

# MIND THE BRAIN SYMPOSIUM

Saturday September 9th, 2017

**Fresh Start Recovery Centre**

411 41 Ave NE, Calgary, AB

8:30 am – 4:30 pm



**FAMH**  
Foundation for Addiction  
and Mental Health

• Comprehensive Assessment • Integrated Treatment • Holistic Recovery

## SCHEDULE

8:15 – 9:00 | Registration/Refreshments

9:00 – 9:30 | Cory Hetherington –  
FAMH Vision

9:30 – 11:00 | Dr. Howard Wetsman –  
The Genetics of Addiction and its  
Implication for Treatment

11:00 – 11:30 | Refreshment Break

11:30 – 12:30 | Dr. Raju Hajela –  
Addiction is Addiction, Holistic  
Treatment and Recovery Tools

12:30 – 1:30 | Lunch

1:30 – 2:00 | Lisa Simone –  
Holistic Recovery

2:00 – 2:30 | Paul C. – Addiction  
Involving Relationships

2:30 – 3:00 | Refreshment Break

3:00 – 4:30 | Panel Discussion:  
Dr. Howard Wetsman, Dr. Raju Hajela,  
Lisa Simone, Paul C.

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Please join us for our **FREE** one day Mind the Brain symposium

Learn about the latest science regarding the Genetics of Addiction, why it is important to look at “Addiction is Addiction”, and practical front line recovery tools that work for individuals and families! This leading-edge information will be provided by world renowned Addiction Specialist Physicians Dr. Howard Wetsman and Dr. Raju Hajela and illustrated by our special guests in long term recovery Lisa Simone and Paul C.

## SPACE IS LIMITED!

Register at <eventbrite link>  
by August 31st, 2017

Donations welcome at [www.famh.ca](http://www.famh.ca)

Parking is available one block south at Center Street Church (4120 Centre St. NE, Calgary) and there will be 2 Fresh Start Shuttle Vans available from 8:00 am – 9:15 am and 4:00 pm – 5:15 pm



# 2017 SYMPOSIUM SPEAKERS



## Dr. Howard Wetsman, MD

Dr. Howard Wetsman is an addiction psychiatrist who specializes in the outpatient treatment of addiction. He was the Chief Medical Officer and Founder of Townsend, a network of outpatient addiction treatment

centers across south Louisiana, and is currently an independent consultant at the intersection of systems and healthcare. He is a Clinical Associate Professor at Louisiana State University, School of Medicine and is a Distinguished Fellow of the American Society of Addiction Medicine.

Previously, Dr. Wetsman has worked in several addiction treatment environments including academic centers and inpatient treatment units. Recently he served as a Regional Director of the American Society of Addiction Medicine. He also served as president of the Louisiana Society of Addiction Medicine and was a founding member of the Society of Uniformed Services Psychiatrists (a branch of the American Psychiatric Association).

Dr. Wetsman began his medical career as a General Medical Officer in the US Navy. He then led a Psychiatry Research Division and later became Medical Director of the Crisis Intervention Unit, Naval Medical Center in Portsmouth, Virginia. He received a Meritorious Service Medal in addition to other honors for his service. Dr. Wetsman is a graduate of the Louisiana State University School of Medicine, where he also completed his Psychiatry Residency and received the Sandoz Award.

Dr. Wetsman is the author of Questions and Answers On Addiction and The Townsend Way. He maintains a weekly blog at [todcr.com](http://todcr.com) and has presented papers at numerous addiction medicine conferences. Dr. Wetsman will be speaking on the Genetics of Addiction and its implication for treatment.



## Dr. Raju Hajela, MD, MPH

Dr. Hajela is a co-founder and principal of Health Upwardly Mobile (HUM) Inc. and Medical Advisor for the Foundation for Addiction and Mental Health (FAMH). He received his MD from Dalhousie University in 1982 and his Master of Public Health from the Harvard School of Public Health in 1988. He has

practiced Transcendental Meditation since 1986, completing his training in Maharishi Ayurveda in 1994 and has provided continuing medical education programs for physicians regarding the benefits of this form of meditation.

Raju served in the Canadian Forces from 1979 to 1995, reaching the rank of Major in 1987. He is a Certificant of the College of Family Physicians of Canada (CFPC), as well as the Canadian (CSAM), American (ASAM) and International Societies of Addiction Medicine (ISAM). He is a Fellow of the CFPC and ASAM; and a Diplomat of the American Board of Addiction Medicine (ABAM). He has held faculty appointments in Family Medicine and Psychiatry at Queen's University (1992-2001) and has taught medical students and residents at the University of Toronto, Queen's University and the University of Calgary. He has held leadership positions in national and international medical organizations notably as key contributor to the definitions of Addiction, Recovery, and Abstinence promulgated by the American Society of Addiction Medicine (ASAM) and adopted internationally. He has received numerous honours and awards for his leadership and community work. He has academic publications and numerous invited conference plenary presentations and workshops to his credit. He routinely provides training for health care professionals and does presentations for corporations, government and the general public.

In 2015, Dr. Hajela co-authored "Addiction is Addiction: Understanding the disease in oneself and others for a better quality of life", a book that looks at how treating Addiction as a disease can radically improve outcomes by using a holistic approach to recovery. In his talk he will discuss Addiction as a primary, chronic disease that has characteristic biological, psychological, social and spiritual manifestations regardless of what substances and behaviours may appear to be problematic on the surface. He will focus on principles and framework for holistic treatment and practical recovery tools for individuals and families.



## Cory Hetherington, P.Eng., MBA

Cory Hetherington is a professional engineer with a masters degree in business and a person in recovery. He hasn't had

to take a drink or a drug since March 27, 2009. His experience with addiction and recovery is and has been significantly different than the generally accepted understanding and perception of our society. It took him 10 years to get the help he needed after first suspecting he had a problem with drugs and alcohol. The first solution recommended by a professional was to prescribe an antidepressant for a short term mental health condition. Just like drugs and alcohol it provided some sort of temporary short term relief. Over the last 5 years, Dr. Hajela has shared with him the truth about addiction and recovery. They started FAMH to share this truth with individuals, professionals, governments and society as a whole.



## Lisa Simone

Lisa Simone is a maverick for effective social change who works passionately in her role as an addiction recovery advocate. Ms. Simone is a team builder who inspires others to join and work

with her to gain momentum and to leverage the best results to achieve a common goal. As a person in long-term recovery herself, Lisa works to challenge and break down the stigma around addiction and create awareness for the recovery movement. She shares her story, heart and perspective in the hope of inspiring others to find their own healing and transformation. Her conviction and enthusiasm shine through in her day-to-day life – enlightening others to the realization that recovery is possible. Lisa is committed to ending the debilitating silence surrounding addiction and is focused on helping others to get well. She is the National Communications Director at Fresh Start Recovery Centre in Calgary, Alberta, Founding Director with FAVOR Canada (Faces and Voices of Recovery Canada) and Co-founder of Recovery Day Calgary. Lisa will be speaking about holistic recovery.

## Paul C.

Paul is a patient at Health Upwardly Mobile and an active participant in the recovery community. Over the past 3 years Paul has significantly improved the quality of his life experience and his overall health by engaging in holistic recovery. He is an avid student of both the medical and spiritual aspects of the disease of addiction. Behavioral manifestations of the disease beyond substance use, such as relationships, work, and extreme sports, are of particular personal interest to Paul. He will be speaking about Addiction involving relationships.

**Don't forget to register by August 31st, 2017!**