

PLEASE JOIN US FOR THE UPCOMING PUBLIC FORUM

PAINKILLERS...What Everyone Needs to Know
an unbiased conversation

Tuesday, May 21, 2013 from 6:00 - 8:30 p.m.

- Join us at 5:30 p.m. for Free Food and Resources
- Presentation begins at 6:00 p.m.

Our speakers include: Carol Falkowski, Dr. Mel Pohl and Dr. Marvin Seppala

Moderator: Dr. Charlie Reznikoff

(See the following page for their Bios)

- Location: The Recovery Church
253 State Street, St. Paul 55107

Who should attend?

The Public, Parents, Students,
Chronic Pain Sufferers, Family
Members, Faith Community,
Youth Leaders, School Staff,
Attorneys, Judicial System,
Law Enforcement (SROs, Patrol,
Investigation), Healthcare
Professionals, the Recovery
Community and YOU!



This event is **FREE** but pre-registration is preferred due to limited space.

Please register and/or make a donation at: <http://z.umn.edu/whateveryoneneedstoknow>

Please complete a brief ANONYMOUS SURVEY at: <http://z.umn.edu/anonymoussurvey>

For **MORE INFORMATION** please contact Lexi Reed Holtum at:

Lexi@SteveRummlerHopeFoundation.org or 651-308-8122

On the Web: www.steverummlerhopefoundation.org/content/may-21-2013-painkillers-what-everyone-needs-know

Sponsored by (in alphabetical order): CLARION, Fairview Behavioral Services, Hazelden Foundation, MN DHS/ADAD, Minnesota Recovery Connection, Opioid Coalition, The Recovery Church, Steve Rummler Hope Foundation, University of Minnesota's Minnesota Center for Mental Health, Valhalla Place, Inc.

Certificates of Attendance provided. CEU's, CLE's and POST credits applied for.

PAINKILLERS...What Everyone Needs to Know

Speaker Bios



MODERATOR: Charles Reznikoff, MD
Internal Medicine and Addiction Medicine,
Hennepin County Medical Center, Minneapolis, MN

Dr. Reznikoff earned his medical degree in 2002 from the University of Wisconsin in Madison, Wisconsin. He completed his Internal Medicine residency, followed by a chief residency, at Hennepin County Medical Center in Minneapolis, Minnesota. Dr. Reznikoff then completed an Addiction Medicine fellowship at the University of Minnesota in 2007. He is an Assistant Professor of Medicine at the University of Minnesota Medical School and an award-winning teacher of medical students and residents. Dr. Reznikoff serves as a member of the Steve Rummeler Hope Foundation's Medical Advisory Committee.



SPEAKER: Carol Falkowski
Principal, Drug Abuse Dialogues

Carol Falkowski has been an articulate public voice about drug abuse for over three decades. She is author of the reference book, *Dangerous Drugs*. As drug abuse strategy officer at the Minnesota Department of Human Services she developed Minnesota's first statewide substance abuse strategy in collaboration with multiple state agencies. As director of the State alcohol and drug abuse agency, she oversaw the administration of public funds for prevention, treatment and recovery services in Minnesota. After 25 years of public service, Falkowski recently founded Drug Abuse Dialogues -- advancing the understanding of drug abuse through education and dialogue.

She's provided expert testimony to US Congressional committees and served in an advisory capacity to the National Institute on Drug Abuse, the FDA, the US Department of Justice, the American Bar Association, and the White House Office of National Drug Control Policy. Falkowski has delivered educational presentations on drug abuse in 28 states, Canada, Mexico and Europe, and co-produced ten documentaries with Twin Cities Public television on the topic. Falkowski's comments and opinions have been featured by many news outlets including *USA Today*, *the Washington Post*, and the *New York Times*. She has appeared on NBC's *Today Show*, ABC's *20/20*, NPR's *Talk of the Nation* and CNN with Anderson Cooper. She lives in the Twin Cities metropolitan area.



SPEAKER: Mel Pohl, MD, FASAM

Dr. Pohl is a Board Certified Family Practitioner. He is Vice President of Medical Affairs and the Medical Director of Las Vegas Recovery Center (LVRC). Dr. Pohl was a major force in developing LVRC's Chronic Pain Rehabilitation Program. He is certified by the American Board of Addiction Medicine (ABAM), and a Fellow of the American Society of Addiction Medicine (ASAM). He is the former chairman of ASAM's AIDS Committee, a member of the Symposium Planning Committee, a member of the planning committee for ASAM's Annual "Common Threads, Pain and Addiction" Course and co-chair of ASAM's Pain and Addiction Workgroup. Dr. Pohl is a Fellow of the American Academy of Family Practice and a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine. He was elected by his peers for inclusion in Best Doctors in America® from 2009 to 2011. He is a nationally known public speaker and co-author of *Pain*

Recovery: How to Find Balance and Reduce Suffering from Chronic Pain (Central Recovery Press, 2009); *Pain Recovery for Families: How to Find Balance When Someone Else's Chronic Pain Becomes Your Problem Too* (Central Recovery Press, 2010); *The Caregiver's Journey: When You Love Someone with AIDS* (Hazelden, 1990); *Staying Sane: When You Care for Someone with Chronic Illness* (Health Communications, 1992). Dr. Pohl is the author of *A Day Without Pain* (Central Recovery Press, 2008), which won a silver medal from Independent Publisher Book Award in May 2009. *A Day Without Pain, Revised Edition* (Central Recovery Press) was published in 2011.



SPEAKER: Marvin D. Seppala, MD
Chief Medical Officer, Hazelden, Center City, MN

Dr. Seppala obtained his medical degree from the Mayo Medical School at the Mayo Clinic in Rochester, Minnesota. He served his residency in Psychiatry and a fellowship in Addiction Medicine at the University of Minnesota Hospitals in Minneapolis, Minnesota. He is an Adjunct Assistant Professor at the Hazelden Graduate School of Addiction Studies. His responsibilities include overseeing all interdisciplinary clinical practices at Hazelden, maintaining and improving standards of care, and supporting growth strategies for Hazelden's residential and nonresidential addiction treatment programs. Dr. Seppala is the author of *Clinician's Guide to the Twelve Step Principles* (McGraw-Hill/Hazelden, 2002). He co-authored *When Painkillers Become Dangerous* (Hazelden, 2004),

followed by *Pain-Free Living for Drug-Free People* (Hazelden, 2005). He is also the author of *Prescription Painkillers: History, Pharmacology and Treatment* (Hazelden, 2010).