



'Un-Press the Pause' on Addiction Treatment



Wednesday, June 8, 2022 • I-Hotel & Conference Center, Champaign, IL

AGENDA

Registration / Continental Breakfast

- 8:30 am **Welcome and Opening Remarks** – *Pat Schou, Executive Director, Illinois Critical Access Hospital Network*
- 8:35 am **State of the State: An Update on Illinois' Opioid Statistics** – *Jennifer Epstein, Assistant Deputy Director, Office of Policy, Planning, and Statistics, Illinois Department of Public Health*
- 8:50 am **The Living Room Project** – *Kent Tarro, Administrator/CEO, Macoupin County Public Health Department/Maple Street Clinic*
- 9:45 am **Break**
- 10:00 am **Experiences From the Field**

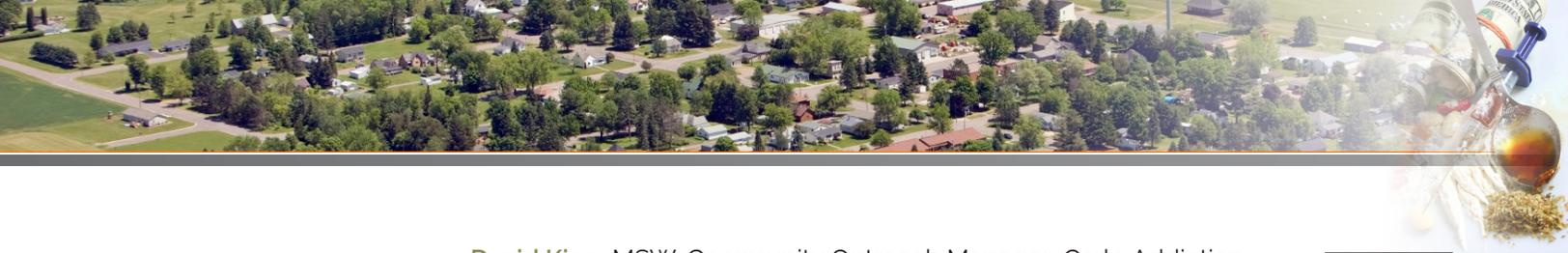


Live4Lali's mission is to reduce stigma and prevent substance use disorder among individuals, families, and communities, and minimize the overall health, legal, and social harms associated with substance use. Laura Fry, Executive Director, oversees Live4Lali's service and outreach team and also brings a unique and informed lens as she has a son in long-term recovery from an opioid use disorder. With more than two decades in the health field and a specialization in emergency medicine, Laura has been responding to overdoses and working with people impacted by addiction for years. She will be joined by Luis Aponte, Outreach Coordinator, who is in long-term recovery. Luis battled substance use disorder, incarceration, gang involvement, and continues to live with health complications as a result of his substance use. He has a passion for helping people who are struggling with substance use and finds fulfillment in service-based work.



The Perfectly Flawed Foundation supports multiple pathways to recovery and believes it should be up to the individual to decide their path to health and happiness. They believe that abstinence, reduced-use, medications, moderation management, and harm reduction are all valid forms of recovery for those that wish to change their substance use. The Perfectly Flawed Foundation is represented by Luke Tomsha, Founder/Executive Director, who testified before then-Governor Rauner's Opioid Task Force, advocating for multiple pathways to recovery including Medication Assisted Treatment (MAT), abstinence-based programs, or more holistic approaches.





David King, MSW, Community Outreach Manager, Carle Addiction Recovery Center, will present "How to Create Bridges to Provide Harm Reduction." Mr. King will identify personal and organizational barriers to harm reduction and offer strategies/alternatives to move forward.



11:15 am **Funding and Federal Initiatives**

11:30 am **Medication Assisted Recovery in Emergency Rooms –**
Dr. Stephen Holtsford, MD, University of Illinois-Chicago, board-certified in addiction medicine



Noon **Lunch**

12:45 pm **Project ECHO –** Dr. Kate Austman, double board-certified in Family and Addiction Medicine, Family Health Care of Gibson City and Gibson Health of Watseka; and Dr. James Besante, certified in Addiction and Internal Medicine, Carle Addiction Recovery Center, Champaign, IL



1:30 pm **Canary in the Coal Mine: A Forgotten Rural Town, a Hidden Epidemic, and a Lone Doctor Battling for the Life, Health, and Soul of the People –** Dr. William Cooke, MD, FAAFP, FASAM, AAHIVS, will present on his and the town's experiences, which included a community outbreak of over 200 cases of HIV among people who injected drugs in 2015. This part of the presentation will be followed by a Q&A panel of people with lived experiences from Austin sharing their stories living with and being affected by opioid use disorder, and how they have become agents of change.



2:50 pm **Questions and Answers –** Dr. William Cooke

3:00 pm **Evaluation/Adjournment**

Criteria for successful completion: Attend the entire activity and complete the evaluation. No partial credit will be awarded.

Disclosure: ICAHN is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

5.25 Contact hours for nurses and social workers

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Speaker Biographies

Dr. William Cooke, MD, FAAFP, FASAM, AAHIVS, is a Fellow of the American Academy of Family Physicians and the American Society of Addiction Medicine and co-director for the Rural Center for AIDS/STD Prevention. He has received national recognition for quality and compassionate care, including being named "Family Physician of the Year" by the American Academy of Family Physicians. He's also received the Doc Hollywood Award by the Indiana Rural Health Association for his service to rural Indiana, the Indiana State Health Commission's Award for Exceptional Public Health Service, the Ryan White Distinguished Leadership Award, and the first ever Physician Pillar of Excellence Award by the Addiction Policy Forum. His book, "Canary in the Coal Mine," explores the profound impact of health disparities on people's lives while providing practical community-based solutions.

Dr. James Besante is an Internal Medicine Specialist in Champaign, IL, and has over seven years of experience in the medical field. He is affiliated with Carle Addiction Recovery Center and leads the fellowship program associated with Project ECHO (Extension for Community Healthcare Outcomes).

Dr. Kate Austman is double board-certified in Family and Addiction Medicine and also specializes in maternity care and obstetrics at Family Health Care of Gibson City and Gibson Health of Watseka.

Dr. Stephen Holtsford holds an MD from the University of Illinois-Chicago, where he also completed a residency in emergency and internal medicine. He has been board-certified in addiction medicine since 2019. As Medical Director at Recovery Centers of America, Dr. Holtsford oversees the medical care of patients including withdrawal management, chronic medical conditions, and any other medical issues that arise during their stay at RCA. Dr. Holtsford's interest in addiction treatment and advocacy comes from his time as an ER physician, witnessing the ravages of drugs and alcohol on people in the community. Since obtaining board certification in addiction medicine, he also trains other providers, advocates for better care of opioid use disorder patients in the ER, and works towards getting care to patients in the criminal justice system.

David King, MSW, is the Manager of Community Outreach for Carle Addiction Recovery Center. His experience has encompassed working in the public and private sector with a background in operations and program development and also consulting as both a provider and administrator.

Luke Tomsha is the founder and director of The Perfectly Flawed Foundation. Luke's journey began in 2015 after over 14 years of chaotic heroin use. Luke was a familiar face in a small town who came forward with his addiction in 2015 to confront stigma in his community after his friend, Ryan, overdosed and died while Luke was away at rehab. After Ryan's passing, Luke abandoned his career as a technology director in the pursuit of happiness and something that gave his life more meaningful purpose and value. In 2017, Luke started The Perfectly Flawed Foundation to build a trusted entry point in his community for people looking to make positive lifestyle changes related to substance use. This past year, The Perfectly Flawed Foundation launched a mobile wellness and support program that covers a rural region spanning 2,000 square miles and includes syringe service, naloxone distribution, and connection to care when requested.

Laura Fry, in long-term recovery from mental health, substance use, and trauma, also has a son in long-term recovery from an opioid use disorder. Laura's professional and personal experiences helped develop the comprehensive and compassionate approach Live4Lali embodies to serve people with substance use disorders and their loved ones. **Luis Aponte** is in long-term recovery and works with Live4Lali as well. His prior experience includes outreach work with Cease Fire, a Chicago-based violence prevention program, and at PADS, working with individuals who are chronically homeless.

Kent Tarro, MS, RD, serves as Administrator of the Macoupin County Public Health Department. The department expands and thrives as new and varied programs, from dental services in public schools to the county transit system and everything in between, is added or improved. These services have had a great impact on the lives of Macoupin County residents.

Jennifer Epstein is the Assistant Deputy Director for the Office of Policy, Planning, and Statistics at the Illinois Department of Public Health. She has over 15 years of experience in project and strategy development, implementation, evaluation, and coalition building.