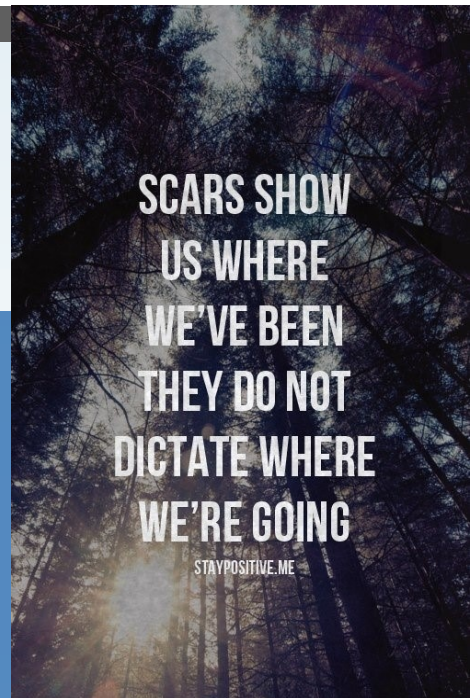


Winter/Spring 2020

Connections

The Newsletter for Addiction Professionals



The President's Message

2020 provides many opportunities for IAAP and our members! Becoming aware of their decision to make some transitions, Central Office Management Solutions (COMS) informed us last fall of their decision to discontinue their role as our management group. While change can be inconvenient, if not difficult, your leadership is viewing this as an opportunity to more efficiently and effectively serve our membership. Going forward, the Association for Addiction Professionals (NAADAC) will be answering our calls and directing them to the appropriate state (Indiana) leaders (IAAP); particularly pertaining to state specific questions (e.g. licensure and conferences). Your board of directors will continue to be available to your inquiries as well.

Your leadership always seeks to provide high quality/ reasonably priced education and training. We are very pleased to announce that Mark Sanders will be our spring conference speaker on the first of May with our fall conference featuring Dr. Darryl Inaba (i.e. author of Upper, Downers, and All Rounders) on the 23rd of October.

Our legislative efforts continue; specifically our efforts to enable LCAC's and other licensed clinicians (i.e. LMFT, LCSW, LMHC) to diagnose without requiring a medical doctor endorsement (i.e. sign off). Regarding LCACs ability to bill Medicaid, the state Medicaid offices have yet to determine how the law will be implemented.

Lastly, we will be developing a new website in the next few months which will provide a fresh, effective, and very user friendly format.

As always, your board is here to serve while relying on you to contribute to our shared goals.

Always our best,



Stewart B. Ball, LCAC, LMFT, LCSW, MAC

IAAP President

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Special points of interest

- NAADAC's views on medical and recreational use of cannabis.
- A Pilot Study on Mindfulness by one of IAAP's Board Members
- An Interview with the creator of the Online Museum of African American Addictions, Treatment and Recovery

NAADAC Position Statement on the Medical and Recreational Use of Cannabis



Although state and local governments are increasingly legalizing recreational and medicinal cannabis use, NAADAC, the Association for Addiction Professionals, does not currently support the use of cannabis as medicine or for recreational purposes. It is imperative at this crucial time, as the laws and cultural norms pertaining to cannabis are shifting dramatically, that cannabis be subjected to the same research, consideration, and study as any other potential medicine pursuant to the standards of the U.S. Food and Drug Administration. We strongly encourage increased efforts to perform research that will allow evidence-based and scientifically supported policy changes pertaining to medicinal use of cannabis. Until the body of accepted research allows the scientific community to reach an evidence-based consensus on the effects of cannabis on the human brain and body, NAADAC is unable to support legislative or voter ballot initiatives to legalize cannabis for medical or recreational use.

For the full article click [here](#).

“We strongly encourage increased efforts to perform research that will allow evidence-based and scientifically supported policy changes pertaining to medicinal use of cannabis.” - NAADAC



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across the state

of Indiana.

2

A Pilot Study Integrating Mindfulness Practices into a Rural Jail-Based Substance Abuse Program

*John Paulson, Veronica Huggins of the University of Southern Indiana
Douglas A. Gentile of Iowa State University*

Mindfulness practices are now utilized in a variety of behavioral healthcare settings, including the criminal justice system. This article summarizes the findings of a pilot project incorporating mindfulness practices into a jail-based substance abuse program in a rural county jail. Participants that engaged in a psychoeducational mindfulness group that utilized practices adapted from the Mindfulness-Based Relapse Prevention (MBRP) curriculum had improved scores on measures of mindfulness, self-compassion, and quality of life. A mediated path model suggested that the length of time participants were involved in the group and their estimated amount of mindfulness practice outside the group was related to increases in mindfulness, which appeared to support subsequent increases in self-compassion and quality of life. Implications for incorporating these practices into jail-based programs and limitations are discussed.

For the full article click [here](#).

African American History Month: An Interview with Mark Sanders, LCSW, CADC, Creator of the Online Museum of African American Addictions, Treatment and Recovery

Article prepared by Maureen Fitzgerald, Great Lakes ATTC and ATTC Network Coordinating Office.

Mark Sanders launched the Online Museum of African American Addictions, Treatment and Recovery in 2016 to share research that he's gathered over the course of his career on effective approaches to substance use disorder prevention, treatment and recovery in the African American community. The Online Museum also celebrates the many ways that both African Americans and non-African Americans have worked to promote treatment and recovery within African American communities and beyond.

In the interview that follows, Mark tells what inspired him to start the Online Museum and describes the many resources it offers.

What inspired you to create the Online Museum of African American Addictions, Treatment, and Recovery?

Mark Sanders:

“My reason for creating two-fold: First, it was personal, in that all of the people who I love have had the disease of addiction. Both of my grandfathers died from alcohol use disorders. Second, it all goes back to 1986, the year that crack cocaine replaced marijuana as the major street drug. In May 1986, my dad died of a crack-cocaine-induced heart attack. One month later, the morning after signing with the Boston Celtics as the number one player in the NBA, college basketball star Len Bias died of a cocaine overdose. As the Museum intro notes, Congress intensified the war on drugs at that time, leading to a vast increase in incarceration rates of people with substance use disorders, most of them African American men. Also in 1986, I graduated from grad school and took a job as a social worker with General Motors in Chicago. My job was to determine length of stay for GM employees identified with substance use disorders. Many of these individuals were African American men who were sent to treatment facilities that had limited experience in treating African Americans. This marked the beginning of my gathering research on effective substance use treatment for African Americans. I started to speak on the topic at conferences and professional meetings, and in 1993, I wrote my first book, *Treating African American Substance Users*.

Throughout those years I frequently spoke with my mentor Bill White, who in my mind is the top historian in the treatment and recovery services field. We would talk regularly about the history of addiction in America in general and more specifically, within the African American population.

Bill has written more than 400 articles on recovery, which are posted on his website, *Selected Papers of William L. White*, to make them more accessible to people outside the realm of research. Bill's site had a great influence on the launch of the Online Museum.

Bill and I had written a series of articles on the African American experience, with my wife, Tanya, who is also a social worker. One of the articles, *Addiction in the African American Community*, relates the recovery stories of Frederick Douglass and Malcolm X, and what we could learn from them. A second article, *When I Get Low, I Get High*, examines how addiction is portrayed in African American music. Another article explores the portrayal of addiction in literature and movies. With these articles, I realized that I could create a site similar to Bill's, with a goal to make sure that the story of African American addiction, treatment, and recovery is told from multiple perspectives. The Online Museum launched in June 2016.

How do you select content for the Online Museum?

“Sometimes, I do a strategic search for things such as examples of Alcoholics Anonymous in African-American communities, or African Americans and the temperance movement. Often, the content finds me. I look for inspirational quotes or stories to highlight the successes of other groups—for example, March 8, National Women's Day, or National Hispanic and Latino heritage month.

Martin Luther King Day, I found a 20-minute YouTube video of Dr. King talking to young people about hope, one of his most inspirational talks: *What is Your Life's Blueprint*. With that, I began to think about the importance of instilling hope among young African Americans as a prevention tool.

For the full article, click [here](#).



Save these Dates:



IAAP Spring Conference

Friday, May 1, 2020 @ Indiana Wesleyan University

Mark Sanders, LCSW, CADC

Breaking Intergenerational Patterns of Addictions, Trauma and Dark Secrets with Individuals and Families

Mark is an international speaker and consultant in the behavioral health field. He is the author of five books is an international speaker and consultant in the behavioral health field whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is coauthor of Recovery Management and author of Relationship Detox: How to Have Healthy Relationships in Recovery. He is the curator of the online Museum of African American Addictions Treatment and Recovery.

Register Today!

CEUs Available

IAAP Fall Conference

October 23, 2020

Darryl S. Inaba, PharmD, CATC-V, CADC III

Dr. Inaba is currently the Director of Clinical and Behavioral Health Service, Addictions Recovery Center, Medford Oregon and Director of Research and Education at CNS Productions, Inc. in Medford Oregon. Dr. Inaba is a Lifetime Fellow at Haight Ashbury Free Clinics in San Francisco and Associate Clinical Professor of Pharmacy at the University Of California San Francisco School Of Pharmacy. co-author of *Uppers, Downers, All Arounders*; the principal text on substance use disorders being used in over 400 U.S. universities

Details coming soon!

Meet the Board

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*If you are interested in serving on the IAAP Board or a committee,
contact us today!*

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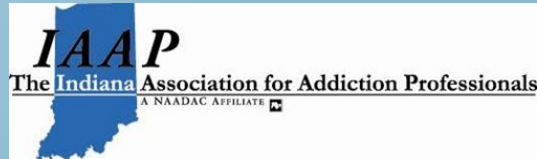
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The Indiana Association for Addiction Professionals seeks to provide professional membership organization for those individuals and organizations which seek to promote the provision of substance abuse counseling and addictions counseling throughout the State of Indiana.

The Indiana Division of Mental Health and Addiction formally approves IAAP addiction counseling credentials. The Indiana Division of Mental Health and Addiction formally approves IAAP addiction counseling credentials.



BENEFITS OF NAADAC/IAAP MEMBERSHIP

- 33 free CE's via NAADAC's web-site: www.naadac.org - (*Medication Management for Addiction Professionals: Campral Series and Blending Solutions*).
- Free access to NAADAC's online Career Center at www.naadac.org.
- Assistance with referrals concerning ethical or legal questions or complaints and two free hours of help on a Legal Assistance Hotline provided by NAADAC's liability company with malpractice insurance available through the Van Wagner Group.
- Free subscription to NAADAC's official magazine, *Addiction Professional*, which is published six times annually.
- Peer support and network opportunities through national and state conferences and workshops.
- Reduced rates for continuing education including the qualification course for the U.S Department of Transportation's Substance Abuse Professional.
- Reduced rates for publications such as the *Basics of Addiction Counseling: A Desk Reference and Study Guide*, used by experienced professionals and as a guidebook for preparation for certification exams.
- Access to the *NAADAC News*, the association publication only available to NAADAC members.
- Substantially reduced rates for professional Certification and re-certification as National Addiction Counselor (NCAC) or Master Addiction Counselor (MAC). *Please note that certification is not included in NAADAC membership but is a separate process. (Certification is not a requirement of membership in NAADAC.)*
- New avenues for job opportunities and advancement with higher levels of certification.
- A 20 percent discount on all Hazelden Publishing and Educational Services (PES) resources

www.iaapin.org

