



Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Greetings!

So sorry. We published our newsletter with a few errors. Here's the corrected newsletter.

TL;DR

- RCA starts May 5 and takes 30 hours.
- Ethical Considerations runs May 19, 20, and 21.
- I'll be presenting at Helio Health's (not Helion Health) conference, Integrated Care Conference

On Family Inclusion

There are millions of family members who are or have struggled with substance use disorder in their families. There are many national organizations and nonprofits working in communities.

What would it take to bring us together to create the power to change the current narrative on SUD, treatment, recovery, and family inclusion?

→ **I would love to hear your ideas. Hit reply or email me at sandy@authentictrainings.com.**

For Peer Professionals

9 RENEWAL HOURS IN APRIL!

Good Behavior Ethics *now includes Train The Trainer*

"NEW - Good Behavior 9-hours CRPA Ethics Renewal Training dates in April, now includes Train The Trainer"

NYCB 9-hours CRPA renewal requirement goes live on July 1. **Be prepared with our pre-approved 9 hours.**

We're offering trainers the opportunity to experience our new, NYCB-approved 9-hour Good Behavior Renewal Ethics program, with a Training of Trainers component, so you can seamlessly incorporate it into your practice.

Developed and delivered by TRIO Training Network partner, Ruth Riddick of Sobriety Together Training:

- NYCB approved Training Program & Slide Deck, Author's Authorization to deliver in your training practice, Training Crosswalk for your NYCB approval submission
- Optional extras: Facilitator Manual; Participant Workbook @ \$20 each. Distributed at training.
- 9 NYCB CEs, and other professional credits
- 2 x 6-hour training days, includes a total of 3 TOT hours – April 17 & 20 on Zoom
- Registration: \$650



REGISTER TODAY

PEER TRAINING | MAY SESSIONS

RECOVERY COACH ACADEMY

Ready to become the kind of support you once needed?

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 evidence-based course meets the NYS core training requirement for CRPA and CARC and helps you build the skills, confidence, and ethical



Next Training:
STARTS May 5

Training Dates/Times:

- 30 hours of training over 5 days: May 5, 6, 8, 11, 12
- 9:00am-4:00pm, ET

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

foundation to begin or strengthen your career in recovery support.

Enroll in this foundation course, or get a discount by enrolling in the entire peer training program.

→ [Check it out here.](#)

ENROLL NOW

ETHICAL CONSIDERATIONS

Strong ethical decision-making is essential in peer support work.

This 16-hour virtual training helps Recovery Coaches, Peer Advocates, and other peer professionals explore boundaries, role clarity, and professional integrity through discussion, reflection, and real-life scenarios.

Participants will leave with practical tools and a stronger foundation for ethical coaching practice.

→ [Check it out here.](#)



**Next Training:
STARTS MAY 19**

Training Dates/Times:

- 16 hours of training over 3 days: May 19-21
- 9:00am-4:00pm, ET

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

ENROLL NOW

On Motivational Interviewing

Help People Change & Grow with MI Training



Motivational Interviewing Training:
A Step-by-Step Guide to Empower Others
Toward Positive Change and Growth



MOTIVATIONAL INTERVIEWING
for Criminal Justice Professionals

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.**

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.

**Start
Motivating
Others Today!**



**Get Instant
Access Today!**

On Rekindling Joy & Excitement

Moving beyond early recovery requires a period of self-reflection asking the important questions: *Who am I? Why am I here? What am I going to do with my life?*

Finding meaning in life is a foundational principle for lasting recovery, fulfillment, and happiness.

Arthur Brooks' book, [The Meaning of Your Life](#) is a great one to turn to when entering this critical period of self-reflection.

About the Book

If you struggle to discern life's meaning, you're not alone. Millions today describe a growing sense of emptiness, a lack of purpose and significance. And there's a reason: Rapid cultural, economic, and technological changes have rewired our brains, reducing their ability to perceive depth and purpose.

In *The Meaning of Your Life*, social scientist and happiness expert Arthur C. Brooks shows you how to push back against these changes and find the meaning you need to live a happy, fulfilling life. Relying on cutting-edge science, he offers practical, evidence-based strategies for breaking free of the powerful trends and personal habits that dull your focus on the *why* of your life. Drawing on the great philosophers and the world's faith traditions, he shows how everyone can—and must—approach life's most important and mysterious questions and provides a blueprint that will help even the most skeptical person find a life of spiritual transcendence, passionate love, and true calling.

“What is the meaning of my life?” is not an unanswerable question, but rather the start of a pilgrimage into unexplored corners of your consciousness. *The Meaning of Your Life* is your handbook for this journey.

[→ Get a copy today.](#)

Authentic Trainings Team Spotlight



Josh Meeder

*Founder, Great Things LLC
Conscious Business & Leadership Coach*

I'm excited to introduce you to Josh Meeder, the business consultant behind much of the startup success of Authentic Trainings.

Josh has played an pivotal role in helping me think strategically about growth, strengthening the business and building a clearer path to consistent clients and revenue.

By the time he was 24, Josh had built a **\$45 million business** and later went on to consult with Fortune 500 companies. Today, he finds the **deepest meaning in helping small businesses** get started, grow with intention, and build a thriving legacy.

Josh brings both high-level business experience and practical, grounded insight to his work. He understands what it takes to create sustainable growth, diversify revenue, and build a business that makes a difference.

Special Invitation

He'll also be hosting a **FREE** webinar on April 23, [Strategic Client Growth](#), for **businesses looking to attract consistent customers and revenue.**

In that session, he'll walk through the four pillars that help create diversified customer growth, stronger revenue, and sustainable, scalable businesses.

[→ Check it out now.](#)

At the Integrated Care Conference by Helio Health

I'll be presenting at Helio Health's Integrated Care Conference on April 14 at 2:30 pm.

SESSION TITLE

SESSION DESCRIPTION

Creating a dynamic group experience is essential in substance use and mental health treatment. Individuals in treatment often present with histories of trauma that affect emotional regulation, engagement, and participation in group settings.

This clinical session explores how intentionally designed group environments can foster connection, trust, and belonging, creating conditions for meaningful participation and strengthening recovery capital.

Participants will examine how facilitator presence, group structure, and relational dynamics influence engagement and may either reinforce survival-based responses or support regulation through connection and trust. Emphasis is placed on **practical clinical considerations**, including brief **experiential activities** and actionable strategies that enhance engagement and **build recovery capital** across diverse substance use and mental health treatment settings.

→ [[Check out the conference.](#)]



The banner features a blue background with a geometric pattern of white cubes and lines. In the top left corner, there is a logo for the 'INTEGRATED CARE CONFERENCE' with the text 'HEALTH BEHAVIOR INTERVENTIONS' and 'APRIL 13-14, 2026'. The main title '2026 Integrated Care Conference' is in large white font. Below it, the date and time 'Tuesday Apr 14, 2026 / 02:30PM - 03:30PM' are displayed. A quote in white text reads: '“ Creating Safety, Connection, and Recovery Capital in Group MH & SUD Treatment ”'. In the bottom right, there is a circular profile picture of Sandy Rivers, with her name 'Sandy Rivers' and '+ 1 other speaker' next to it. The text 'Powered by Whova' is in the bottom left corner.

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:

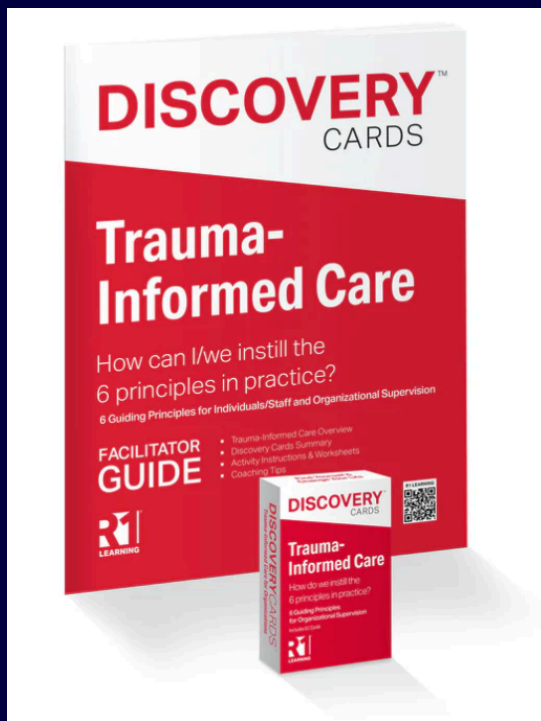
- Sorting cards
- Category model definition cards
- Activity cards with questions to explore

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
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