



## **Advocacy and Leadership Track**

*(All times in Pacific Daylight Time)*

**Wednesday, June 22, 2022**

### **2:00 – 3:30 PM Breakout Session Number 1**

#### **Allies And Collaborators: Building Relationships Through Social Action**

*Presented by Melody Gamba, LMHC, BC-DMT; Angela Grayson, PhD, BC-DMT, LPC, NCC; Ebony Nichols, BC-DMT, CAT-LP*

This workshop builds upon racial identity, unrealized bias, privilege and challenges participants to examine their rules of engagement when building relationships. The research discussed will support the core concept of building relationships in order to foster community dialogue, bring awareness to racial identity, and create more empathetic and compassionate communities necessary to lay the foundation for social action and anti-oppressive allyship. Through self-reflection, embodiment and expressive arts experientials this workshop investigates how applying Knapp's Relational Model in conjunction with the Oppressive Action Model may strengthen collective liberation while dismantling the helper/beneficiary model to support equitable and just social change.

*Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician*

### **4:00 – 6:00 PM Breakout Session Number 2**

#### **Critical Race Theory As A Framework For Decentering Whiteness In Counseling**

*Presented by Devona M. Stalnaker-Shofner, EdD, LPC, NCC*

At the core of this presentation is introducing and utilizing Critical Race Theory (CRT). CRT is a theoretical and interpretive model that examines the appearance of race and racism across dominant cultural modes of expression. CRT attempts to understand how victims of systemic racism are affected by cultural perceptions of race and how they can represent themselves to counter prejudice. Counselors are aware of the need to develop knowledge, awareness, and skills in multiculturalism and social justice advocacy. Additionally, we have become more aware of the need to take an active stance against systemic racism. How do counselors develop the skills necessary to engage in this important work? Interest in social justice and advocacy has certainly increased in the counseling literature; with a clear call from scholars for professionals to engage in social justice work that goes beyond traditional models and that include intentional advocacy engagement and system-level interventions. This presentation will discuss Critical Race Theory as an approach to address race, racism, power, and privilege in counseling practices and systems that may work to silence the voices of historically marginalized populations. It will identify the key tenets of CRT, and ways to ethically incorporate CRT into counseling, clinical supervision, and counselor



education curricula to effectively teach clinicians, students, and supervisors about advocacy, activism, and multicultural competence.

*Target Audiences: Educator, Supervisor, Clinician*

## **Friday, June 24, 2022**

### **9:00 – 10:00 AM Breakout Session Number 1**

#### **Ecological Integration Of Substance Use And Career Counseling Perspectives**

*Presented by Jackie Dell, LPC*

Ecological counseling entails conceptualizing the client through the lens of the various levels and systems that impact the client and their environment as this influences the client's behaviors and their presenting problem. For most adults, a significant amount of time is spent at work or in performing work-related tasks, and yet career counseling is often viewed as a separate entity from mental health counseling as a whole, and especially in relation to substance use counseling. In knowing that employment is a positive factor in recovery capital, and positive views of career influences overall wellbeing, it is essential that substance use counselors are integrating career counseling perspectives and interventions as tools in working towards meaningful behavior change with their clients. There are clear relationships in the literature between career and recovery, as well as existing gaps in the literature related to the way this relationship works that need to continue to be explored. This presentation will explore the existing literature to highlight the relationships and the gaps, and provide examples of the use of the ecological framework in integrating career counseling perspectives as a tool in substance use counseling.

*Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician*

### **3:00 – 4:30 PM Breakout Session Number 3**

#### **Rubbing Elbows with Primary Care: Behavioral Health's Seat at the Table**

*Presented by Chelsea Piechowski, M.S.Ed., LPC-S, NCC, RPT; Christian Neal, M.D., MPA*

The American Psychiatric Association (APA) defines the Collaborative Care Model as an evidence-based, population/caseload based model of providing integrated behavioral health services in a primary care setting. Steps to implement the Collaborative Care Model are clearly outlined, and research supports the impact said model can have on access to care and patient outcomes. Few candid snapshots of the challenges associated with the implementation process are offered, however. By illustrating our experiences with implementation thus far in an interactive and collaborative way, we will shed light on various challenges as well as ways to navigate said challenges innovatively. Additionally, we will emphasize why having an understanding of behavioral health integration and learning how to secure behavioral health's seat at the table is imperative given the current increase in



negative trends in mental health since the start of the pandemic. Likewise, we will emphasize the ways in which navigating barriers to implementation with a trauma-informed lens has been effective.

*Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician, Primary Care Provider*