

Stimulants and Their Impact on the Brain and Behavior: Best Practices and Approaches for Effective Treatment and Recovery

Grant Hovik, MA

Level

Intermediate

Room

Track

SUD, Clinical

CE

CPA/BBS/CJER

Bio

Grant Hovik, MA received his Master of Arts degree in Clinical Psychology from Columbia University, Teachers College. Grant has worked in the field of substance use disorders through research, training, and technical assistance since 2006. Currently, he is a clinical trainer and health educator for UCLA's Integrated Substance Use and Addiction Programs (ISAP) and the Pacific Southwest Addiction Technology Transfer Center (PSATTC), where he conducts a variety of trainings on evidence-based practices for substance use including Motivational Interviewing, Cognitive Behavioral Therapy, and Screening, Brief Intervention, and Referral to Treatment. Grant is also an instructor for UCLA Extension's Alcohol and Drug Abuse Counseling Certification Program where he teaches about the science of substance use and co-occurring mental health disorders.

Narrative

Stimulant use is prevalent among justice-involved individuals and presents unique challenges for providers. This workshop will provide a foundational understanding of methamphetamine and stimulant use disorders and their impact on justice-involved individuals. Participants will explore the scope of stimulant use, the effects on the brain, cognition, mental health, and the acute and chronic effects of substances like cocaine and methamphetamine. The workshop will also cover evidence-based treatment approaches, including behavioral interventions and recovery supports tailored for individuals struggling with stimulant use. Attendees will leave with practical strategies to enhance care for individuals struggling with stimulant use in justice-involved populations.

Learning Objectives

1. Identify three specific national patterns and trends in stimulant use
2. Specify two examples of the cognitive impact associated with stimulant use
3. Describe three ways stimulants physically impact the body
4. Apply at least two specific behavioral treatment interventions that have been proven effective in treating people with a stimulant use disorder