

Michael G Bricker

MS, CADAC-2 NCAC-2, LPC

*An Overview of Select
Trainings and Presentations
1994 ~ 2021*

*If any of the “sample” slides pique your interest,
please feel free to contact me for more information!*

*The STEMSS[®] Training Institute ~
Support Together for Emotional and Mental Serenity & Sobriety*

<https://STEMSSinstitute.org> (541) 246-8053

mike.bricker@STEMSSinstitute.org

Michael G Bricker ~ *MS, CADC-2, NCAC-2, LPC* Consultant & Trainer



- *The STEMSS® Training Institute* ~ Consultation in Recovery from Substance Use and Mental Disorders (since 1984)
- BH Clinician & Clinical Supervisor – Strong Integrated Behavioral Health Eugene Oregon

(formerly) Adult SUD Program Mgr. BH Clinician, QA & Training – Lutheran Community Services NW – Klamath Falls OR
(formerly) Clinical Director ~ YKHC Phillips *Ayagnirvik* Treatment Center - Alaska *and* Education, Training & Credentialing Coordinator -YKHC Behavioral Health Division – Bethel, Alaska

Michael G. Bricker MS, CADAC-II, NCAC-2, LPC

The STEMSS® Institute

Support Together for Emotional and Mental Serenity & Sobriety

Consultation in
recovery from
substance use and
mental disorders

3459 Timberline Drive
Eugene OR 97405

Phone: (541) 246 - 8053

Email: mike.bricker@STEMSSinstitute.org



<https://STEMSSinstitute.org> - <https://www.facebook.com/StemssInstitute>

Promoting Dual Recovery since 1984

Trust IN Your Gut...

Applications of Polyvagal Theory in Behavioral Health Treatment & Relapse Prevention



Michael G Bricker
MS, CADC-2, NCAC-2, LPC

NAADAC Professional Webinar Series
Wednesday August 25th, 2021

Acceptance is *not* Surrender

Acceptance and Commitment Therapy (ACT) in the Treatment of Substance Use Disorders



Michael G Bricker MS, CADAC-II, NCAC-2, LPC

Behavioral Health Clinician & Trainer

The STEMSS Training Institute

Eugene, Oregon



Vermont Addiction Professionals
Assn. Annual Training 5/13/2021

mike.bricker@STEMSSinstitute.org

Acceptance is *not* Surrender

Acceptance and Commitment Therapy (ACT) in the Treatment of Chronic Pain

Michael G Bricker MS, CADAC-II, NCAC-2, LPC

Vermont Addiction
Professionals
Association
Annual training



May 13th 2021

ACTing to Curb Opioid Overdose Deaths

Acceptance & Commitment Therapy and Medication-Assisted Treatment of Substance Use Disorders

Michael G Bricker MS, CADC-2, NCAC-II, LPC

Vermont Addiction
Professionals
Association
Annual Training



May 13th 2021



Unlocking the Nutz 'n' Boltz of ACT

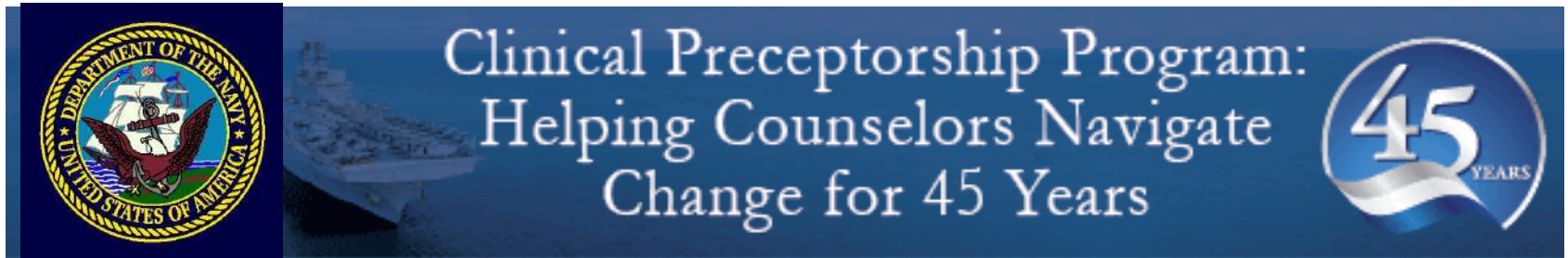
Michael G Bricker MS, CADC-2, NCAC-2, LPC

*Support
Together for
Emotional
and Mental
Serenity &
Sobriety®*

*A quick glance at the
handouts provided by
various ACT expert
practitioners*

Back to Basics All Over Again:

Elements of Mental Health Evidence-Based Practices “baked into” the 12 Steps



US Navy Counselor Training Program

Monday March 8th 2021

Michael G Bricker MS, CADAC-2, NCAC-2, LPC
the STEMSS[®] Training Institute



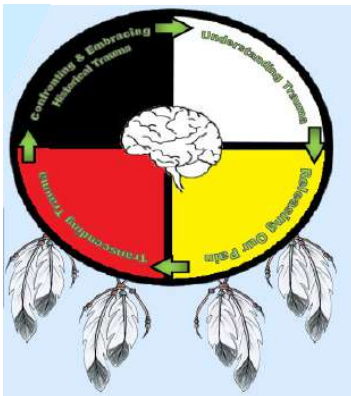
Back to Basics All Over Again:

Elements of Mental Health Evidence-Based Practices “baked into” the 12 Steps

Link to the (edited*) youtube recording of the webinar:

[Strategies of Support for Mental Health Providers - Empowering one another during times of crisis – YouTube](#)

* Released with permission - Sacred and Cultural elements edited for privacy and respect.



Tuesday February 2nd , 2021

Michael G Bricker MS, CADC-2, NCAC-2, LPC
the STEMSS[®] Training Institute



National American Indian and Alaska Native

MHTTC

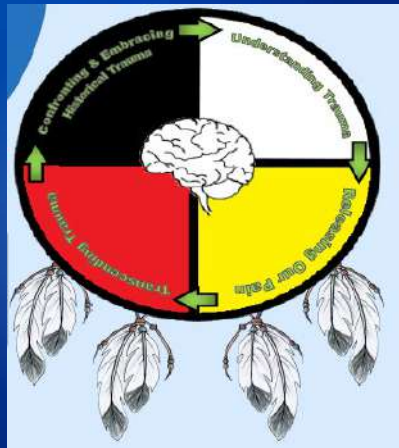
Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Helping our People Survive the

“Coronapocalypse”

*a perfect storm for anxiety,
denial and relapse*



Tuesday Oct. 6th
12noon – 1pm

Michael G Bricker MS, CADC-2, NCAC-2, LPC
the STEMSS® Training Institute



NAADAC Webinar Presenter



**Michael G. Bricker, MS, CADC-II,
NCAC-II, LPC**

- Behavioral Health Clinician Consultation & Training
- The STEMSS[®] Institute: Support Together for Emotional and Mental Serenity & Sobriety
- NAADAC Approved Education Provider
- Therapist – Strong Integrated Behavioral Health
- mbicker6421@gmail.com



the STEMSS Institute



SOCIAL MEDIA AND ETHICAL DILEMMAS

For Behavioral Health Clinicians
OR ...

"It's not the car you SEE that runs you over..."





Unlocking the Spirit from the “Realm of Hungry Ghosts”

Applying Trauma-Responsive Techniques to Reclaim the Spirit

Michael G Bricker MS, CADC-II, LPC
The STEMSS® Institute

Education & Training Specialist

Behavioral Health Clinician

mbricker6421@gmail.com

*Support
Together for
Emotional
and Mental
Serenity &
Sobriety®*



“Hungry for Healing”

Evidence-Based Treatment for Binge Eating Disorder

Michael G Bricker MS, NCAC-2, LPC



March 13th 2019

WELCOME!

Unlocking the Spirit from the “Realm of Hungry Ghosts”

*Applying Trauma-Responsive
Techniques to Reclaim the Spirit*



Michael G Bricker MS, CADAC-2, NCAC-II, LPC

“Why Does Grandma Fall So Much?”

**Substance
Misuse and
Older Adults:
Screening,
Prevention &
Treatment**

NAADAC 2018
OCTOBER 5-9 | HOUSTON, TEXAS
SHOOT FOR THE STARS

2018 NAADAC Annual Conference: Call for Presentations



Michael G. Bricker MS, CADC-II, QMHP

The STEMSS[®] Institute

Support Together for Emotional & Mental Serenity and Sobriety

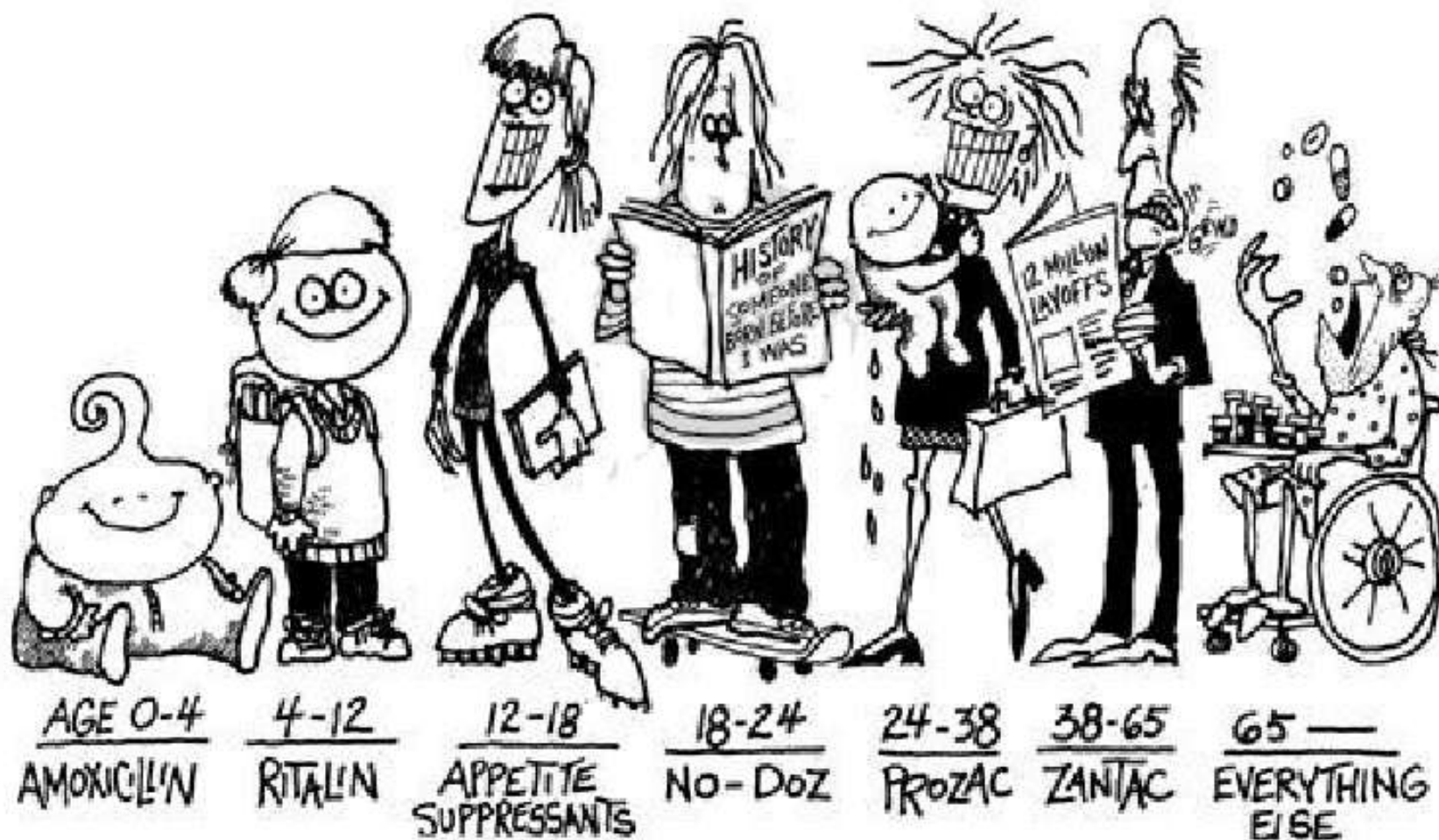
Consultation in
recovery from
substance use and
mental disorders

PO Box 1028
5341 Bryant Avenue
Klamath Falls OR 97601

Phone: (541) 880 - 8886

Email: mbricker6421@gmail.com

DRUG-FREE AMERICA



*Let Your Mind
Take Flight...*

Mindfulness – Based
Stress Reduction *and*
Mindfulness – Based
Relapse Prevention



Hello!

Michael G Bricker MS, CADC-2, NCAC-2, LPC
Behavioral Health Clinical Supervisor & Trainer



Michael G. Bricker MS, CADC-II, LPC

The STEMSS® Institute
Support Together for Emotional & Mental Serenity and Sobriety

Consultation in
recovery from
substance use and
mental disorders

PO Box 1028
5341 Bryant Avenue
Klamath Falls OR 97601

Phone: (541) 880 - 8886
Email: mbricker6421@gmail.com



“I Don’t Think We’re in Kansas Anymore...”

*...the Brave New World of
Medication-Assisted Treatment
for Substance Use Disorders*

Michael G Bricker MS, CADC-2, NCAC-II, LPC

**Lutheran Community
Services Northwest**



**5th Tuesday Seminar
January 30th 2018**

Bridging the Gap in Behavioral Health Recovery

Motivational Enhancement and Stages of Change

**“Evidence-Based Best Practices” for
eliciting change in problem behaviors.**

Michael G Bricker MS, CADAC-2, NCAC-2, LPC

***Gaylyn Maurer MA, LPC – Oregon Tech Integrated Student
Health Center Director***

**Lutheran Community Services is a *NAADAC*
approved education provider (#196322)**



Focus on the Future-
TOGETHER!
For Healthy Communities

APRIL 24-27, 2017

Olympia, WA



EVERGREEN
council on problem gambling
A QUARTER CENTURY OF SERVICE





Focus on the Future-
TOGETHER!
For Healthy Communities

“What’s Love Got to Do With it?” *Addiction, Attachment and the 13th Step*

APRIL 24-27, 2017
Olympia, WA

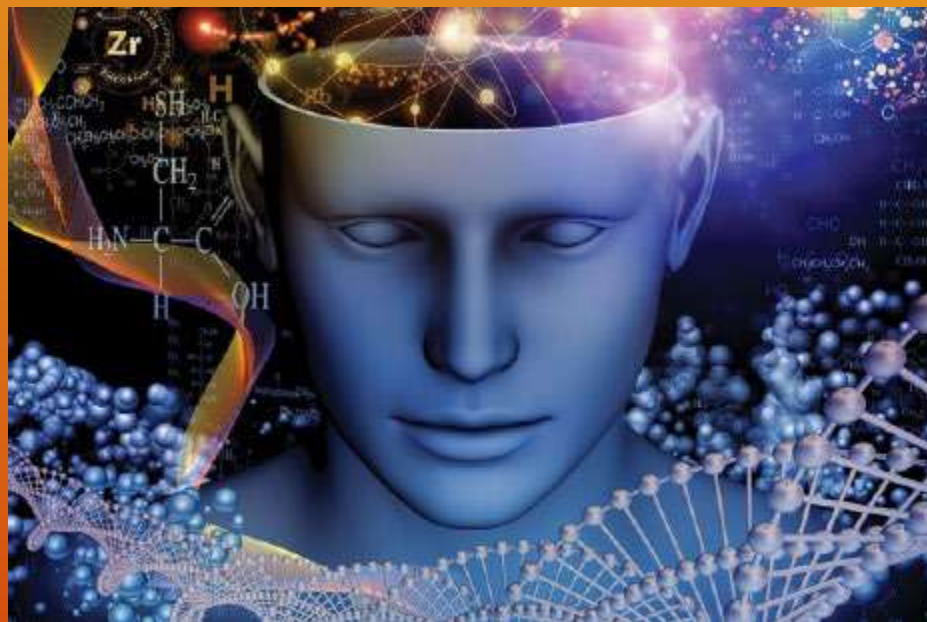
25
EVERGREEN
council on problem gambling
A QUARTER CENTURY OF SERVICE




Bet you never thought about
gambling as an Attachment
Disorder...

Michael G Bricker MS, CADC-II, NCAC-II, LPC

Neurobiology of Nicotine Dependence & Recovery



Fifth Tuesday Seminar – January 31st 2017
Michael G Bricker MS, CADC-2, NCAC-2, LPC



Introduction to Trauma-Informed Care

*...when the past is
always present*

Michael G Bricker MS, CADIC-II, LPC

Adult Treatment Team Leader

SUD/Drug Court Programs

Klamath Falls, OR

mbricker@lcsnw.org

5th Tuesday Training Seminar – May 31st , 2016

“When the Past is Always Present...

...Trauma-Informed Care for Behavioral Health Counselors”

Michael G Bricker MS, CADAC-II, LPC

Adult Treatment Team Leader

SUD/Drug Court Programs

Klamath Falls, OR

mbricker@lcsnw.org



N O R T H W E S T

Health • Justice • Hope

Unlocking the Mystery...

Attachment Deficits in Early Development → Complex Trauma in Adulthood

Michael G Bricker MS, CADC-II, LPC

The STEMSS® Institute

Education & Training Specialist

Behavioral Health Clinician

mbricker6421@gmail.com

*For the Oregon 4th Friday
Training Seminars*



*Support
Together for
Emotional
and Mental
Serenity & Sobriety®*

Heroin is my Father and Booze is my Mother...

Addiction as an Attachment Disorder

Michael G Bricker MS, CADC-II, LPC



October 5th, 2016

Webinar Presenter

Michael G Bricker MS, CADAC-II, LPC

Behavioral Health Clinician

Adult SUD Treatment Mgr.

Klamath Falls, OR

mbricker@lcsnw.org



N O R T H W E S T

Health • Justice • Hope

Intro to Neuropsychology



Neuropsychology is a branch of psychology and neurology that aims to understand how the structure and function of the brain relate to specific psychological processes, including perception, cognition and behavior.

Michael G Bricker MS, CADC-2, LPC

5th Tuesday Training Seminar – March 29th, 2016

“Not Your Daddy’s ASAM”

“ASAM Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions”

Michael G Bricker MS, CADC-II, LPC

Adult Treatment Team Leader

SUD/Drug Court Programs

Klamath Falls, OR

mbricker@lcsnw.org



N O R T H W E S T

Health • Justice • Hope



ASAM The Voice of Addiction Medicine
American Society of Addiction Medicine

*"It's never the car you SEE that
runs you over..."*



N O R T H W E S T

Health • Justice • Hope

FIFTH TUESDAY SEMINARS

9am – 4pm August 30th, 2016

Basic Ethics for Clinical Practice



TEXAS BEHAVIORAL HEALTH INSTITUTE

Austin July 11 – 15, 2016



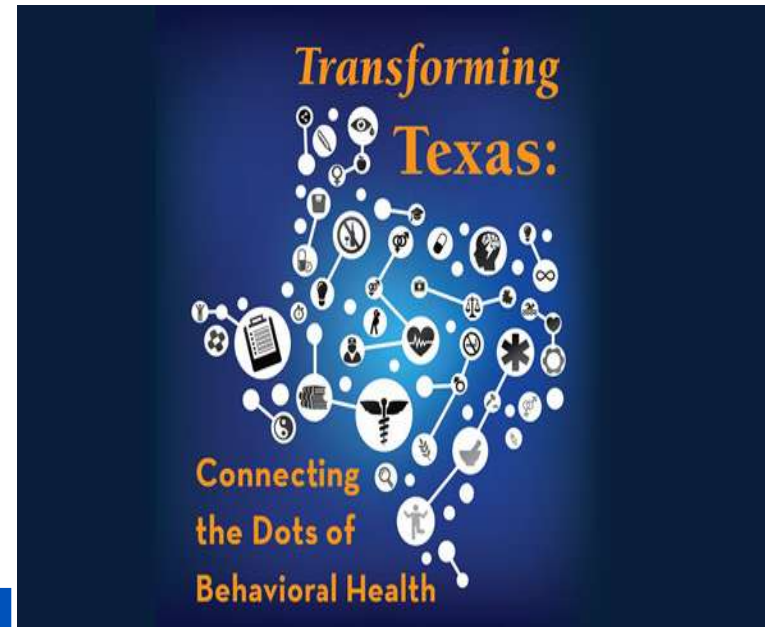
Portions originally presented at the

Association for Contextual Psychology
ACT Summer Institute IV
Chicago May 2008



N O R T H W E S T

Health • Justice • Hope

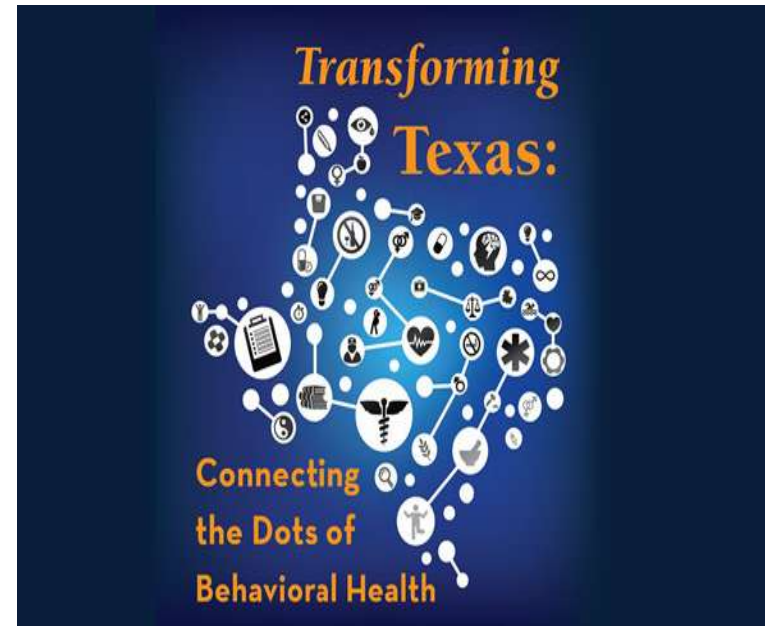


Austin, Texas
July 11 – 15, 2016



"To Friend or Not to Friend..."

Social Media and Ethical Dilemmas for BH Clinicians



*Mike Bricker, MS, CADC-II, LPC,
Program Manager - Adult SUD Treatment
Program - Lutheran Community Services
Klamath Falls, OR*

**Austin, Texas
July 11 – 15, 2016**

Caught on the Horns of Dilemma...



*Attachment Trauma in
Early Development
→ Complex Trauma as adults*

Mike Bricker MS, CADAC-II, LPC ~ LCS Drug Court Treatment Program

Acceptance is *not* Surrender

Acceptance and Commitment Therapy (ACT) in the Treatment of Behavioral Health Disorders & Chronic Pain



Michael G Bricker MS, CADAC-II, LPC

Behavioral Health Clinician

Adult SUD Treatment Mgr.

Klamath Falls, OR

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mbricker@lcsnw.org

Acceptance is *not* Surrender

EMDR techniques & Acceptance and
Commitment Therapy (ACT) in the Treatment
of Chronic Pain

Michael G Bricker MS, CADC-II, LPC



August 10th, 2016

Webinar Presenter

Michael G Bricker MS, CADAC-II, LPC

Behavioral Health Clinician

Adult SUD Treatment Mgr.

Klamath Falls, OR

mbricker@lcsnw.org



*Lutheran
Community
Services*

N O R T H W E S T

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Rx for CHANGE

Clinician-Assisted Tobacco Cessation



Fifth Tuesday Seminars

June 30th 2015 9am – 1pm
(4.0 contact hours)

Michael G Bricker MS, CADC-2, LPC
Kristen Wils -Klamath Co. Public Health
& guest Presenters from Partner Agencies
LCS is a NAADAC Approved Education
Provider # 196322



The Essential Components of Effective Tobacco Dependence Treatment Interventions





“It’s Never the Car You See That Runs You Over...”

...Cross-Cultural Ethical Dilemmas in Clinical Practice

Michael G Bricker MS, CADC-2, LPC
Lutheran Community Services – Northwest
SUD Treatment Program Manager



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ADDICTION
PROFESSIONAL



NALGAP: The Association of
Lesbian, Gay, Bisexual, Transgender
Addiction Professionals and Their Allies.
Serving the Lesbian, Gay, Bisexual and Transgender Community since 1979

PARTNERS



Center for Dependency,
Addiction and Rehabilitation

M R N

MISSOURI RECOVERY NETWORK
The Statewide Voice for Recovery
www.morecovery.org 573.634.1029

NATIONAL CONFERENCE ON
ADDICTION
DISORDERS

BEHAVIORAL HEALTHCARE
EXECUTIVE
SUMMIT



#NCADcon

www.NCADCon.com

E32 - Ethics Session
"To Friend or Not to
Friend" Social Media
and Ethical Dilemmas
for the Social Worker

Mike Bricker, MS, CADC-II, LPC,
Program Manager - Adult SUD Treatment
Program - Lutheran Community Services
Klamath Falls, OR



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NALGAP: The Association of
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Serving the Lesbian, Gay, Bisexual and Transgender Community since 1979

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MISSOURI RECOVERY NETWORK
The Statewide Voice for Recovery
www.morecovery.org 573.634.1029



“Heroin is My Mother, and Booze is My Father:” *Addiction as an Attachment Disorder*

Michael G Bricker
MS, CADC-2, LPC
Behavioral Health Clinician
LCS Drug Court Program



N O R T H W E S T

Health • Justice • Hope

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BY THE PUBLISHERS OF

ADDICTION
PROFESSIONAL

IN CONJUNCTION WITH

BEHAVIORAL
HEALTHCARE



IN ASSOCIATION WITH



Documentation Inservice Training

**Symptomology,
DSM-IV Diagnosis,
Medical Necessity and
Level of Care**

**Lutheran Community Services
December 9th 2014**



Medicare Parts C & D Fraud, Waste, and Abuse Training and General Compliance Training



*Developed by the Centers
for Medicare & Medicaid
Services*

Issued: February, 2013

**Lutheran Community Services
Mandatory Training 12/2014**

NATIONAL CONFERENCE ON **ADDICTION** DISORDERS



Orlando, FL 9/28 – 10/2, 2012

Founded and Produced by the Publishers of

ADDICTION
PROFESSIONAL

In Conjunction with

BEHAVIORAL
HEALTHCARE
THE JOURNAL OF TREATMENT AND RECOVERY



In Association with



The Association of Lesbian
Gay, Bisexual, Transgender
Addiction Professionals
and their Allies.
Serving the LGBT Community Since 1979
<http://www.NALGAP.org>

Partners



TREATMENT PROFESSIONALS
IN ALUMNI SERVICES



Can You Pass the "Mom Test?"

*National Conference on
Addictive Disorders*

Orlando, FL 9/28 – 10/2, 2012

Michael G Bricker

MS, CADDC-II, QMHP, LPC

Behavioral Health Clinician

Drug Court Treatment Program

Lutheran Community Services – NW

Klamath Falls, OR

Basic Ethics for Clinical Practice



DSM-5 Trauma & Stress-Related Disorders



*Lutheran
Community
Services*

N O R T H W E S T

Health • Justice • Hope

Mike Bricker August 6th, 2013

When Time Doesn't Heal All Wounds...



Adverse Childhood
Experiences (ACEs) and
Behavioral Health

National Conference on Addiction Disorders
San Diego, CA September 17 - 21 2011

...and the past is ever present.

Michael G Bricker MS, CDCS, LPC

Klamath Tribal Health & Family Services

Behavioral Health Programs

Clinical Supervisor

Klamath Falls

Oregon

mike.bricker@klm.portland.ihs.gov





From the publishers of *Addiction Professional* and *Behavioral Healthcare* magazines

September 17 – 21, 2011
Town & Country Hotel
San Diego, California

Earn up to 36 Credit Hours!



ADDICTION
PROFESSIONAL

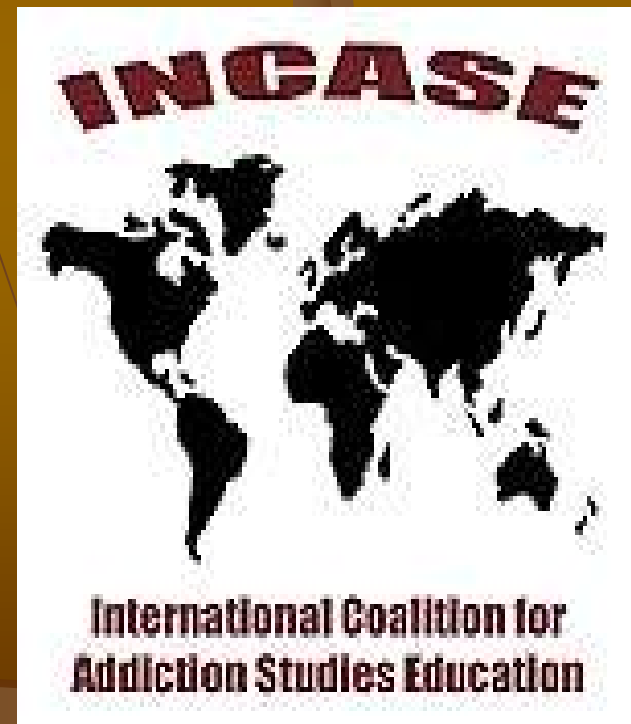


BEHAVIORALHEALTHCARE



*I am indebted to my fellow
colleagues in the preparation
of this presentation:*

Bruce Johnson, LCSW
Mary Johnson, BSW
Wendy Acosta, MA



VENDOME GROUP

From the publishers of *Addiction Professional* and *Behavioral Healthcare* magazines



SEPTEMBER 8-11, 2010

**Hyatt Regency Crystal City
Washington, DC**



The Operation was a Success, but the Patient Died...



*...the Phenomenon of Relapse on Axis II**

Michael G Bricker MS, ICADC, LPC

*The STEMSS Institute: Support Together for
Emotional and Mental Serenity & Sobriety*

mike.bricker@hotmail.com

** Updated for proposed changes in DSM-5*

Acceptance is *not* Surrender...

Acceptance and Commitment Therapy
(ACT) in the Treatment of
Substance Use Disorders

Michael G Bricker MS, LPC, SAP

The STEMSS[®] Institute, Inc.

Bethel, Alaska 99559-1381

Association for Contextual
Psychology International
Conference - Chicago
June 2008

mbricker@unicom-alaska.com

Village – Based Coordination of Care for Persons with “Co-Occurring Disorders” Dual Recovery Challenges

Michael G Bricker MS, ICADC, LPC © 1995 - 2005

Director ~ *Ayagnirvik* Integrated Adult Rehab Programs

Yukon Kuskokwim Health Corporation – Bethel, Alaska

mike_bricker@ykhc.org

Emergency Mental Health - call Bethel Emergency Services for stabilization and treatment

**Back to Village
Core Team for
Continuing Care**

Emergency Substance Abuse to Bethel for Detox at Hospital; then to PATC or other Inpatient

Assessed by Village MH Clinician, to Bethel for stabilization

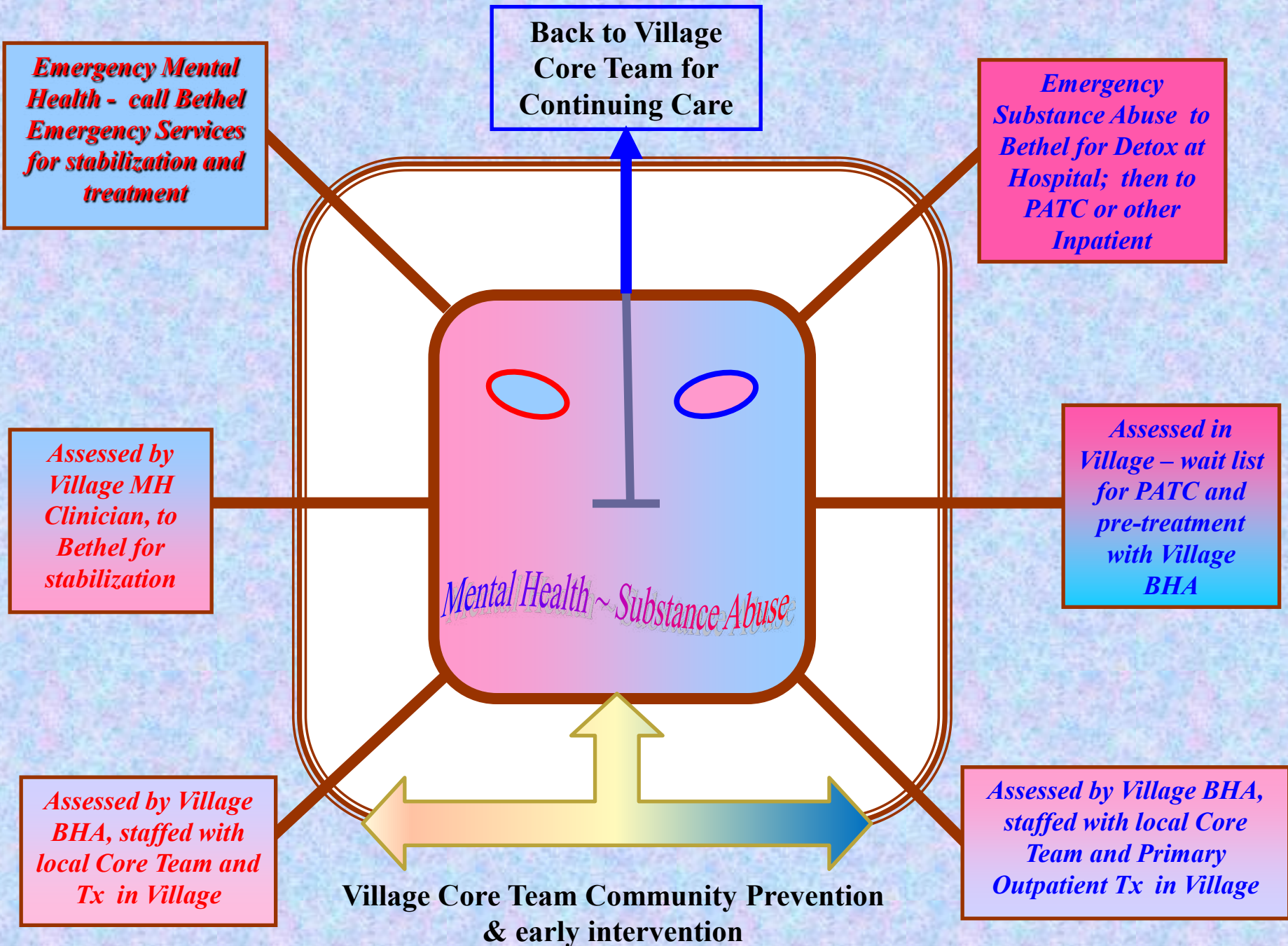
Assessed in Village – wait list for PATC and pre-treatment with Village BHA

Mental Health ~ Substance Abuse

Assessed by Village BHA, staffed with local Core Team and Tx in Village

Assessed by Village BHA, staffed with local Core Team and Primary Outpatient Tx in Village

**Village Core Team Community Prevention
& early intervention**



Yukon-Kuskokwim Health Corporation Behavioral Health Division

Education, Training & Credentialing

"We help our people help our People!"

"Staff Development for Dummies"



[Us, not them...]

***How to Design and Implement
Value-Added Inservice Training
and Measure Competencies***

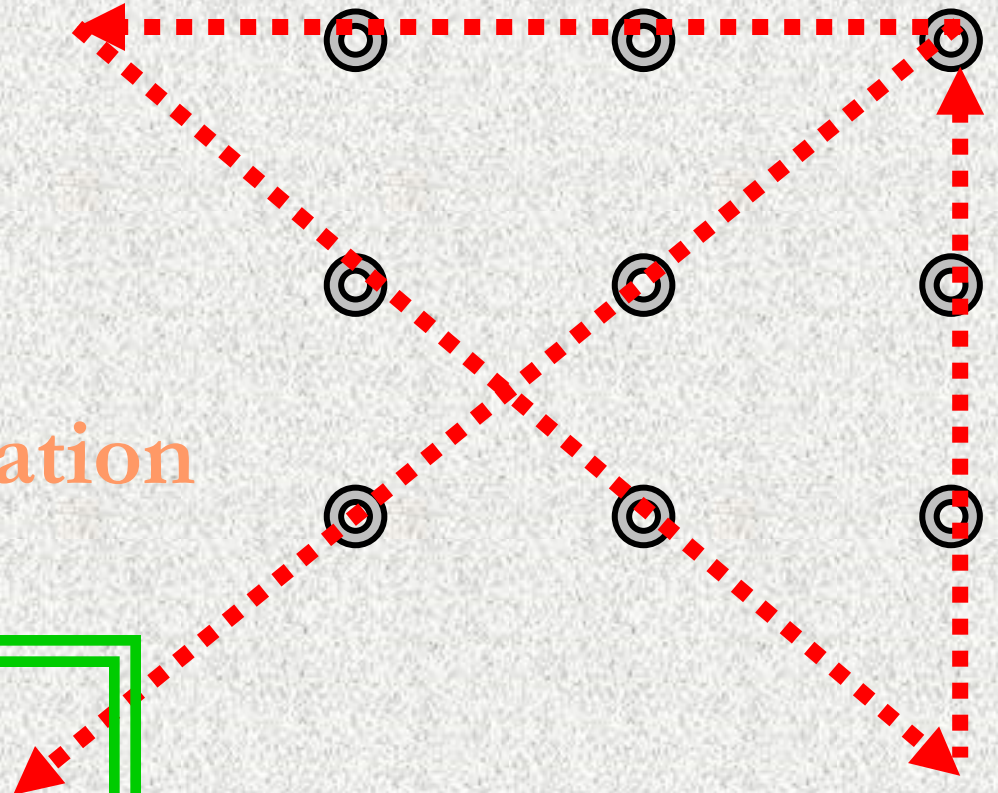
Michael G Bricker ~ MS, ICADC, LPC, SAP

Annual School on Addictions – Anchorage 2008

Alaska
Substance Abuse
Directors' Association

Thinking
INSIDE
the Box...

Annual School
on Addictions
Anchorage - 2007



*Combining ASAM-PPC2[®], DSM-IV (tr), GAF
score and a Mini Mental Status Exam
to Determine Level of Care in the “4-Box
Model” for Co-Occurring Disorders*

*Michael G Bricker ~ MS, ICADC, LPC
Education, Training & Credentialing
Yukon-Kuskokwim Health Corporation
Division of Behavioral Health*

mike_bricker@ykhc.org

NAADAC

***35th Annual
Conference***

Nashville, Tennessee

September 5 – 8, 2007

STEMSS® - a Compendium of Best Practices for Treatment of Persons with

~~“Co-Occurring Disorders”~~

Dual Recovery Challenges

Michael G Bricker MS, ICADC, LPC © 1987, 1995 – 2007 *

Behavioral Health Education, Training & Credentialing

Yukon Kuskokwim Health Corporation – Bethel, Alaska

mike_bricker@ykhc.org

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The eternal question...



...the eternal answer:



Now that you have a dead chicken and a scrambled egg, what does it matter?!?

32nd National Primary Care Nurse Practitioner Symposium
Breckenridge, CO – July 2007

Integration of Behavioral Health and
Primary Care in Bush Alaska:
Saving Lives Where No Roads Go.

Michael G Bricker MS, ICADC, LPC
Yukon-Kuskokwim Health Corporation
Bethel, Alaska

32nd National Primary Care Nurse Practitioner Symposium
Breckenridge CO – July 2007

Identifying the Problem Drinker in
the Primary Care Setting:
SBIRT Screening for substance abuse
and PHQ-9 for depression

Michael G Bricker MS, ICADC, LPC
Yukon-Kuskokwim Health Corporation
Bethel, Alaska

Behavioral Health Substance Abuse Services



"Working
together to
achieve excellent
health"

Tribal Gathering - 2006

Health Status of Alcohol-Related Issues in Our Yukon-Kuskokwim Delta Villages



Michael G Bricker MS, ICADC, LPC ~ Director

Phillips *Ayagnirvik* Integrated Adult Rehab Programs

Yukon Kuskokwim Health Corporation – Bethel AK

mike_bricker@ykhc.org

Guided by Napartet...

Patient Centered Excellence	Community & Partner Satisfaction	Employee Focus	Alaska Native Workforce Development	Financial Viability
Avg. 40% annual growth in Clients served		Average Employee retention rate: 63 %	23 RHS Graduates employed 10 graduate May 2006	Behavioral Health is meeting budget expectations
Programs: Advance Access, MRT Group, Adolescent, Youth & Families, Tx Court, Intensive Outpatient	Working relationships with AVCP- ICWA, ONC and IRA Tribal Councils	We are bringing state-of- -the-art professional Training to staff in Bethel	95+ % Native Hire 2 Native Master's Clinicians 3 more enrolled in Grad School	<i>Michael G Bricker 3/2006</i>

...“we will be the healthiest People”

However, according to the
World Health Organization:

- ◇ Problems related to alcohol are the THIRD highest risk to health in “developed countries” *[after tobacco and high blood pressure]*
- ◇ Estimates that 20% of ALL HEALTH CARE COSTS are directly or indirectly due to alcohol problems – *higher in Alaska villages!*

**Back to Basics All Over Again:
*Elements of “Evidence-Based Practices”
Inherent in the Twelve Steps of
Alcoholics/Narcotics Anonymous***

**Rural Behavioral Health Conference
Anchorage, Alaska March 27 – 30, 2007**

Michael G Bricker MS, ICADC, LPC

Education, Training & Credentialing

Yukon-Kuskokwim Health Corp.

Division of Behavioral Health

The Monkey Driving Your Mercedes...



Triune Brain
Research Applied
to Substance
Use Disorders &
Recovery

Alaska Substance
Abuse Directors'
Assn. Annual School
on Addictions - 2006

Addiction as a Brain Disease...

The Monkey Driving Your Mercedes!

Michael G Bricker MS, ICADC, LPC

Clinical Director, Phillips Ayagnivik

Intensive Integrated Behavioral

Health Services (PATC)

Yukon-Kuskokwim

Health Corporation

Bethel, Alaska



Alaska Native Best Practices...



The Phillips *Ayagnirvik*
Healing Model

An Akutaq of Research, 12 Step and
Native Wisdom Traditions

Alaska Native Best Practices

SAMHSA ~ *Cook Inlet Tribal Council*

May 5 & 6 2005



Michael Bricker MS, ICADC, LPC
Clinical Director

Phillips Ayagnirvik Treatment Center
Intensive Integrated Behavioral Health Programs

Yukon-Kuskokwim Health Corporation

Bethel, Alaska

2004 Rural Behavioral Health Conference

Yu'uyaraq

Making the Circle

Whole Again

Phillips Ayagnirvik Bethel Therapeutic Court

Michael G Bricker MS, ICADC, LPC
Clinical Director ~ PATC

YKHC

Cauyaq ~ the "Healing Drum"

“Things I Didn’t Know I Didn’t Know...”

Michael G
Bricker
MS, ICADC, LPC



Required CEU
Class for LCSW
License Renewal

Bethel, Alaska
June 2008

Cultural Considerations in Behavioral Health Care

Cultural Considerations in Behavioral Health Care

Michael G
Bricker
MS, ICADC, LPC



Coordinator ~
YKHC Behavioral Health
Education and Training
Department

YKHC ~ ETC Department is an approved education provider
for Substance Abuse (*NAADAC # 621*)
Licensed Professional Counselors (*NBCC # 6306*)
and *AK-LCSW* for License renewal *CEUs*

**“If you
have come
here to
‘help me’—
you’re
wasting
your
time...”**



**...but if
you have
come
because
your
liberation
is bound
up with
mine,
then let us
work
together.”**

Ngangkere – Natural Healers
by Jane Kemarre Doolan

Motivational Enhancement and Stages of Change

**“Evidence-Based Best Practices” for
eliciting change in problem behaviors.**

Michael G Bricker MS, ICADC, LPC

Education, Training & Credentialing
YKHC Behavioral Health

*YKHC - ETC Department is an approved education
provider for Substance Abuse (NAADAC # 621) and
Licensed Professional Counselors (NBCC # 6306)*

*Excerpts from patient lectures
@ Phillips Ayagnirvik Treatment Center*

So...is Addiction really a Disease, or what?!?

Sometimes we think that addictions like
alcoholism aren't "real" diseases, and
that they somehow follow different rules.
Let's take a look...

Disease of Addiction: acute vs chronic models

Sometimes we think that addictions like alcoholism aren't "real" diseases, and that they somehow follow different rules. Let's take a look...

Characteristic	Diabetes	"Common Cold"	Addiction
<i>Agent</i>	Insulin	Virus	Alcohol/drugs
<i>Host</i>	Human being	Human being	Human being
<i>How do you get it?</i>	Genetics + behavioral	Contagious	Genetics + behavioral
<i>Defining Symptoms</i>	Insulin cannot hold blood sugar stable – too much or too little. Constant thirst, frequent urination, dizziness, shakes & sweats, fainting, seizures, coma	Runny nose, sore throat, cough, sneezing, itchy/watery eyes; perhaps mild fever, body aches	Compulsive drug use in spite of bad things happening; tolerance for drug goes up or down, loss of control, symptoms of withdrawal, obsession with use. Substituting other drugs.
<i>Organ(s) effected</i>	Pancreas & blood stream (all others eventually)	Respiratory system; doesn't usually spread to other organs	Brain (all others eventually)
<i>Course of Disease</i>	<i>Chronic – must be treated as a change in "way of life".</i> If not managed, steady deterioration in quality of life, daily functioning, damage to multiple organ systems and amputation of limbs. Risk of relapse is characteristic; can be fatal if not treated.	<i>Acute – short duration</i> (5 – 7 days) and generally gets better by itself.	<i>Chronic – must be treated as a change in "way of life".</i> If not managed, steady deterioration in quality of life, mental functioning and damage to multiple organ systems. Amputation of career, friends and family. Characterized by risk of relapse; can be fatal if not treated.
<i>Typical Treatment</i>	Treat the <i>cause</i> , not just the symptoms. Diet and exercise in the early stages; insulin pills or injections in later stages. Medical treatment is needed. <i>Requires a change in lifestyle.</i>	Treat the symptoms to relieve discomfort – bed rest, fluids and "Over The Counter" remedies. Medical Treatment or major life changes usually not necessary.	Treat the <i>cause</i> , not just the symptoms. Abstinence is the best and safest. Treatment to help sustain Recovery and deal with other related issues highly recommended. <i>Requires a change in lifestyle</i>
<i>Outcome</i>	Can never be <i>cured</i> , but the patient is able to live a full healthy life with ongoing attention to recovery. Lack of treatment leads to progressive deterioration in quality of life, irreparable damage to multiple organ systems and often death.	Usually a return to healthy functioning in 5 – 7 days, with or without medical treatment.	Can never be <i>cured</i> ; able to live a full healthy life with ongoing attention to Recovery. Lack of treatment leads to progressive deterioration in quality of life and irreparable damage to multiple organ systems. Usually fatal if left untreated.

NAADAC 2001 - Portland OR



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Inhalant Abuse:

“How to” for Caregivers



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Community Counseling Center

Aniak, Alaska

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McCann Center



Top Ten Reasons why “huffing is a bum idea....

*(Brought to you by a bunch of kids who
can't be here to tell you about it...)*

Brought to you by your friends at:

**Tundra Swan Inhalant Abuse
Treatment Program at McCann Center
Yukon Kuskokwim Health Corp.
Bethel, Alaska 99559
*1-866-HUFFING***

Michael G Bricker MS, ICADC, LPC - Clinical Director

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Social Work 2000 - Baltimore

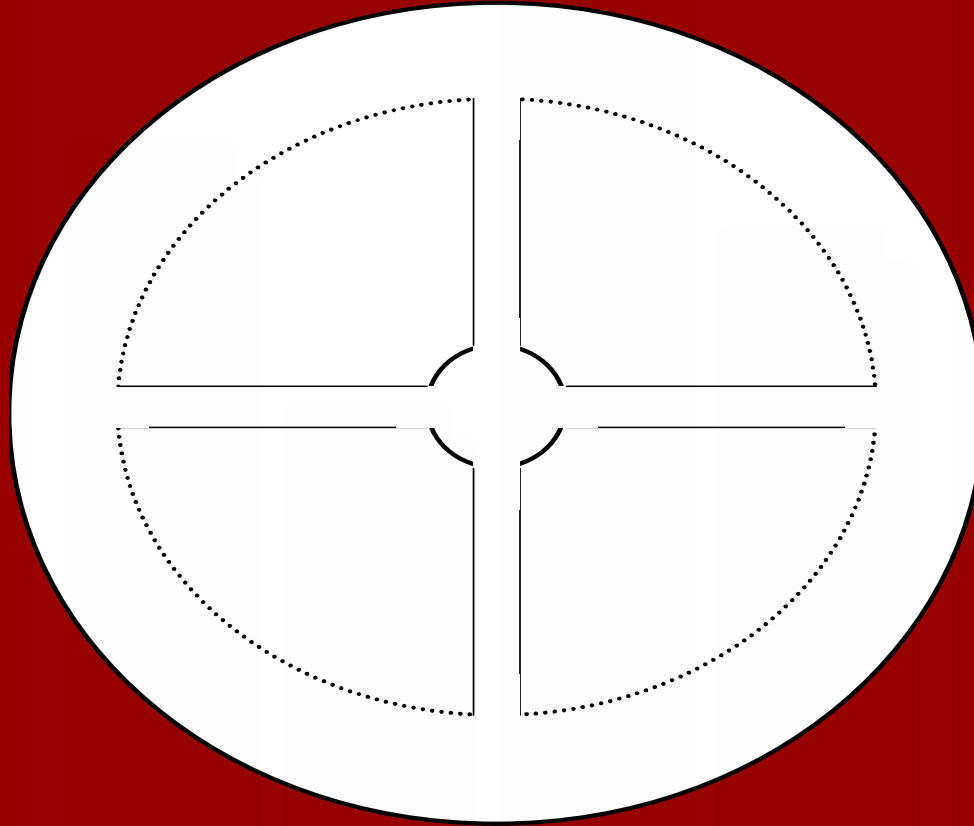
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The 7-Fold Path of Healing...



**Synergistic Co-Cultural Treatment
with Members of First Nations**

***NAADAC National Conference
1995 Washington DC***

**The Operation was a Success,
but the Patient Died...
...the Phenomenon of
Relapse on Axis II**

Michael G Bricker MS, ICADC, LPC

Alcohol-Drug Abuse Treatment Coordinator

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Taking the ‘lapse’ out of Relapse:

Psychosocial Stage-Specific Treatment for Relapse Prevention

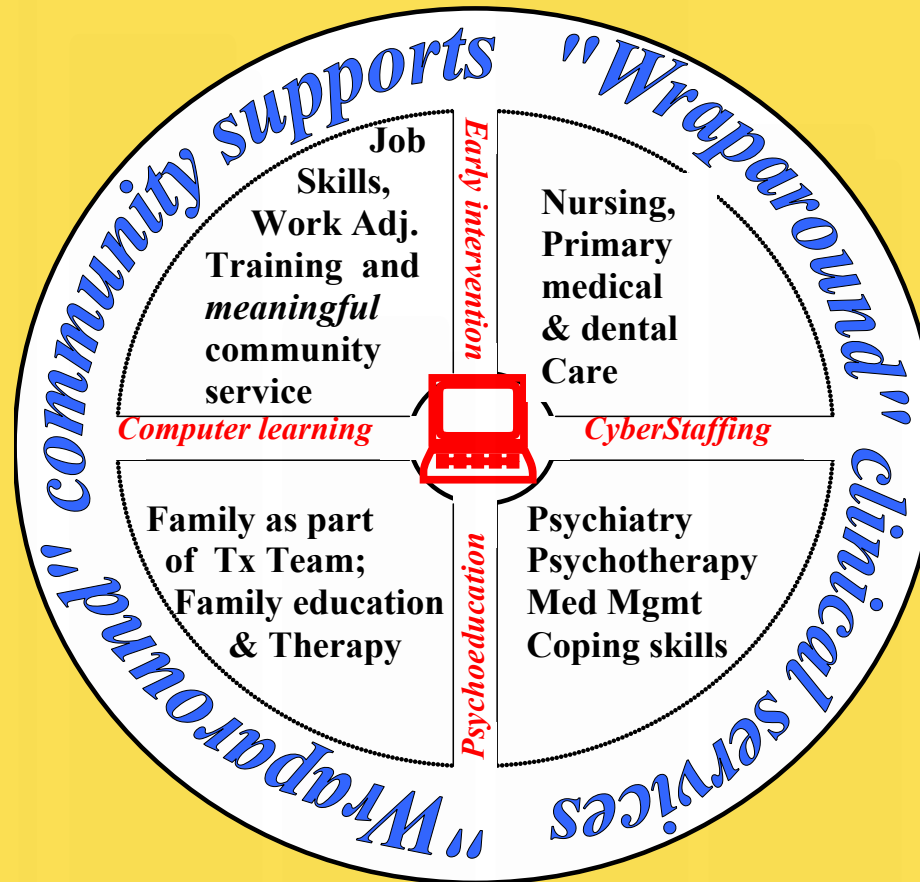
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Colorado West Mental Health Center

Rangely, Colorado

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For the Canadian Mental Health Association ~ British Columbia
Michael G Bricker MS, ICADC – 1997 Colorado West MHC Rangely CO

“I Don’t Think We’re in Kansas Anymore...”
***the Adventures of Addiction Treatment
in the Land of Managed Care.***

Michael G. Bricker MS, CADAC-III, ICADC
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Executive Director - The ***STEMSS*** Institute

*This Presentation was well accepted at the 19th Annual Conference of the
National Association of Alcoholism & Drug Abuse Counselors (NAADAC) in 1995,
and subsequently published in the September ‘95 issue of The Counselor Magazine.*

Visualization & Imagery in the
Primary Treatment of Addictive Disease:

The Empowerment Model of Recovery.

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**Paper presented at the 16th Annual Conference of the
American Association for the Study of Mental Imagery.**

Irvine CA: June 1994

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