

STATE OF NEW HAMPSHIRE



Honorarium or Expense Reimbursement Report (RSA 14-C)
For Legislators and Legislative Employees

Type or Print all Information Clearly:

Name: M. Dianne Bergquist Work Phone No.: 603-271-2757
Work Address: 107 North Main St., Room 30 Concord, NH 03301
Office/Appointment/Employment held: Health Services Nurse

List the full name, post office address, occupation, and principal place of business, if any, of the source of any reportable honorarium, expense reimbursement, ticket or free admission to a political, charitable, or ceremonial event, or meals or beverages consumed at a meeting or event, the purpose of which is to discuss official business, with a value greater than \$50.

Source of Honorarium, Expense Reimbursement, Ticket or Free Admission, or Meals and/or Beverages:

Name of Source:
Post Office Address:
Occupation:
Principal Place of Business:

RECEIVED
SEP 07 2017
NEW HAMPSHIRE DEPARTMENT OF STATE

If the source is a Corporation or other Entity:

Name of Corporation or Entity: NH General Court
Name of Person Representing the Corporation/Entity: Joyce Phinney
Work Address of Person Representing the Corporation/Entity: State House, Room 113

I am reporting:

- A ticket or free admission received pursuant to RSA 14-C:4, I with value over \$50.00.
Meals and/or beverages consumed pursuant to RSA 14-C:4, II with value over \$50.00.
An Honorarium with value over \$50.00.

Value of Honorarium: Date Received: If exact value is unknown, provide an estimate of the value of the gift or honorarium and identify the value as an estimate. Exact Estimate

An Expense Reimbursement with value over \$50.00.

Value of Expense Reimbursement: 81.00 Date Received: 7/21/17 If exact value is unknown, provide an estimate of the value of the gift or honorarium and identify the value as an estimate. X Exact Estimate

For a report relating to an honorarium or expense reimbursement, you are required to attach a copy of the agenda or an equivalent document which addresses the subjects addressed and the time schedule of all activities at the event. Indicate below the names of the sponsors of activities in cases where they are not indicated on the agenda or equivalent document.

Please see attached agenda

TURN OVER TO CONTINUE

Provide a brief description of the service or event that gave rise to this Honorarium, Expense Reimbursement, ticket or free admission to a political, charitable, or celebratory event, or meals or beverages:

To maintain my requirement for "Registered Nurse" license

"I have read RSA 14-C and hereby swear or affirm that the foregoing information is true and complete to the best of my knowledge and belief."

*Dianne Bergquist, RN*  
SIGNATURE OF FILER

9/7/17  
DATE FILED

**RSA 14-C:7 Penalty.** Any person who knowingly fails to comply with the provisions of this chapter or knowingly files a false report shall be guilty of a misdemeanor.

**Return to:** Secretary of State's Office, State House Room 204, Concord, NH 03301

[REDACTED]

# UNDERSTANDING ADDICTIONS: FOOD, DRUGS, & ALCOHOL

Instructor: David Longo, Ph.D.

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

## PROGRAM / LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Addiction and Brain Function:** Perception, Thinking, Emotions, and Memory.
- **Defining the Terms:** Tolerance, Physiologic Dependence, Psychological Dependence, Addiction, and Pseudo-Addiction.
- **The Reward and Pleasure System of the Brain:** Dopamine. How Activation of The Nucleus Accumbens Contributes to Addictions.
- **Key Elements of Addiction:** Reward, Tolerance, Cravings, Loss of Control, and Continued Abuse.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Time, Tolerance, and Changes in Behavior:** Distinguishing Normal Tolerance from Aberrant Behavior.
- **Hyperpalatable Foods and Addiction:** The Siren Song of Sweet, Fat, and Salt.
- **The Five Types of Overeating.** Why Food Addiction Undermines Dieting. Effective Treatments for Food Addiction.
- **Caffeine:** Is it Addictive? Energy Drinks and Toxicity. Caffeine Withdrawal.
- **Understanding Addictive Drugs:** Agonists and Antagonists.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **The Hidden Dangers of Alcohol:** Intoxication, Alcohol Poisoning on College Campuses, Functional Alcoholism in the Workplace.
- **Opioid Addiction:** Recognizing the Signs, Reducing the Risks.
- **The Dental Patient With Acute and Chronic Pain:** Reducing the Risk of Drug Diversion, Misuse, and Addiction.
- **Dealing with the Double-Edged Sword:** Helping Patients with Chronic Pain and Substance Use Disorder.
- **Smoking and Nicotine:** Helping Patients to Quit. Nicotine Replacement, Varenicline, and Bupropion; Behavior Therapy, Vaccines, and Hypnosis.
- **The Vulnerable Years:** Teenagers and Drug Addiction.

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Gateway Drugs of Abuse:** Nicotine, Alcohol, and Marijuana.
- **Marijuana and the Brain:** Medical Marijuana. Smoking vs. Ingestion. Consequences of Legalization.
- **Cocaine, "Crack," and Heroin:** New Patterns of Use. Treatment Options.
- **Stimulants and Sedatives:** Amphetamines, MDMA, and Ecstasy. "Designer" Methamphetamines. Ketamine as a New Date-Rape Drug.
- **Hallucinogens:** LSD, Mescaline, and Psilocybin. Clinical Consequences and Complications.
- **Behavioral Addictions:** Gambling, Shopping, Video Games, Internet Pornography, Smart Phones, and Tablets.

Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM

6 CONTACT HOURS / [www.INRseminars.com](http://www.INRseminars.com)

## MEETING TIMES & LOCATIONS

### S. BURLINGTON, VT

Wed., July 19, 2017  
8:30 AM to 3:30 PM  
Holiday Inn Burlington  
1088 Williston Rd.  
South Burlington, VT

### W. LEBANON, NH

Thu., July 20, 2017  
8:30 AM to 3:30 PM  
Fireside Inn & Suites  
25 Airport Rd.  
West Lebanon, NH

### MANCHESTER, NH

Fri., July 21, 2017  
8:30 AM to 3:30 PM  
Executive Court Banquet Facility  
1199 South Mammoth Rd.  
Manchester, NH

### TUITION:

\$81.00 per person with pre-registration (\$96.00 at the door if space remains). Tuition includes a syllabus. (Group pre-registration rate: \$76.00 per person. To qualify, 3 or more registrations must be submitted together. Please list names of all registrants.)

### TO REGISTER:

There are **four** ways to register:

- 1) **Online:** [www.INRseminars.com](http://www.INRseminars.com)
- 2) **By mail:** Complete and return the Registration Form below.
- 3) **By phone:** Register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-800-937-6878**. (This number is for registrations only.)
- 4) **By fax:** Fax the completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0880.

For all inquiries, please contact customer service at 1-877-246-6336 or (925) 609-2820.

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise INR in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

Please check course date:

**REGISTRATION FORM**  
(This registration form may be copied.)

Please return form to:  
INR  
P.O. Box 5757  
Concord, CA 94524-0757

\_\_\_\_\_ Wed., July 19, 2017 (South Burlington, VT)

\_\_\_\_\_ Fri., July 21, 2017 (Manchester, NH)

6 CONTACT HOURS: \$81 Tuition  
Register with Visa, MC, American Express®, or Discover® at: 1-800-937-6878

# UNDERSTANDING ADDICTIONS: FOOD, DRUGS, & ALCOHOL



[www.INRseminars.com](http://www.INRseminars.com)

**6 CONTACT HOURS**

A course for:

Nurses  
Pharmacists  
Pharmacy Technicians  
Dietitians and DTRs  
Psychologists  
Mental Health Counselors  
Social Workers  
Occupational Therapists  
Physical Therapists  
Case Managers  
Nursing Home Administrators  
Massage Therapists  
Other Health Professionals

DISCOUNTED  
TUITION

**Tuition \$81**

Presented by Institute for Natural Resources  
1-877-246-6336 • (925) 609-2820

## ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

### NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6 contact hours for nurses licensed in the states of Massachusetts, Vermont, New Hampshire, New York, and Maine and includes one contact hour of pharmacotherapeutics for nurse practitioners. INR has been accredited as a continuing education provider by the California Board of Registered Nursing (CEP #06136), the Florida Board of Nursing (#50-3026-1), the Iowa Board of Nursing (#288), and the Kansas Board of Nursing (#LTO140-0927).

### PHARMACISTS & PHARMACY TECHNICIANS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The Massachusetts, Vermont, New Hampshire, New York, and Maine Boards of Pharmacy and the boards of pharmacy of all 50 states will accept, for credit toward license renewal, courses presented by an ACPE-accredited organization. The ACPE Universal Activity Number (UAN) for this course is 0751-0000-16-064-L04-P and 0751-0000-16-064-L04-T. This is a knowledge-based CPE activity.

### REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 126190 and Suggested Learning Codes: 3000, 4040, 5350.

### PSYCHOLOGISTS

### & MENTAL HEALTH COUNSELORS

INR is approved by the American Psychological Association, to sponsor continuing education for psychologists. INR maintains responsibility for this program and its content. This program has been approved for 6 Category 1 MA/MHCA/MMCEP hours for relicensure, in accordance with 262 CMR. Under Approval #TRN1781125, CRCC has approved this course for six contact hours.

### SOCIAL WORKERS

This program is approved by the NASW (Provider #886502971-3537) for 6 Substance Use Disorders continuing education contact hours. Institute for Natural Resources (INR), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0195.

### OCCUPATIONAL THERAPISTS

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification code for this course is Category 2. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### PHYSICAL THERAPISTS

Massachusetts, Vermont, New Hampshire, and Maine-licensed physical therapists successfully finishing this course will receive course completion certificates. The New York State Dept of Education has approved INR as a sponsor of continuing physical therapy education.

### CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

### NURSING HOME ADMINISTRATORS

This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 6.00 clock hours and 6.00 participant hours—Approval #20180111,6-DRAC-IN.

### MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

## ACCREDITATION (cont'd)

### OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

## INSTRUCTOR

Dr. David Longo (Ph.D.) is a part-time lecturer for INR. Dr. Longo is a clinical psychologist and neuro-psychologist who has presented hundreds of continuing education seminars to healthcare professionals across the United States. Dr. Longo received his doctoral degree in clinical psychology from Virginia Polytechnic Institute and State University (Virginia Tech). He has authored more than 50 scientific papers, journal articles, and books in the area of medical psychology.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

## SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:  
P.O. Box 5757, Concord, CA 94524-0757  
Customer service: 1-877-246-6336 or (925) 609-2820  
Fax: (925) 687-0860

E-Mail: [info@inrseminars.com](mailto:info@inrseminars.com); website, [www.INRseminars.com](http://www.INRseminars.com)  
Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please fax the request to INR at (925) 687-0860. Or, please send the request by email to: [info@inrseminars.com](mailto:info@inrseminars.com)

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe the main brain functions that contribute to addictive behavior.
- 2) explain the major ways that addiction changes the brains of addicts.
- 3) describe how drugs mimic and alter neurotransmitters which provoke the psychological effects of addiction.
- 4) explain the difference between drug dependence, tolerance, and addiction.
- 5) describe the clinical consequences of addiction to food, opioids, street drugs, and alcohol.
- 6) list and compare the major treatment options for legal and illegal drug addictions.
- 7) describe how the information in this course can be utilized to improve patient care and patient outcomes.
- 8) describe, for this course, the implications for dentistry, mental health, and other health professions.

FROM I-93: Take Exit 5 (North Londonderry) to Route 28 North for 3 miles. Enter at the Best Western Executive Court Inn on right.

----- PAYMENT RECEIPT -----

ORDER ID: 402021107 ORDER DATE: 7/7/2017

Class: UNDERSTANDING ADDICTIONS Date: 7/21/2017

Payor: DIANNE BERGQUIST

Payment Received: \$81.00 by Credit Card

195506  
1165-543  
SLG  
KMM

RECEIVED  
JUL 26 2017  
LEGISLATIVE ACCOUNTING

