ADAI

ALCOHOL &
DRUG ABUSE
INSTITUTE

RESOURCES	ADDRESS	PHONE
Bywater Psychiatric Consultation	721 S. 1st St. Mount Vernon	(360) 708-9741
Catholic Community Services	614 Peterson Rd. Burlington	(360) 757-0131
Compass Health	1005 S. 3rd St. Mount Vernon	(360) 419-3600
didgʷálic Wellness Center	8212 S. March Point Rd. Anacortes	(360) 588-2800
Evergreen Recovery	1905 Continental Pl. Mount Vernon	(360) 755-6400
Follman Agency	910 S. Anacortes St. Burlington	(360) 755-1125
Ideal Option	1162 S Burlington Blvd. Burlington	(877) 522-1275
Island Behavioral Health	2511 M Ave. Anacortes	(360) 299-4297
New Earth Recovery	P.O. Box 1473 Mount Vernon	(360) 848-9281
Parent Child Assistance Program (PCAP) Brigid Collins	917 S. 3rd St. Mount Vernon	(360) 428-6622
Phoenix Recovery Services	1601 E. College Way Mount Vernon	(360) 848-8437



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of Washington™

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National Alliance on Mental Illness

nami Skagit

RESOURCES	ADDRESS	PHONE
Sea Mar Mount Vernon Behavioral Health Center	1010 E. College Way Mount Vernon	(360) 542-8920
Skagit County Crisis Center (Pioneer Human Services)	201 Lila Ln. Burlington	(360) 757-7738
Sunrise Behavioral Health Services (Mount Vernon)	2500 E. College Way Mount Vernon	(360) 336-3762
Sunrise Behavioral Health Services (Concrete)	44942 State Route 20 Concrete	(360) 630-5430
Swinomish Wellness Program	17337 Reservation Rd. La Conner	(360) 466-7273
United Northwest Recovery Center	605-B Sunset Park Dr. Sedro-Woolley	(360) 856-6300
Upper Skagit Chemical Dependency Program	25959 Community Plaza Way Sedro-Woolley	(360) 530-1953
VOA Behavioral Health Services		(800) 584-3578



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Molina Healthcare proudly supports **Skagit County Addiction Symposium**

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NOTES



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RECOVERY SUPPORT	MEETING SCHEDULE	PHONE
Alcoholics Anonymous	district4aa.weebly.com	(360) 428-7155
Cocaine Anonymous	caofwa.org/ meetingschedule.htm	(425) 244-1150
Narcotics Anonymous	npsana.org/schedule.html	(818) 733-9999



PeaceHealth
United General Medical Center



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