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

Resource I Recommend

The Importance of Family Therapy in Substance Use Disorder Treatment

This SAMHSA handout shows

- how integrating family therapy boosts engagement, retention, outcomes; when and whom to include;
- how to assess safety and culture; evidence-based models;
- plus practical tips on logistics, confidentiality, stigma, medication myths—actionable for clinicians, coaches, advocates.

[Check it out.]

For Peer Professionals

NAADAC Resources for Peer Support Professionals

The resources listed here range from free peer-specific trainings to networking opportunities.

Recovery Coaching Training

Recovery Coach Academy	Ethical Considerations

STARTS OCTOBER 27

Become the support you once wished you had.

The Recovery Coach Academy (RCA) is an immersive, evidence-based training that equips you with the tools, knowledge, and confidence to make a real difference in the lives of others.

This dynamic, 30-hour foundational course was developed by the Connecticut Community for Addiction Recovery (CCAR) and approved by the New York Certification Board (NYCB).

It is the essential first step toward becoming a certified peer professional in New York State and beyond.

Training Dates/Times:

- 30 hours of training over 5 days: Oct 26-27, Nov 3-4, & Nov 7.
- 9:00am-4:00pm, ET

START YOUR JOURNEY TODAY!

STARTS NOVEMBER 12

Ethical decision-making is an essential skill for every Recovery Coach navigating today's complex behavioral health systems.

In this highly interactive virtual training, you will...

- *deepen your understanding of ethics,*
- *explore real-world ethical dilemmas, and*
- *build a personalized decision-making framework you can immediately apply in your coaching practice.*

This training is for those who have taken Recovery Coach Academy and are working toward CRPA and CARC.

Training Dates/Times:

- 16 hours of training over 3 days: November 12-14.
- 9:00am-4:00pm, ET

CHECK IT OUT NOW!

On Self-Care

This month's self-care tip is an 11-Minute Vagus Nerve Sound Healing

technique.

Use it to reduce anxiety, relieve stress, and activate your parasympathetic nervous system.

In this short video, our friend and mentor Jim Donovan (an expert in sound healing) shows you how it works

On Motivational Interviewing

Study I'm Excited About

Motivational interviewing to increase drug checking and reduce overdose rates among people who use drugs: protocol for a hybrid type 1 effectiveness–implementation trial of an adjunctive intervention

From the study

The unpredictable and toxic nature of the unregulated drug supply poses overdose and other health risks for people who use drugs (PWUD). Drug checking services can reduce risks by identifying adulterants in individuals' drug supplies. In the United States (U.S.), DCS are increasingly offered through community harm reduction services that provide evidence-based risk reduction services for PWUD, such as syringe services programs (SSPs). However, PWUD face several multi-level barriers to consistently utilizing DCS and engaging in post-DCS safer drug use behaviors (e.g., discard, use less, avoid using alone, etc.). Staff from a San Diego-based mobile SSP and researchers drew from Social Cognitive Theory and the Social Ecological Model to develop a motivational-interviewing adjunctive intervention (MI-CHANCE) led by peers with lived substance use experience to address multi-level barriers and promote DCS engagement and adoption of post-DCS safer drug use behaviors among PWUD.

AT VITAL VOYAGE

As a Subject Matter Expert (SME) for the Vital Voyage Blog, I'm delighted to announce the blog cross posted my most recent article, "Opioid Orphans: The Hidden Cost of the Opioid Outbreak."

→[Read it at Vital Voyage.]

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

Build the communication skills that inspire change.

Ever feel like you're talking *at* your clients instead of truly connecting *with* them?

Or do you watch people repeat the same patterns, even when you're trying your best to help?

The truth is, most professionals were never taught the specific skills that motivate lasting change, especially with people who feel stuck, ashamed, or hopeless about the future.

This on-demand course in Motivational Interviewing gives you simple, proven tools you can start using right away. You'll learn how to...

- Turn difficult conversations into collaboration
- Use core MI skills like open questions, affirmations, reflections, and summaries
- Apply MI across fields such as social work, healthcare, and education
- Take a trauma-informed, person-centered, and strengths-based approach

The course includes engaging videos, real-life examples, guided exercises, and a downloadable learning guide. You'll earn 4 CE credits (NY OASAS) and enjoy a full year of access so you can review anytime.

By the end, you'll know how to build authentic connection, turn resistance into

teamwork, and **help people believe in their ability to change.**

WHAT A STUDENT RECENTLY TOLD US ABOUT THE COURSE

> *"I was a social worker for many years, and I wish I had this training a long time ago! This training is the best training I have ever had. It provides the interviewing skills I need to help others. It is applicable to so many different public-facing careers, too. I can even see how MI can help me communicate with my teenager in a more positive way. Thanks so much."*

Start Motivating Others Today!

Frustrated with the same conversations that go nowhere?

Many justice professionals want to help people change, but old communication habits just aren't working. Clients fall back into the same patterns, and it's exhausting to keep talking *at* people without seeing progress.

This on-demand course in Motivational Interviewing (MI) for Criminal Justice Professionals shows you how to break through.

MI is proven to help justice-involved individuals feel motivated, engaged, and invested in their own change.

You'll learn how to:

- *Build trust quickly*
- *Turn resistance into collaboration*
- *Encourage real commitment to a better future*

Who should take this course?
Anyone working in treatment courts, family courts, probation, substance use treatment, mental health services, or related fields.

What you get:

- Flexible, on-demand lessons you can complete anytime
- Skills tailored for criminal justice and allied professionals
- The latest MI strategies (updated August 2023)
- Practical tools you can use right away to improve outcomes

Research shows MI increases engagement, reduces dropout, and lowers recidivism. As one recent graduate shared, "This training was spot on — exactly what I needed."

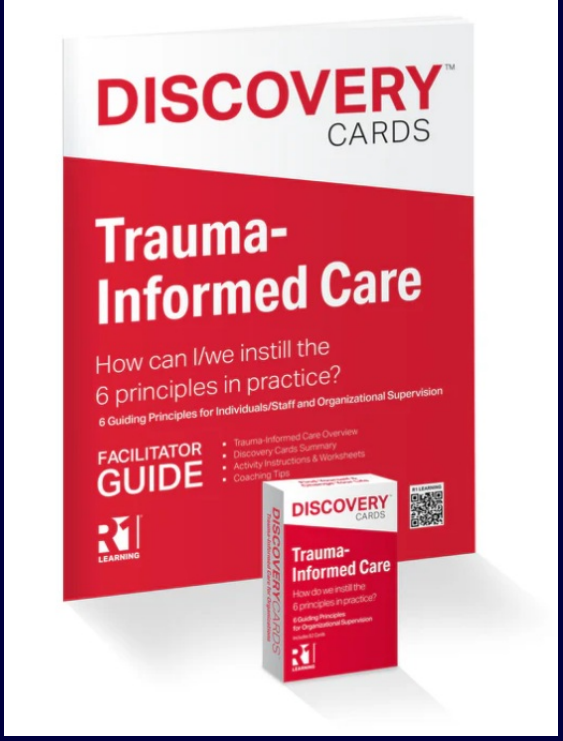
Start building the skills that lead to better conversations, better outcomes, and safer communities.

Get Instant Access Today!

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.
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