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

Therapeutic Applications for Integrating Rhythm and Reflection in Support of People with Co-occurring Drug and Alcohol and Mental Health Issues

I love being in the learning and collaborative environment of a conference. It feeds my soul and energizes me. This conference, in particular, was one of the highlights of my career.

I have a BA in Human Services with a focus on Alternative Therapies and a Master's Degree in Adult Learning. When I combine these things together, I see where experiential modalities are so important and a path to change the current state of treatment.

We cannot talk ourselves out of the opioid epidemic, the increase in alcohol use disorder, or any of the other addiction and behavioral process conditions.

We have to provide avenues for non-verbal movement.

Sandi Sabene and I, as co-collaborators in developing the Creating Connections and Community training, had an incredible turnout at the NAADAC conference.

We were in what is often the "death spot." The last training slot on the last day, with other workshop choices.

During the afternoon plenary, Terrence Walton, the new director of NAADAC, announced that they saved the best for last. I felt very affirmed and grateful for this acknowledgment.

We were assigned a double room, and we filled it up. The NAADAC staff provided incredible support and took lots of pictures.

The room was full of clinicians, and we provided two experiences. The first one was an emersion experience in expressive art and rhythm. The room quickly turned into a safe and nurturing environment where individuals with really hard jobs could participate in activities that fed them and released some of the stress that they were carrying.

The second part of the workshop was about how this can translate into their work.

These activities serve a dual purpose. They feed the clinician, peer, education, and supervisors, and they provide the client with a non-verbal means of reducing stress, increasing dopamine, feeling connected, releasing stress, and reducing cravings.

Expressive arts do not require an art therapy degree, nor does rhythm require a music therapy degree.

The purpose is to facilitate an experience that encourages a flow state where the body can reset the central nervous system.

The feedback from this session was uplifting. Sandi and I know this works, but to again watch others benefit from the experience, is why we do what we do.

The greatest thing about it is that it works every time.

My hope is that we have moved the needle a little forward towards making non-verbal activities more mainstream and demonstrating the value of these activities in all aspects of recovery for individuals and families.

For Peers

Recommended Professional to Follow: Ruth Riddick, CARB-RCP/f

Riddick, a veteran trainer and coach specializing in recovery, presented a workshop at the NAADA Conference this week.

Her presentation made me think about the difference between peer specialists and coaches. It made me think that most of our peer workforce throughout the country is in crisis mode all the time.

In her session, she described this as **Surviving vs Thriving**, and how the need for organizations to submit for Medicaid billing is a barrier to any long-term work that could move them into thriving.

This appears to be a gap in services that needs to be rectified. There is a big difference between changing my behavior and developing my authentic self.

Ruth reviewed the SAMHSA definition of recovery.

"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

(Read SAMHSA's Working Definition of Recovery)

Thriving encompasses the last part of this definition "to reach their full potential." For an individual to reach their full potential, they have to be willing to begin a journey of self-reflection, values clarification, and develop meaning in their lives.

I'm curious how we support peer professionals growth when they are working in crisis survival mode.

By staying stuck in this crisis/survival mode, I am curious how we support the growth of peers. Also, when we are in a crisis-oriented atmosphere all the time, it leads to burnout. The average person doing crisis work lasts about 3 years before they step away and do something different.

In my opinion, the peer workforce is the biggest gift to the field of substance use disorder treatment. Research shows that they make a difference in engaging and keeping people in treatment.

They do save lives, but they can do so much more to support recovery--especially if we help them thrive.

I came away from Ruth's presentation and the NAADAC conference thinking about the CARC (Certified Addictions Recovery Coach) designation and wondering how I could support them in seeing themselves as independent businessmen and women.

There needs to be a mindset shift that allows CARCs to support the business of Thriving, while the specialists are bogged down with the crisis work. I also believe that having both designations will allow an individual to move between the two areas more easily.

Reply here. Tell me what you think.

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?*

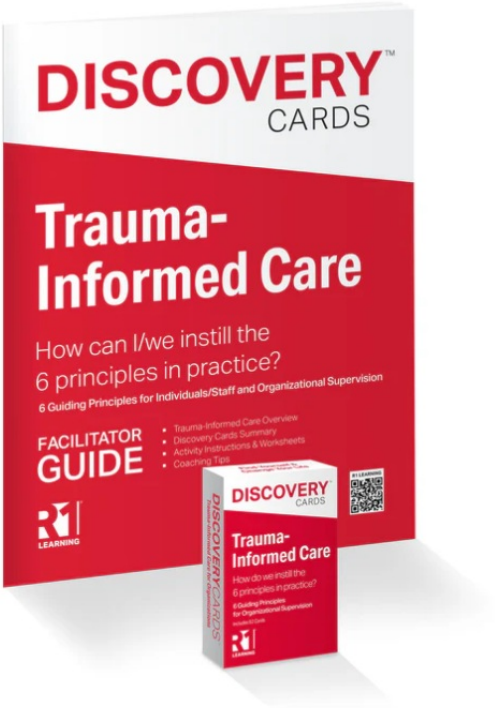
Get a workforce development design to meet your organization's needs.*Email me to get started*.

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.

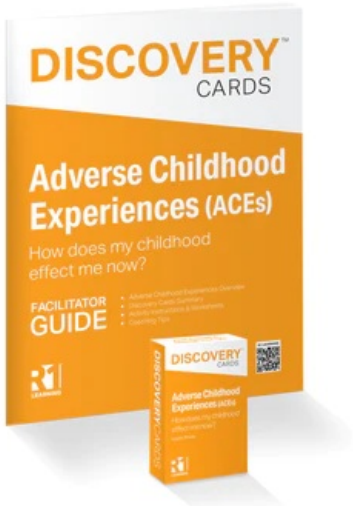


The purpose of this R1 Learning topic is to help organizations, staff, and practitioners assess services in conjunction with SAMHSA's TIC 6 Guiding Principles and improve the outcomes for individuals served.

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.

Connect with Authentic Trainings

Authentic Trainings LLC | 411 Kenyon Rd | Mexico, NY 13114 US

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!