

## REGISTRATION INFORMATION

### WORKING WITH THE MILITARY: Culture & Continuums October 22 - 23, 2009

The \$25 fee includes workshop attendance, lunch, and continuing education credit. The registration deadline is 10/15/09 **or when full capacity has been reached** (10/08/09 if special accommodations are requested). A check or an agency purchase order can be sent with the registration form or you may pay at the door.

**Please make checks payable to AdCare.** Confirmation letters and directions will be sent one week prior to the event.

**Cancellation Policy:** All cancellations must be received in writing prior to the workshop.

**No shows will be charged the full fee.**

#### **REGISTER BY:**

Mail or FAX to:

AdCare Educational Institute of Maine, Inc.  
75 Stone Street • Augusta, ME 04330  
Fax: 207-621-2550 • Phone: 207-626-3615  
TTY: 207-623-0830  
EMAIL: [adcare@neias.org](mailto:adcare@neias.org)

### CEU's

AdCare Educational Institute of Maine, Inc. is a recognized sponsor of Continuing Education Activities by the Maine State Board of Alcohol & Drug Counselors. This workshop is approved for 12 credit hours (1.2 CEU's). AdCare Educational Institute is a NAADAC approved education provider. An application has been submitted to the Maine State Board of Social Workers for 11 credit hours. AdCare Educational Institute will issue certificates of completion.



75 Stone Street  
Augusta, ME 04330

TWO DAY CONFERENCE!

## WORKING WITH THE MILITARY: Culture and Continuums

OCTOBER 22 - 23, 2009  
UNIVERSITY COLLEGE OF BANGOR  
BANGOR, ME



PRESENTER

Dr. Gretchen Breyllor Hegeman

Sponsored by  
The Maine National Guard and the  
Maine Office of Substance Abuse  
Department of Health & Human Services

Supported by  
AdCare Educational Institute of Maine, Inc.,  
and University College of Bangor

## REGISTRATION FORM

### Working with the Military: Culture & Continuums October 22 - 23, 2009

Please use one registration form per person; duplicate as needed.

Name \_\_\_\_\_  
Credential \_\_\_\_\_  
Agency \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Above address is:  work  home  
Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
E-mail \_\_\_\_\_

Registration deadlines: 10/15/09 or when maximum capacity has been reached. (See special accommodations deadlines below).

Registration fee: **\$25**

Payment or agency purchase order must be received before admission to the workshop. Payment may be made at the door (payable to AdCare).

#### Please indicate how payment will be made:

- Check Enclosed - checks payable to AdCare  
 Agency PO enclosed (Fax or Mail PO made payable to AdCare)  
 Pay at Door

**Cancellation Policy:** All cancellations must be received in writing prior to the workshop.

**No shows will be charged the full fee.**

Register by:

\* Mail - AdCare Educational Institute of Maine, Inc.  
75 Stone Street • Augusta, ME 04330

\* Fax: 207-621-2550

### Special Accommodations

Conference sites are wheelchair accessible. Sign Language Interpreter and Assistive Listening Devices or other accommodations available on request. Deadline for requesting Special Accommodations is: 10/08/09

Sign Language Interpreter

Assistive Listening Device

Other Accommodations: \_\_\_\_\_



## WORKSHOP OVERVIEW

Service members, and their families, are coping with enormous stress and challenges and there is a critical, growing need for access to quality psychological health services. This two-day conference will sensitize civilian providers to the different needs of service members and their families. Day One overviews Military Culture - it is important to know and understand the context in which help is being sought including having support that is not predicated on a DSM diagnosis. A review of the Department of Defense's (DoD) guidelines for supporting service members and their families and an invitation to become a Military One Source (MOS), Tricare, and/or Martin's Point provider will be covered on Day One. Day Two explores the complexities of continuums of care: there are gray areas between Combat Operational Stress and PTSD; between substance use, abuse, and addiction; between post concussive and mTBI; between acute trauma and chronic trauma; etc. On this day the presentations will overview the larger picture and gray areas while paying attention to the needs and nuances of the individual service member.

## LEARNING OBJECTIVES

Participants will be able to:

- Articulate military considerations and culture within the therapeutic alliance.
- Identify the stigmas related to asking for help within the military.
- Summarize the special needs for military families
- Develop a therapeutic framework within the continuums of care.
- Describe symptoms, markers, and issues related to stress, trauma, depression and anxiety, substance abuse, and TBI.

## ABOUT THE PRESENTER

Combining a master's in Counseling with a doctorate in Integrative Health Care, Dr. Gretchen Breyler Hegeman's work as Director of Psychological Health for the Maine National Guard is to develop programs of psychological health and well-being for the service members and their families while building a network of community clinicians and providers to work with them.

Gretchen has invited numerous Maine National Guard members to present on Military Culture, Services, and Families for Day One. On Day Two, Gretchen will moderate continuum topics with VA and community providers including Dr. John Collins, Dr. Geneie Everett, Dr. Mark Kiefner, Guy Cousins, Stacy Morris, and others.

## TARGET AUDIENCE

The target audience of this two-day workshop is: counselors, social workers, psychologists, clinical supervisors, case managers, LMFT, chaplains, psychiatric nurses, physicians, pastoral counselors, and other service providers in mental health and substance abuse.

## WORKSHOP AGENDA

### DAY ONE

8:00	-	8:30	REGISTRATION
8:30	-	8:45	WELCOME
8:45	-	12:00	MILITARY CULTURE
12:00	-	1:00	BAG LUNCH & RESOURCE FAIR
1:00	-	2:30	MILITARY PSYCHOLOGY
2:30	-	3:30	MILITARY FAMILIES

### DAY TWO

8:00	-	8:30	REGISTRATION
8:30	-	9:30	STRESS CONTINUUM
9:30	-	11:00	TRAUMA CONTINUUM
11:00	-	12:00	SUB. ABUSE CONTINUUM
12:00	-	1:00	BAG LUNCH
1:00	-	2:30	DEPRESSION & ANXIETY
2:30	-	3:30	TRAUMATIC BRAIN INJURY