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 Men's Trauma & Groups

A few weeks ago, I attended a workshop for clinicians regarding men's trauma. The presenter was Michael Lew, a highly respected expert in the field. Michael brought a panel of survivors who shared their recovery stories and answered questions.

Several of them were in recovery from substance use disorder. It was clear that substance use disorder was used as a way of coping with experiences that made no sense. Another disturbing revelation was that many had been abused by priest or other clergy.

Last week in the news, there was another lawsuit filed against a parish in the Chicago Archdiocese claiming that a parish ran a sex ring for decades undetected. The children were between 5 and 14 years of age between 1969 and 2002.

When children are sworn to silence by powerful, trusted people in their lives, they carry the pain in silence for years, often turning to substance use to keep it silent. In most cases, by the time the person discloses the abuse, the statute of limitations has likely passed. There is a 20-year civil extension for felony assault cases, which allows a survivor to sue the perpetrator. For one year between 2022 and 2023, there was a one-year look-back period where survivors could sue their perpetrators after the statute of limitations had expired.

Alcohol and drugs work really well to numb feelings and keep the abuse a secret. When a person enters recovery, they may have lost their only means of coping with these memories. **Recognizing the need for basic trauma education and support is the first step towards healing.**

In my experience, those people who keep coming back are often those with the deepest trauma. You may have to ask a man nine times before he finally admits to sexual abuse.

Our **Men's Group Trauma Curriculum** provides a structured program that integrates

- trauma education,
- ACE's,
- emotional regulation, and
- motivational interviewing.

Through expressive arts exercises, men can sequence their trauma, share it through storytelling, and begin to see what they have overcome.

All designed specifically for the needs of men with dual histories of substance use and trauma.

With the year coming to a close, you likely have training needs you need to get scheduled. **Men's Trauma Group Curriculum** and its train-the-trainer add-on are likely a great fit, especially if your team is struggling with how to support men through SUD and trauma.

We'd love to schedule this training. and get it on the books for your team.

→ **Reply to this email to get started.**

On Financial Literacy for Individuals in Recovery

Financial Stability Is Part of Lasting Recovery

Financial stress can leave people feeling trapped, hopeless, and vulnerable to returning to substance use. If you work with people recovering from substance use disorder, you can help them build a better future.

Our Financial Literacy for Recovering Individuals course teaches practical skills in budgeting, managing debt, building credit, and saving for the future. Give the people you serve tools to break cycles of financial hardship and build greater independence.

→ Check it out here.



On Access CYN's Resilience Project

Are you working with someone whose trauma or toxic stress may be affecting their recovery?

AccessCNY's Resilience Project offers adults in Onondaga County education, weekly peer support groups, and one-on-one support. Participants learn how trauma affects their lives, develop practical coping skills, and connect with others who share similar experiences. This program can be a valuable addition to the support you're already providing. Consider sharing this resource with someone who could benefit.

→ Learn more here.

Access CNY

The Resilience Project

A Peer Trauma Support Program designed for adults who have experienced trauma or toxic stress.

On Self-Care



On Family Inclusion

When someone struggles with substance use, the people who love them often struggle, too.

That's why I'm pleased to partner with Ruth Riddick of Sobriety Together to offer Fireside Family and Friends, a free, weekly online support group.

Together, we're helping families and friends better understand substance use, improve communication, set healthy boundaries, and find support from others who understand what they're going through.

I hope you'll share this resource with the families and loved ones of those you serve.

When: Wednesdays, 6:00–7:15 p.m. ET
Where: Zoom

→ Registration Link



As always, thanks for reading.

Sandy

PS. Does your team need professional development in

- *embracing families,*
- *motivational interviewing, or*
- *trauma-informed care?*

Get workforce development that meets 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:

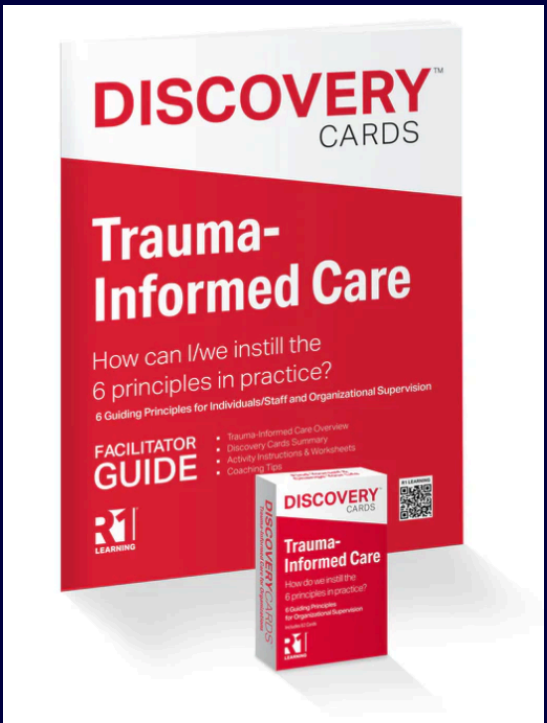
- Sorting cards
- Category model definition cards
- Activity cards with questions to explore

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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