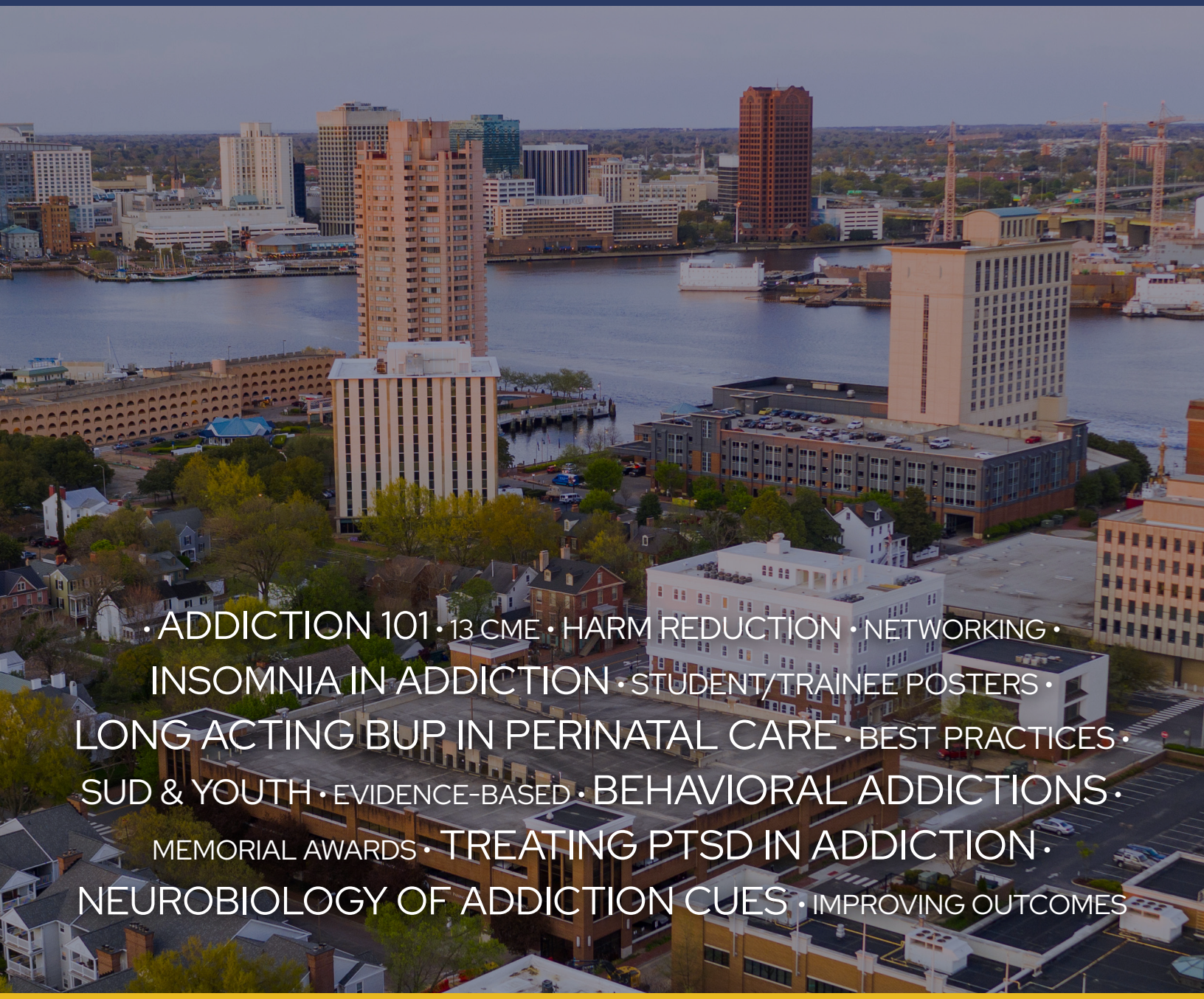
VaSAM 2026 Annual Conference

October 23-24, 2026

Hilton Norfolk – The Main

Norfolk, Virginia

Presented by the Virginia Chapter of the American Society of Addiction Medicine



SCHEDULE OF EVENTS

FRIDAY, OCTOBER 23, 2026

8:30am - 12:15pm

PRE-CONFERENCE SYMPOSIUMS

(Learner Chooses One)

ADDICTION 101

Hannah Kissel-Smith, MD
Assistant Professor in Addiction Medicine, Emergency Medicine and Internal Medicine, Virginia Commonwealth University Health System, Richmond, VA

What really is addiction? How should we approach it? Can we treat it? Addiction Medicine 101 is a sweeping introduction to addiction basics—from definitions and language to pathophysiology, diagnosis, and treatment. This pre-conference session is great for any professional interested in gaining a foundational understanding of addiction and how you can help care for people with substance use disorder and addiction in your community. In this course we will explore the biopsychosocial impact of substance use, how this translates to behavioral and medical consequences, and an approach to triage and treatment of substance use disorders.

AGENTS OF CHANGE: BUILDING HARM REDUCTION WHERE YOU PRACTICE

Lauren 'LB' Canary, MD, MPH
PGY-2, Family Medicine, Carilion Clinic- Virginia Tech Carilion SOM

Danny Clawson, MPH
Executive Director, Virginia Harm Reduction Coalition

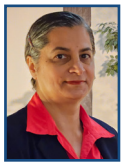
This three-part interactive session provides attendees with an overview of harm reduction practice in Virginia and provides a framework for its integration into clinical addiction medicine practice. The session will include a review of the history of harm reduction and its current status in Virginia, including an overview of relevant legal implications for patients participating in comprehensive harm reduction programs. Attendees will learn techniques from those with lived and living experience for eliciting relevant drug use practices and for discussing real-world safer use practices. The presenters will review real-time trends in adulterants present in the drug supply in Virginia, and the potential for drug-checking partnerships in informing clinical management. Attendees will be supported in identifying opportunities to build ethical partnerships with their local harm reduction programs to advance clinical management and advocacy.

12:15pm - 1:15pm

NETWORKING LUNCHEON

1:15pm - 5:00pm

PRE-CONFERENCE SYMPOSIA: WHEN THE BRAIN WON'T LOG OFF



Maha Alattar, MD
Associate Professor of Neurologysomnia in Addiction, Division Chief, Interim. VCU Health Center for Sleep Medicine Virginia Commonwealth University

Shannon Jenkins, MD
Sleep Medicine, Neurology
VCU Health

Sleep health is at the core of health. In the context of managing patients and their symptoms or disorders, learning about the importance of sleep health, its physiology and sleep disorders open the doors for improved outcomes in their overall wellbeing and mitigation of their illnesses and suffering. Sleep disorders such as insomnia, hypersomnia, sleep apnea, restless legs syndrome to name a few are common in the general population but more specifically in patients with substance use disorder. Sleep Medicine has advanced in recent years in terms of offering treatments and management of such sleep disorders. Clinic-based diagnosis and treatment by non-sleep medicine providers can be effective with learning about the right questions to ask, understanding the relationship between symptoms and sleep disorders, and providing pharmacological versus non-pharmacological treatments that is safe and effective or appropriate referral to the sleep medicine clinic.

Sleep disorders and substance use disorders share a complex, bidirectional relationship that significantly impacts treatment outcomes and quality of life. Recent evidence demonstrates that specifically addressing sleep disorders in patients with substance use disorders produces meaningful clinical benefits. The evidence supporting sleep-focused interventions in Addiction Medicine is particularly compelling for insomnia treatment with CBT-I. Approximately 60-75% of individuals in treatment for substance use disorders experience clinically significant insomnia, which persists even after achieving abstinence and substantially increases the risk of relapse and treatment dropout. Treating insomnia during addiction treatment has been shown to reduce alcohol-related problems by 68% and improve overall quality of life, with patients reporting that improved sleep directly supports their recovery efforts. The integration of Sleep Medicine into addiction treatment represents an evidence-based approach to address modifiable risk factors that undermine recovery and present new opportunities to enhance treatment adherence, reduce relapse risk, and improve patient well-being.

5:00pm - 6:00pm

WELCOME RECEPTION

SATURDAY, OCTOBER 24, 2026

7:15am - 8:00am **CONTINENTAL BREAKFAST**

8:00am - 8:15am **WELCOME & OPENING REMARKS**

Masaru Nishiaoki, MD
President, Virginia Society of Addiction Medicine

8:15am - 9:15am **KEYNOTE PRESENTATION: LONG-ACTING BUPRENORPHINE: INNOVATIONS FROM GENERAL TO PERINATAL CARE**

Michelle Lofwall, MD, DFAPA, DFASAM
Professor of Behavioral Science and Psychiatry, Bell Endowed Chair of Alcohol and Addictions, Medical Director, First Bridge and Straus Clinics, University of Kentucky College of Medicine, Center on Drug and Alcohol Research

The opioid-use epidemic in the U.S. has been associated with a significant increase in the prevalence of pregnant persons with opioid use disorder and neonatal opioid withdrawal syndrome, which, particularly when left untreated, are associated with adverse health effects for the infant and with costly hospitalizations. In this presentation, the findings from the multisite outpatient Medication Treatment for Opioid-dependent Expecting Mothers (MOMs) trial (i.e., NIDA Clinical Trials Network Study 0080) will be presented demonstrating the results of extended-release buprenorphine compared to sublingual buprenorphine on opioid abstinence during pregnancy and post-partum phases and on neonatal outcomes and adverse events.

9:15am - 10:00am **COMPULSION, CONTROL, AND THE BRAIN: A DEEP DIVE INTO BEHAVIORAL ADDICTIONS**

Emily Brunner, MD, DFASAM
Physician, TTA Consultant, Professional Education and Continuum Solutions, Hazelden Betty Ford Foundation; Medical Director, Eosis Recovery

This session will address the current evidence base for the understanding and epidemiology of behavioral addictions, including gambling disorder, internet gaming disorder, binge eating disorder/food addiction and sexual addiction. The focus will be on helping clinicians identify and management a variety of behavioral addictions, including gambling disorder, internet gaming disorder, food addiction and sex addiction. We will focus on reviewing the current evidence for diagnosis and clinical management of these issues.

10:00am - 10:20am **COFFEE BREAK**

10:20am - 11:05am

TREATING PTSD IN ADDICTION SETTINGS: PRACTICAL SKILLS YOU CAN USE TOMORROW

Ajay Manhapra, MD
Section Chief, Pain Medicine, Department of Physical Medicine and Rehabilitation, Hampton VA, Medical Center, Hampton, VA

The presenter will initially offer a detailed review of the complex clinical presentation of PTSD in addiction medicine settings. The participants will be provided a basic conceptualization of trauma and PTSD that they can use for daily practice. The diagnostic approach towards PTSD will then be described. This will be followed by detailed review of evidence based pharmacological and non-pharmacological treatments. The session will conclude with practical plan for starting to care for managing PTSD in addiction clinics without specialized mental health providers.

11:05am - 11:35am

FELLOW IN TRAINING PRESENTATION I

IBOGAINE IN ADDICTION: EVALUATING THERAPEUTIC BENEFIT VERSUS TOXICOLOGIC RISK

Joseph Testa, MD, *Emergency Medicine, Medical Toxicology*
Addiction Medicine Fellow, Virginia Commonwealth University

11:35am - 12:05pm

FELLOW IN TRAINING PRESENTATION II

INHIBITORY CONTROL AS A POTENTIAL MECHANISM OF RTMS IN ALCOHOL USE DISORDER

Rabee Haq, MD, MPH
Addiction Medicine Fellow, University of Virginia School of Medicine

12:05pm - 1:00pm

NETWORKING LUNCHEON

12:45pm - 1:45pm

STUDENT/MEDICAL TRAINEE POSTER SESSION

1:45pm - 2:30pm

NEUROBIOLOGY OF ADDICTION CUES: IMPLICATIONS FOR TREATMENT AND RELAPSE PREVENTION

Gil Schmidt, MD, JD, FACEP, FASAM
Medical Director, BrightView Health

While substances of misuse exert well-characterized pharmacologic effects, many patients describe a persistent pull toward the rituals, environments, and sensory cues associated with use—even in the absence of strong drug effects. This session reframes addiction through the lens of cue-driven neurobiology, highlighting how conditioned stimuli acquire incentive salience and drive compulsive behavior independent of the substance itself. We will examine key mechanisms including dopaminergic learning signals, cue reactivity, and the progressive shift from goal-directed to habitual behavior mediated by striatal circuitry. The integration of limbic memory systems and impaired prefrontal regulation will be discussed as

Desccription continued on next page

core contributors to relapse vulnerability. By bridging neuroscience with frontline clinical observations, this presentation will provide clinicians with a more precise framework for understanding craving and will offer practical approaches to addressing cue-induced relapse across a range of substance use disorders.

2:30pm - 3:15pm

FOREVER YOUNG? IMPROVING SUD TREATMENT OUTCOMES FOR YOUTH

Marc Fishman MD
Medical Director, Maryland Treatment Centers, Associate Professor, Psychiatry, Johns Hopkins University School of Medicine, Maryland Treatment Centers

Substance use in adolescents and young adults is common but under-recognized and under-treated. This presentation will review approaches to addressing substance use and substance use disorder in youth. Topics will include developmental vulnerability, prevalence, cannabis, alcohol, opioids, treatment with an emphasis on motivational enhancement, and family involvement.

3:15pm - 3:30pm

AWARDS AND CLOSING REMARKS

Masaru Nishiaoki, MD
President, Virginia Society of Addiction Medicine

3:30pm

CONFERENCE CONCLUDES

Accreditation & Credit Designation Statements

The VASAM 2026 Pre-Conference Symposia & Annual Conference has been approved for 13 AMA PRA Category 1 Credit (s)™ - or – 13 Live AAFP Prescribed Credits.

CALL FOR ABSTRACTS
VaSAM 2026 Annual Conference

We invite all students and medical trainees to submit abstracts for the Virginia Chapter – American Society of Addiction Medicine (VaSAM) Annual Conference.

October 23-24, 2026
Hilton Norfolk – The Main
Norfolk, Virginia

Selected presenters will receive a complimentary registration to the event and will be entered into the Poster Award competition. Share your research and learn from the leaders in the addiction medicine field!

VASAM
Virginia Society of Addiction Medicine

Submission Deadline:
August 28, 2026 at 5pm

Learn More:
www.vasam.org/conference

Submission Guidelines are available online.

Questions & Submissions:
info@vasam.net

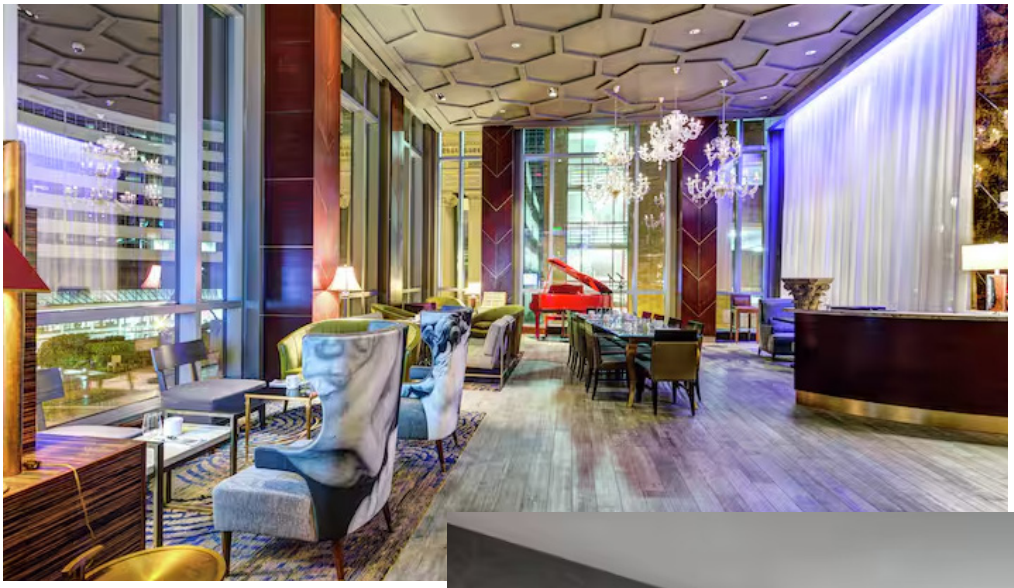
THIRTEEN MD STUDENT/TRAINEE POSTERS WILL BE PRESENTED DURING VASAM 2026!

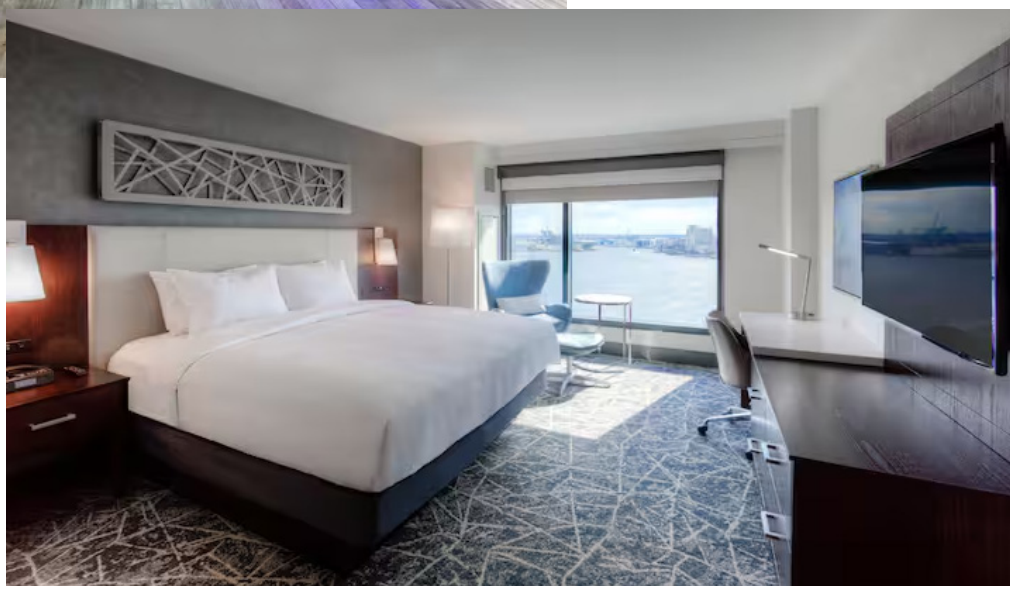
VENUE & HOTEL ACCOMODATIONS

The Hilton Norfolk – The Main will serve as the host venue for the VASAM 2026 Annual Conference. Located in downtown Norfolk, The Main boasts views of the Elizabeth River and is steps away from the waterside. There are dozens of restaurants and activities within walking distance and the hotel has an indoor pool and 24-hour fitness center.

Sleeping rooms are available for a special group rate of $209 on a first-come first served basis. Book your room today here!

Overflow hotel rooms (Thursday, Friday or Saturday) are now available at the Glass Light Hotel, 2 blocks from the venue, for $229 per night plus tax. Book here.





REGISTRATION

	EARLY BIRD *Until 8/31/26*		REGULAR REGISTRATION *9/1/26 - 10/10/26*		LATE REGISTRATION *10/11/26 - 10/23/26*	
	Full Reg	One-Day	Full Reg	One-Day	Full Reg	One-Day
VASAM/ASAM Member (MD, DO, PharmD)	$399	$369	$449	$419	$499	$469
VASAM/ASAM Member (Non-Physician)	$299	$269	$349	$319	$399	$369
Non Member (MD, DO, PharmD)	$499	$469	$549	$519	$599	$569
Non Member (Non-Physician)	$399	$369	$449	$419	$499	$469
Student w/Poster	$0	$0	$0	$0	NA	NA
FLAGSHIP SPONSOR	$4,750					
EVENT SPONSOR	$2,700					
EXHIBITOR	$1,500					
ADD'L SPONSOR REG (Flagship/Event Sponsor Only)	$399	$369	$449	$419	$499	$469

Registration fee includes: All Sessions & CME for day(s) attendee is registered and post-event access to presentations; Friday: Coffee Breaks, Networking Luncheon and Welcome Reception. Saturday: Continental Breakfast, Coffee Breaks, Networking Luncheon.

REGISTER HERE

THANK YOU VASAM 2026 SPONSORS & EXHIBITORS

QUESTIONS AND SPONSOR/EXHIBITOR INQUIRIES:

Contact VASAM Administrators & Annual Conference Planners

Molly.Poisant@vasam.net or Alicia.Standridge@vasam.net