

Progress Notes



A QUARTERLY PUBLICATION FROM
THE CONNECTICUT CERTIFICATION BOARD, INC.

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SUMMER/ FALL 2010

Deputy Director of the Office of National Drug Control Policy Visits Connecticut

David K. Mineta, Deputy Director of Demand Reduction, and June Sivilli, Senior Advisor, accepted an invitation from Marshall Rosier, Executive Director of the CCB to visit several programs and agencies throughout the state. Those programs included Recovery Network of Programs, CASA/MAAS, and the Yale Child Study Center. The tour of Connecticut ended with a meeting with DMHAS Commissioner Patricia Rehmer and several senior staff members. Throughout the day-long visit, both Deputy Director Mineta and Ms. Sivilli commented on the spirit of collaboration and strong work alliances evident in the state. In a follow



up email to CCB Associate Director Jeffrey Quamme, Ms. Sivilli commented: "It was an honor for us to be amid such committed and outstanding professionals working so hard across the State of Connecticut to advance the field of substance abuse services delivery and improve the quality of life for people needing care...We look forward to working with you and officials in the State of Connecticut in the future and integrating some of the good work we saw in Connecticut into national efforts."

Deputy Director Mineta's bio can be found at
<http://www.whitehousedrugpolicy.gov/about/mineta.html>

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Recertification Update

In October 2010, the CCB unveiled the new recertification program for all CCB credentials. Based upon extensive feedback and comprehensive review of current board practices around the country, the new program offers greater flexibility for certified professionals, annual recertification educational standards, and discounted renewal fees.

The program features several improvements including:

- An optional renewal period of 1, 2, or 3 years
- Improved procedures and renewal materials
- Discounts given for 2 and 3-year renewals
- Packets mailed directly to the certified professional

The new recertification packets will be mailed at least 60 days prior to the renewal date and will include:

1. Printed recertification applications
2. Invoices for credential renewal
3. Recertification educational standards for each credential
4. Announcements, updates, and offers

Over the summer of 2010, information describing the new recertification program was sent to all CCB certified professionals. The new program applies to all individuals with a renewal date of October 1, 2010 and beyond. For more information about the new program, please visit the CCB website at www.ctcertboard.org or email info@ctcertboard.org for assistance.

Clinical Supervision and Mentoring Initiative Kickoff Event

To kick off a brand new initiative aimed at addressing the professional development needs of counselors and supervisors in the workforce, the CCB hosted a 15-hour live training event entitled “Clinical Supervision Intensive”. Scott Breedlove, MSAPA, MRSS, the Administrator for the Missouri Substance Abuse Professional Credentialing Board, and Treasurer of the IC&RC led the event. Scott has presented this training model to hundreds of professionals throughout the Midwest.

A total of 35 participants attended. Various treatment programs and systems from all parts of Connecticut were represented at the 2 ½-day event. To demonstrate its commitment to quality clinical supervision, the CCB awarded over \$4500 in scholarships. Each participant was also given a 15-hour Science 2 Service © Distance Learning Program course. Completion of both the training and distance learning program meet the full education and training requirements for the *Certified Clinical Supervisor (CCS)* credential. Participants will also be invited to a future “Train the Trainers” event with the goal of increasing both the number and overall quality of clinical supervision in our state. The program will also be offered in the Spring 2011 with the Distance Learning Program available for purchase through the current Fall 2010 catalog, available at <http://ctcertboard.org/files/CCBFall2010TrainingCatalog.pdf>

The event also marked the beginning of the new CCB mentorship program. Individuals already certified, as well as newer professionals seeking certification, will work together in a supportive environment aimed at providing professional development opportunities within Connecticut. Incentives for committing to and participating in the program will be offered for both mentors and mentees, including additional training opportunities and reduced fees. The program will be lead by Board member Jay Brothers who endorses the benefits of mentorship: “...I consistently direct colleagues to contact the CCB to gain the most up-to-date information for ... specific certifications. **In addition I emphasize the importance of working with other individuals involved in the cert process.**”

Additional information on the mentoring program will be made available to all certified and registered professionals via press release in the near future.



Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA): Thoughts from the Field

The inaugural edition of *Progress Notes* informed all certified professionals in Connecticut of the passing of the Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) into law. The positive effects this legislation has on our field, and ultimately the individuals we serve cannot be overstated. Legal Action Center Director and President Paul N. Samuels addresses this in an email to the LAC's members:

"In a major victory, ground-breaking expansion of addiction and mental health coverage of prevention, treatment and recovery is a part of the final healthcare reform bill passed on Sunday. The final bill, approved by both chambers of Congress, incorporates many recommendations made by LAC and our partners around addiction and mental health services:

- *Includes substance use disorder and mental health (SUD/MH) services as required benefits in the basic benefit package for individual and small business health plans.*
- *Requires that all plans in the health insurance exchange comply with the Wellstone/Domenici Parity Act in providing SUD/MH benefits in the same way as all other covered medical and surgical benefits.*
- *Expands Medicaid eligibility for all Americans up to 133 percent of the federal poverty level and require newly eligible parents and childless adults receive coverage that includes SUD/MH services provided at parity.*
- *Includes SUD and MH prevention strategies and efforts in the bill's chronic disease initiatives. Includes the capacity of the mental and behavioral health workforce as high-priority topics in the bill's National Workforce Strategy section.*
- *Includes insurance reforms and consumer protections critical for individuals seeking or in recovery, including prohibiting insurers from denying coverage to people with pre-existing conditions, charging higher premiums based on health status, and placing annual or lifetime caps on insurance coverage. These reforms represent significant progress as we continue to advocate for the expansion and improvement of our nation's health responses to alcohol and drug addiction, including prevention, treatment, recovery, and research."*

More information on the Legal Action Center is available at www.lac.org

2010 National Drug Control Strategy

President Obama's 2010 *National Drug Control Strategy* reflects a comprehensive approach to reducing drug use and its consequences. Endorsing a balance of prevention, treatment, and law enforcement, the *Strategy* calls for a 15% reduction in the rate of youth drug use over 5 years and similar reductions in chronic drug use and drug related consequences such as drug deaths and drugged driving. The *Strategy* harnesses the collaborative strength of local, State, tribal, and Federal agencies, community based organizations, and other nongovernmental partners. (*National Drug Control Strategy Executive Summary, 2010*)

In a separate development, the President's Drug Czar, Gil Kerlikowski, characterized the 40 year old "War On Drugs" as unsuccessful, and that even after \$1 trillion has been spent, "the concern about drugs and drug problems is, if anything, intensified." John Walters, the Drug Czar under President George W. Bush responded by saying that Kerlikowski's assertion is "ridiculous". The CCB welcomes your feedback and opinion on this issue. Email submissions can be sent to iquamme@ctcertboard.org for possible publication in the next issue of *Progress Notes*.



The full text of the President's National Drug Control Strategy
can be found at

<http://www.whitehousedrugpolicy.gov/policy/ndcs.html>



ONDCP
Office of National Drug Control Policy

Earn Credit for Initial Certification or Recertification with Materials You May Have Already Read with...

The CCB Science 2 Service® Distance Learning Program

*The CCB Science 2 Service® Distance Learning Program is a self-paced learning program that was developed using science-based materials within the public domain such as **TIPs -Treatment Improvement Protocols (SAMHSA/CSAT)**, **TAPs – Technical Assistance Publications (SAMHSA/CSAT)**, research reports and training manuals. This program allows participants to earn CCB-approved training hours that can be applied toward initial certification or recertification while reading high quality science-based content. The featured documents are widely available within the public domain, free of charge, and in many cases participants may already be familiar with the content. The purpose of the program is to provide participants with an introduction to the content in a structured manner while providing technical assistance and verification of learning through the use of pre-and post-tests.*

The Science 2 Service® Distance Learning Program is simple:

Step 1: Pre-test

Prior to reading the material for each learning module, you will be asked to complete a brief pre-test that typically consists of 6 to 15 multiple choice or true/false questions designed to measure your knowledge of the subject (all pre-test questions also appear in the post-test). Please do not be overly concerned with your performance on the pre-test; you are not required to correctly answer any of these questions in order to move forward. The pre-test data will be used to identify your current knowledge of the subject and to compare your answers on the post-test. Any information collected about pre-test performance is used primarily for internal purposes by the course developers.

Step 2: Read the Material Contained in the Learning Module

Science 2 Service® Distance Learning courses contain readings for each module in an easy-to-read pdf file. Although the entire source documents are provided, for your convenience, the individual learning module readings are also included.

Step 3: Post-test

After you have read all of the materials from each learning module, you will be asked to complete a post-test that typically contains 20 to 40 items. In order to successfully complete a module, you must correctly answer at least 80% of the items contained in the post-test. If you do not answer at least 80% correctly, you will be advised of the questions you missed, and you will be able to retake the post-test at your convenience. Once you answer at least 80% of the items correctly, you can then move on to the remaining modules until you complete all the modules in the course.

Certificate of Completion

Your certificate of completion will be emailed to you once you complete all of the course modules (both pre-tests and post-tests) and score 80% or better on all post-tests.

***Fees for ALL CCB Science 2 Service have been reduced!
Rates are as low as \$3.90 per hour! Please see our Fall
2010 catalog for details on our
specially priced discount packages!***

New CCB S2S Distance Learning Courses!

An Introduction to Substance Abuse Treatment – Families

CCB approved hours: 1.5 hours Learning Modules: 1 Emailed content Cost: \$10.00

Medication Assisted Treatment Facts – Opioid Addiction

CCB approved hours: 1 hour Learning Modules: 1 Emailed content Cost: \$7.00

Medication Assisted Treatment Facts – Naltrexone

CCB approved hours: 0.75 hours Learning Modules: 1 Emailed content Cost: \$5.00

Medication Assisted Treatment Facts – Buprenorphine

CCB approved hours: 0.75 hours Learning Modules: 1 Emailed content Cost: \$5.00

An Introduction to Group Therapy in Addiction Treatment

CCB approved hours: 8 hours Learning Modules: 4 CD or emailed content Cost: \$55.00

Depressive Symptoms in Early Recovery from Substance Use Disorders

CCB approved hours: 8 hours Learning Modules: 3 CD or emailed content Cost: \$55.00

An Introduction to Alcohol Pharmacotherapy

CCB approved hours: 5 hours Learning Modules: 2 CD or emailed content Cost: \$40.00

Dealing with Suicidal Thoughts and Behaviors in Addiction Treatment

CCB approved hours: 8 hours Learning Modules: 4 CD or emailed content Cost: \$55.00

Clinical Supervision of Addiction Professionals

CCB approved hours: 6 hours Learning Modules: 3 CD or emailed content Cost: \$45.00

Counselor Competencies for Addiction Professionals

CCB approved hours: 6 hours Learning Modules: 3 CD or emailed content Cost: \$45.00

Supervisor Competencies for Clinical Supervisors of Addiction Professionals

CCB approved hours: 3 hours Learning Modules: 2 CD or emailed content Cost: \$30.00

Buprenorphine: Medical and Nursing Considerations

CCB approved hours: 4 hours Learning Modules: 3 CD or emailed content Cost: \$35.00

Enhancing Motivation for Change in Addiction Treatment

CCB approved hours: 10 hours Learning Modules: 6 CD or emailed content Cost: \$70.00

Over 60 hours of new content now available in the Fall Catalog!

Please contact Jeff at jquamme@ctcertboard.org for more information

Free Information from

SAMHSA'S eNetwork is your personal link to SAMHSA for the latest news about grants, publications, campaigns, programs, statistics, and data reports. The eNetwork is for anyone who wants to receive information about SAMHSA's work in the substance abuse and mental health fields. Once you join the eNetwork, and indicate your area of interest, you will receive the up-to-the-minute information that is important to you. You can update your areas of interest by accessing your profile, and you can unsubscribe at any time to instantly stop receiving information. The information you receive will depend on your identified preferences. For example, you can get:

- *New Grant Announcements
- *New National Survey on Drug Use and Health Data Findings
- *SAMHSA News Releases
- *Information about SAMHSA Campaigns and Initiatives, such as Underage Drinking Prevention, Suicide Prevention, and Recovery Month
- *Newly Published Treatment Publications, such as Treatment Improvement Protocols (TIPS) or Substance Abuse Treatment Advisories

To join, log on to www.samhsa.gov and click



Stay informed! Join the eNetwork today!



Problem Gambling Certification Update

The Connecticut Certification Board (CCB), the State of Connecticut Department of Mental Health and Addiction Services: Problem Gambling Services (PGS), and the International Gambling Counselor Certification Board (IGCCB) have partnered in a unique effort to offer three certifications for Connecticut counselors treating individuals with gambling related problems. New application materials and information will be on the CCB website this fall.

PGS has begun a pilot program to integrate problem gambling treatment into substance abuse and mental health programs (comparable to a co-occurring disorders model). This is a concerted effort to build the capacity of existing substance abuse and mental health treatment programs to address problem gambling within their own populations.

The *Specialty Certificate in Problem Gambling* is designed to increase the capacity of people currently working in substance abuse and/or mental health programs to identify and work with clients in treatment who also may have a gambling problem. The goal is for each SA/MH program to have at least one professional who holds this credential serving as an agency's "go to" staff member for problem gambling.

Two additional certifications, Level I and Level II of the CT Certified Gambling Counselor and Reciprocal International Certified Gambling Counselor, are applicable to those clinicians working specifically in the problem gambling field and include additional gambling-specific training and a national exam requirement. PGS would provide the necessary mentoring of candidates through the Board Approved Clinical Consultants, and successful applicants will receive a dual certification through the CCB and the IGCCB.

"We are very excited to partner with the CCB to increase the capacity of Connecticut providers to address the very real concerns of people who struggle with this very difficult and often overlooked addiction," says Dr. Lori Rugle, Director of Problem Gambling Services. She adds, "The ability to offer a specialty certificate for those folks already working with people with mental health and substance-use disorders enables these programs to be more comprehensive in their co-occurring approach."

News from



When people seek services, the first question they ask is “What professional certifications or license does the professional hold?” In most professions, the answers are simple and enlightening. Most people around the world can identify and define the acronym “MD.” Throughout the US, the “SW” for social workers is standardized, even if it is couched in other letters. IC&RC certificants haven’t benefited from the same “name” recognition – until now.

In October 2009, the IC&RC Board of Directors voted to standardize the use of names and acronyms by as many member boards as possible. This means that boards – unless prohibited by law, statute or regulations – should transition to using the common names and acronyms in their credentials by January 1, 2016.

In our field, we have asked consumers to make sense of a perplexing myriad of acronyms: CAC, CASAC, CADP, CAP, LCDC, BCCR. It’s like expecting them to make words out of alphabet soup.

Uniformity offers the simplest way to provide a sense of unity within an increasingly international profession. Since IC&RC is the largest addiction-related organization in the world, with 73 organizations representing more than 40,000 certified professionals nationally and internationally, it makes sense that we lead by example.

The members of IC&RC agreed to change the following acronyms:

- *AODA will become ADC (Alcohol and Drug Counselor)
- *AAODA will become AADC (Advanced Alcohol and Drug Counselor)
- *CPS will become PS (Prevention Specialist)
- *CCS will become CS (Clinical Supervisor)

IC&RC has already begun the process of changing all references to these acronyms in its by-laws, policy and procedures, corporate documents, website, and all other materials.

“The role of professional credentials has become increasingly important,” states Rhonda Messamore, President of IC&RC. “It is my opinion that professional credentials are invaluable as a means of communicating to the general public and others that one is a competent, qualified person.”

“The credential is the starting point and in a nutshell tells others the individual has met the required education, training and examination requirements and ultimately, has proven his/her competency. Clearly, the individual is looking to measure the professional’s competency and qualifications. It is not that credentials make one infallible and clearly credentials do not give special powers; but rather, credentials are a starting point or benchmark that consumers may identify the professional who is knowledgeable and competent in their focus of practice.”

This transition to a standardized set of credential acronyms attests to IC&RC’s **unity, uniformity and leadership**. To learn more about the standards of certification in your state, please visit our member boards’ websites.

**New STUDY GUIDE for the
IC&RC Alcohol and Other Drug Abuse Counselor
Examination is now available!**

***For information on how to purchase, visit our website at
www.ctcertboard.org and click on
[CCB Addiction Counselor Study Guide](#) under Quick Links***

**CCB SPECIAL PRICE is \$90.00/includes
shipping
(sold elsewhere for \$100.00)**

Medication Assisted Recovery

Instructors: Marshall Rosier and Jeffrey Quamme

February 2, 3 & 4, 2011

This training series presents an overview of the science of addiction and several emerging trends in the field of addiction treatment and recovery. The concept of medication assisted recovery is discussed identifying several key principles for practitioners to consider when working with people in recovery. The workshops present an overview of the three medications approved for the treatment of opioid dependence: methadone, buprenorphine and naltrexone as well as the three medications approved for the treatment of alcohol dependence: naltrexone, disulfiram, and acamprosate. Other topics include recovery supports, tools and resources to support medication assisted recovery, collaborating with MAT providers and ethical issues. This workshop series includes 15 hours of content. Participants that complete the workshop series as well as the Medication Assisted Recovery Distance Learning Program will fulfill all of the educational and training requirements for the MATS credential (see CCB website for details).

Workshop 1 – Wednesday, February 2nd, 2011, 9:00 am to 4:30 pm

Workshop 2 – Thursday, February 3rd, 2011, 9:00 am to 4:30 pm

Workshop 3 – Friday, February 4th, 2011, 9:00 am to 12:30 pm

Scholarships and payment plans available

At the conclusion of Workshop 3, the CCB MATS written exam will be administered to those eligible & interested in becoming MATS certified.

Cost for all 3 Workshops \$ 125.00 (Course # 103-1004)

Medication Assisted Recovery Distance Learning Program

Medication Assisted Treatment (MAT) of substance use disorders presents a unique clinical challenge that requires MAT-specific skills and training. As new medications become available and more individuals consider pharmacotherapy treatment options, it will be increasingly important to have behavioral health professionals skilled and knowledgeable of MAT treatment options, clinical challenges and the recovery support needs for this unique group of people served.

To help increase awareness of MAT treatment options and to support the dissemination of accurate, research & science-based information, the CCB has developed a comprehensive learning program based upon the most recent trends in the field of pharmacotherapy of opioid and alcohol dependence. The program is designed to provide a comprehensive overview of the basic pharmacology, recovery supports, clinical and practice issues related to the treatment of addictive disorders using pharmacotherapy as part of a comprehensive recovery plan that includes clinical services, recovery supports and other essential aspects of this important emerging area of addiction recovery.

The CCB Science 2 Service MAR DL Program is a self-paced learning program that was developed using science-based materials within the public domain such as TIPs, TAPs, research reports and training manuals. The DL Program allows participants to earn CCB approved training hours that can be applied toward initial certification or recertification while reading high quality science-based content. The program is approved for 34 hours.

The CCB Science 2 Service MAR DL Program is based upon the following free public domain resources:

TIP 43: Medication Assisted Treatment for Opioid Addiction in Opioid Treatment Programs (SAMHSA/CSAT, 2005)

TIP 40: Clinical Guidelines for the Use of Buprenorphine in the Treatment of Opioid Addiction. (SAMHSA/CSAT, 2004)

Mid America ATTC: Psychotherapeutic Medications 2008: What Every Counselor Should Know. (MA ATTC, 2008)

TIP 35: Enhancing Motivation for Change in Substance Abuse Treatment. (SAMHSA/CSAT, 1999)

TIP 49: Incorporating Alcohol Pharmacotherapy into Medical Practice. (SAMHSA/CSAT, 1999)

34 hour DL Program
including all materials
(Course # 103-4002)

\$150.00

A Special Offer for ALL CCB Reciprocally Certified Professionals

FREE Online Subscription to COUNSELOR Magazine!

The Connecticut Certification Board is pleased to announce ALL CCB certified professionals reciprocally certified (CAC, CCDP, CCS & CPP) with the IC&RC are now eligible to receive a FREE online subscription to COUNSELOR Magazine – the Magazine for Addiction Professionals. For more than 20 years, COUNSELOR Magazine has been the premier publication in the addiction field, providing addiction & behavioral health counselors with useful, relevant & informative content.

This FREE online subscription gives you access to the current issue of COUNSELOR Magazine as well as the extensive archive of articles featured in previous issues and other great content

Signing up is easy!

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CONNECTICUT CERTIFICATION BOARD

100 South Turnpike Road
Suite C
Wallingford, CT 06492

