You are invited to a presentation by experts in this topic followed by a conversation with community members

WELLNESS CAFE
The Opioid Epidemic in America: Why Us, Why Now and What to Do?

Saturday, March 21, 2020

Program: 8:30 - 9:30am Gathering & light breakfast
9:30 -10:30am Presentation by Panelists
10:30 -10:45am Break
10:45 -11:45am Discussion with Guests
11:45 -12:45pm Lunch

Where: St Christopher’s Episcopal Church
7845 N River Road
River Hills, Wisconsin 53217

Register today at:
https://wcopioidepidemic.eventbrite.com
Use discount code MCWwellness

Join us and you will....

Be part of the discussion

Learn about research findings and how they relate to your health

Find answers to questions you’ve always wanted to ask
The Opioid Epidemic in America: Why Us, Why Now and What to Do?

Beginning in the 1990s, the landscape of America’s drug culture started to change. The change transpired rather slowly at first and few, if any, noticed it or would be able to predict the magnitude of its potential devastation. It came in waves, each wave worse than the one before; spreading in inner cities, and suburban as well as rural areas of the US alike. What started out as prescribing painkillers in record numbers, believing in the safety of prescription opioids in the first wave, resulted in the increased use of even more dangerous illicit synthetic opioids such as heroin and fentanyl in recent years. As the death rate has nearly quadrupled since 1999 and continues to rise, there were more than 42,000 deaths in 2016 alone.

In 2019, we are still grappling with the question, why us, why now and what should we do?

Our panel of experts will discuss the origin of the opioid epidemic, the three phases of the epidemic from the early 1990’s until today and review the epidemiological data on how the epidemic spread over time and the death toll. Our discussion will also examine the far-reaching societal effects of the epidemic along with the significant human and financial toll on individuals, families and communities. An overview of how opioid based drugs act upon the brain and body will be presented and how these actions can make it difficult to stop using drugs. Signs of drug use and a team-based approach to addiction treatment will be discussed along with treatment strategies, such as establishing “functional goals” in treatment, various therapies (12 step meetings, recovery programs, psychotherapy etc.) and lifestyle improvements.
Meet The Panel

Dr. Jillian Theobald is the Quality Assurance director at the Wisconsin Poison Center and the Co-Medical Director of the Adult Translational Research Unit at the Clinical & Translational Science Institute of Southwest Wisconsin. She received a BA from Carthage College where she majored in physics and minored in math and biology. In 2008 she obtained her Doctorate in Cell Biology and Anatomy. In 2010, she completed her MD PhD at Rosalind Franklin University of Medicine and Science and emergency medicine residency at University of Illinois Hospital and Health Sciences System. Subsequently, she completed a medical toxicology fellowship at the Toxikon Consortium (Cook County Hospital, Illinois Poison Center and University of Illinois Hospital) in Chicago. Dr. Theobald has authored multiple chapters in Emergency Medicine textbooks and continues to engage in research that explores the validity of historical management paradigms of toxicological exposures, determines the variables surrounding opioid overdose deaths, and assesses the quality improvement processes of poison center operations.

Dr. Christopher Olsen is an Assistant Professor of Pharmacology and Toxicology and a researcher with a focus on neuroscience, addictive behavior and novelty seeking at the Department of Pharmacology and Toxicology at the Medical College of Wisconsin. He attended and earned his Bachelor of Science degree from Baylor College in Texas and his Master of Science degree at Texas Tech University, Texas. Dr. Olsen earned his PhD in toxicology and neuroscience at the University of Texas at Austin, Texas and completed his postdoctoral training at Vanderbilt University School of Medicine. Research in Dr. Olsen’s laboratory is aimed at understanding how the brain encodes the motivation to obtain drug (such as cocaine) and non-drug (such as food) rewards; and how positive and negative environmental factors may result in addiction relapse. His research is also focused on the long-term impact of concussion on drug seeking and cognitive function.
Meet The Panel

Dr. Matthew Stohs is an assistant professor and board certified psychiatrist at the Medical College of Wisconsin, Behavioral Health Center – Tosa Health Center. He received his medical degree from Tulane University School of Medicine in New Orleans, LA. Dr. Stohs completed his residency in psychiatry at the Mayo Clinic in Rochester, MN and a fellowship in addiction psychiatry at the Mayo Clinic in Rochester, MN. He specializes in addiction psychiatry and substance abuse treatment. He believes in a patient-centered, individualized care with focus on the whole patient; body, mind and spirit. Dr. Stohs likes to compare his approach to medical care to much like that of a coach and an athlete; where his role is to coach and collaborate with the patient, other providers and family members through the unique challenges the patient is facing.

Olivia Wenzel is a Social Worker in the Emergency Department at Froedtert Hospital, having joined the department in June 2019. Olivia has experience working with a wide patient population in a variety of different treatment modalities. She has worked at Rogers Memorial Hospital in both child/adolescent inpatient treatment and adult residential treatment specializing in eating disorders. Olivia has a particular passion for dual diagnosis treatment, having previously worked in opioid maintenance treatment (OMT) for 2 years. Olivia received her Master’s in Social Work from the Helen Bader School of Social Welfare at the University of Wisconsin-Milwaukee in 2017. She received her Substance Abuse Counseling (SAC) in 2018.