Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Greetings!

Welcome to your monthly dose of expert insights for professional development in SUD. It's a short list of articles and evidence-based tools to help you foster high engagement and retention and nurture the ideal conditions for lasting change. I've also included a self-care tip to help you kindle joy and excitement in your work.

If so moved, please forward this email to another SUD professional who could use it.

On Rekindling Joy & Excitement in Your Career

Creating Connection & Community

Authentic Trainings LLC and Liverpool Art Center presented Creating Connection and Community through Rhythm and Expressive Arts at the 2024 NAADAC Conference at the Gaylord National Resort and Convention Center.

It was very humbling to see the number of participants and the level of engagement in this evidence-based activity. We focused on the value of utilizing non-verbal activities that prompt self-reflection and foster entrainment, a sense of deep connection that is brought about through the rhythm of the djembe drums.

Participants were able to feel the dopamine release that is stimulated by the drumming and being in community with others. The expressive art activity worked off the symbolism of transformation and gave participants seeds to go home and plant for future growth.

Creating Connections and Community creates a therapeutic space where people feel deeply connected and safe. It's also a therapeutic place where they can also have FUN! You know a workshop goes well when no one complains that you went a little over the time allowed, and people come up for more information at the end.

At Authentic Trainings LLC, we believe in a holistic approach to recovery, embracing

multiple pathways and encouraging the development of recovery capital.

Creating Connections and Community can easily be implemented in treatment and community settings. These activities appeal to multigenerational audiences. Everyone can participate from grandparents to 3 year olds.

What a gift this is to further our need to include families in the recovery process. We would love to bring this program to your program.

On the Global Family Recovery Alliance & NAADAC

Global Family Recovery Alliance

What a great time was had at the NAADAC Conference.

It was so inspiring to be surrounded by like-minded people who are changing the face of substance use disorder treatment and recovery. It is inspiring to have deep conversations with passionate, creative and courageous people who are doing this hard work.

I was filled with so much gratitude when I heard about some of the new and innovative initiatives being implemented worldwide.

Dr. David Best of the UK hit on topics near and dear to my heart. He talked about the new Global Family Recovery Alliance, which is a collaborative effort to bring together non-governmental organizations, institutions, academia, researchers, and individuals on a global scale.

The purpose is to amplify the need for family recovery. He also highlighted the need for recovery-friendly communities (see my November blog).

At Authentic Trainings LLC, we are doing our part in pushing the family recovery narrative. Our Embracing Families basic and intermediate training is helping programs develop a family education and treatment program.

Our model includes both clinical and peer support staff to open the door to educating families and including them in the recovery process.

On Motivational Interviewing

Motivational Interviewing: A Step-by-Step

Guide to Empower Others Toward Positive Change and Growth

Looking for general motivational interviewing training or a refresher? Take our introductory course, Motivation Interviewing: A Step-by-Step Guide to Empower Others Toward Positive Change and Growth.

In this on-demand course, you'll learn the most up-to-date foundational approaches to facilitating change. **You'll also discover easy-to-use conversation strategies to become a more confident, effective helper.**

Inside, get the practical conversation skills to transform...

- discord into collaboration,
- ambivalence into motivation, and
- blaming into empowerment.

Imagine empowering your clients toward better futures they truly want for themselves and their families.

Explore Motivational Interviewing: A Step-by-Step Guide

On MI for Criminal Justice Settings

New Offering: Online Motivational Interviewing (MI) Course for Criminal Justice Professionals

We are excited to introduce a comprehensive 10-hour, on-demand **Motivational Interviewing (MI) course** designed specifically for **criminal justice professionals**. This course teaches the core components of MI, empowering those in the criminal justice system to effectively engage and motivate individuals toward positive change.

This training is an excellent resource for anyone working in criminal justice settings, including professionals in

- treatment courts,
- family courts,
- substance use disorder (SUD) treatment,
- mental health services, and
- other allied fields.

By completing this course, participants will gain valuable skills to help people navigate complex challenges in these environments.

The course is built on the most up-to-date research and practices from the *Fourth Edition of Motivational Interviewing: Helping People Change and Grow*, published in August 2023. It offers the latest evidence-based strategies that can be applied immediately to enhance client engagement and support positive behavioral outcomes.

Key Features:

- On-demand, flexible learning
- Tailored specifically for criminal justice and allied professionals
- Based on the latest edition of the MI guidebook, updated in August 2023

Enroll today and start using proven MI techniques to drive better outcomes in your professional practice.

Explore Motivational Interviewing for Criminal Justice Professionals

As always, thanks for reading.

Sandy

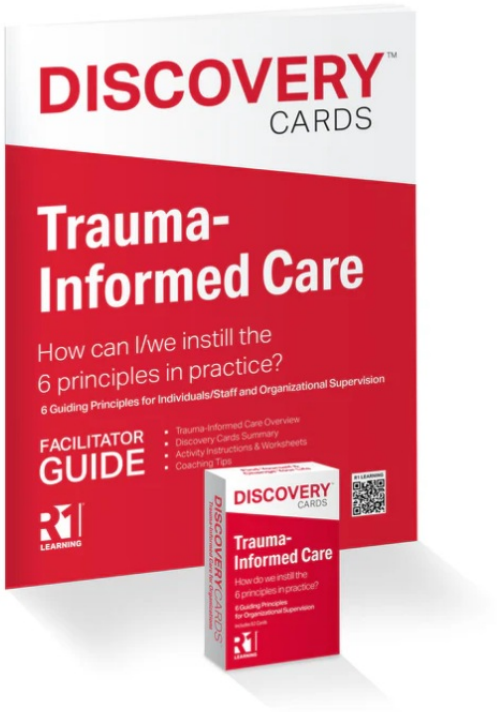
PS. Does your team need professional development in

- *embracing families,*
- *motivational interviewing, or*
- *trauma-informed care?*

Get a workforce development design to meet your organization's needs.*Email me to get started*.

R1 Learning Discovery Decks

Trauma-Informed Care (TIC)
Adopting a TIC approach is not accomplished through any single technique, training, or checklist.



Effective trauma-informed care requires constant awareness, attention, caring, sensitivity, and possibly a cultural change at the organizational level.

On-going individual and organizational assessment of the 6 Guiding Principles will help embed this approach into daily practices.

The purpose of this R1 Learning topic is to help organizations, staff, and practitioners assess services in conjunction with SAMHSA's TIC 6 Guiding Principles and improve the outcomes for individuals served.

Topic Kit includes one Discovery Cards deck and one Facilitator Guide – everything you need to run an effective session. Buy additional card decks to match your typical group size. Using behavior-based and color-categorized cards, group members will gain a deeper understanding of 6 Guiding Principles and 3 Environment Types. The Facilitator Guide provides group leaders with everything needed to run structured, action-oriented sessions, including activity worksheets, and coaching tips. Discovery Cards increase engagement, participation, and self-discovery and spark great discussions in group settings. Buy today, and improve your engagement and outcomes.

Use the code **SANDY10%** to save on your own R1 Discovery Trauma Informed Care Deck.

Explore the TIC Discovery Deck.

Adverse Childhood Experiences (ACES) Topic Kit

This deck helps individuals identify which of ten (10) ACEs they experienced and which of the seven (7) Resilience Practices helped/help them endure, survive, and thrive.

Topic Kit includes:

One Discovery Card Deck (one for each group member; buy additional decks to match your typical group size). Card decks include:

- Sorting cards
- Category model definition cards
- Activity cards with questions to explore

One Facilitator Guide, which includes:

- Model overview
- Card deck summary
- Activity instructions and worksheets
- Coaching tips

Use the code **SANDY10%** to save on your own R1 Discovery ACES Deck.

Explore the ACES Discovery Deck.

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