



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

We know family inclusion in SUD treatment and care leads to better outcomes. Yet professionals struggle to develop the practical skills needed to make it happen without causing further harm or compromising confidentiality. And families struggle with what it means to play a supportive role in the change process.

The good news? The Invitation to Change (ITC) methodology provides answers for both SUD professionals and families.

This May, ITC will offer a [training intensive](#) that includes train-the-trainer, and it's not too late to register.

About the Training (From their website)

A virtual training for professionals who would like to learn to support families in the midst of dealing with the challenges of substance misuse.

As we are all well aware, we as mental health providers have been given little to no academic or clinical training in substance use issues, and perhaps even less in working with families caught in the middle of this struggle. CMC:FFC has spent the last 10 years working with families and developing a model, the Invitation to Change Approach, that pulls together a variety of evidence-based approaches (CRAFT, MI, and ACT).

The Invitation to Change offers families a set of down-to-earth, compassionate tools for navigating through these very difficult moments in their lives, as individuals and families. We have spent enormous time working with families to make this approach as sensible, accessible, and straightforward

as possible, and have found families to be deeply appreciative and moved by these ideas and practices.

We are now delighted to invite a wider circle of professionals to learn to work simply and effectively with families and feel confident in providing them with evidence-based behavioral, motivational, and compassion-focused strategies.

→ [\[Save your seat in this intensive here.\]](#)

I'll also be in the training, and I would love it if you joined me. Use the code **CABRINI** to take the training for FREE.

A Book I Recommend

My good friend and founder of Wisdom Thinkers, Ralph Singh, recently released his book, [A Path to Follow a Life to Lead: at the Feet of His Holiness Baba Virsa Singh Ji](#).

Read Ralph's [LinkedIn article](#) about it.

About the Book

A powerful vision in New York in 1970 leads the author on a classic hero's quest to India where he finds his Master who had appeared to him. The author shares the lessons learned at Baba Virsa Singh ji's feet of how to follow the most difficult path of all - leading a spiritual life while fully engaged in the trials and challenges of everyday life: marriage and raising a family, running a business, and serving, building community aimed at connecting people through the light within them.

Ralph Singh's journey to knowing God, opens one's heart to a joyous recognition of Faith, a faith that transcends religious boundaries. Part adventure story, part travelogue, *A Path to Follow*, encourages love on every page. Read it and be inspired!

→ [\[Get a copy here.\]](#)

For Peer Professionals

SUMMER TRAINING SESSIONS

RECOVERY COACH ACADEMY

*Become the 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 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.](#)

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 JULY 20**

Training Dates/Times:

- 30 hours of training over 5 days: July 20, 21, 24, 27, 28
- 9:00am-4:00pm, ET

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

**START YOUR
JOURNEY TODAY!**



**Next Training:
STARTS AUGUST 3**

Training Dates/Times:

- 16 hours of training over 3 days: August 3, 4, 5
- 9:00am-4:00pm, ET

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

ENROLL NOW

On Non-Traditional Approaches

Recently, I was honored to assume the role of Chair of the Board for the [Wisdom Thinkers Network, Inc.](#)

I am excited to share that we are expanding the original mission of Wisdom Thinkers Network to include substance use disorder and mental health!

We believe that stories have the power to change the world – and by reweaving the wisdom of our traditional stories, both sacred and secular, and new understandings into education and public life we will be able to strengthen our social fabric and foster a more compassionate, inclusive, civil society.

At its core, Wisdom Thinkers provides a social-emotional learning curriculum that uses traditional stories and offers them to schools, community centers, and recovery centers.

Currently, we are piloting an afterschool program funded by the Shinneman Foundation at the SPOT in Oswego, NY, a youth center for young people in recovery.

I'm also pleased to share that we'll be raising funds to provide scholarships for peer professional training to increase the number of peers working in communities, supporting family, re-entry, and youth.

Authentic Trainings Team Spotlight



I am a woman on a mission, and that mission is too large for me to do alone. So, I **have partnered with two very close friends and colleagues to provide quality, relevant, and impactful peer support specialist trainings.**

Trio training evolved out of our shared mission to provide the support needed for real recovery.

Lisa Ardner and Ruth Riddick bring their own diverse backgrounds in the recovery field, rounding out a team that gets it. We

want to see the expansion of peer support services in programs, criminal justice, families, and most importantly, in every community.

On Lisa Ardner

To Trio Training, Lisa brings over two decades of expertise in healthcare, behavioral health, substance use disorders, and crisis intervention. She is a Certified Motivational Interviewing Network Trainer (MINT), holds a Master's Degree in Adult Learning, and is a Master Credentialed Alcohol and Substance Abuse Counselor (CASAC) as well as a Certified Addiction Recovery Coach (CARC) and Certified Clinical Trauma Professional (CCTP).

Lisa is also a Mental Health First Responder and a Hope, Life, and Relationship Coach. She is deeply passionate about providing resources and support to

families impacted by substance use. For over a decade, she served as a **lead coordinator and facilitator for Celebrating Families**, helping families impacted by substance use to heal and grow together.

In Lisa's Words

"Together, we raise the bar for excellence in training standards, preparing the peer workforce with job readiness, confidence, and ethical integrity."

On Ruth Riddick

Recipient of the 2025 Long Island Recovery Association Friend of Recovery Award and the 2024 NYS Justice Peer Initiative Impact Award in Training & Development, **Ruth Riddick, CARC, RCP/f, RTR-S, is an experienced trainer offering original coaching and communications programs since 1997.**

She included a specialization in addiction recovery at Sobriety Together Training (est. 2004) and added CCAR recovery training programs as an RCP Facilitator in 2015. Ruth holds a certificate in **experiential sociometry, which she integrates into her training practice.** She is also an experienced credentialing expert and consultant.

In Ruth's Words

"I'm thrilled to have found my training tribe who share my mission to elevate training standards in the peer profession."

A Retreat for Self Care



Most people don't realize how much they miss playing and laughing with other adults. This, I imagine, is especially true for SUD professionals.

It is easy for us to feel the burden and overwhelm of our work, which makes it vital that we step away and recharge. Doing so improves not just your own happiness and well-being, but also prevents burnout and makes you even more effective in your career.

Recharge this summer in the heart of the Allegheny Mountains at Summer Rhythm Renewal! [Summer Rhythm Renewal](#) is a three-day retreat to reconnect through music, rhythm, and creativity. Come to calm your nervous system and leave feeling grounded, clear, and connected with yourself and others.

Throughout the weekend, you'll take part in a series of guided, beginner-friendly workshops led by Jim Donovan and an experienced team of facilitators in music, movement, and creative arts. You can move at your own pace and choose how fully you participate in each experience.

→ [\[Check it out.\]](#)

On Motivational Interviewing

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,



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:

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.**



**Start
Motivating
Others Today!**

- 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!**

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:

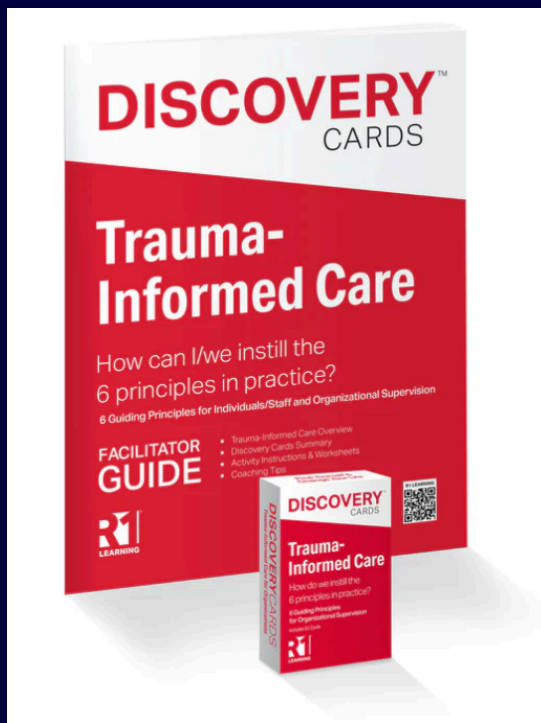
- Sorting cards
- Category model definition cards
- Activity cards with questions to explore

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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