

## Catch'em While You Can – Prevention at Work



Substantial empirical support exists for alcohol screening and brief intervention (SBI) in medical settings; however in the workplace we are not yet doing our job related to SBI. SBI within EAPs can give us an opportunity to reach millions of workers annually. Please join us to learn how you can implement SBI in your EAP or private practice.

### Agenda: April 9, 2010

- 7:15 – 8:00 am Registration and Continental Breakfast
- 8:00 – 8:35 am Introduction to SBIRT: Practical methods to implement SBI into EAP and private practice settings  
**Brie Reimann, BA** – SBIRT Program Director, Peer Assistance Services, Inc
- 8:35 – 8:50 am How SBI became a standard practice in the State of Colorado EAP  
**Randi C. Wood, LCSW, DCSW, CEAP** – Director Colorado State Employee Assistance Program
- 8:50 – 9:00 am Break
- 9:00 – 11:00 am How do we make Screening & Brief Intervention (SBI) a part of standard practice?  
**Eric Goplerud, Ph.D.**  
Director, Center for Integrated Behavioral Health Policy, Department of Health Policy, George Washington University Medical Center
- 11:00 – 11:10 am Break
- 11:10 – 12:30 pm Brief Interventions: A tool you can use with your clients  
**Brie Reimann, BA** – Program Director, SBIRT Colorado, Peer Assistance Services, Inc.  
**Leigh Fisher, MPH** – Program Manager, SBIRT Colorado, Peer Assistance Services, Inc.  
**Caitlin Kozicki, MA, LPC, CAC III, CEAP** – EAP & Drug-Free Workplace Coordinator, Peer Assistance Services, Inc.

**Location:** Peer Assistance Services, Inc.  
2170 South Parker Road – 4<sup>th</sup> Floor  
Denver, CO 80231

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*Register today. PDHs available*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cost: \$45

Method of Payment:  Check Enclosed  Pay at the Door

Mail to: EAPA, c/o Berman Consulting Services, 365 South Gaylord, Denver, CO 80209

**Learning Objectives:**

1. Attendees will learn about evidence-based brief alcohol and substance use screening tools that can be integrated into routine EAP practice in their internal EAPs to identify alcohol use risk levels, and receive a copy of the AUDIT-C/AUDIT tools.
2. Attendees will be able to relate appropriate levels of brief intervention to level of alcohol use risk, and will learn to use NIAAA developed resources to assist EAP clients to commit to change unhealthy drinking patterns.
3. Attendees will learn about user-friendly Screening and Brief Intervention (SBI) program performance metrics/benchmarks they can use in their EAP to evaluate their own SBI program.
4. Attendees will learn about opportunities in the BIG Initiative to participate in a learning collaborative with other EAPs to institute routine alcohol screening and brief interventions in their EAPs.

**Eric Goplerud, Ph.D.**

Dr. Goplerud is a clinical psychologist and research professor of health policy at George Washington University School of Public Health. Since 2002, Dr. Goplerud has directed Ensuring Solutions to Alcohol Problems, a research program supported by grants from the Pew Charitable Trusts, the Robert Wood Johnson Foundation, industry, and various Federal agencies. He also directs the Center for Integrated Behavioral Health Policy. Dr. Goplerud is immediate past president of ACMHA: the College for Behavioral Health Leadership. His primary work focuses on integration of behavioral health into national health reform, improving access and financing for behavioral health in primary and specialty medicine, and engagement of businesses, health insurers and EAPs to promote access to effective, affordable behavioral health care. Dr. Goplerud has directed foundation, corporate and government sponsored projects focused increasing access to effective, affordable alcohol treatment. He led the successful effort to secure AMA approval in January 2008 of alcohol and drug screening and brief intervention (SBI) CPT Codes. Dr. Goplerud chaired the National Quality Forum's Technical Advisory Panel that produced the consensus standards of evidence-based substance use treatment, and he co-chairs the Joint Commission on Accreditation of Health Care Organizations (JCAHO's) Technical Advisory Panel that designed and is field testing alcohol and tobacco SBIRT performance measures for all hospital admissions. Prior to working at George Washington University, Dr. Goplerud held senior policy leadership with the Substance Abuse and Mental Health Services Administration (SAMHSA).

**Brie Reimann, BA**

Brie has an undergraduate degree in international studies and cultural anthropology, with a minor in Spanish. She is currently pursuing her master's degree in public administration with an emphasis in healthcare policy. Brie Reimann has worked with Peer Assistance for five years. She co-authored both the SBIRT and the ATR grants for the state of Colorado. Her primary role at Peer Assistance has been to manage and provide oversight to several prevention-focused contracts. Brie has been a leader and champion in promoting SBIRT to the state of Colorado. Before working as program director for SBIRT Colorado, Brie managed a program funded by the Substance Abuse and Mental Health Services Administration to prevent women from drinking during pregnancy and to prevent Fetal Alcohol Spectrum Disorders in Colorado. Prior to Peer Assistance Services, Brie worked on the start-up program for the Denver's Community Development Institute to implement an English Language Learner's program at Head Start programs nationwide.

**Randi C. Wood, LCSW, DCSW, CEAP**

Randi received her BA in psychology (1985) from the University of Colorado and her MSW in social work (1987) from the University of Denver. Her credentials are as follows: Licensed Clinical Social Worker, Diplomat in Clinical Social Work, Certified Employee Assistance Professional, Certified Emotional Intelligence Coach, and Employee Assistance Coaching Specialist. She is also certified in Team Awareness, an evidence-based workplace substance abuse prevention program. Randi has been an employee of the Colorado State Employee Assistance Program (C-SEAP) for the past twenty years, and has served as the Director since 1998. In addition to managing C-SEAP, Randi provides organizational consultation, group facilitation, mediation, crisis intervention, and training. Randi served as President of the Colorado Employee Assistance

Professional Association from 2006-2009 and received the Daetwiler Award for the 2007 Outstanding Employee Assistance Professional in Colorado. Under her leadership, C-SEAP received the 2008 GEM (Government Efficiency Management) Award. Randi may be reached at 303-866-4314 or 1-800-821-8154.

**Caitlin Kozicki, MA, LPC, CAC III, CEAP**

Caitlin received her BS in Psychology from Montana State University in 2002 and her MA in Counseling Psychology from Pacific University in 2006. She has been employed at Peer Assistance Services since 2006 and has a wealth of knowledge in EAP services and in working with at-risk youth. Caitlin has experience working with a variety of populations including at-risk youth and adolescents, children and adolescents with histories of abuse and mental health problems, pregnant and parenting teens, adults, and adults currently enrolled in drug and alcohol treatment programs. Caitlin teaches healthy relationship classes for individuals, couples, and families. Caitlin has been working in the EAP field for almost 5 years, providing assessments, referrals, monitoring, short-term problem resolution, management consultation, process consultation, drug-free workplace implementation, educational presentations, supervisor training, marketing to potential small businesses, facilitation of journal club, and facilitation of quarterly drug-free workplace alliance meetings.

**Leigh Fisher, MPH**

Leigh received a Bachelor of Science in psychology from Nebraska Wesleyan University and a Master of Public Health with an emphasis in behavioral sciences and health promotion from the University of Illinois at Chicago. For the past ten years, Leigh has focused on reaching the underserved through public health program development, grant writing, research and evaluation. She is currently the Program Manager for SBIRT Colorado and provides training and technical assistance to hospitals, clinics, and community-based organizations across Colorado on how to implement substance use screening and brief intervention services into routine healthcare practice. Leigh is also President-elect of the Colorado Society for Public Health Education. Through her previous experience with Planned Parenthood of the Chicago Area, the Illinois Center for Violence Prevention, and the Teen Mother Education Project of Denver Kids, Inc., she facilitated education and advocacy-based activities in order to help address behavioral and environmental risk factors that impact health. Furthermore, Leigh assisted on two research studies funded through the National Institutes of Health: (1) Life Support Decisions for Extremely Premature Infants, and (2) The Women's Interagency HIV Study.