

2016

ANNUAL CONFERENCE

Sheraton Harrisburg-Hershey | April 18-19



PENNSYLVANIA

CERTIFICATION BOARD



ITINERARY

MONDAY, APRIL 18 & TUESDAY, APRIL 19

**MONDAY,
APRIL 18TH**

7:00AM-8:00AM

Continental Breakfast

Networking and Exhibits

8:00AM-9:00AM

Keynote Address:

Kevin Sabet, Ph.D.

Author, consultant, advisor to three U.S. presidential administrations, and assistant professor, Kevin A. Sabet, Ph.D., has studied, researched, written about, and implemented drug policy for almost 20 years. He worked in the Clinton (2000), Bush (2002-2003) Administrations, and in 2011 he stepped down after serving more than two years as the senior advisor to President Obama's drug control director, having been the only drug policy staffer to have ever served as a political appointee in a Democrat and Republican administration. He has appeared since at the Aspen Ideas and New Yorker festivals,

on the Organization of American States blue ribbon commission advising hemispheric drug policy, and in hundreds of forums and discussions promoting the ideas outlined in his first book, *Reefer Sanity: Seven Great Myths about Marijuana*. He has been featured on the front page of the New York Times and in virtually every major media publication and news channel on the subject of drug policy.

Dr. Sabet is the Director of the Drug Policy Institute at the University of Florida and an Assistant Professor in the College of Medicine, Department of Psychiatry. With Patrick J. Kennedy, he is the co-founder of Project SAM (Smart Approaches to Marijuana). He is also a policy consultant to numerous domestic and international organizations through his company, the Policy Solutions Lab. He also recently served as the only non-medical doctor on the writing committee establishing the official position on marijuana legalization for the American Society of Addiction Medicine (ASAM).

Kevin Sabet, Ph.D.
Keynote Address:

REEFER SANITY: What You Need to Know About Marijuana Now

In this talk, Dr. Sabet will discuss how marijuana is becoming big business and what leaders need to know about broad efforts to commercialize and legitimize marijuana. He will discuss various myths surrounding marijuana and the complicated scientific and legal landscape surrounding the drug.

9:00AM-9:30AM
Coffee Break and Exhibits

MORNING SESSIONS

9:30AM-12:30AM

ARE YOUR EYES OPEN OR SHUT? Working through the Blindspots

Lori Simons, Ph.D., CAADC

What does it mean to have a racial-cultural-ethnic identity? How does racial-cultural-ethnic identity influence cultural and ethical practice in addiction

counseling? And, why is understanding the influence from racial-cultural-ethnic identity important? Positive multiculturalism is necessary to prepare clinicians for effective practice. The diversification of individuals residing in the United States has prompted researchers and practitioners to facilitate dialogues on race, gender, and sexual orientation, the invisibility and visibility of Whiteness, and power and privilege in counseling contexts. The goal of this workshop is to promote positive multiculturalism as ethical practice. Participants will increase their multicultural awareness, knowledge, and skills by examining the influence from their own racial-cultural-ethnic identity on professional interactions in the counseling context. Participants will also increase their awareness and knowledge of their hidden assumptions about individuals who are racially, culturally, and economically different from themselves. Participants will learn how working through blindspots increases cultural competence and ethical practice. Experiential activities and video clips will be used to stimulate reflection and facilitate interactive discussions. At the end of the program, participants will be able to: describe the major components of positive multiculturalism; analyze hidden assumptions related to race, class and culture; assess the dynamics of privilege, power,

colorblindness, and oppression in personal interactions and institutional environments; discuss multicultural components that are relevant to self and clinical and professional interactions with clients; and utilize multicultural skills that enhance ethical and cultural competence.

This training fulfils 3 hrs in ethics

MINDFULNESS TECHNIQUES FOR WORKING IN JUVENILE JUSTICE

Randa Bieber, LSW

Lora Casteline, CADC

Dialectical Behavioral Therapy (DBT) contains a component of Mindfulness. Mindfulness as a psychological concept is the focusing of attention and awareness, based on meditation. Every day and every hour, we should practice mindfulness. That's easy to say, but to carry it out in practice is not. We have the impression that our family, place of work, and society rob us of all our time. That's why it's important to practice mindfulness techniques. This workshop will review and explore the three primary ways we refer to our states of mind. Lastly, we will teach techniques and activities to utilize that will assist when individuals are challenged with vicarious trauma in the

workplace. This training will focus on self-care techniques which can be taught to our clientele once we have mastered them ourselves. The objectives of this training include: provide an overview of mindfulness concepts and how they apply to working in juvenile justice or human services fields; provide an understanding of the three primary states of mind: emotion, reasonable, and wise mind(s); and learn new techniques and activities that will assist professionals when challenged with vicarious trauma in the workplace.

MOTIVATIONAL INTERVIEWING AND ITS APPLICATION FOR THE TREATMENT OF SUBSTANCE ABUSE

*William Bernardo, M.Ed.,
CADC, CCDP*

Motivational Interviewing is an Evidence-Based Practice (EBP) that has proven effective in working with clients who have substance abuse disorders. This workshop will explore Motivational Interviewing practices that help clinicians and clients break through the resistance that accompanies substance abuse. We will review the Stages of Change model to identify and practice how the clinician can match the

specific intervention strategy to the client stage of change, thereby individualizing the counseling practice to meet the client where they are in the treatment/recovery process. This workshop will include practical exercises designed to deepen each participants understanding of these techniques. Among the practical exercises will be evaluating common patient statements to practice identifying which statement would be associated with a corresponding Stage of Change. We will also explore specific Stage of Change intervention techniques and how to apply these in practice with your clients.

THE ARISE INVITATIONAL MODEL: A Multi-Generational Approach for Enhancing Family & Community Connectedness to Access Resilience in Time of Trauma, Substance Abuse, and Process Addictions

Sarah Hills, LPC, CAC III, CIP, CAI

A family's tradition and values have profound bearing on the stresses it encounters, and how these stressors are handled. Socio-economic change, natural and man-made disasters and

migration are a major influence on the integrity of society. In these times of global crisis, communities around the world are in danger of losing their intrinsic structure and protective factors. Connectedness or attachment to family and culture of origin correlate with reduced risk-taking behaviors and a reduction in family and societal violence, the impact of post-traumatic stress, substance abuse, sexual risk-taking and similar process addictions and other chronic and/or life-threatening illnesses. Facilitating family, cultural and community ties and enhancing access to family and community resources can therefore be protective against addiction, mental illness, stress, and destructive behaviors. Studies and clinical vignettes will illustrate the benefits of working with Family and Community Links to build positive attachment. ARISE Interventions target individuals, families or communities as the object of change by utilizing individual, group, or multiple Community Links. The practical methods of mapping, assessment, and intervention to be presented consider all levels of individual, family and community involvement; paying attention to health, spirituality, culture and life cycle stage. Assessment of available resources

and vulnerabilities, protective factors, and goals, encourages and facilitates collaboration across natural and artificial support systems. Participants will understand and embrace the following as it pertains to families and addiction: the impact of loss, trauma, and stress on family relationships and individual behavior over multiple generations; the value of involving family support systems for long-term positive outcomes; Invitational Intervention leads to individual, family, and generational healing; and the importance of timely prevention during times of loss, trauma and stress.

WHY THE 12-STEPS: A Clinical Perspective

*Ellyn Kravette, MSW, LSW,
CADC*

Addiction is recognized as a biopsychosocial illness. Unfortunately, many mental health training programs view addiction as an aspect of a particular mental health perspective or the use of medication as curative and do not value or present, in any meaningful way, the multidimensional nature of the disease and the need for long term support systems. This workshop explores the impact of maladaptive attachment

patterns on the limbic system and suggests that lasting recovery must recognize the need for healthy mutuality which includes the capacity for giving and receiving, and a healthy need for attention and appreciation. The program reviews spirituality as connectedness and the use of the Steps of Alcoholics Anonymous as a socialization tool in the shift from the egocentric addict to the self-actualized and integrated person. Primary goals of this program will include: viewing, from a clinical perspective, the psychosocial dynamic that each of the 12 steps support, substantiating the psychological need for 12 step referrals; differentiating between clinical and 12 step modalities; and advocating for connectedness as a necessity for long term addiction recovery.

AWARDS LUNCHEON: 12:30PM-1:30PM

*The Awards Luncheon
will honor the recipient
of the 2016 PCB Certified
Professional of the
Year Award.*

AFTERNOON SESSIONS

1:30PM–4:30PM

AN INTEGRATED PROCESS MODEL OF ADDICTION: Applications for Evaluation & Treatment

*Lawrence Clayton, Ph.D.,
CAADC*

This workshop will describe the developing process from inception to immersion in the use of substances. Referring to the familiar biopsychosocial term, this process model is intended to detail the sources of influence as they occur in the mutation from first use to consuming addiction. The important common features of this process will also be considered in terms of available control, from most direct control possible to indirect control to no direct control available. Participants will apply this model to the clinical interview or the initial point of contact with the patient/client to assess the locus of development in the addictive process. Motivational Interviewing, identifying consequences of use, and determining Stages

of Change are included as conceptual and behavioral tools for the professional/caregiver. Additionally, participants will learn to identify treatment options related to the individually estimated point of development in the process continuum from use to addiction. Similarly, this process model highlights the general sequence of treatment focus for those seeking sobriety, yet individualizes treatment to the patient/client's personal experiences.

ETHICAL ISSUES IN THE 21ST CENTURY: Applying a Decision- Making Model

Angela Colistra, Ph.D., CCS

The purpose of this presentation is to identify ethical dilemmas in the 21st century as they relate to the work of substance use disorder professionals. Participants will identify and utilize ethical decision-making models to use when dealing with ethical dilemmas. Participants should come prepared with a clear understanding of their professional Codes of Ethics and guiding ethical principles of practice. This is an advanced session with the main goal on application of skills as it relates to clinical supervisors

and practicing professionals. At the close of this training, participants will have deepened their practice with the following training objectives: identify common ethical dilemmas in the 21st century as these relate to ethical complaint trends and reports; outline the foundational principles to making ethical decisions; review ethical decision-making models; implement the use of a model as it relates to one's work as a clinical supervisor or substance use disorder professional; and explore adaptability and usability of ethical decision-making models to one's professional practice.

This training fulfils 3 hrs in ethics

FORMING AN ALLIANCE FOR RECOVERY: The Art and Science of the Therapeutic Alliance

William Stauffer, LSW, CCS, CADC

Intended for counselors, case managers, and recovery specialists, the training will explore the underlying theory, research on, and application of the therapeutic alliance in working with substance use disorders. We will learn how a strong, therapeutic alliance built on: a spirit of collaboration, an

emotional bond, and agreement on goals and tasks are the best predictor of a positive service outcome. Through lecture and group participation, attendees will learn the underlying theories of the humanistic approach and developments over the last several decades. Attendees will examine data on services abandonment and research on the efficacy of engagement in the recovery process. We will explore how internal factors within the practitioner and the individual seeking help, can influence the development of a therapeutic alliance. We will consider how to improve engagement through small group exercises exploring strength based goal development to identify the internal strengths and resources of the individuals with whom they work. Participants will learn to appreciate the persons that they work with as unique beings with talents and resources to harness in the healing process. By the end of the training, participants will understand the elements of a therapeutic alliance and factors to consider when working to engage in a collaborative change process of recovery.

OLD HABITS DIE HARD: Addiction within the Baby Boomers

*Rhiannon Condon, PhD, LCSW,
CADC, CEAP,*

Cynthia Smith, MA, LPC, CMC

The population of older adults will double in the next 15 years. The baby boomer generation will significantly increase the number of Americans over the age of 65. This growth will directly affect the percentage of older adults who face addiction and the challenges of recovery. Growth within the older adult population will necessitate an increased number of addiction specialists to meet the demands of addiction and recovery services within our communities. This training will review the etiology and impact of substance use and abuse within the baby boomer population. Empirically derived and peer-reviewed research will be examined in the context of identification and treatment of substance abuse among older adults. The presenters will outline the distinct differences of the life concepts of baby boomers contrasted against younger adults and the older generations not of the baby boomer category. The mind-set of the millennium generation will be contrasted

against the experientially derived construct of human development and behavior during the 1960's. We will examine and compare various addiction treatment modalities which demonstrate efficacy with the older adult. At the presentations conclusion, participants will be able to identify the differences in assessment and treatment of older adults and be capable of distinguishing the mutigenerational influences of alcohol and/or drugs.

OPIATE ANTAGONIST THERAPY: Narcon, Naltrexone and Vivitrol: Potentially Lifesaving Interventions and an Effective Form of Medication Assisted Recovery

Christopher Davis, D.O., CAADC

This training will begin with a review of the epidemiology of Pennsylvania's heroin crisis. There will be a brief review of receptor theory and discussion of opiate receptor agonists, partial agonists and antagonists (blockers). The mechanisms involved in opiate overdoses will be discussed as well as long term sequela such as anoxic brain injury. Risk factors for overdoses including a

history of past overdoses, poly-substance use such as sedative-hypnotic medications and periods of abstinence resulting in a reduction in drug tolerance will be discussed. Seventy percent of opiate overdose deaths occur in people who were recently abstinent through rehab or incarceration. This suggests the field needs to consider medication assisted recovery with opiate antagonist therapy. This training will review data on the use of Narcan (Naloxone) as a lifesaving intervention for opiate overdose and new legislation regarding prescribing to patients and family members. The disappointing results of oral naltrexone and the effectiveness of Vivitrol in the treatment of opiate dependency will be presented. Ethical and moral dilemmas of using medication assisted recovery will be discussed and illustrated through case studies.

WELCOME RECEPTION

5:00pm–6:00pm

Light Refreshments Provided

DINNER

On your own

**TUESDAY,
APRIL 19TH**

8:00AM–9:00AM

Continental Breakfast

Networking and Exhibits

MORNING SESSIONS

9:00AM–12 Noon

10:15AM

Break and Exhibits

INCORPORATING CRIMINOGENIC COMPONENTS INTO TREATMENT FOR SUBSTANCE DEPENDENT PATIENTS

*Patti Place, M.Ed., MLADC,
CAADC, CAGS, CCHP*

This workshop will expose participants to the latest research on criminogenic concepts and then delve into integrating these concepts into community-based treatment models for substance dependent patients who are part of the criminal justice system.

As a treatment provider, it is often daunting to plan and execute relevant, evidence-based, dynamic sessions with challenging patients that may have been mandated to attend your sessions. Participants will become familiar with evidence-based assessment tools, the 8 criminal thinking errors, CBT treatment sessions, treatment planning and curriculum. Lesson plans and vignettes will allow participants to achieve the goal of leaving with a practical “bag of tricks” to utilize with patients.

INTEGRATING PREP INTO ALCOHOL AND SUBSTANCE USE TREATMENT

Michael Tyler Ramos, MSW, LSW, CAADC

Consumers of alcohol and substances are at risk for a number of health related diseases, one of which includes HIV/AIDS. The link between chronic alcohol and substance use and its risk for HIV acquisition is well documented. Over the years there have been significant advances on how HIV is screened and treated. PrEP, or Pre-Exposure Prophylaxis is a proven HIV intervention that has shown

to protect individuals from acquiring HIV, irrespective of their risk. This workshop will focus on how clinicians and programs could and should integrate PrEP dialogue into sessions for those who are at risk for acquiring HIV. The workshop will focus on: what do clinicians need to know about PrEP; how clinicians could initiate and screen patients for PrEP; and how clinicians could support individuals on PrEP.

MENTAL HEALTH CRISIS: Danger? Opportunity? Both?

John Muehsam, MSW, LSW, CCDP-D

This presentation explores Mental Health crisis as a significant community issue. How well do our crisis response systems work? Is there evidence that those systems are having an impact? Is recovery meaningful when we respond to people experiencing crisis? Crisis services often lack an evidence-base and recovery orientation because little data exists about how best to provide crisis support. Attendees will learn how a recovery-orientation impacts the way we think about individuals experiencing crisis.



As an example of this approach, the presenter will discuss a technologically-sophisticated, clinically-innovative, and system-collaborative mobile crisis program in Delaware County. Since effective crisis services require careful analysis of data and utilization trends, we will also discuss the importance of collaboration between information technology and clinical services. The presenter will utilize technological demonstration, case studies and statistical analysis of over two years of mobile crisis data to show how technology and clinical practice interact to create a unique recovery opportunity for those experiencing crisis. Participants will leave the session being able to: compare a traditional, legal understanding of mental health crisis with a recovery-oriented, trauma-informed, community-integrative understanding; recognize the need to work toward close collaboration with all stakeholders (political, community, agency, etc.) in order to address crisis as a community issue; and describe the importance of health information technology for increasing clinical effectiveness in a crisis response system.

THE GOOD, THE BAD, AND THE UGLY: LET'S TALK ABOUT THE SCIENCE IN EVIDENCE- BASED PRACTICE

Lori Simons, Ph.D., CAADC

There has been a paradigm shift in the delivery of substance abuse treatment services during the past two decades. In fact, addiction professionals are required to systematically assess clients and document their treatment outcomes. Evidence-based practices, otherwise known as evidence-based treatments (EBTs) or empirically supported treatments (ESTs) are standard clinical interventions designed for specific populations with systematic guidelines. While some researchers propose that EBTs are a “small revolution” in counseling, others surmise that manuals promote adherence to a single theoretical perspective. Counselors have similar views of EBTs with some suggesting they are useful tools and others evaluating them as cookie-cutter approaches to treatment. Participants will evaluate the evidence of EBTs (i.e., Motivational Interviewing, Motivational Enhancement Therapy) and engage in a dialogue about its usefulness in addiction counseling.

Experiential and group activities will also be used to stimulate reflection and facilitate interactive discussions. At the end of the program, participants will be able to: differentiate between best practices, evidence-based practices or treatments, empirically-supported treatments and empirically-validated treatments; analyze evidence used to support an EBT; discuss methodological and practical limitations associated with evidence-based, empirically-supported and empirically-validated treatments; describe the usefulness of and barriers with implementing EBTs in addiction counseling; and identify the ethical-decision making process associated with using and not using EBTs in addiction counseling.

VIEWS FROM THE FIELD: The State of Peer-Based Recovery Support Services from Peer, Participant and Provider Perspectives

*Stacey Conway, Ph.D. and
Brooke Feldman*

The goal of this workshop is for participants to gain comprehensive insights into the delivery of peer-based recovery support services (P-BRSS) from a variety of perspectives.

While various stakeholders have articulated core competencies and practice standards for P-BRSS, much remains to be learned about what is actually happening in the field. This workshop will explore areas where there are discrepancies between reality and best practice through presenting viewpoints gathered from diverse contributors. Workshop participants will gain a better understanding of the experiences and perspectives of the following as related to the provision of P-BRSS: participants receiving services, individuals providing direct service (CRS/CPS/trained volunteers), supervisors of peer workers, administrators, payers, and service providers operating outside the fields of substance use disorders, mental health, and recovery. These diverse viewpoints will then be reviewed in light of core competencies and practice standards for peer-based recovery support providers. Paralleling this diverse range of viewpoints with the core competencies and practice standards will allow for participants to come away with a greater appreciation for the current state of peer recovery support services. To close out the workshop, participants will have the opportunity to discuss challenges and opportunities to bridge the gap between what is happening and the vision for the future.

RESERVATION

EXHIBITS OPEN

Monday 7:30am–6:30pm

Tuesday 8:00am–11:00am

LOCATION

Sheraton Harrisburg-Hershey

4650 Lindle Road,

Harrisburg, PA 17111

717-564-5511

HOTEL RESERVATIONS

A block of rooms has been reserved at the Sheraton Harrisburg-Hershey at a special conference rate of \$119 per night. Reservations should be made by contacting the Sheraton at 1-800-325-3535 or online at www.starwoodmeeting.com/Book/PACertificationBoard2016 and must be made by March 28, 2016 to receive this special rate. Be sure to identify yourself as attending the Pennsylvania Certification Board Conference to receive this special room rate.

Check-in time is 3:00pm

Check-out time is 12 Noon

The Sheraton Harrisburg-Hershey is an upscale, full-service hotel making it one

of the finest hotels in the Harrisburg area. The hotel is situated one mile from Exit 247 of the Pennsylvania Turnpike and conveniently located next to Interstates 81, 83, and 283. A brand new shopping/dining area sits directly behind the hotel.

GUEST ROOMS

The Sheraton Harrisburg-Hershey offers 348 guest rooms equipped with radio/alarm clocks, television with internet access, in-room movies, iron and board, hairdryer, coffee maker, refrigerator, room service, free daily newspaper, and in-room safe. The hotel offers heated indoor and outdoor pools, health club, game room and complimentary self-parking.

DINING

The Sheraton Harrisburg-Hershey offers Dog and Pony- a specialty restaurant for breakfast, lunch and dinner, open daily from 6:30am until 11:00pm offering American cuisine in a casual elegant atmosphere.

INFORMATION

REGISTRATION

The attached registration form should be completed and emailed, faxed, or mailed to:

PCB, 298 S. Progress Avenue,
Harrisburg, PA 17109

FAX: 717.540.4458

Email: INFO@
PACERTBOARD.ORG

Payment must accompany each registration.

Confirmation letters and driving directions will be emailed for all registrations received up to 11 working days prior to the conference.

CONFERENCE PRICE INCLUDES

*Monday and Tuesday
Continental Breakfast*

*Kevin Sabet, Ph.D.
Keynote Speech*

*Monday and Tuesday
Workshops*

Awards Luncheon

Welcome Reception

*Registration will be open
Monday, April 18 at 7:00am
through 12 Noon on Tuesday,
April 19.*

CANCELLATIONS/ REFUNDS/CHANGES

Written refund requests, acceptable up to 10 days prior to the conference are subject to a \$25 administrative fee. Written substitute attendee requests, acceptable up to 10 days prior to the conference, are subject to a \$25 administrative fee. Payments on or after the conference date are subject to a \$25 administrative fee.

CONTINUING EDUCATION

Certificates of attendance with earned continuing education hours will be emailed to all participants within 10 working days after the participant completes a brief on-line training evaluation for each workshop attended.

Ten continuing education hours will be awarded for attendance at the entire conference. Credits approved for PCB and Pennsylvania Board of Social Workers

WORKSHOP SELECTIONS

Please check only one workshop within each training session period - all workshops are three hours in duration

MONDAY, APRIL 18TH | MORNING WORKSHOPS

- ☐ Are Your Eyes Open or Shut? Working through the Blindspots
- ☐ Mindfulness Techniques for Working in Juvenile Justice
- ☐ Motivational Interviewing and its Application for the Treatment of Substance Abuse
- ☐ The ARISE Invitational Model: A Multi-Generational Approach for Enhancing Family & Community Connectedness to Access Resilience in Time of Trauma, Substance Abuse, and Process Addictions
- ☐ Why the 12-Steps: A Clinical Perspective

MONDAY, APRIL 18TH | AFTERNOON WORKSHOPS

- ☐ An Integrated Process Model of Addiction: Applications for Evaluation and Treatment
- ☐ Ethical Issues in the 21st Century: Applying a Decision-Making Model
- ☐ Forming an Alliance for Recovery: The Art and Science of the Therapeutic Alliance
- ☐ ~~Old Habits Die Hard: Addiction within the Baby Boomers~~
- ☐ Opiate Antagonist Therapy: Narcon, Naltrexone and Vivitrol: Potentially Lifesaving Interventions and an Effective Form of Medication Assisted Recovery

TUESDAY, APRIL 19TH | MORNING WORKSHOPS

- ☐ Incorporating Criminogenic Components into Treatment for Substance Dependent Patients
- ☐ Integrating PrEP into Alcohol and Substance Use Treatment
- ☐ Mental Health Crisis: Danger? Opportunity? Both?
- ☐ The Good, the Bad, and the Ugly: Let's Talk About the Science in Evidence-Based Practice
- ☐ Views from the Field: The State of Peer-Based Recovery Support Services from Peer, Participant and Provider Perspectives

REGISTRATION

Payment Must Accompany Each Registration

PCB

298 South Progress Avenue

Harrisburg, PA 17109-4626

Phone: (717) 540-4455

Fax: (717) 540-4458

Email: Info@Pacertboard.org

Please Print

Name:

Address:

City: State: Zip:

Phone:

Fax:

Email:

☐ Check here to receive registration confirmation and directions by email.
An email address must be listed above.

CONFERENCE FEE SCHEDULE

☐ \$150 Prior to April 1st registration. ☐ \$175 After April 1st.

METHOD OF PAYMENT:

☐ Visa ☐ MasterCard ☐ Discover ☐ Check (payable to "PCB")

CreditCard#:

Expiration Date: / 3 digit code:

Print Name:
(as it appears on card)

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