

Academic Day – Draft Program, Friday 15 March 2019

Arabesque Room, Mantra Southbank Hotel

31 City Road, Southbank, Melbourne 3006

(Program subject to change. Please see website for details)

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| 9:00-10:00 | Addressing the addict/alcoholic & family at the bedside. Dr J. Randle Adair |
| 10:00-10:20 | Morning tea |
| 10:20-11:20 | Management of pain in the context of previous substance abuse. Dr David Jacka |
| 11:20-12:20 | Cultures of Addiction and the Recovering Physician Tribe
Professor William F. Haning, |
| 12:20-13:20 | Lunch |
| 13:20-14:20 | The potential of N-Acetylcysteine in addictive and comorbid disorders. Professor Michael Berk |
| 14:20-15:20 | How to care for the stimulant addict. Dr William Huang |
| 15:20-15:40 | Afternoon tea |
| 15:40-16:10 | 12-step Recovery in medical practice. Dr Naham (Jack) Warhaft |
| 16:10-16:40 | Medical tourism for addiction treatment? Mr Michael Gillis. |
| 16:40-17:00 | Panel Discussion. 2019 International Doctors in Alcoholics Anonymous Knoxville USA Meeting Presentation. Close. |
| 18:00 | Dinner. Spire Restaurant, Mantra Southbank. All welcome.
(Included in all 2 & 3 day Registrations, additional \$90 per person for single day registrations) |

Cultures of Addiction and the Recovering Physician Tribe

Professor William F. Haning, III, M.D., DFASAM, DFAPA (“Bill”) is a tenured Professor of Psychiatry at the John A. Burns School of Medicine, University of Hawai‘i, who served as the Director of M.D. Programs for the medical school until his recent partial retirement; he is Director of Addiction Psychiatry/Addiction Medicine Residency Training Programs and the Deputy for General Psychiatry, and Director of the medical students’ neurosciences curriculum (2nd year). Bill is Principal Investigator for the Pacific Addiction Research Center (PARC®). A Director of the American Society of Addiction Medicine (ASAM) and the Editor-in-Chief of the *ASAM Weekly*, he also serves as Chair of the Examination Committee for Addiction Psychiatry, American Board of Psychiatry and Neurology. He received his A.B. (Philosophy) from Princeton University and M.D. from the University of Hawai‘i at Manoa. He is a Member of the American College of Psychiatrists, a Distinguished Fellow of the American Society of Addiction Medicine and a Distinguished Fellow of the American Psychiatric Association.

Bill has been very fortunate. He is certified in Psychiatry, Addiction Psychiatry, and Addiction Medicine; has received teaching awards inclusive of the APA’s Nancy C.A. Roeske Certificate, the John M. Hardman Award for Mentorship from the John A. Burns School of Medicine of the University of Hawai‘i, the Leonard Tow Humanism in Medicine Award, and the University of Hawai‘i Regents’ Medal for Excellence in Teaching. In 2014, the Hawai‘i Medical Association designated him Hawai‘i’s Physician of the Year. The Force Surgeon (2001-2007) for both U.S. Marine Forces Pacific and for Marine Forces Central Command in Operation Iraqi Freedom, Bill served subsequently as the Division Psychiatrist, 4th Marine Division; his awards include the Legion of Merit.

He spends a lot of time trying to defeat age through exercise, which seems only to wear him out; and an equal amount of time trying to understand humanity by reading history, which only raises more questions. He lives in Manoa Valley in Honolulu where he is the undeserving spouse of the remarkable Dr. Libby Char, Assistant Clinical Professor of Surgery (Emergency Medicine).

Management of pain in the context of previous substance abuse.

Dr David Jacka was appointed Addiction Medicine Specialist at Monash Health in early 2013. He has worked in the area of public health for many years and in Alcohol and Illicit Drug misuse and Harm Reduction since 1993. Between 2006 and 2012 he worked with the World Health Organization as a drug treatment specialist and advisor on HIV prevention programming for IDU and other risk groups in Indonesia, Myanmar, Cambodia and Viet Nam. He has assisted development of guidelines and training materials on assessment and treatment for users of illicit drugs including heroin and methamphetamine in the Asian Region and developed many bilingual materials for heroin and methamphetamine Harm Reduction, HIV Testing and Counselling and Methadone Maintenance Treatment. His interests at Monash Health have already taken him into areas of acute illicit stimulant intoxication, improved methadone, buprenorphine and other opiate prescribing and the development of improved health and NSP services for people who inject drugs.

Addressing the addict/alcoholic & family at the bedside

Dr. J. Randle Adair, DO, PhD received his Bachelors Degree in Biology from Georgetown University, Washington DC in 1969, his PhD in Physiology from Emory University in 1974. Subsequently, he did postdoctoral fellowships in Biomedical Engineering, at John Hopkins University, and Pharmacology, at Georgetown University Schools of Medicine. His Chemical Dependency training occurred at the Chemical Dependency Training Institute at University of Miami in 1986. In 1987, he was asked to participate in developing the first school-based prevention, intervention and treatment program in the nation, called Project TRUST, which cared for over 300,000 students and their families enrolled in Miami-Dade Public Schools between 1987 and 1993. While living in Miami, he also served as Clinical Director for the DUI Court System and was a professional supervisor for physicians in the Florida Professionals Recovery Network. He also performed that service for Alabama physicians. In 1993, Dr. Adair enrolled in medical school, receiving his medical degree in 1997, from Nova Southeastern University College of Osteopathic Medicine. He completed Residency training in Internal Medicine at University of South Alabama in 2000. He is Board Certified in both Internal Medicine and Addiction Medicine. In 2013 and 2014, he directed the Healthcare Professionals Program at Hazelden Betty Ford Foundation in Newberg, OR. Dr. Adair is now “semi-retired” and continues in New Mexico to practice Internal Medicine, directing the Thrombosis Service for New Mexico Cancer Center, as well as continue service as the Chair of the Provider Wellness Committee of the Presbyterian Healthcare system. He also serves as Conference Chair of the Steering Committee of International Doctors in Alcoholics Anonymous (IDAA.org).

The potential of N-Acetylcysteine in addictive and comorbid disorders

Professor Michael Berk is currently a NHMRC Senior Principal research Fellow and is Alfred Deakin Chair of Psychiatry at Deakin University and Barwon Health, where he heads the IMPACT Strategic Research Centre. He also is an Honorary Professorial Research fellow in the Department of Psychiatry, the Florey Institute for Neuroscience and Mental Health and Orygen Youth Health at Melbourne University, as well as in the School of Public Health and Preventive Medicine at Monash University. He has published over 950 papers and is the 2nd highest cited bipolar disorder researcher in the world (Scopus), and is listed by Thompson Reuters as amongst the world’s most influential scientific minds. Data from SciVal shows he is Australia’s most highly cited researcher in the categories of neurosciences, and psychology and cognitive sciences over the five years between 2012 and 2017. He is past president of the International Society for Bipolar disorders and the Australasian Society of Bipolar and Depressive Disorders. His major interests are in the discovery and implementation of novel therapies, and risk factors and prevention of psychiatric disorders. He is the recipient of a number of national and international awards including the Brain & Behaviour (NARSAD) Colvin Award for Mood Disorders in 2015, and holds grants from the National Institutes of Health (US), Simon Autism Foundation, NHMRC CRE and project grants, Beyondblue and Stanley Medical Research Institute and is lead investigator in a Centre For Research Excellence.

12-step Recovery in medical practice

Dr Naham (Jack) Warhaft MBBS, FANZCA, FACHAM (RACP), Grad.dip.substance abuse, was born in Melbourne and educated at Melbourne High School. He studied medicine at the University of Melbourne, and commenced his anaesthetic training in 1966. He began specialist practice in anaesthesia in Melbourne in 1971, and held senior appointments at Box Hill, Mercy Maternity, Werribee Mercy and Angliss hospitals. In the 1990's he became involved in the management of anaesthetist colleagues with narcotic dependency - the Box Hill Hospital Re-entry Program for Impaired Anaesthetists.

He furthered his training in doctor's health by undertaking frequent visits to the USA and Canada. In 2001 he was appointed as the founding Medical Director of the Victorian Doctors Health Program (VDHP) - modelling it as closely as possible on the North American Physician Health Programs. He ceased his practice of anaesthesia and qualified as a Fellow of the Chapter of Addiction Medicine, RACP, in 2004. He retired from the VDHP in 2007, by which time he had been involved in the management of about 80 doctors with substance use disorders. From 2009 to 2017 he was the addiction medicine physician at Malvern Private Hospital in Melbourne, and was responsible for the development and implementation of the medical guidelines, and the overall provision of the medical service.

He was a co-founder of 'Australian Doctors in Recovery' in 1994, and maintains informal links with his US, Canadian and British counterparts. He is convenor of Victorian Doctors in Recovery, which meets on a regular basis to support doctors with substance misuse issues

12-STEP RECOVERY IN MEDICAL PRACTICE

In Australia and New Zealand addiction medicine is highly skewed to harm reduction. It is, in the main, medical management (mainly pharmacotherapy), with psychosocial support. 12-Step Recovery is poorly understood and seldom offered.

Abstinence is the gold standard for resolution of drug addiction, should be offered as the ideal treatment option. 12-Step programs provide a high quality, intense and enduring pathway for recovery maintenance. Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) can be incorporated in the practice of what might be termed 'Recovery Medicine', that is, psychosocial management with medical support. The disease model is explained to the patient, who should be clearly informed that there are no medications available to treat addiction., and what is required is cognitive change. The role of AA and/or NA in the treatment program is explained, and the physician helps guide the patient through their early engagement in these programs. Barriers to Recovery should be discussed. The essential role of peer support is stressed. The doctor can provide strong support for similar interventions from counselors, psychologists and other professionals.

If the physician happens to be in personal recovery, it may be useful to disclose it, as it is a powerful way of establishing trust among a client group to which trust does not come easily.

12-Step Recovery in medical practice is challenging, as it confronts pre-conceived ideas held by members of our own profession, as well as of our clients. However the reward is that of restoration of desperate and hopeless individuals to happy and productive members of society.

How to care for patients addicted to stimulants?

Dr William “Will” Huang MBBS, PhD FChAM is a full time staff specialist in Drug and alcohol at Canberra Hospital. He has practised there since January 2015. He is Year 3 Coordinator of ANU medical school. He was involved in the start up of Australia's first stimulant treatment program at St Vincent's Hospital Sydney as a registrar in 2009 to 2010, under the auspices of Alex Wodak. The project is continued by Dr Nadine Ezard. St Vincent’s Hospital Sydney contributions to his slides are acknowledged on them. He holds a current Capital Health Network Innovative Models of Service Delivery in Specialist Alcohol and Other Drug Treatment Services Grant targeted at Ice Task force grant investigating improving models of care for stimulant users in the Territory.

Prior to his interesting addiction medicine career. Dr Huang was a rural GP academic, a deployed captain in The Australian Army and Awarded a UN Force commanders commendation, and the US commendation in the fields of mass casualties and activities of forward deployed medical teams.

Medical tourism for Addiction Treatment?

Mr Michael Gillis is Chief Clinical Officer for The Cabin, Chiang Mai, Thailand.