

## Message from the ICB President, Lawrence Dunbar, CAADC



Greetings all and welcome to the Spring/Summer 2024 ICB Newsletter! I hope all is well with each and every one of you and that you are enjoying this warmer weather. I know that I am! Well, the Spring ICB Conference has come and gone, and it was a real success! For those of you who were there, I believe that this was one of the best that we have ever had. I think it was my 29<sup>th</sup> and I truly enjoyed it. This year gave us a lot of new speakers, including the amazing Mackenzie Phillips on Day 1 and many of our regular speakers like Bob Carty, Mark Sanders, and Cheri DeMoss. We featured a wide range of topics, including two evening sessions.

The spring conference was a real highlight for me, but it is my final conference as your President. My term comes to an end on June 30th this year. At that time, I will begin my 2-year term as Past-President and the awesome Dr. Joe Troiani will become our new ICB Board President with our delightful Adriana Trino becoming our new President-Elect. They will both be great at their new positions, and we have so much work to do that I wish them luck! Our own Stella Nicholson will remain as our Secretary. We have a new Treasurer for next year, Kirsten Leininger will replace Adriana Trino in that position. ICB has a lot on its plate right now with the new database that has been a long time coming and so needed. ICB is in the first year of the new CADC Expansion Grant that we have partnered with IDHS/SUPR. This grant is assisting to train new CADCs for our future by providing funding to some of our Accredited Training Programs. It is also helping keep many of us in the field by providing funding to help us keep our credentials current. For more information, check out the ICB website for Phase 1 and Phase 2 grant information.

Lastly, as I mentioned above, this was my 29<sup>th</sup> conference. One of the highlights for myself and many others is always the networking. I love to see all my old friends, many of whom I only see at the conference. I also get to meet all of the new faces in the crowd. Bob Carty related a comment that Mark Sanders had made at a prior conference. He said that we all need to be at this conference as this is, "home court!" I like that and he's right. That's just how the Spring Conference feels to me. Someone also mentioned that there are a lot of us older faces and a lot of new, younger faces, but not a lot of in-betweens. This seems to go back to that thing that John Reese used to talk a lot about as the "greying of the field." It's so good to see all of the VERY talented new faces. Welcome!

As for me, this is not only my last newsletter as your President, but after 30 years in the field, it is time for me to move on and pass the torch to that new generation of professionals. It's time for new blood, new ideas and new energies. For me, after meeting so many of these new professionals, I am quite pleased and comfortable passing the torch. We are in good hands! So, I would like to thank you all for allowing me to represent you all over these many years and allowing me into your world. It has been an amazing ride, and I am truly honored. Thank you and be kind and love one another! Peace! -Uncle Lar

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### Join us on FACEBOOK

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ICB utilizes social media as a professional platform for communication. ICB will share helpful information related to the field along with the current events that ICB holds.





## Illinois Certification Board Spring Conference 2024: A Resounding Success

The Illinois Certification Board is thrilled to announce the triumphant conclusion of our 2024 Spring Conference. With an impressive turnout of 500 dedicated professionals, the event was a testament to the commitment and passion within our community.

This year's conference was enriched by the presence of esteemed speakers who captivated audiences with their insights and expertise. Notably, we were honored to host Mackenzie Phillips, Joseph Green, and Mark Sanders among others whose inspiring presentations left a lasting impact on all attendees.

In addition to the enlightening sessions, we are excited to share a groundbreaking development for the Board. Starting this summer, we will be implementing Certemy, a state-of-the-art certification management platform. This innovative system promises to revolutionize our operations, streamlining processes and enhancing efficiency for both the Board and our members. We firmly believe that Certemy will usher in a new era of excellence, enabling us to better serve our community and fulfill our mission.

Amidst these exciting changes, we recognize that embracing new technologies can sometimes be accompanied by challenges. The transition to new phone systems, for instance, may initially present obstacles. However, we firmly believe that change, though daunting, is ultimately positive. As an organization, we are committed to adapting and evolving to meet the needs of our members and stakeholders. Rest assured, we are dedicated to providing support and resources to facilitate a smooth transition.

As we reflect on the success of the 2024 Spring Conference, we are filled with gratitude for the unwavering support of our members and partners. Together, we have demonstrated our collective strength and resilience, reaffirming our commitment to excellence in certification and professional development.

Thank you to everyone who contributed to the success of this event. We look forward to continuing our journey of growth and innovation, guided by our shared vision of advancing excellence in certification across Illinois.

Warm regards,

Chris Boyster  
Executive Director  
Illinois Certification Board

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Durr, Rabin &  
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**ILLINOIS ASSOCIATION FOR BEHAVIORAL HEALTH AND  
ILLINOIS CERTIFICATION BOARD  
ANNOUNCE NEW INDIVIDUAL MEMBER COMMITTEE**

The Illinois Association for Behavioral Health (IABH) is thrilled to announce a new process for Illinois Certification Board (ICB) members to engage and interact with all of the free resources available through IABH. The new Individual Member Committee will give ICB members direct access to educational opportunities, public policy, legislative action, regulatory guidance, practice updates, and current events in the field.

Beginning in May, IABH will be scheduling virtual meetings of the Individual Member Committee. In addition, IABH will begin distributing communications on Committee activities along with information on key items of interest to Committee members.

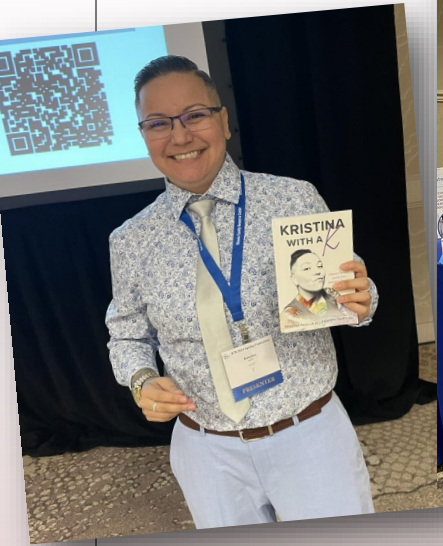
If you are interested in participating in this new Individual Member Committee, please email [Pel@ilabh.org](mailto:Pel@ilabh.org) with the Subject Line: "Individual Member Committee" to be added to the distribution list. Please include any areas that you would like to see the Committee address. You will then receive calendar invitations to upcoming Individual Member Committee meetings and email updates on Committee activities and information. We anticipate an open call for ideas to be included as part of the introductory meeting of the Individual Member Committee.

IABH is proud of its relationship with ICB and its members and looks forward to continuing to create new and innovative ways to best serve each. If you have comments or questions, feel free contact IABH CEO Jud DeLoss at [jud@ilabh.org](mailto:jud@ilabh.org).

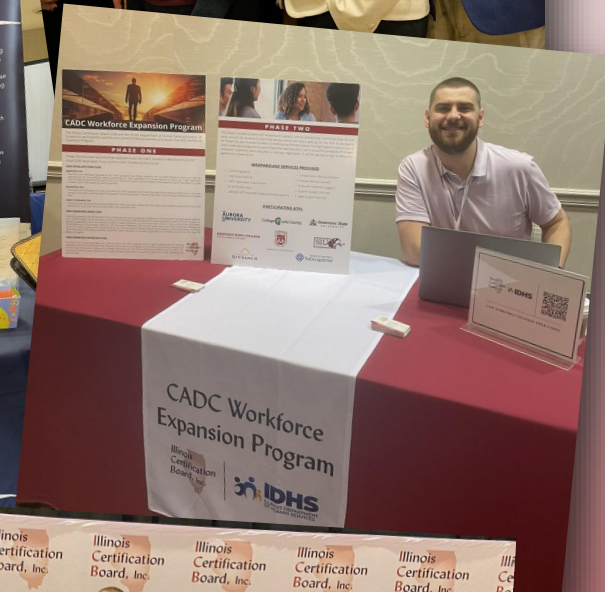
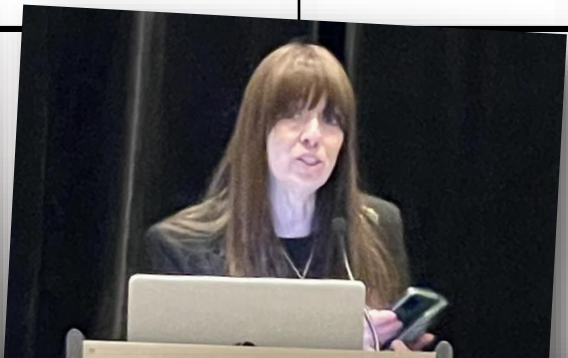


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2024 ICB Spring Conference



# 2024 ICB Spring Conference

## We Are More Than A Diagnosis

Luke Rossi & Kristina Walz

Students at the Chicago School of Professional Psychology

Edited by Dr. Sandra Siegel, Coordinator of IAODAPCA Advanced Accreditation Program

In 2021, 16.5% of the American population over age 11 met the criteria in the DSM-5 for a substance use disorder (SUD; U.S. Department of Health and Human Services, 2023). But how did each of these individuals get to this point? Every individual has their own story. They are more than just a diagnosis. Clinicians who are able to understand someone's story are in a better position to treat them. By understanding their story, we can learn about strengths that can be utilized in the treatment plan/process. We can also understand triggers/difficulties that they have experienced. Without the use of a holistic model, we may miss some of these important pieces. So, what is the holistic model and how can we apply it in our work?

The holistic model includes six components that impact an individual's identity, and they include biological, psychological, social, cultural, spiritual, and political systems. Each system has potential to impact an individual's SUD. While it is important to explore each system individually, it is also important to acknowledge the ways in which the systems interact with one another. Adedoyin et al. (2014) posited, "holism, therefore, suggests that there are different levels of explanation for behavior, including addictive behaviors, which cannot be reduced to one element of that behavior or the addiction itself" (p. 538). Given the level of complexity within these different systems and elements of behavior, a one size fits all approach cannot adequately meet all clients' needs. Each client's journey is unique, therefore, the way we connect with and understand them needs to be individualized, including treatment approaches. Clarke and Scholl (2020) identified the importance of acknowledging and incorporating client preferences to build strong therapeutic rapport and effective treatment care plans. To implement the holistic model well, we need to dive into each system more deeply.



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Article continues on next page . . . . .

**Biological**

The umbrella of the biological system generally addresses a person's genetics, biochemical make-up, and neurological and physical functioning. Substance use changes the brain's normal functioning reward system by decreasing natural dopamine production. This can have a significant impact on brain chemistry which impacts the way a person experiences pleasure (Sharif-Brown, 2023). Beyond brain functioning, counselors should also be curious about other biological concepts, such as medical illnesses, co-occurring disorders, family history, diet, and fitness. Each person's biological system may be a source of strength or an area that requires support. If a client is experiencing a co-occurring disorder, increasing communication between the counselor and the client's psychiatrist would be beneficial. On the other hand, if a client enjoys going to the gym to workout, this may be an area to incorporate into the treatment plan.

**Psychological**

The psychological system can include a person's personality, mood, and behavior. This system is particularly important for counselors, so they can address items such as thinking patterns, schemas, level of insight, and coping strategies. A client may have a strong level of insight that can be utilized for deeper and richer understanding of the difficulties they are facing. The counselor can validate this strength throughout their sessions. However, if a client does not currently have many coping strategies, the counselor could foster the development of new strategies.

**Social**

The social system impacts how a client interacts with others and the environment. A counselor may explore their client's family relationships, connections with friends or significant others, education and employment, and sources of support. If a client has a strong familial bond, they would benefit from including them in their recovery journey. However, if a client has become isolated through substance use, the counselor may want to offer opportunities to build new healthy relationships with others in their community. Dr. Maté speaks to the importance of a healthy social system because isolation can not only lead people into addiction but also become a part of maintaining their addiction as the substance becomes the most important part of their life, even beyond social connections (Maté, 2020).

**Spiritual**

The spiritual system can be used to give meaning and purpose in life. For some clients, this might include religion, and for other clients, this may be more of a general belief in something greater than themselves. DiClemente (2013) recognized that people may have strong positive, negative, or mixed feelings about religious practices. For clients who have difficulty with religion, the counselor can help them understand that there are multiple forms of spirituality because spirituality is not exclusively religion. If a client has a strong spiritual connection, support groups like Alcoholics Anonymous (AA) or Recovery Dharma may have a strong positive impact on their recovery. If a client has difficulty with religion, the counselor may want to provide alternative options, such as SMART, to help with their recovery journey.

Article continues on next page . . . . .

**Political**

The political system addresses local, state, and federal policies as well as legal issues. Counselors should explore areas of a client's identity that may be impacted by policy, such as their socioeconomic status, gender or sexual orientation, age, and race. A client who holds privilege may have access to more treatment services or options for care than those who live in marginalized communities. If a client is facing discrimination in any area, the counselor can act as an advocate for change in policy. The counselor can also help the client explore their political system and develop their own self-advocacy skills.

**Cultural**

Our cultural systems are present in everything we think, do, and feel. This means counselors need to enter into therapeutic relationships with cultural humility. Rachele (2022) stated, "cultural humility involves an ongoing process of self-exploration and self-critique combined with a willingness to learn from others. It means entering a relationship with another person with the intention of honoring their beliefs, customs, and values." When counselors work through this lens, they are more prepared to offer meaningful treatment that incorporates the client's viewpoint and preferences. Swift and colleagues (2019) identified "counselor preferences (e.g., counselor personality), activity preferences (e.g., talking about one's emotions), and treatment preferences (e.g., 12-step approach) as the primary categories of preferences held by clients" (p. 4). These may be helpful starting points for collaboration.

**Conclusion**

Humans are complex, and so is addiction. When not every piece of the puzzle is on the table, the puzzle will never fully show its beautiful illustration. Once we understand our clients using a holistic approach, we can see them as a complete person. We hear their story and understand their journey which has contributed to the diagnosis. We look beyond criteria and begin to work from the client's perspective. Without this foundation, we may miss pieces of the puzzle that need healing or that provide strength. With this foundation, we see more than a diagnosis. □

References on next page . . . . .





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# **ICB** Congratulates its Newly Credentialed members!

**Please note: These are  
professionals credentialed  
by ICB between December  
11, 2023 through April 8,  
2024**

**This list also includes those  
who have successfully  
transitioned to a higher level  
of Certification or Board  
Registration.**

## Counselors

Alexandra Bayer		CADC			
Shelby Beil		CADC			
Alecia Bernardoni		CADC			
Austin Black		CADC			
Nathaniel Branch		CADC			
Susan Campbell		CADC			
Katelen Cascio-Mariana		CADC			
Laura Chamberlain		CADC			
Amanda Clemente		CADC			
Flora Crew		CADC			
Katherine Cunningham		CADC			
Isannah Czernek		CADC			
James Davis		CADC	LaRoyce Johnson Rowzee		CADC
Melissa Delgatto		CADC	Dion Jones		CADC
Michelle DeMato		CADC	Roger Jones		CRADC
Xzavier Denton		CADC	Dariana Lee		CADC
Lisa Dickens		CADC	Tanya Martinez-Cardenas		CRADC
Franklin Duran		CADC	Brijida Martinez-Mohabir		CADC
Alexandra Figueroa		CADC	Kaylan Mason		CADC
Marina Gruzmark		CADC	Decorion Matthews		CADC
Julie Guido		CADC	Kira McConnaughey		CADC
Brittney Guidolin		CADC	Izabelle McGee		CADC
Chance Hamilton		CADC	Armina Mkrтчian		CADC
Kathleen Hankes		CADC	Maria Montoya		CADC
Amber Harbaugh		CADC	Jose Morales		CADC
Samantha Harris		CADC	Robin Motz		CADC
Amber Hayden		CADC	Jason Mueller		CADC
Hannah Hayes		CADC	Elizabeth Nolan		CADC
Rebecca Hernandez		CADC	Danielle Nowicki		CADC
Ricardo Hernandez Grappin		CADC	Stephanie Oliver		CADC
Deidre Hogan		CADC	Kelcie Pomaranski		CADC
Cashay Jefferson		CADC	Kourtney Renfro		CADC

**Counselors Continued . . .****CRSS**

Maria	Ricca	CADC	Evan	Atherton	CRSS
Nazek	SanKari	CADC	Abbey	Bond	CRSS
Sabah	Saqqar	CADC	Shontanette	Brinson	CRSS
Annmarie	Schening	CADC	Takeesha	Brown	CRSS
Danielle	Selan	CADC	Jarrett	Burton	CRSS
Meghan	Shanahan	CADC	Latonya	Carter	CRSS
Zachary	Stamp	CADC	Richard	Davis	CRSS
Sara	Stephenson	CADC	Kelsey	Devine	CRSS
Matthew	Tassinari	CADC	Carolyn	Dudeck	CRSS
Jatyila	Thompson	CADC	Zaiya	Dunn	CRSS
Jennifer	Tipton	CRADC	LeNita	Gardner	CRSS
Alina	Trinidad	CADC	Christine	Guinn	CRSS
Marisa	Varney	CADC	Michael	Hedrick	CRSS
Cara	Vaslet	CRADC	Stephen	Hogan	CRSS
Jenna	Waggoner	CADC	Megan	Joergens	CRSS
Kristina	Walz	CADC	Daniel	Klapp	CRSS
Amelia	Webster	CAADC	Michael	Kranich	CRSS
Sarah	Wetherell	CADC	Mitzi	Kurtz	CRSS
Stephanie	Wilson	CADC	Vanessa	Limon	CRSS
Crystal	Worth	CADC	Mark	Mathews	CRSS

**CPRS**

Allis	Ghant	CPRC	Lauren	Michel	CRSS
Casey	Polka	CPRS	Timothy	Mollet	CRSS
Christopher	Schumacher Jr	CPRS	Eeman	Nadeem	CRSS
Philip	Weinacht	CPRS	Bradley	Olsen	CRSS
			Andrea	O'Morrow	CRSS
			Taylor	Patz	CRSS
			Jazmin	Sanchez	CRSS
			Brittany	Sauer	CRSS
			Elena	Schalloil	CRSS
			Ashley	Smith	CRSS
			Brandy	Stewart	CRSS
			Robyn	Woolsey	CRSS
			Diana	Wright	CRSS

**CAAP**

Ronnie Bodtke CAAP  
James Humphrey CAAP  
Christopher Loyet CAAP

**PCGC**

Soraya Hovell PCGC

**CPS**

Jessica Reed CPS

**CFPP**

Colette McGuire CFPP

**CODP I**

Derek Potts CODP I



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## **Pam Woll, CPS honored with the Jessica Hayes Lifetime Achievements Award at the ICB Spring Conference**

When we reference lifetime achievement, we think of those who have dedicated their life to the field and are given to the best of the best! Marcia Van Natta, ICB Past President was proud to present Pam Woll, CPS with this years Jessica Hayes Lifetime Achievement Award.

Pam is a Chicago-based author, curriculum developer, and consultant dedicated to increasing the resilience and capacity of individuals, families, communities, organizations, and systems of care. Her primary areas of focus include resilience, stress, and trauma; strength- and resilience-based approaches; cultural humility; elimination of health and resource disparities; trauma-informed systems and services; and the relationship between stress and chronic physical and behavioral health conditions. An independent consultant, Ms. Woll serves as senior consultant to the African American Behavioral Health Center of Excellence (AABH CoE), a project of Morehouse School of Medicine.

Pam received her first ICB credential in 1995. She is a Certified Prevention Specialist and constant fixture of the Illinois Certification Board. She is always researching for different grant projects, participating in multiple presentations, willing to always volunteer and is a delight to be around!

Throughout her career she demonstrated unparalleled passion commitment and excellence in her work. Her tireless efforts to advance equity is beyond commendable and she has left her lasting mark on our profession. She has inspired countless others to succeed.



*Marcia Van Natta pictured Left and Pam Woll pictured right*

**Failed To Recertify**

The following is a list of members who have failed to renew their credential with ICB. There are a number of reasons why they have not renewed. These include, transferring credentials to another state, failing to pay fees and/or failure to obtain CEUs, retired or simply left the field. Whatever the reason may be, it is the responsibility of ICB to inform the field and the public regarding any and all persons change in credentials.

**Thank you.**

**Counselors**

Agee, Jilan
Andrasco, Sara
Andrea, Samantha
Andrew, Charlene
Aspurez, Victor
Baker, Elizabeth
Ballard, Stephanie
Beall, Mark
Becker, Sara
Behnke, Barbara
Benitez, Leo
Berry, Sherrie
Bowersmith, Joanna
Brassea, Sara
Brueggemann, Tara
Bruner, Elaine

Brzeszkiewicz, Ann
Bullock, Andre
Burell, Bonnie
Burns, Melisa
Camper, Mary
Carrigan, Mary
Cerney, Carolyn
Cooper, Deborah
Davidson, Vincent
Day, Alan
DiGangi, John
Duffie, Barbara
Edwards, Shar
Edwards-Hines, Catrina
Eitenmiller, Bethany
Emery, Patricia

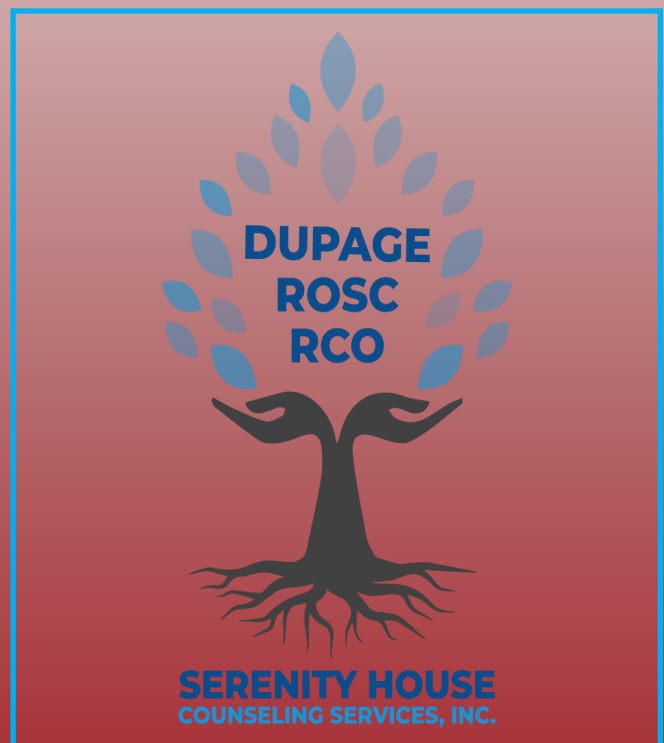
Exline, Hank
Fisher, Helen
Fiut, Kazimierz
Flatt, Derek
Franz, Krystalle
Fuqua, Elizabeth
Garza, Rebecca
Gates, Michael
Gilmartin, Jamie
Guerra, Emperatriz
Halloran, Elizabeth
Hejnal, Cheryl
Henderson, Larry
Howell, Anthony
Hughes, Asia
Hyde, Lauren

Indermark, George
Jaster, Rebecca
Johnson, Shanika
Jones, Anita
Kamper, Elena
Kemp, Cassie
Kerwin, Charles
Knollhoff, David
Krischel, Andrew
Larsen, Danielle
Larson, Sherri
Mailberger, Amber
Manolis-Perry, Sharilee
Martin, Daniel
Martin, Megan
Marvin, Angela
McGuire, Susan
McMurrough, Maureen
Mendez, Pedro
Mian, Jennifer
Mills, Christopher
Mitchell, Amber
Mitchell, Carly
Monaco, Marguerite
Moore, Connie

Moore, Heaher
Morgan, Veronica
Moss, Aundrea
Murray, Elizabeth
Nelson, Chicobia
O'Connor, Brandon
Orlakis, Kevin
Panaki, David
Perez, Manuel
Perry, Dannie
Petz, Jennifer
Phillips, Jack
Polke, George
Portis, William
Rehmann, Chris
Reyes, Armando
Richardson, Kurtiss
Rosol, Magdalena
Ross, Thomas
Rubino, Robert
Ryall, Andrew
Ryan, John
Sanders, Linda
Scheuer, Gregory
Schmidt, Asia

Scoggin-Chang, Chelsie
Slightom, Brianna
Smith, Jennifer
Smith-Reese, Gwendolyn
Soucek, Raymond
Speight, Charles

Stapleton, Anna
Strausberger, Amy
Szlamnik, Joseph
Themanson, Anna
thies, Maura
Tockey, Lauren



**Counselors Continued . . .**

Stapleton, Anna
Strausberger, Amy
Szlamnik, Joseph
Themanson, Anna
thies, Maura
Tockey, Lauren
Travis, Brad
Trikur, Danielle
VanLopik, Kari
Venhorst, Sara
Walker, Christopher
Walker, Maurice
Washington, Shirley
Watson, Lisa
Webb, Shalon
Whitmer, Shelby
Willmore, Evan
Wise, Zachary
Wright, John
Wuest, Kristy
Zielinski, Jennifer

**CAAP**

Aguirre, Juan
Andrews, Corey
Aviles, Fabian
Crane, Joshua
Cutter, Joshua
Howell, Blake
Rutledge, Remel
Walton, Ronald

**CODP I/II**

Burns, Melissa
Davidson, Vincent
Howell, Anthony
Monaco, Marguerite
Reno, Gina
Reyes, Armando
Smith-Reese, Gwendolyn
Walker, Christopher

**CRSS**

Bisio, Vincente
Galman, Kaitlyn
Krajnc Jr., Joseph
LaPelusa, Brianne
Lathan-Culbertson
Marx, Teresa
Rodriguez, Javier
Schroeder, Anna
Walta, Aspin

**CPRS**

Duncan, Melissa
Hintzsche, Judith
Roman, Stephanie
Verfurth, Katelyn
Wells, Kayli

**CFPP**

Napier, Wanda
Rockwell, Teresa

**MAATP**

Franklin, Felicia
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**PCGC**

Avery, Kenneth
----------------

**RDDP**

Speiden, Jennifer
-------------------

**CARS**

Vallos, Victoria
------------------

**ATE & GCE**

Fiut, Kazimierz
Duffie, Barbara

**CCJP**

Newman, Walter
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