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.

Join Us at NAADAC 2024

Don’t miss our breakout session, Creating Connections and Community through Rhythm and Expressive Arts at the NAADAC 2024 Annual Conference & Hill Day!

Explore the latest trends and vital issues that are affecting addiction professionals today!

Connecting, sharing best practices, and advocating for our clients and the profession are crucial for addiction professionals in today’s world. The NAADAC 2024 Annual Conference & Hill Day will equip you with the tools and best practices you need to provide top-quality care to your clients. Dive into all the key addiction-related topics and elevate your professional skills!

This is your opportunity to gain invaluable knowledge from a variety of presentations – don't miss out!

Register today! Registration information is available on the NAADAC website.

For more information, visit
www.naadac.org/annualconference.

ABOUT OUR BREAK OUT SESSION

TITLE:
Creating Connections and Community through Rhythm and Expressive Arts.

WHEN
Monday, October 21 at 2:15pm.

WHY YOU'LL EXPERIENCE
Learn how drum circles and the arts can boost mood, reduce cravings, and foster community in substance use disorder treatment.

Participants will enter an immersive experience using rhythm and expressive arts to build connection and community. Rhythm is primal, and it resonates with us all. Whether it is drumming, using small percussion instruments, tapping your hands on your thigh, or listening to a single beat while in community with others, you enter a flow state and experience entrainment.

Everyone will spontaneously sync up and play the same rhythm. Entrainment is an experience that allows people to feel a connection with the group in a healthy, positive way. We will offer a variety of experiential activities and relate them to the community building blocks.

Participants will receive resources that include rhythm seeds and research articles validating the impact of rhythm.

On Motivational Interviewing

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 (MI) for Criminal Justice Professionals

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

For Wounded Healers

A Book I Read & **HIGHLY** Recommend

Demon Cooperhead. Barabara Kingsolver. Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival.

Relayed in his own unsparing voice, Demon braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people.

Demon Copperhead speaks for a new generation of lost boys and all those born into beautiful, cursed places they can't imagine leaving behind.

My Thoughts On Demon Cooperhead

This book tells a painfully familiar story of substance use disorder, born from the need to cope with physical and emotional pain. Set against the backdrop of a time when pharmaceutical companies aggressively marketed OxyContin as a "non-addictive" opioid, it traces the roots of the opioid epidemic, which has claimed over a million lives and continues to grow.

Demon Copperhead powerfully humanizes the issue, portraying the rise of substance use disorder as not just an individual tragedy but a profound societal failure.

I highly recommend this novel to all who work in substance use disorder (SUD), mental health, or child welfare.

This powerful story sheds light on how society continues to perpetuate the opioid overdose crisis and the rise of SUD in our country. You'll meet Demon Copperhead and follow his deeply moving life journey.

My hope is that this book will inspire greater compassion for those struggling with SUD. For those of you with lived experience in this field, I hope it helps you recognize the heroic journey you've undertaken in your own life.

As always, thanks for reading.

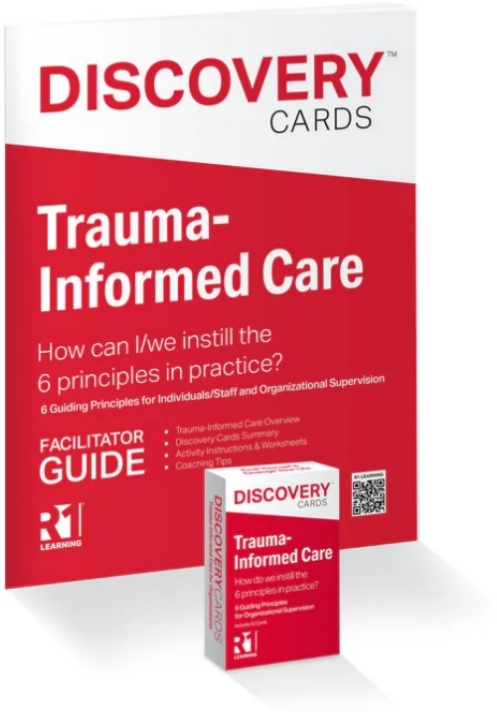
Sandy

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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