

# ILLINOIS CO-OCCURRING CENTER FOR EXCELLENCE (ICOCE)

IDHS/SUPR

## SPRING 2023 SUMMIT

April 28<sup>th</sup>, 2023. 845am-330pm via Zoom

5 CEUs provided (3 for morning sessions / 2 for afternoon sessions)

## FOUNDATIONS & FUTURE:

### Trauma, Co-occurrence, Harm Reduction Initiatives, & Equity



For forty years we've sought to realize targeted harm reduction. For forty years we've known substance use and mental illness can be intertwined in people's lives as an integrated co-equal event with not one causal of the other. And sometimes it can feel as if we're still in year one. So what have we learned over these years and added to our collective insights and wisdom? And where then do these take us next? Join us as we think out loud, reflect and ponder: harm reduction, trauma, co-occurrence, policy initiatives to enhance practice, and equity as essential to our systems of care. Our now and our days to come.

- 845-900 Introduction & Opening Remarks – Tom Kinley, Heartland Alliance Health, ICOCE  
900-1030 **Promoting Resilience Using Trauma-Informed Care – Worsham EI**, LCSW, CFTP, (she/her)  
Trauma Therapist & Consultant, CEO & Co-Founder Lotus Trauma Care, LLC.  
*lotustrauMACare.com*
- 1030-1040 *Break*  
1040-1210 **Intro to Integrated Care: Responding to Co-occurring SU/MH in Clients' Lives – Jessica A. Love Jordan**, MHS, LCPC, NCC, CADC (she/her), Owner/Operator Love Behavioral Health Consulting, LLC. *lovebhconsulting.com*
- 1210-1 *Lunch Break*  
1-200 **Harm Reduction Policy Initiatives: How We Can Support & How They Support Us – Laura Fry**, Executive Director Live4Lali, Inc. *live4lali.org*
- 200-210 *Break*  
210-310 **Equity is Healing: Breaking Through Addiction Stigma – Giselle Hernandez Navarro**, Ph.D., LCSW, CADC (she/her), Area Health Education Center (AHEC) Director - North East Illinois Northern Illinois University, College of Health and Human Sciences. *chhs.niu.edu*
- 310-330 Closing Remarks – Tom Kinley, Heartland Alliance Health, ICOCE

#### Join Zoom Meeting 4.28.23

<https://us06web.zoom.us/j/88662063061?pwd=MGVoemJvUkxJSXc2RUZvOVV5aWNLkdz09>

Meeting ID: 886 6206 3061 Passcode: 412362

For additional information or questions please contact:  
Tom Kinley, Heartland Alliance Health / ICOCE [tkinley@heartlandalliance.org](mailto:tkinley@heartlandalliance.org) (312) 505-0132

## PRESENTERS



**Worsham El** has nearly 15 years of experience empowering diverse populations of vulnerable youth, adults, and their families in medical, substance use, academic, residential, and child welfare settings. She strongly advocates for the promotion of post-traumatic resiliency via trauma-informed care. Worsham El is a Licensed Clinical Social Worker (LCSW), Certified Trauma Family Professional (CTFP), and Certified Trauma Sensitive Yoga Facilitator (TSY-F).

She practices as a Trauma Therapist and Consultant at Lotus Trauma Care, where she is the Owner and Co-founder. Worsham El is passionate about educating professionals on the impact of chronic stress on physical, emotional, relational, and mental health. She has trained over 2500 professionals in trauma-informed care. El also has experience as an adjunct Professor and Field Consultant at the University of Chicago in the Crown Family School of Social Work, Policy, and Practice.

Worsham El received her Bachelor's in Psychology from Loyola University Chicago, with a concentration in child and adolescent development. She received her master's in social service administration from the University of Chicago, specializing in the treatment of complex trauma.

**Lotus Trauma Care, LLC**  
[lotustrauamacare.com](http://lotustrauamacare.com)



**Jessica Love Jordan** I enjoy fostering a better understanding of the impact of, and risk factors for, mental illness, substance use/misuse and addictive disorders on both a micro level (counseling) and macro level (education, prevention & advocacy). I have been fortunate to have opportunities to be a panelist on behavioral health-focused discussions, facilitate training(s), present and regional and national conferences, and coordinate a number of educational events focused on de-stigmatizing addiction & mental illness and promoting a more recovery-friendly society. My current research interests include: "clinical supervision in addictions counseling", "co-occurring disorders training needs of counselors and counselors'-in-training", "peer recovery support services", and "approaches for promoting counselors'-in-training self-care during supervision". I'm also interested in "approaches for decolonizing psychotherapy for women of color" and "the impacts of generational trauma in Black and African America Communities".

**Love Behavioral Health Consulting, LLC**  
[lovebhconsulting.com](http://lovebhconsulting.com)



**Laura Fry** is the Executive Director of Live4Lali overseeing the implementation of Live4Lali's services and outreach team. In long-term recovery from mental health, substance use, and trauma, Laura brings a unique and informed lens. She also 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. 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. [live4lali.org](http://live4lali.org)

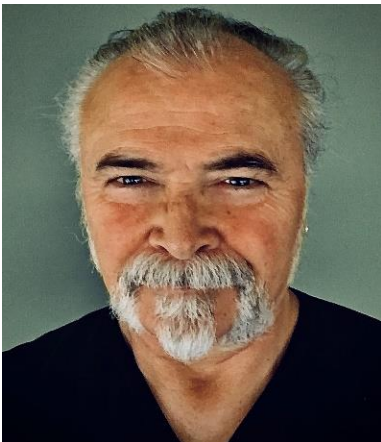
"As a person in long term recovery from substance use disorder and as a mom of someone in remission from heroin use disorder, I have walked both paths - a person who would do anything for what I needed, and a mom who didn't sleep at night wondering if her son was still alive. Through this journey I have grown from the mom who threw out her son's naloxone, to a woman who carries harm reduction supplies everywhere she goes. In my 8 years with Live4Lali, I have been part of an incredible team that has brought harm reduction to the forefront by collaborating on the Hypodermic Needle and Syringe Act (passed in August, 2019), access to naloxone through Lali's Law, part of the Comprehensive Addiction and Recovery Act, the Heroin Crisis Act, demanding Illinois Medicaid payment of medication assisted therapy for opioid use disorder, and changed the narrative on the stigma and shame that surrounds those with SUD. However, overdose deaths continue to climb, the shame and stigma of this disease continues, I can't change this alone. Please join me in embracing all those impacted by Substance Use Disorder without judgement, only love and compassion."



**Giselle Hernandez Navarro, Ph.D., LCSW, CADC** recently completed her Counselor Education and Supervision doctorate at Northern Illinois University (NIU). Giselle earned a Bachelor of Arts Degree in Applied Psychology with High Departmental Distinction from the University of Illinois at Chicago (UIC) in 2007. Giselle graduated from the University of Chicago with a Master of Arts Degree in Clinical Social Service Administration, specializing in school social work in 2009. Giselle completed her education in addiction counseling at Waubensee Community College in 2018. Giselle maintains licensures in the State of Illinois as Licensed Clinical Social Worker, School Social Worker Endorsement, and Certified Addictions Counselor. Her professional background has been influenced by 14 years of clinical work in multiple community and school settings: elementary and high schools, autism home support program, foster care, inpatient hospital, substance use disorder intensive outpatient program, college counseling center, and private practice. Currently, Giselle works as the Director of the North East Illinois Area Health Education Center (AHEC) administered through NIU's College of Health and Human Sciences. In January of 2023, Giselle successfully defended her dissertation exploring the relationship between the ambiguous loss of alcohol use disorders on affected family members, Al-Anon involvement, psychological flexibility, and distress versus resilience outcomes. She has published her research on Attachment to God, religious coping, and alcohol use in the International Journal for the Psychology of Religion. Giselle has 6 years of teaching and supervisory experience in higher education. She has educated addiction professionals on topics of resilient and multiculturally responsive leadership as an Illinois Certification Board's Leadership team member since 2021. Giselle was awarded The Rising Star Award from the Illinois Chapter of the National Association of Alcohol and Drug Counselors.

**Northern Illinois University**  
**North East Illinois Area Health Education Center (AHEC)**  
**College of Health and Human Sciences** <https://www.chhs.niu.edu/>  
**Illinois AHEC** <https://ilahec.uic.edu/about/>

## SUMMIT HOST & FACILITATOR



**Tom Kinley** (he/him) has 42 years of experience given to collaborative partnerships supporting individuals experiencing mental illness, substance use, poverty, homelessness, law enforcement encounters and incarceration, and gender/sexual orientation discrimination and abuse. For 35 years Tom served with Thresholds in Chicago, 25 of those as Program Director to the Dincin Center for Recovery. For the past 5 years Tom's been with Heartland Alliance Health in Chicago, and presently provides leadership and facilitation to Heartland's Midwest Harm Reduction Institute / Illinois Co-occurring Center for Excellence / Heartland Center for Systems Change. He has a particular passion for ensuring staff have the support, recognition, and care necessary in engaging in collaborative partnerships with those who live with mental health and substance use challenges. Tom grew up in Japan, which he still considers home, and has a personal interest in psycho-spiritual practices and applications. He lives with his partner of twenty two years, Julie, who runs her own business in women's fashion sales, in a lakeside dune land fixer-upper home with three trouble making cats just outside of Chicago.

**Tom Kinley** | Field Support & Systems Change Facilitation  
*Pronouns: he/him/his*  
**Heartland Alliance Health | A Partner of Heartland Alliance**  
**Midwest Harm Reduction Institute**  
**Illinois Co-occurring Center for Excellence**  
**Heartland Center for Systems Change**  
 4750 N Sheridan Rd. #469 | Chicago, IL 60640  
 Mobile phone: 312-505-0132

## Online Summit Evaluation Links & CEU Certificate Request

- ICOCE SUMMIT 2023 **Session 1 Trauma** 4.28.23 (1.5 CEUs)
  - <https://forms.gle/yKzPo1hoUEB87Ru56>
- ICOCE SUMMIT 2023 **Session 2 Co-occurring** 4.28.23 (1.5 CEUs)
  - <https://forms.gle/kW3kb2hCoHUtGrxQ6>
- ICOCE SUMMIT 2023 **Session 3 HR Policies** 4.28.23 (1 CEU)
  - <https://forms.gle/RE3uynVbh1vfVCz26>
- ICOCE SUMMIT 2023 **Session 4 Equity** 4.28.23 (1 CEU)
  - <https://forms.gle/CgxBA8YxvWo6iALY6>

*Thank you for joining us!*