



## Northwest Wayne Families Against Narcotics 2019 Public Forum Schedule

**January 7, 2019: How to Make 2019 Your Best Year Ever!** Diane Dovico, an expert in wellness and recovery, will share scientifically proven techniques that will help you cope with life's challenges in a healthy and productive way. Lisa Sellinger, a yoga teacher and mom of a son with substance use disorder, will share how yoga has helped her deal with the stress and chaos that addiction has brought into her family's life. We will be awarding two yoga packages at the MI Yoga Room to two lucky forum attendees!

**February 4, 2019: Legal Marijuana in Michigan – What You Need to Know.** Effective December 6, marijuana was legalized for recreational use in Michigan. What are the new rules? And how will legalization impact pending or past criminal charges, law enforcement, employment, and addiction treatment? At this forum, we will present a panel of experts to answer these and other questions.

**March 4, 2019: Recovery and the Family.** Our featured speaker at this forum is Katie Donovan, Vice-President of the overall FAN organization, author of the popular and nationally-recognized blog, "A Mother's Addiction Journey", and Certified Family Recovery Coach and Trainer. Katie will speak to the challenges families face in dealing with a loved one in active addiction or early recovery, including trust issues, coping with the emotional roller coaster, avoiding triggers, and more.

**April 1, 2019: Ending The Opioid Epidemic – Policy Changes That Will Work.** Jodi Switalski is a nationally-recognized speaker who travels the country educating doctors, treatment professionals, students, legal professionals, and communities on the opioid epidemic, the dangers of prescription pills and other drugs, and solutions that will work. As an attorney whose law firm specializes in addiction-related legal issues and a former treatment court judge, she understands what is driving our current public health crisis, and is passionate about helping our communities find a pathway out.

**May 6, 2019: Recovery Panel.** At this forum, we will hear from people in long-term recovery from addiction who are from all walks of life. They will share how they found the strength and motivation to get serious about recovery, and the methods they've employed to maintain their sobriety. Multiple pathways to recovery will be discussed and explored.

*(See Reverse Side for More Public Forums)*

**June 3, 2019: Dealing with the Criminal Consequences of Addiction.** At this forum, we will hear from a local judge, representatives of law enforcement, a probation officer, and a jail administrator regarding how they deal with individuals facing criminal consequences due to their addiction. You will have the opportunity to have your questions answered concerning how our criminal justice system deals with addiction.

**July 1, 2019: Addiction and Co-Occurring Mental Health Disorders.** Experts have estimated that between 40 and 60 percent of people struggling with addiction have a co-occurring mental health disorder, such as depression, anxiety disorder, PTSD, ADHD, or bipolar disorder. Steve Wiland, Clinical Director of Personalized Nursing Lighthouse, is an expert in this area and will share his knowledge with us.

**August 5, 2019: Structured Family Recovery, with Debra Jay.** Debra Jay is a nationally recognized public speaker, noted author, and interventionist who has appeared on the Oprah Winfrey Show and the Dr. Oz Show. She is the author of *It Takes A Family*, the ground-breaking book on Structured Family Recovery. She is also the author or co-author of *No More Letting Go – The Spirituality of Taking Action Against Alcoholism and Drug Addiction*; *Love First*; and *Aging and Addiction*.

**September 9, 2019: Finding Treatment.** Our community's patchwork treatment system and limited addiction-related resources can make accessing effective treatment challenging. At this forum, we will explore avenues for accessing treatment, and what to do if you can't get into the kind of treatment you need right away. Discussion will include Hope Not Handcuffs, the Western Wayne Rescue Recovery program, and the role of peer recovery coaches in supporting recovery.

**October 7, 2019: Medication-Assisted Treatment.** At this forum, an addiction doctor and other treatment professionals will discuss the types of medications that exist to treat addiction and support recovery, when and why different types of medications may be beneficial, and challenges that exist with respect to using medications to support recovery. There is a lot of misinformation out there about medication-assisted treatment, and we aim to clear up the confusion and provide answers to all your questions.

**November 4, 2019: Surviving the Holidays.** Individuals and families impacted by addiction face special challenges during the holidays. For people in recovery, the holidays can bring triggers for relapse. Family relationships are often strained by addiction, and children are especially vulnerable. At this forum, we welcome Elaine Williams, a Master's level therapist specializing in work with children, families, grief, and trauma. We will also hear from a certified peer recovery coach on how to avoid relapse during the holidays.

**December 2, 2019: Special Holiday Forum.** We continue our focus on the unique challenges individuals and families impacted by addiction experience during the holidays. Our December forum will be a special holiday event devoted to fellowship, support, and growing hope. We will share a holiday meal together and hear the personal story of a family's journey through the pain of addiction to joy in recovery.