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 Embracing Families

Research has shown that including family members in SUD treatment and recovery is effective in promoting long-term recovery. Yet, treatment services for family members remain limited.

At Authentic Trainings LLC, we are part of the movement to include families in all treatment and recovery services.

If you are a family member excluded from participating in your loved ones' care, we want to hear from you.

Do you want to be part of the solution?

To push all states to include family peer services for individual and group support work?

To make family therapy in SUD a standard practice.

To include family members in group and individual counseling with the identified person with the SUD.

To standardize treatment for family members with or without the identified person.

Read more on the effectiveness of including families in SUD treatment and care plans from SAMHSA. ??

Substance Use Disorder Treatment and Family Therapy: Updated 2020."This

Treatment Improvement Protocol (TIP) update provides information and guidance on the latest science-informed, family-based interventions and family counseling approaches for substance use disorders (SUDs)."

"Intended audiences include SUD treatment providers such as drug and alcohol counselors, licensed clinical social workers, licensed marriage and family therapists, psychologists and psychiatrists specializing in addiction, psychiatric and mental health nurses (specialty practice registered nurses), and peer recovery support specialists. The TIP's audience also includes SUD treatment program administrators, supervisors, and clinical/program directors."

Embrace families in your care and treatment plans. Train your teams how. Email Sandy at Authentic Trainings to get started.

[Click here to learn more about our core training: Embracing Families.]

For Peer Professionals

Best Practices for Successful Reentry From Criminal Justice Settings for People Living With Mental Health Conditions and/or Substance Use Disorders. SAMHSA.
This guide examines the types of interventions that support successful reentry for adults with mental health conditions and/or substance use disorders who are leaving jail/prison.

Recommend Trauma-Informed Care Tool

The R1 Discovery Trauma-Informed Care Deck.

Adopting a trauma-informed care (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.

Use the coupon code SANDY10% at check out to save 10% on the R1 Discovery TIC Deck. ??

[Click here to get your R1 Discovery Trauma Informed Care Deck.]

As always, thanks for reading.

Sandy

PS. Forge trust. Foster motivation. Fuel change and growth. Enroll in the on-demand course Motivational Interviewing to learn the evidence-based conversation style that's reshaping SUD care and treatment.

PPS. Need help exploring ACEs with your clients? Get the ACEs Discovery Deck.
This deck helps individuals identify which of the ten ACEs they experienced and which of the seven Resilience Practices helped them endure, survive, and thrive. Use the code **SANDY10%** to save on your own ACEs Discovery Deck at R1 Learning.

PPPS. Does your team need professional development in embracing families in SUD care? **Get a workforce development design to meet your needs.** Email me to get started.

Deliver Better Care & Treatment with These Trainings

Motivational Interviewing (MI) Training:

A Step-by-Step Guide to Empower Others Toward Positive Change and Growth

Forge trust. Foster motivation. Fuel Change and Growth.

With over 40 years of research and 1,800 clinical trials, studies show MI gets better results and outcomes than the standard alternatives—even with complex cases and mandated clients.

This self-paced, online MI training will teach you the most up-to-date foundational approaches to facilitate change and assist you in being more confident and effective as a helper. Inside, get the practical conversation skills to transform client

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

Explore the Spirit of Motivational Interviewing (partnership, acceptance, compassion, empowerment) and OARS (open-ended questions,

ENROLL TODAY!

Date and Time:

- June 19 | 9::00am — 3:30pm ET

Location: Virtual Event

affirmations, reflections, and summaries). Learn to blend this MI training with trauma-informed care, a person-centered lens, and strength-based engagement.

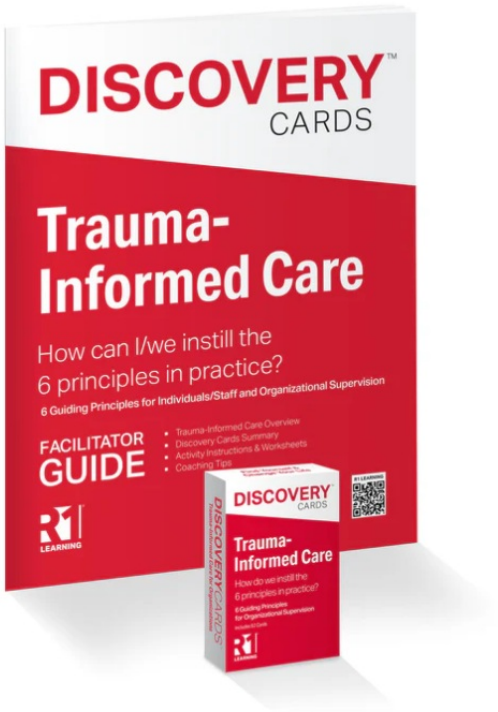
Available 24/7, this on-demand course includes expertly designed lessons, demonstrations, and exercises led by skilled members of the Motivational Interviewing Network of Trainers (MINT) with lived MI experience in numerous fields, including mental health, substance use disorder, and criminal justice.

It also includes learning guides and quizzes to build confidence and competence in MI.

LEARN ABOUT PRIVATE-LABEL OPTIONS FOR ORGANIZATIONS.

ENROLL TODAY!

A Collaboration with R1 Learning



Everything you need to run an effective session with the Discovery Cards — for practitioners and educators at every level of knowledge, skill, and experience.

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

Explore the TIC Discovery Deck.

Connect with Authentic Trainings

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