



University of South Alabama
Department of Professional Studies
Center for Continuing Education and Conference Services
The Drug Education Council

27th Annual
Gulf Coast Conference on Alcohol and Drug Abuse
October 27 - 28, 2010
Ashbury Hotel and Suites, Mobile, Ala.

Hope for Recovery



Speakers

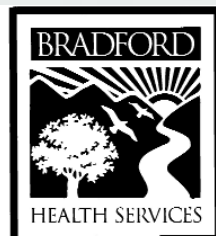
Claudia Black, Ph.D.

Scott D. Miller, Ph.D.

Cardwell C. Nuckols, Ph.D.

Paul Pradat, M.Div.

Frances M. Harding



27th Annual Gulf Coast Conference on Drug and Alcohol Abuse

October 27 - 28, 2010

Ashbury Hotel and Suites

Mobile, Alabama

The Gulf Coast Conference on Alcohol and Drug Abuse has become a significant annual event for the region, bringing together national resources and professionals in medicine, education, mental health, social work, nursing, counseling, law enforcement, business and industry. The Gulf Coast Conference provides the latest research and best practice information, as well as skills and tools that transfer directly to a counselor's every day work with clients. This year's conference offers a wide range of substantive topics and levels of expertise.

About the Location

This year's conference will be held at the Ashbury Hotel and Suites, 600 West I-65 Service Road conveniently located in Mobile at the intersection of Airport Blvd and Interstate 65. Please call at (251) 344-8030.

Continuing Education

Certification points from the following organizations have either been approved or an application is pending.

National Board of Certified Counselors
 Alabama Board of Social Work Examiners
 Alabama Board of Nursing (based on approval by Alabama Board of Social Workers)
 Mississippi Board of Examiners for Social Workers/Marriage & Family Therapists
 National Association of Social Workers
 The Florida Certification Board

National Association of Alcohol and Drug Abuse Counselors (NAADAC)
Individuals must attend all sessions in order to receive continuing education credit.

We are unable to offer credit for individual sessions.

Those attendees completing the entire program will be awarded 1.2 Continuing Education Units (12 contact hours).

This program is sponsored by the University of South Alabama and the Alabama Psychological Association (aPA). The Alabama Psychological Association is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. aPA maintains responsibility for this program and its contents.

This program is approved for twelve (12) credit hours for psychologists by aPA.

Partial attendance, late arrival, or early departure will preclude the issuance of CE credits.

Program Schedule

WEDNESDAY OCTOBER 27, 2010		THURSDAY OCTOBER 28, 2010	
8:15 - 8:55	Registration and Coffee with exhibitors	8:00 - 8:30	Coffee with exhibitors
8:55 - 9:00	Welcome and Introduction	8:30 - 10:00	General Session: Claudia Black, Ph.D. "Facing Sexual Betrayal, Lies and Secrets"
9:00 - 10:30	Keynote Address - Scott D. Miller, Ph.D. "Making Sense of the Process of Therapeutic Change: What Really Works with the Substance Dependent Client"	10:00 - 10:15	Break
10:30 - 10:45	Break	10:15 - 11:45	General Session: Claudia Black, Ph.D. "The Many Facets of Working with the Female Substance Abuser"
10:45 - 12:15	General Session—Scott D. Miller, Ph.D. "Consumer -Driven Alcohol and Drug Services: A Revolutionary Way to Improve Retention and Outcome of Services for the Substance Dependent Client"	11:45 - 12:15	Lunch
12:15 - 1:15	Lunch	12:15 - 1:45	General Session by Paul Pradat, M.Div "Making the Spiritual Connection: Embracing change while honoring Tradition"
1:15 - 2:45	General Session—C.C. Nuckols, Ph.D. "Treating the Angry and Aggressive Client"	1:45 - 2:00	Break
2:45 - 3:00	Break	2:00 - 3:30	Frances M. Harding, Director of the Substance Abuse Mental Health Services Administration's Center for Mental Health Services
3:00 - 4:30	General Session—C.C. Nuckols, Ph.D. "Understanding and Treating the Suicidal Client"	3:30 - 4:00	"Hope and Recovery in the Gulf Coast Region"
7:00	12 Step Meeting		Awarding of door prizes and farewells

27th Annual Gulf Coast Conference on Drug and Alcohol Abuse

2010 Conference Speakers



Scott D. Miller, Ph.D.

is a co-founder of the Center for Clinical Excellence, an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavior health. Dr. Miller conducts workshops and training in the United States and abroad, helping hundreds of agencies and organizations, both public and private, to achieve superior results. He is one of a handful of "invited faculty" whose work, thinking, and research is featured at the prestigious "Evolution of Psychotherapy Conference." His humorous and engaging presentation style and command of the research literature consistently inspires practitioners, administrators, and policy makers to make effective changes in service delivery.

Scott is the author of numerous articles and co-author of "Working with the Problem Drinker: A Solution Focused Approach" (with Insoo Berg [Norton, 1992], "The 'Miracle' Method: A Radically New Approach to Problem Drinking" (with Insoo Kim Berg [Norton, 1995]), "Finding the Adult Within: A Solution-Focused Self-Help Guide" (with Barbara McFarland [Brief Therapy Center Press, 1995]), "Handbook of Solution-Focused Brief Therapy: Foundations, Applications, and Research" (with Mark Hubble and Barry Duncan [Jossey-Bass, 1996]), "Escape from Babel: Toward a Unifying Language for Psychotherapy Practice" (with Barry Duncan and Mark Hubble [Norton, 1997]), "Psychotherapy with Impossible Cases: Efficient Treatment of Therapy Veterans" (with Barry Duncan and Mark Hubble [Norton, 1997]), "The Heart and Soul of Change" (with Mark Hubble and Barry Duncan [APA Press, 1999] and Bruce Wampold [2nd Edition, 2009]), "The Heroic Client: A Revolutionary Way to Improve Effectiveness through Client-Directed, Outcome-Informed Therapy" (with Barry Duncan [Jossey-Bass, 2000], and Jacqueline Sparks [Revised, 2004]), and the forthcoming "Achieving Clinical Excellence: Lessons from the Fields Most Effective Practitioners."



Frances M. Harding

Frances M. Harding is recognized as one of the nation's leading experts in the field of drug and alcohol policy and is the author of several published articles on prevention. She serves as director of the Substance Abuse and Mental Health Services Administration's Center for Mental Health Services (CMHS). CMHS provides national leadership in mental health promotion, mental illness prevention, and the development and dissemination of effective mental health services. Harding leads a staff of 126 professionals in facilitating the transformation of our nation's mental health care system into one that is recovery-oriented and consumer-centered. Harding previously served as associate commissioner of the Division of Prevention and Recovery at the New York State Office of Alcoholism and Substance Abuse Services, where she was responsible for the development of policy and guidelines for alcohol and drug abuse and gambling prevention, treatment, and recovery programming.

She has held numerous national positions and received recognition from her peers for her work, including serving as president of the National Prevention Network, an organization representing all 50 States' alcohol and drug abuse prevention offices, and as New York State's representative to the National Association of State Alcohol and Drug Abuse Directors, Inc., where she served on its board of directors. In 2004, she became the first nonresearcher to receive the prestigious Science to Practice Award from the International Society for prevention research.



Claudia Black, Ph.D.

is a renowned addiction author, speaker and trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. Since the 1970's Claudia's work has encompassed the impact of addiction on young and adult children. She offers models of intervention and treatment related to family violence, multiaddictions, relapse, anger, depression and women's issues. Her writings and teachings have become a standard in the field of addictions.

Claudia Black is the author of books and audio CDs as well as the educational videos and strategies series for professionals to use with addicted clients and families affected by addiction. Claudia publishes and distributes all her materials through her own company Mac Publishing located in Washington state. Claudia designs and presents training workshops and seminars to professional audiences in the field of family service, mental health, addiction and correctional services as well as speaking in public forums about addiction and recovery. She speaks to thousands of people every year.

Black holds a Doctorate of Philosophy in social psychology from Columbia Pacific University, and a master's degree in social work and Bachelor of Arts degree in social welfare from the University of Washington.



Cardwell C. Nuckols, Ph.D.

is described as "one of the most influential clinical trainers in North America." Dr. Nuckols' passion and mission is to assist in the integration of emerging scientific research with traditional spiritual wisdom. From this integration, comes clinical knowledge and technique helpful to patients searching for their

personal path to recovery.

Dr. Nuckols is widely published, having authored more than 50 journal articles, 30 books and workbooks, 38 DVDs, CDs and videos, and 17 audiotape series. Dr. Nuckols first book, "Cocaine: Dependency to Recovery," is a trade best seller. His booklets "Quitting Heroin, Quitting Alcohol and Quitting Marijuana" (Hazelden) have also reached best seller status. "Finding Your SELF: Spiritual Awakening and the Twelve Step Path" will soon be published by Hazelden. The videos "Beyond These Walls: Toward Spiritual Freedom and Happiness and Having Had a Spiritual Awakening" was released by GWC in 2009. With composer, writer and jazz musician John McAndrew, Dr. Nuckols has in proposal format an audio CD and book entitled "Thy Will Be Done."

For more than 30 years, Dr. Nuckols' gratefully served the healthcare industry. His professional background includes advanced work in pharmacology, neurobiology, education and psychology. His personal spiritual path involves studies of various spiritual traditions including early contemplative Christianity. This journey led him to the very rare, illuminated state of "enlightenment."



Paul Pradat, M. Div.

Reverend Pradat is the Director of Spiritual Services for Cumberland Heights. He received his Bachelor of Arts degree in communications from the University of Alabama and received his clergy training at the Episcopal Theological Seminary of the Southwest in Austin, Texas. He was ordained to the priesthood in 1989 and accepted a position as curate and subsequently associate rector of St. Luke's Episcopal Church in Birmingham, Ala. From 2005 until 2008, he worked as a clinician at Oak Arbor Transitional Residential Services and Clearview Recovery Services in Moselle, Miss. Rev. Pradat joined the Cumberland Heights staff in September 2008 as the director of extended care.

27th Annual Gulf Coast Conference on Alcohol and Drug Abuse

SPEAKER PRESENTATIONS

Scott D. Miller, Ph.D.

Making Sense of the Process of Therapeutic Change: What Really Works with the Substance Dependent Client

Treatment professionals are increasingly confronted with the prospect of trying to match difficult-to-treat clients with a dizzying array of "best practice" treatment models described in the literature. What does the research actually say works in the treatment of clients with drug and alcohol problems? In this workshop, Scott D. Miller, Ph.D. will separate empirical fact from attention-grabbing fiction, translating 40 years of outcome research into practical therapeutic skills that have been shown to improve the outcome and efficiency of clinical services.

Participants will not only learn how to tailor the principles and practices to the individual client, but also how to apply them to the most challenging clinical situations, including work with mandated clients and the co-occurring population. Participants will learn four research-based factors responsible for client change in treatment, regardless of professional discipline or preferred treatment model, learn empirically supported counseling-psychotherapy-intervention strategies associated with these factors, learn an alliance-based strategy for forming cooperative working relationships with mandated, hostile or resistant clients and learn how to identify and tailor treatment according to the individual client's goals and theory of change.

Consumer-driven Alcohol and Drug Services: A Revolutionary Way to Improve Retention and Outcome of Services for the Substance Dependent Client

Amidst dramatic changes in the field of therapy due to government cutbacks and managed care, the depersonalizing of clients through diagnostic labels, and the increasing reliance on medication, Miller advocates for nothing less than a revolution in the way therapists think about, organize, conduct, evaluate and fund clinical practice.

Data from 40 years of outcome research underpin Miller's premise that treatment should be organized around clients' resources, perceptions, experiences and preferences regarding the care they receive. Participants will not only learn how to identify client resources and preferences, but also a simple, valid and reliable method for using client feedback to tailor treatment to the individual consumer for maximum effect. Research conducted at multiple sites shows that the approach leads to dramatic improvements in retention and outcome of treatment services while simultaneously decreasing burdensome paperwork and needless micro-management of clinicians. Participants will learn the three reasons accounting for the difficulties facing clinicians in the field of mental health, learn four evidence-based factors responsible for client change in treatment, regardless of professional discipline or preferred treatment model, learn a systematic way to assess client perception of progress and satisfaction so that therapy can be tailored to the individuals' needs and characteristics, learn a simple and reliable method for evaluating client engagement in the process of treatment, learn a simple and reliable method for evaluating the outcome of treatment and explore the use of the above noted techniques via video case presentations.

Cardwell C. Nuckols, Ph.D.

Treating the Angry and Aggressive Client

Anger and aggression are often described as symptoms attached to any one of a number of psychiatric disorders. However, for many anger and aggression are used as a survival strategy learned between the ages of 8-16. Often in response to early-life neglect and other forms of trauma, anger and aggression have consistently worked to keep people away and preserve personal control. Although not described by category in DSM-IV, anger and aggression are symptoms of numerous Axis I and Axis II psychiatric disorders. This skills training event will describe the latest scientific understanding of this group of clients placing emphasis on verbal management, behavioral and pharmacological stabilization along with the demonstration of empirically proven clinical strategies. Upon completion of this course participants will be able to understand that anger may be a strategy used to preserve a client's need for control when a situation arises that causes fear of loss of control. Participants will discuss the importance of establishing rapport and the setting of limits with this client population, describe empirically proven strategies helpful in treating this angry and aggressive population, discuss the neuroscience of anger and how this understanding can be used to assist in vertical integration of the brain, understand why punitive attempts to control the client's anger fail and what you can do to change negative outcome and discuss anger and its treatment from both a psychological and spiritual perspective.

Understanding and Treating the Suicidal Client

More than 30,000 people in the United States die by suicide every year. It is this country's 11th leading cause of death, and the third leading cause of death among people ages 15-24. Suicide is not about wanting to die, but about a powerful need for pain to end. People choose suicide because they feel unable to cope with feelings of pain, hopelessness, helplessness, isolation and uncertainties. Studies indicate that the best way to prevent suicide is through the early recognition and treatment of depression and other illnesses such as addiction that lead to suicidal tendencies. This skills training event will help clinicians sharpen their skills in the areas of identification, prediction and assessment. Emphasis will be placed on clinical prevention strategies. In cases where suicide has occurred, the method for a post-review or psychological autopsy will be discussed. Upon completion of this course, participants will discuss an actuarial prediction model for suicide prevention, review key questions that can be asked as a part of an assessment, describe the process of contracting with a potentially suicidal client, describe various aspects of a prevention strategy including environment, psychotherapy and pharmacotherapy and describe how a psychological autopsy might be performed.

27th Annual Gulf Coast Conference on Alcohol and Drug Abuse

SPEAKER PRESENTATIONS *Continued*

Claudia Black, Ph.D.

Facing Sexual Betrayal, Lies and Secrets (alternate title: The Other Side of Sex Addiction: The Partner)

Most couples have both spoken and unspoken commitments that say sex stays within the relationship. Unfortunately, these expectations are simply a facade for many people's coupleship. Today throughout every community women and men are being challenged by the addictive nature of their partner's sexual behavior. Claudia will discuss the many facets of co-sex addiction and the dynamics of recovery. Participants will learn the elements of co-sex addiction, elements of trauma repetition, identify commonalities of co-sex addict with sex addict and describe parameters for healthy disclosure.

The Many Facets of Working with the Female Substance Abuser

Women addicted to substances are likely to move through the progression of their addiction more quickly than men, less likely to ask for or receive help and die at a younger age. Claudia will address the many facets of the substance-abusing woman ranging from gender differences, childhood dysfunction, to multi-addictions. Participants will learn four significant differences between male and female substance abusers and gain a greater understanding of multi-addictions among women.

Paul Pradat, M.Div

Making the Spiritual Connection: Embracing change while honoring Tradition

The Spiritual/Religious has been undergoing unprecedented changes which, in all likelihood, will only continue. The question for many working with addiction is how the 12 step/treatment culture will embrace these changes while not completely abandoning its history. Participants will examine the changing nature of their patients to include differences in gender. Participants will also examine old and new methodologies for making that fundamental spiritual connection. Participants will participate in and receive experiential activities that will enhance their work.

Frances M. Harding

Hope and Recovery in the Gulf Coast Region

"The mission of the Substance Abuse and Mental Health Services Administration (SAMHSA) is to reduce the impact of substance abuse and mental illness on America's communities. In the wake of the BP Deepwater Horizon oil spill, residents of the Gulf Coast region are at risk for adverse physical and behavioral health effects. SAMHSA is working closely with State and local officials and behavioral health and education officials to provide support for individuals, families, and communities; develop and disseminate public health messages; and collect data to identify emerging behavioral health problems and develop and evaluate appropriate responses. Participants who attend Ms. Harding's presentation will understand the impact of trauma on a person's physical and behavioral health, the nature of resilience and recovery from trauma and behavioral health problems, SAMHSA's role in addressing trauma in the Gulf Coast region, specific SAMHSA activities, including the Oil Spill Distress Helpline, public health messaging, and behavioral health surveillance; and SAMHSA's Strategic Initiatives, particularly as they relate to health reform and prevention of substance abuse and mental illness."

**Register early to assure your place at the conference.
Walk-in registrations are discouraged**

HOW TO REGISTER:

1. By Phone - Call (251) 431-6536
2. By Mail - Complete and mail registration form to
University of South Alabama, 2001 Old Bay Front Dr.,
Mobile, AL 36615-1427
3. By Fax -FAX to (251) 431-6408
4. ONLINE at www.usacontinuing.com (Course number: 10FGC001AG)

A confirmation will be sent upon receipt of your registration and payment. Advanced registration is required. The Center for Continuing Education and Conference Services notifies registrants of conference cancellations 10 days prior to the conference start date.

REGISTRATION FEE

The registration fee of \$250.00 includes conference materials, refreshments, lunches and Continuing Education Units (CEU's).

Take advantage of one of the following discounts:
(only one discount will apply)

- Register before September 29th - \$25 discount
- Special Group Registration Rate: 5 Attendees for the price of 4 (a savings of \$250) Note: All 5 attendees from the same organization must register together and pay using ONE single transaction. If participant cannot attend, substitutions only are allowed.

Check/Credit Card/PO are acceptable forms of payment.

CANCELLATIONS

For a full refund, only written cancellations postmarked 10 days prior to the conference start date can be accepted. We cannot make refunds after that date.. Registrants who do not attend the conference and who have not complied with this policy are responsible for the full registration fee. Substitutions can be made at any time.

LOCATION

The conference will be held at the Ashbury Hotel and Suites, 600 West I-65 Service Road, Mobile Alabama 36608. For more information, go to: www.ashburyhotel.com or call (251) 344-8030.

ACCOMMODATIONS

The Ashbury Hotel and Suites is offering the following special room rates.

*Deluxe Kings: \$80; *Deluxe Doubles: \$80

*Larger than standard rooms. Interior entry room with elevator access to other levels. Room is equipped with microwave and refrigerator.

Standard King: \$72; Standard Doubles \$72

Exterior entry room with stair access to second level rooms

Rates subject to 14% lodging tax and includes a deluxe hot breakfast. Ask for "Gulf Coast Alcohol and Drug Abuse Conference." to receive discount rate. Group cut-off date for special rate 09/27/2010

SPECIAL NEEDS:

If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act, please call (251) 431-6536.

The University of South Alabama does not discriminate in its student and employment practices in violation of any applicable laws. The University of South Alabama is an Equal Opportunity/Equal Access educational institution.

TAX DEDUCTION

An income tax deduction is normally allowed for expenses related to continuing education.



First Name _____ MI _____ Last Name _____

Preferred Name on Badge _____ Company _____

Address _____

City _____ State _____ Zip _____

Day Phone: _____ Cell Phone: _____

Fax Number _____ E-mail Address _____

ADA Special Needs Request _____

_____ Registration Fee: \$250.00

_____ Early Bird Rate: \$225.00 (Must be received before Sept. 29)

_____ Group Discount: 5 for the price of 4 = \$1,000 (All 5 attendees from the same organization must register together using ONE single transaction)

Check Enclosed in the amount of \$ _____ Check Number _____ (Make check payable to USA Center for Continuing Education)

Credit Card Payment (circle one) **Visa MasterCard Discover Amex** Dollar amount to be charged to this credit card \$ _____

Credit Card Number _____ Expiration Date _____ Security Code _____

Name on Card _____

C.C. Billing Address (if different from registration address) _____

C.C. Billing City, State, Zip (if different from registration address) _____

Date _____ Signature _____

_____ Bill my Organization Amount \$ _____ Purchase Order # (required) _____

Company billings are subject to account approval. New customers may experience a delay in registration confirmation.

Company Name _____ Billing Contact Name _____

Billing Contact Phone _____ Billing Contact e-mail address _____

Exhibitor & Sponsorship Opportunities

Gold – \$4,000

- Name in brochure, if submitted by August 5, 2010
- Full page ad in participant's notebook
- Name listed on conference signage
- Webpage recognition
- Exhibitor space
- 5 registrations

Exhibitor Only – \$800

- Name at conference only
- Exhibitor space
- 1 registration

Silver – \$2,500

- Name in brochure, if submitted by August 5, 2010
- Half-page ad in participant's notebook
- Name listed on conference signage
- Webpage recognition
- Exhibitor space
- 3 registrations

Advertisement in Participant Notebook Only

(Ad sizes based on 8.5" x 11" page)

- | | |
|-------------------------|-------|
| • Full page | \$235 |
| • Half (1/2) page | \$180 |
| • Quarter (1/4) page | \$125 |
| • One-Eighth (1/8) page | \$70 |

Bronze – \$1,250

- Name in brochure, if submitted by August 5, 2010
- Quarter-page ad in participant's notebook
- Name listed on conference signage
- Webpage recognition
- Exhibitor space
- 2 registrations

Ads should be provided in PDF format only and received no later than Friday, October 1, 2010. Ad sizes based on 8.5" x 11" page. Email PDF files of ads to Catherine Drake at cdrake@usouthal.edu.

Exhibitor & Sponsor Registration

To register for an exhibit space or sponsorship, please complete this form and mail or fax with payment to
USA Center for Continuing Education and Conference Services, Attn: Gulf Coast Conference
2001 Old Bay Front Drive, Mobile, AL 36615-1427; Fax: (251) 431-6408; Phone: (251) 431-6536

Deadline for sponsor recognition in brochure: August 5, 2010

Deadline for exhibit and sponsorship registrations is Friday, October 1, 2010

Company Name: _____

Contact Person: _____ Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Fax: () _____

E-Mail: _____

PAYMENT INFORMATION

Please check all that apply:

Gold Sponsor – \$4,000

Silver Sponsor – \$2,500

Bronze Sponsor – \$1,250

Exhibitor Only – \$800

Check enclosed - Amount \$ _____

Make check payable to USA Center for Continuing Education

Bill my organization- Amount \$ _____

Purchase Order # (required) _____

Corporate billing available pending approval from USA Center for Continuing Education's business office.

Call (251) 431-6536 for more information.

Credit Card:

VISA _____ Mastercard _____ American Express _____ Discover _____

Name as it appears on card: _____

Card number: _____

Expiration date: _____ Security Code: _____

Cardholder's signature: _____

Ad in participant notebook only

Desired page size _____

Steering Committee

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Perry Vaughn
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Conference Sponsors



**Department of Professional Studies
Center for Continuing Education and
Conference Services**



Gold Sponsor



Silver Sponsor



Speaker Sponsor



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The Ashbury Hotel and Suites

600 West I-65 Service Road, Mobile Alabama 36608

www.ashburyhotel.com; (251) 344-8030

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*Deluxe Kings Rate: \$80

*Deluxe Doubles: \$80

*Larger than standard rooms. Interior entry room with elevator access to other levels. Room is equipped with microwave and refrigerator.

Standard King: \$72

Standard Doubles \$72

Exterior entry room with stair access to second level rooms

Rates subject to 14% lodging tax and includes a deluxe hot breakfast.

Ask for "Gulf Coast Alcohol and Drug Abuse Conference" to receive discount rate. Group cut off date for special rate is Sept. 27, 2010.

FROM I-10

Take I-65 North to Exit 3, go left on Airport Blvd. Go over the interstate, get in the right hand lane, and take an immediate right on the West Service Road, proceed to Ashbury Hotel and Suites, which is on your left.

FROM BIRMINGHAM OR MONTGOMERY

Take I-65 South to Exit 3, staying in the far right hand lane, go through the stop light, immediately take a right onto the West Service Road, proceed to Ashbury Hotel and Suites, which is on your left.

FROM MOBILE REGIONAL AIRPORT

Exit out of the airport taking a left at the light onto Airport Blvd. Go approximately 6 miles. Just before reaching I-65 and about one block east the Olive Garden (on your right), Turn left on the West Service road. (there will be a Shell Station on the left). Proceed to Ashbury Hotel and Suites, which is on your left.

