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

Lee, A., Bui, T. T., Evans, J. M., Wilson, B., & Smith, D. C. (2025). "It's A Revolving Door!": A Qualitative Study of Family Members' Perspectives on Opioid Use Disorder Treatment. Families in Society: The Journal of Contemporary Social Services, 0(0).

Abstract
Approximately 8.9 million individuals in the United States misused opioids in 2023, reflecting the opioid crisis's devastating impact not only on individuals but also on their families. This qualitative study examines family members' experiences in supporting loved ones with opioid use disorder (OUD), focusing on their roles, barriers to treatment, and perspectives on medications for opioid use disorder (MOUD). Through in-depth, semi-structured interviews with 15 family members, analyzed using thematic analysis, the findings reveal families as essential providers of care and support while navigating limited resources, exclusion from treatment processes, and their own recovery trajectories. The study findings reveal a need for family-centered approaches, including health care provider training, family-inclusive treatment models, and policy reforms to improve treatment accessibility, reduce systemic barriers, and foster sustainable recovery outcomes for individuals with OUD and their families.

For Peer Professionals

Ethical Considerations

Continue your path to certified peer professional with Ethical Considerations.

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

In this highly interactive 2-day virtual training, participants will

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

This training, developed by the Connecticut Community for Addiction Recovery (CCAR), creates a supportive space for Recovery Coaches to explore boundaries, role clarity, and professional integrity.

Next Training:

STARTS FEBRUARY 18

Training Dates/Times:

- 16 hours of training over 3 days: February 18-19, 24
- 9:00am-4:00pm, ET

Enroll in both RCA and Ethical Considerations for one low price.

START HERE

On Motivational Interiewing

Motivational Interviewing. Fourth Edition. Helping People Change and Grow.

From the Publisher
Now in a fully rewritten fourth edition, this is the authoritative presentation of motivational interviewing (MI), the powerful approach to facilitating change. It has been updated and streamlined to be even more user-friendly as a practitioner guide and course text. MI originators William R. Miller and Stephen Rollnick elucidate the four tasks of MI—engaging, focusing, evoking, and planning—and vividly demonstrate what they look like in action. A wealth of vignettes and interview examples illustrate the dos and don'ts of successful implementation in diverse contexts. The book reviews the evidence base for the approach and covers ways to assess the quality of MI. The companion website provides reflection questions, annotated case material, and additional helpful resources.

Help People Change & Grow with 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.

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

By the end, you'll know how to build authentic connection, turn resistance into teamwork, and **help people believe in their ability to change.**

Start Motivating Others Today!

- 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!

At Vital Voyages Blog

Author's Bookshelf at Vital Voyages

Vital Voyages has curated books by its writers and subject-matter experts. There, you can find a variety of books to advance your career and boost your expertise. This list also features recovery memoirs that might be useful recommendations.

→ Visit the Author's Bookshelf

On Self Care

Guided Breathing for Stress Relief: Feel Calmer Instantly! | Jim Donovan M.Ed.

Guided breathing for stress relief is one of the fastest ways to calm your mind and body, and in this video, you'll learn exactly how to do it! This simple breathing

exercise activates your parasympathetic nervous system, promoting relaxation from within.

My colleague Jim Donovan will guide you step by step through a powerful deep-breathing technique. You'll learn to breathe deeply into your abdomen like Santa Claus and exhale slowly through pursed lips, as if blowing through a straw. This method helps reduce stress, calm your mind, and soothe your nervous system — all in just a few minutes.

Whether you're feeling overwhelmed or just need a moment of peace, this guided breathing practice is here for you. It's simple, effective, and something you can do anytime, anywhere. Follow along and feel the shift happen.

→ Watch the video and feel calmer.

Authentic Trainings Team Spotlight

Elizabeth Milo

Web Design & Development, Project Management, and Operations

If you've ever thought, "This site looks incredible—and it's actually easy to use," you've already experienced Milo's impact at Authentic Trainings.

Milo supports Authentic Trainings as our creative project manager and web designer, bringing together beautiful design with thoughtful, user-friendly journeys. She keeps projects moving with calm efficiency—ensuring the details are handled, the deadlines are met, and the finish line arrives on time.

What Milo helps with on our team:

- Web design that's clean, modern, and genuinely user-friendly
- Building and refining site pages so they look good and guide people where they need to go
- Project management that keeps tasks, timelines, and stakeholders aligned
- Efficient communication and follow-through that prevents projects from stalling
- Accountability and deadline support—so momentum doesn't evaporate mid-build

Milo's favorite part of the work
"Bringing together beautiful design with thoughtful user journeys—and getting projects across the finish line in a way that feels joyful and painless."

A little more about Milo
Milo has experience in creative project management across a variety of industries, and she's known for being both steady and fast—she moves work

forward without making it feel stressful. If you need additional accountability to keep your business and projects on track and on deadline, Milo at Great Things LLC is the person.

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.

Forwarded this message?

→ **Sign Up Here.**

Get exclusive content, private Q&As, training discounts, and inspiring self-care tools delivered to your inbox.

No spam, ever. Just evidence-based tools to help you help others.

R1 Learning Discovery Decks

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

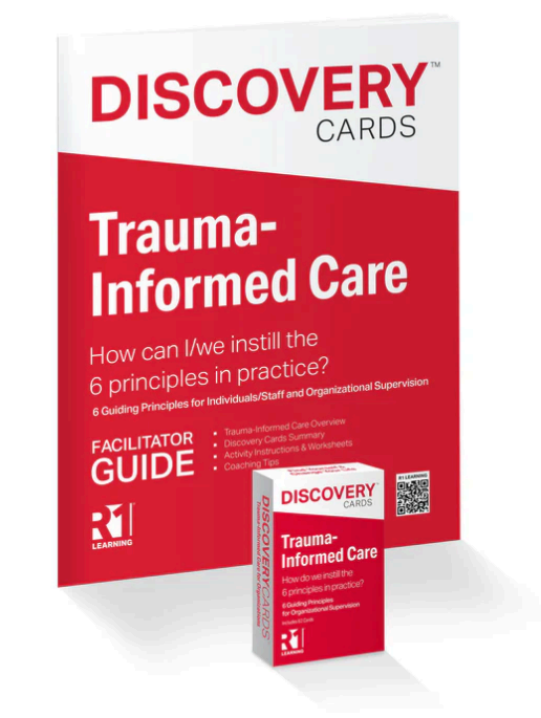
- Category model definition cards
- Activity cards with questions to explore

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.



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.

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

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