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 Family Inclusion

I'm delighted Lisa Ardner and I have been chosen to present at the National Youth Prevention, Treatment, and Recovery Conference this March. We'll be discussing a subject close to our hearts – Embracing Families in Recovery and Treatment.

Families play a crucial role in the recovery journey, and we are deeply committed to providing professionals and families with the tools they need to support and engage their loved ones affected by substance use.

We are excited to connect with fellow professionals who share our dedication to enhancing youth prevention and recovery efforts. We hope you'll consider joining us.

[Register here.]

Let me know if you're planning to attend so that we can connect and say HI!

On Motivational Interviewing

Book to Read

8 Ways to Hope: Charting a Path through Uncertain Times. William R. Miller."You can't take a leap of faith without it. It lets you dream of a brighter future. And in a world worn down by political conflict, climate change, war, and other perils, many worry about losing it. Pioneering psychologist William R. Miller takes a fresh look at hope and its transformative potential in this concise, compassionate book.

Explore eight different facets of hope that enable people to clarify their goals, envision new possibilities, find purpose, enhance motivation, and persevere against tough odds. Dr. Miller guides you to reflect on your own relationship to hope and how you can cultivate it. Vivid personal stories, historical examples, and cutting-edge scientific findings reveal how choosing hope over fear can be a powerful force for change."

My Take

In these troubling and uncertain times, William Miller outlines the components of developing and maintaining hope. Miller is the founder of Motivational Interviewing and has changed the face of substance use disorder treatment, moving the field away from punishment towards compassion.

This is a must-read for clinicians, peers, social works, and criminal justice professionals.

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

For Peers

COMING SOON!

I'll soon be a Recovery Coach Professional! And with their train-the-trainer program, I'll add this to our peer training programming.

On Rekindling Joy & Excitement

We are in troubling and unsettled times for human service providers.

Organizations are asked to go against their values by eliminating DEI initiates in order to keep their doors open. Thousands of hard-working Americans are losing jobs they expected to last until retirement.

It feels a little like we are standing on quick sand without firm ground in site.

Yet, there is a great need for providers to remain calm and hopeful and to be prepared to see an increase in caseloads.

Above, I have recommended William Miller's newest book,8 Ways to Hope: Charting a Path through Uncertain Times.

Sometimes you have to hold the vision for a better future for those who cannot see it, and this book will help you do that.

Even people with resources are scared and having their world turned upside down, and those with the least resources are going to be the ones most impacted. We know that when people are scared, they look for ways to cope.

Alcohol and substance use increases and crime is more prevalent. Depression and anxiety lead to a higher rate of suicide.

In these times, you are desperately needed. And, you need to bring your best self to your work. That means finding ways of taking care of yourself.

What is your best self-care practice?

Here's a link to a progression muscle relaxation technique that resets and restores the nervous system, down to the somatic level.

What do you do now?

Maybe it is time to start a stand-alone support group for helpers connected to you. A place where you can support each other.

COVID taught us how to pivot and find ways to stay connected. We learned just how strong and resilient we really are.

Now we are being called upon again to rise up and do what we have been trained to do. Help others.

As always, thanks for reading.

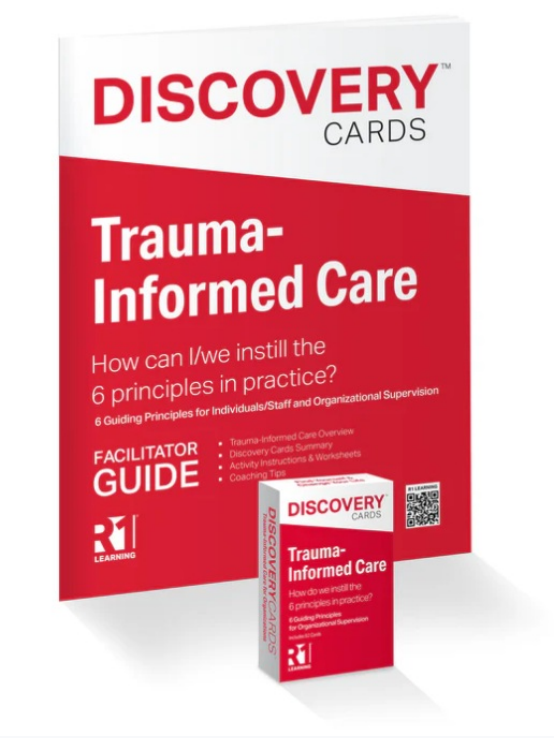
Sandy

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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