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 The Joint Meeting on Youth Prevention Treatment and Recovery

What an incredible time Lisa Ardner and I had presenting at the Youth Prevention Conference. This national conference brought together the top prevention and recovery researchers with leading clinical programs and Native American Tribal initiatives.

The list of decision makers was incredible and to see everyone talking together to bridge the gap between research and boots on the ground providers was uplifting.

Soaring Eagles, a Native American non-profit out of Montana presented on the importance of bringing culture to the table. They have seen a significant increase in high school graduations and reduced recidivism.

They attribute this success to educating youth on their cultural heritage and hands-on case management.

The probation officer meets youth in the schools, they attend a cultural heritage course, and they have ready access to several elders who take a personal interest in the youth.

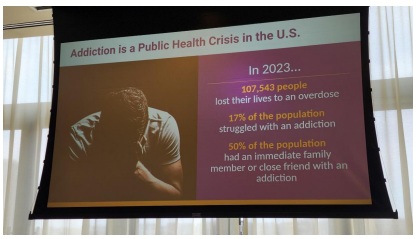
We got to spend time with our friend Tom Karl of R1 Discovery who had a booth and provided a presentation. We experimented with the Stages of Change card deck, and everyone went home with a deck of their own. **Tom's system is the most effective tool I have ever used to encourage self-reflection.**

There is something about being in a deep learning environment, surrounded by like-minded individuals, in a beautiful setting that inspires me to want to do more.

Our topic was Embracing Families in Treatment and Recovery. And, we were in sharp contrast to the research presentations.

We provided hands-on strategies for identifying the staff barriers and changing the mindset of clinicians to one that includes families. We facilitated a robust discussion on what is working and what is not in prevention and treatment centers. All participants left with a resource guide on implementing family services into treatment and recovery programs.

The bottom line: we have a long way to go to get out of the mindset that SUD can be treated without family involvement.



On Family Inclusion

Here are some articles that speak to the importance of working with the entire family.

CRAFT: Community Reinforcement and Family Training

Hellum, R., Nielsen, A. S., Bischof, G., Andersen, K., et al. (2019). CRAFT:

Community Reinforcement and Family Training. University of Southern Denmark.

This study evaluates the application of CRAFT for families of individuals with Alcohol Use Disorder (AUD). It outlines the structured use of behavioral principles to encourage treatment engagement while supporting family members' mental health. Findings show CRAFT is more effective in increasing treatment entry compared to traditional methods like Al-Anon or Johnson interventions.

[Read Article.]

Community Reinforcement and Family Training (CRAFT): A comprehensive review of its effectiveness and applicability.

Smith, J. E., & Meyers, R. J. (2020). Community Reinforcement and Family Training (CRAFT): A comprehensive review of its effectiveness and applicability. Journal of Substance Abuse Treatment, 112, 1–10.

This review discusses 10 years of CRAFT implementation research. It emphasizes CRAFT's strong empirical support for increasing treatment initiation among resistant SUD individuals and its beneficial psychological impact on concerned significant others (CSOs). The article highlights CRAFT as a model that balances motivational interviewing techniques with behavioral therapy.

[Read via NCBI.]

Value of Family Involvement in Substance Use Disorder Treatment

Dopp, A. R., Manuel, J. K., Breslau, J., Lodge, B. (2022). Value of family involvement in substance use disorder treatment: Aligning clinical and financing priorities. Journal of Substance Abuse Treatment, 137, 108740.

This article explores the underutilization of family-involved SUD services in the U.S. and the structural barriers preventing broader implementation. It advocates for integrating family-centered care as both a clinical and policy priority. Clinical evidence underscores that family engagement improves long-term recovery outcomes, emotional stability, and treatment adherence.

[Read at ScienceDirect.]

PARTNERSHIP TO END ADDICTION

At the conference, The Partnership to End Addiction presented on a new model that includes family members in the SBIRT interview and an incredible new program for training family peers. They even have a training simulator that interacts with the peers to reinforce their skills.

[Learn more about them.]

FREE CRAFT TRAINING

We the Village provides the only clinically proven online program in the leading evidence-based approach for families to treat addiction and improve family health outcomes.

[Learn more.]

CCAR TRAINING & MORE

Lisa and I are continuing our mission to include family members in SUD treatment and recovery. We both completed the CCAR Connecticut Community for Addiction Recovery - Recovery Coach Professional and are now facilitators of the CCAR training program.

Explore more >> [CCAR Training | The Art and Science of Recovery | Recovery Coaching – The Art and Science of Recovery]

Our commitment to changing the face of treatment and recovery services includes training competent, compassionate and professional peers.

We are committed to providing a full range of training services to those wishing to embrace peer recovery certification.

Stay tuned for our new offerings coming soon.

- **Certified Addiction Recovery Coach** (**CARC**) – Click here for role competencies.
- **Certified Recovery Peer Advocate** (**CRPA**) – Click here for role competencies.
- **Certified Recovery Peer Advocate-Family** (**CRPA-Family**) – Click here for role competencies and role-specific ethics addendum to the ASAP-NYCB Code of Ethical Conduct. For more details, visit the dedicated ASAP-PWI training page at https://www.asapnys.org/crpa-f-trainers/.
- **Certified Recovery Peer Advocate-Youth** (**CRPA-Youth**): – Click here for role competencies and role-specific ethics addendum to the ASAP-NYCB Code of Ethical Conduct. For more details, visit the dedicated ASAP-PWI training page at https://www.asapnys.org/certified-recovery-peer-advocate-youth/.
- **Veteran Supported Recovery** (**VSR**) - Click here for role competencies overview and role-specific ethics addendum to the ASAP-NYCB Code of Ethical Conduct. For more details, visit the dedicated ASAP-PWI training page at https://www.asapnys.org/veteran-supported-recovery/.
- **Criminal Justice Supported Recovery (CJSR)** - Click here for role competencies and here for the CJSR Ethical Framework. Please also see training details at https://www.asapnys.org/asap-pwi/.
- **Peer Supervision Professional (PSP)** - PSP is not a peer certification. It is for professionals from any practice background who supervise peers. Click here for role competencies and here for the PSP Ethical Framework. Please also see training details at https://www.asapnys.org/asap-pwi/.

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.*

On-Demand MI Training

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.

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

Motivational Interviewing (MI) for Criminal Justice Professionals

This on-demand **Motivational Interviewing (MI) course** is 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.*

Key Features:

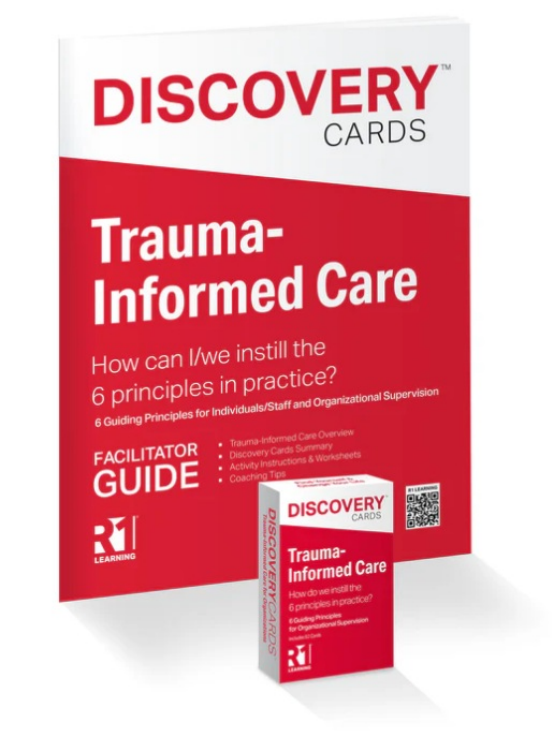
- On-demand, flexible learning
- Tailored specifically for criminal justice and allied professionals
- Based on the latest edition of the MI guidebook, updated in August 2023

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

Want to buy this training for your staff? or white-label this training? *Get started today.* *Email me.*

Explore Motivational Interviewing for Criminal Justice Professionals

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.

Sandra Rivers is a proud member of the NYCB Trainers Registry.
#20207022.

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!