

An Exciting, New Training Initiative

In 2004, UCLA Integrated Substance Abuse Programs (ISAP), in partnership with the Pacific Southwest Addiction Technology Transfer Center (PSATTC), the Matrix Institute on Addictions, the Los Angeles Practice Improvement Collaborative (LAPIC), and the Pacific Region Node of the NIDA Clinical Trials Network (CTN), set out to develop a comprehensive training and conference initiative. The centerpieces of this initiative are the California Addiction Training and Education Series (CATES) and the Western Conference on Addictions (WCA).

The goals of each of the two events differ, as do the target audiences. But the primary objective for both is to provide the substance abuse and mental health fields in California with the latest evidence-based addiction research information.

CATES is a series of one-day trainings designed to provide in-depth information to individuals working with substance using populations. The information provided will be based on sound science but presented in such a way that it is directly useful when working with these clients. The plan for CATES is to cover two topics per year and repeat each set of trainings in Northern and Southern California (for a total of four regional trainings). CATES is structured as a combination of general session plenary presentations and hands-on skill-building workshops.

The Western Conference on Addictions (WCA) will be a major vehicle for disseminating state-of-the-art information on addictions. WCA will occur from the evening of November 11 to the afternoon of November 14, 2004. The conference will be launched with an evening reception, followed by two daylong sessions (9 a.m. to 5 p.m.) and one half-day session (concluding at 12:45 p.m.). Plenary sessions will be held in the morning of each day and workshops will be held each afternoon. The majority of workshops will be offered twice so that attendees can attend up to five separate workshops.

Web sites have been created for CATES and WCA. You can view PowerPoint presentations from CATES I and III, register online using the secure registration credit card registration system, and find out more about the agenda, continuing education availability, sponsorship opportunities, etc. You can access these Web pages by first accessing either www.uclaisap.org or www.psattc.org. Click on the CATES and WCA buttons to enter the event-specific pages.

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Sponsors & Geographic Coverage

Methamphetamine use is a growing problem in many cities in the United States, and the drug has long been entrenched in California. In 2002-2003, the PSATTC conducted a series of trainings known as "Methamphetamine 101" in several California counties, including Riverside, Shasta, Kern, and Los Angeles.

Recently, the PSATTC has received several additional requests for more information on how to assess and treat methamphetamine-dependent clients. These requests led us to choose methamphetamine abuse and treatment issues as the focus for the first round of CATES.

Three methamphetamine trainings (designated as CATES I, II, and III) were held March 30 in Pasadena, CA (Hilton Pasadena), on June 11 in San Francisco (held in conjunction with Haight Ashbury Free Clinics' Annual Conference), and on August 20 in Sacramento, CA (Sacramento Convention Center).

Reaching Across California

A total of 40 California counties were represented in at least one of the CATES conferences (see above for a complete listing of counties). That is equivalent to 69% of the counties! The northernmost counties represented were Humboldt and Shasta Counties; the southernmost county was San Diego. It is encouraging to see that CATES is reaching all across the state to train substance abuse and mental health professionals. As we plan future CATES trainings, we will make an effort to increase the visibility of CATES in those counties that have not yet been represented.

CATES Sponsors, Co-Sponsors, Partners, and Supporters

Due to the regional nature of CATES, it is important to maximize the availability of local

expertise and existing training efforts to ensure that CATES is as successful as possible. It has been, and will continue to be, a priority to partner with local agencies every time CATES is held in a particular county.

In addition to the core set of Sponsors (UCLA ISAP, PSATTC, Matrix Institute on Addictions, and the Pacific Region Node of the NIDA CTN), past sponsors, co-sponsors, partners, and supporters include:

- California/Arizona Node of the NIDA CTN
- California Association of Alcohol and Drug Abuse Counselors
- California Department of Alcohol and Drug Programs
- CLIAWaived.com
- County of Los Angeles, Alcohol and Drug Program Administration
- County of Los Angeles, Department of Mental Health
- Cri-Help, Inc.
- Haight Ashbury Free Clinics, Inc.
- Los Angeles Practice Improvement Collaborative
- National Council on Alcohol and Drug Dependence, Sacramento Chapter
- PrevenTragedy/Galt Publishing
- Qualifacts Systems, Inc.
- Southern California Alcohol and Drug Programs
- Tarzana Treatment Centers, Inc.

CA Counties Represented at CATES: Methamphetamine

Amador • Butte • Colusa • Contra Costa • El Dorado • Fresno • Humboldt • Kern • Los Angeles • Madera • Marin • Mendocino • Monterey • Napa • Nevada • Orange • Placer • Riverside • Sacramento • San Benito • San Bernardino • San Diego • San Francisco • San Joaquin • San Luis Obispo • Santa Clara • Santa Cruz • Shasta • Solano • Sonoma • Sutter • Tehama • Tulare • Tuolumne • Ventura • Yolo

Attendees, Topics, & Presenters

The primary target audience for CATES is substance abuse and mental health treatment providers and administrators interested in the latest information on the impact of substance abuse and effective interventions and treatments. But other professionals (e.g., researchers, psychologists, educators, law enforcement personnel, nurses, and physicians) are encouraged to attend, as well. That being said, CATES I, II, and III attracted professionals from many disciplines including: treatment program staff (e.g., counselors, clinical supervisors, and clinical administrators), county and state administrative department staff, HIV case workers, researchers, policymakers, police officers, district attorneys, nurses, physicians, psychologists, social workers, marriage and family therapists, educators, parents, and students.

A definite strength of CATES thus far has been the ability to bring together individuals from so many disciplines to one location to hear the latest evidence-based information on a high-priority topic such as methamphetamine.

CATES I, II, and III drew a combined attendance of 745 individuals from all over California.

What Topics Were Covered?

The agenda for CATES I, II, and III was designed as a collection of general session presentations, which covered several topic areas:

- Methamphetamine and Brain Imaging
- Psychiatric and Medical Consequences of Methamphetamine Abuse
- Methamphetamine Use Patterns Among Various Populations (Gay and Bisexual Men, Offenders, Adolescents, and Women)
- Methamphetamine and HIV Risk

CATES: Methamphetamine Presenters

Laura Birkmeyer, J.D., Mary-Lynn Brecht, Ph.D., Grant Colfax, M.D., David Farabee, Ph.D., Thomas Freese, Ph.D., Susan Gallagher, M.S., Craig Hammer, Maureen Hillhouse, Ph.D., Joe Laping, M.A., Martin Leamon, M.D., Edythe London, Ph.D., Jackie Long, Tom Nordahl, M.D., Jeanne Obert, LMFT, MSM, James Peck, Psy.D., Richard Rawson, Ph.D., Cathy Reback, Ph.D., Steve Shoptaw, Ph.D., Michael Siever, Ph.D., Anna Talamo, M.A., Wendy Wright, M.D., and Joan Zweben, Ph.D.

- Clandestine Methamphetamine Labs and Production
- Drug-Endangered Children Program
- Science-Based Behavioral Treatment Approaches
- Methamphetamine Treatment Outcomes

For each CATES training, locally based experts who would best be able to describe the methamphetamine situation in the local area were invited to present. For CATES I, a panel discussion with four adolescents who were in treatment for methamphetamine at a Southern California treatment program was included. For CATES II, a panel discussion with providers from several Bay Area treatment programs who participated in a CSAT-funded study was assembled to discuss implementation of an evidence-based treatment model in a real-world setting. And local Special Agents from the Bureau of Narcotic Enforcement described the local lab, manufacture, and production situation.

An essential component of CATES is the opportunity for attendees certified or licensed by a variety of state and national organizations to receive six hours of continuing education (CE) credit. Over the course of 2004, UCLA ISAP has strived to increase its repertoire of CE credits, and is currently approved to offer credits for CAADAC (C.A.C.), CAADE (C.A.T.S.), CAARR (C.A.S.), the California Board of Behavioral Sciences (MFT/LCSW), and the American Psychological Association (Psychologist). CATES III was also approved for Work-Related Education credit, part of the California Department of Corrections' Standards for Training in Corrections Program. In addition, the UCLA School of Nursing has recently agreed to offer Board of Registered Nursing credits at future UCLA ISAP-sponsored trainings.

Of the 360 CATES I attendees, **27%** received CE credits, and of the 220 CATES III attendees, **30%** received CEs.

Participant Satisfaction

Individuals who attended CATES were asked to complete a series of CSAT Government Performance and Results Act (GPRA) evaluation forms. The post-evaluation form assesses participant satisfaction in regard to the overall training, the instructors/presenters, and the training materials. These evaluation forms also solicit additional comments, specifically what participants liked most about the event, and what improvements they think could be made to make future events more successful. A total of 476 evaluations were collected at CATES I, II, and III.

The following information is meant to provide a snapshot of the evaluation results averaged over all the three CATES:

- ❖ **91%** were satisfied/very satisfied with the overall quality of CATES
- ❖ **87%** were satisfied/very satisfied with the CATES training materials
- ❖ **96%** thought the presenters were knowledgeable about the subject matter
- ❖ **86%** would recommend CATES to a colleague
- ❖ **86%** thought CATES enhanced their skills in the topic area

"What Did You Like Most About CATES?"

The following quotes are taken directly from the evaluation comments:

"I can add this training [on meth addiction] in our existing protocol of treating any patients who are addicts" – CATES I attendee

"Quick, informative multiple topics with useful information" – CATES I attendee

"This type of information is never covered with such thoroughness, organization and clinical application anywhere else but here!" – CATES II attendee

"Very timely & informative - Nice to experience the medical community's approach to addiction & treatment" – CATES II attendee

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What's Next?

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"What Did you Like Most About CATES?"

"It's really difficult to identify one training/facilitator. This was an extremely well organized workshop. I wish I could invite you folks to XXX County to do this workshop for us. Thanks, I thoroughly enjoyed this and learned a lot of good information." – CATES III attendee

"The training provided direction to future discussions and trainings in clinical settings" – CATES III attendee

"What Improvements Can Be Made to PSATTC-sponsored Events?"

When asked what components of the training could be improved, most comments were centered around a few key areas: allowing more time for each presenter, expanding the discussion and Q&A time, and conducting more trainings of the kind in the community. This invaluable feedback will help us to improve the quality of future CATES. The following quotes are taken directly from the comments section:

"More time!! The information was very useful but requires a little more time" – CATES I attendee

"Make the trainings more available" – CATES II attendee

"Continue with updated research and disseminating the info to the helping entities in our states and communities." – CATES III attendee

Upcoming CATES Trainings

The next set of CATES trainings (CATES IV and V) will focus on strategies for engaging and retaining clients in treatment. The trainings will be taken to a new level of instruction, and will include didactic presentations, as well as hands-on skill-building workshops on Motivational Interviewing (MI) and Contingency Management (CM). Both interventions are research-based, have extensive scientific support, and are highly recognized in both the treatment and research communities. Further, these approaches can be combined with an existing program to significantly enhance its effectiveness.

Topics will include:

- History and Explanation of Motivational Interviewing (MI)
- Principles of MI
- MI Microskills – Open-Ended Questioning, Affirmations, Reflections, and Summary (OARS)
- Overview of the Process of Change
- Literature Around Contingency Management (CM)
- Examples of Where and How to Use CM
- Problem-Solving Issues Around the Use of CM

The CATES meetings on engagement and retention will be held on November 30 at the Westin South Coast Plaza in Costa Mesa, California and on December 3 at the Radisson Hotel and Conference Center in Fresno, California. For more information on CATES IV and V or to register for these events, please visit www.uclaisap.org.



Western Conference on Addictions

Planning is in the final stages for the Western Conference on Addictions: Best Practices in Treatment and Community Interventions to be held November 11-14 at the Sheraton Universal Hotel in Universal City, California.

Hosted by UCLA Integrated Substance Abuse Programs, PSATTC, Matrix Institute on Addictions, Los Angeles Practice Improvement Collaborative, and the Pacific Region Node of the NIDA Clinical Trials Network, the goals of WCA are:

- To offer high quality workshops on addiction science and evidence-based treatment interventions
- To help professionals in private practice identify and address substance abuse and its related problems
- To disseminate new treatment resources developed through the Addiction Technology Transfer Centers, the Clinical Trials Network, and the Matrix Institute on Addictions.

Speakers include some of the leading experts in the field of addiction treatment:

Carlton K. Erickson, Ph.D., University of Texas at Austin, "Addiction as a Brain Disease: Why It Matters to Clinicians"

Martin Y. Iguchi, Ph.D., RAND, "Taking a Positive Approach to Behavior Change"

Lisa M. Najavits, Ph.D., Harvard Medical School, "Seeking Safety': An Approach for Treating PTSD and Addiction"

Peter E. Nathan, Ph.D., University of Iowa, "Co-occurring Disorders: What They Are and Why They Matter" and "Treatment Strategies for Co-occurring Disorders"

Nancy M. Petry, Ph.D., University of Connecticut, "Gambling Disorders: Current Research and Treatment"

Richard A. Rawson, Ph.D., UCLA ISAP, "Methamphetamine: New Knowledge, New Treatments"

Paula D. Riggs, M.D., University of Colorado "Integrating Adolescent Substance Abuse and Mental Health Treatment"

Allen Zweben, D.S.W., University of Wisconsin-Milwaukee, "Motivational Interventions with Substance Abusing Clients: Two Decades of Research"

The target audience for this conference is psychologists, social workers, marriage and family therapists, physicians, nurses, researchers, health educators, and administrators.

Domestic Violence Course and CE Credits

Conference participants can take part in a domestic violence course required for licensure by many disciplines. In addition, 15½ hours of continuing education credits are available for most disciplines. To register, visit www.uclaisap.org.

For more information, please contact Suzanne Spear by phone at (310) 445-0874, ext. 326 or e-mail at sspear@ucla.edu.

For More Information

If you would like to receive e-mail announcements of upcoming training events, please contact Beth Finnerty at finnerty@ucla.edu. You can also visit www.psattc.org and click on the "Training Calendar" to read more about upcoming trainings.