

# UNDERSTANDING ROADBLOCKS TO RECOVERY

Presented by the Mississippi Association of Recovering Pharmacists

August 19-20, 2017

Trotter Convention Center, Lower Level  
402 2<sup>nd</sup> Street South Columbus, MS. 39701

## Saturday, August 19, 2017

- 8:00-9:00 Registration and Breakfast
- 9:00-9:10 Explanation of the Facilities and Scheduled Activities of the Day  
Jerry Fortenberry, MARP Seminar Coordinator
- 9:10-9:15 Welcome and intro to first Speaker  
Don Comfort, President, MARP
- 9:15-10:15 Using 21<sup>st</sup> Century Brain Research to Explain Brain Mapping Around Stress and its Physical Manifestations Part I  
Lisa Frederiksen, Author
- 10:15-10:30 Break
- 10:30-11:30 Using 21<sup>st</sup> Century Brain Research to Explain Brain Mapping Around Stress and its Physical Manifestations Part II  
Lisa Frederiksen, Author
- 11:30-12:00 Update from the Board of Pharmacy  
Cheri Atwood, MS Board of Pharmacy
- 12:00-1:00 Lunch
- 1:00-2:15 Aces, Addiction & the Secondhand Drinking Drugging Connection Part I  
Lisa Frederiksen, Author
- 2:15-2:30 Break
- 2:30-4:30 Aces, Addiction & the Secondhand Drinking Drugging Connection Part II  
Lisa Frederiksen, Author

## Sunday August 20, 2017

- 8:00-8:40 Breakfast
- 8:40-8:45 Welcome and intro to first Speaker  
Don Comfort, President, MARP
- 8:45-10:15 Common Causes of Relapse for Health Care Professionals  
Dr. Michael W. Wilkerson, MD,  
Bradford Health Services
- 10:15-10:30 Break
- 10:30-12:00 Grief Workshop  
Maggie Banger, M.ED,LPC,  
Bradford Health Services

### Using 21st Century Brain Research to Explain Brain Mapping Around Stress and its Physical Manifestations Part I

**Lisa Frederiksen, Author**  
APCE: 0032-9999-17-010-L04-P/T 2.0 contact hours (0.2ceu)

Target audience - Pharmacists, pharmacy technicians  
A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Incorporate 21st Century brain science and related information to understand brain wiring (P/T)
2. List stress-provoking emotions. (P/T)
3. List the physical manifestations that can occur when stress is chronic. (P/T)

### Using 21st Century Brain Research to Explain Brain Mapping Around Stress and its Physical Manifestations Part II

**Lisa Frederiksen, Author**  
APCE: 0032-9999-17-010-L04-P/T 2.0 contact hours (0.2ceu)

Target audience - Pharmacists, pharmacy technicians  
A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Discuss the ways movement and aerobic exercise capabilities can have a profound impact on pain relief. (P/T)
2. Prioritize the connection between movement and unwiring in an unhealthy brain. (P/T)
3. Discuss how brain mapping of pain medications can be the answer to chronic pain and the connection between a person developing an addiction to pain medications. (P/T)

### Update from the Board of Pharmacy

**Cheri Atwood, Mississippi Board of Pharmacy**  
APCE: 0032-9999-17-011-L03-P/T .5 contact hours (.05 ceu)

Target audience - Pharmacists, pharmacy technicians  
A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Translate the revision for USP 795 and USP 797 for pharmacists/pharmacy techs. (P/T)
2. Diagram how pharmacists/pharmacy techs become compliant with the USP 795 and 797 Revisions. (P/T)

### Aces, Addiction and the Secondhand Drinking/Secondhand Drugging Connection, Part I

**Lisa Frederiksen, Author**  
APCE: 0032-9999-17-012-L04-P/T 3.25 contact hours (0.325ceu)

Target audience - Pharmacists, pharmacy technicians  
A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. List the basics of neural network and brain mapping. (P/T)
2. Describe the relationship between secondhand drinking and stress. (P/T)
3. Illustrate the profound discoveries about toxic stress and childhood trauma. (P/T)
4. Demonstrate how mental disorders and genetics have such a profound impact on the development of addiction. (P/T)

### Aces, Addiction and the Secondhand Drinking/Secondhand Drugging Connection, Part II

**Lisa Frederiksen, Author**  
APCE: 0032-9999-17-012-L04-P/T 3.25 contact hours (0.325ceu)

Target audience - Pharmacists, pharmacy technicians  
A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Describe the role nutrition, exercise, sleep and mindfulness practices play in treating addiction. (P/T)
2. Define the SHD-Stress related impacts. (P/T)
3. Appraise ACE change in brain wiring. (P/T)

### Saturday CE contact hours total is 5.75

### Common Causes of Relapse for Health Care Professionals

**Dr. Michael W. Wilkerson MD, Bradford Health Services**  
APCE: 0032-9999-17-013-L04-P 1.5 contact hours (.15ceu)

Target audience - Pharmacists, pharmacy technicians  
A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Cite the three stages of relapse. (P/T)
2. List tools used to combat relapse. (P/T)
3. Categorize the signs of emotional relapse. (P/T)
4. Tell about "Self Care." (P/T)

### Grief Workshop

**Maggie Banger, M.ED,LPC, Bradford Health Services**  
APCE: 0032-9999-17-014-L04-P/T 1.5 contact hours (.15ceu)

Target audience - Pharmacists, pharmacy technicians  
A knowledge-based continuing education activity

At the conclusion of this session, participants will be able to:

1. Differentiate between grief and loss. (P/T)
2. Name the types of losses. (P/T)
3. List specific tools for coping with loss. (P/T)
4. Analyze how coping with loss relates to maintaining long-term sobriety. (P/T)

### Sunday CE contact hours total is 3.0



The University of Mississippi is accredited by the Accreditation Council for Pharmacy Education as providers of continuing pharmacy education. This knowledge-based continuing education activity is approved for continuing pharmacy education credit. To successfully complete this activity and receive credit a participant must be registered, attend the sessions in entirety, and complete a post-session evaluation. Statement of continuing education for participants will be posted to the MyCPE website within 60 days of the program date.

**“You May Register At Door”**

**27th Annual MARP Seminar**  
08/19/17 - 08/20/17

**“UNDERSTANDING  
ROADBLOCKS TO  
RECOVERY”**

*Presented by*

*The Mississippi Association*

*Of*

*Recovering Pharmacists*

*August 19 - 20, 2017*

*Trotter Convention Center, Lower Level  
402 2<sup>nd</sup> Street South Columbus, MS. 39701*

*Accommodations available*

*For more information contact Jerry Fortenberry  
601-937-1672*

*E-Mail address: [marprd@aol.com](mailto:marprd@aol.com)  
Website: [mymarp.com](http://mymarp.com)*

*Rooms available at a special rate of \$99 per night at the Columbus Hyatt  
101 Hospital Road Extension, Columbus, MS 39701. The Hyatt is located  
Next to Belk Dept Store and Dicks and just behind Longhorns Steakhouse.  
Phone 662-370-1800 and give them code G-MARP for the special Rate.  
We are providing shuttle to and from the Convention Center to the Hyatt also With  
Friendly City Express (662) 771-4222 so you will not have to worry about parking!!*

**MARP**  
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**Fee for the seminar is \$225.00 if paid by July 31st or \$250.00 after August 1st  
(Breakfast served Sat. & Sun. Lunch served Sat.) NO REFUNDS**

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Address \_\_\_\_\_

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