



OHIO PSYCHOSOCIAL SUPPORTS ACADEMY

**LIMITED SEATS
AVAILABLE**

The Ohio Psychosocial Supports Academy is an opportunity for you to obtain clinical expertise in evidence-based practices as part of treatment for opioid-use disorder (OUD). Through a blend of customized virtual and in-person trainings, you will learn pragmatic skills related to the implementation of cognitive behavioral therapy, contingency management, relapse prevention and motivational interviewing, in addition to other skills vital to the delivery of effective services.



FREE TRAINING!

If you are a licensed, practicing professional in Counseling, Social Work or Psychology in the state of Ohio, this is an amazing opportunity that you do not want to miss!

**19 CE
HOURS**

VIRTUAL COURSES

LIVE TRAINING

FOLLOW-UP SUPPORT

FOR MORE INFORMATION
CONTACT STEPHANIE GOODE:
OPSA@HAZELDENBETTYFORD.ORG
OR 651-213-4869

REGISTER TODAY!
Hazelden.org/enrollopsa

VIRTUAL COURSE MODULES

As a participant in the academy, you will have access to online training modules intended to provide knowledge-based learning as part of your path to competency and clinical expertise in evidence-based practices. Delivered online, these FIT interactive modules include information, videos, and opportunities for you to interact with topics. And because they are offered virtually, you can go at your own pace. Each module is approximately 1.5 hours in length.

13 CE
HOURS

Focus on Integrated Treatment (FIT)

Introduction to Integrated Co-Occurring Disorders Treatment: Principles

Learn about the prevalence of co-occurring disorders, the impact of co-occurring disorders on the lives of people when they go untreated, the failure of non-integrated treatment approaches, the importance of treating both disorders concurrently by the same clinician or treatment team (integration), and the improved client outcomes in integrated treatment programs.

Motivational Interviewing

Learn about the spirit and the four principles of Motivational Interviewing including expressing empathy, developing discrepancy, rolling with resistance and supporting self-efficacy. Participants will also learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk.

Motivational Interviewing II

Learn how and when to use four essential skills of Motivational Interviewing: open-ended questions, affirmations, reflective listening and summaries.

Motivational Interviewing III

Learn three techniques to help people deal with their ambivalence: amplified reflection, double-sided reflection, and co-reflection, and learn how to roll with a client's resistance.

Stage-Wise Treatment

Learn the four stages of treatment, the goal of each stage, the interventions that match the stage and how best to recognize clients' stages of treatment.

Early Stages of Change

Learn how to assess a client's stage of change accurately and how to use Motivational Interviewing as a primary tool in the early stages of treatment. The module then explores treatment interventions for each of the three early stages of change: pre-contemplation, contemplation and preparation.

Later Stages of Change

Examine treatment interventions for each of two later stages (action and maintenance). You will also learn about treatment approaches for clients in multiple stages for different disorders; for example, contemplation of substance use and action for mental health issues.

Peer Recovery Supports in the Community

Learn about the 12-Step Model (including AA and other 12-Step programs), the benefits of 12-Step programs and the different meeting types, along with strategies for promoting access to self-help programs, connecting clients to peer support groups, and overcoming potential problems clients might encounter.

Cognitive Behavioral Therapy (CBT) for Coping Skills and Problem-Solving

Learn the basics of CBT, the learning theories, principles for implementing CBT and strategies for using it in addiction counseling, how to use the functional analysis and the steps to teaching coping skills as well as how to apply CBT for problem solving and goal setting.

CBT for Treating Anxiety, Depression, and Trauma-Related Problems

Learn a model for using CBT, how to create a crisis plan, how to teach breathing retraining and the five steps of cognitive restructuring.

Social Skills Training

Learn how you can teach clients by breaking skills into smaller steps and helping them practice new behaviors. You will also understand how social skills training can help people refuse drugs, avoid social isolation and develop healthier relationships.

Philosophy and Perspectives of Recovery

Discover some of the different views of recovery in addiction and mental health treatment and how connections to peers and to the community are important for people in recovery.

Understanding the Use of Medications for Clients with COD

Learn about some of the common medications for clients with co-occurring disorders, how to work with clients to overcome barriers to using medications and how to collaborate with clients to help them get the most out of their medications.

Virtual course modules must be completed by March 31, 2019

Register now! Hazelden.org/enrollopsa

ONE-DAY LIVE TRAINING

Dates and locations throughout the state of Ohio will be provided to those enrolled in the academy.

Lunch and beverages included

6 CE
HOURS

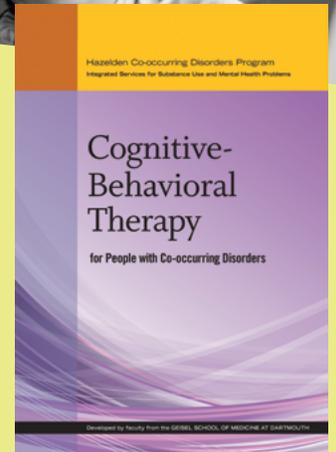
Evidence-based Practices for Opioid Use Disorder (OUD)

Trainers from the Hazelden Betty Ford Foundation with real-world experience will lead you in active intervention practices based on case studies of people with OUD and common co-occurring issues related to trauma, psychosocial stressors, psychiatric illness and medical comorbidities.

Participants in this training will leave better equipped to:

- Understand the core principles of Cognitive-Behavioral Therapy (CBT)
- Translate CBT for co-occurring disorders into routine clinical practice
- Articulate relationship factors including therapeutic alliance and the therapeutic frame
- Describe special issues with CBT and co-occurring disorders
- Understand substance relapse and crisis prevention plan
- Facilitate breathing retraining
- Describe the five steps of cognitive restructuring
- Demonstrate how thoughts determine or influence feelings
- Define automatic thoughts and demonstrate how they can adversely affect feelings
- Teach the five-step program of cognitive restructuring
- Help patients connect distressing feelings to certain situations, identify the thoughts, and create a new thought or action plan
- Use contingency management and positive reinforcements to change behavior

Course approved by Ohio Counselor, Social Worker and Marriage & Family Therapist Board



Each participant at a live training will receive the *Cognitive-Behavioral Therapy* curriculum that includes eight modules and handouts that cover three main topics: breathing retraining, education about co-occurring disorders, and cognitive restructuring. Facilitation guidance and reproducible materials are included.

LEARNING COLLABORATIVE

Follow-up Support

After the live training, participants will attend a 2-hour mentorship support call with experts from the Hazelden Betty Ford Foundation, which includes:

- Virtual roll call/check in
- Celebration of successes
- Discussion of pre-submitted questions, comments and challenges
- Review use of tools developed in-session to benchmark progress
- Feedback and questions

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THE TRAINING TEAM



Randi Tolliver, PhD

Randi earned her doctoral degree from Northern Illinois University where she was the recipient of a National Institute of Mental Health Research Fellowship. Her research and clinical interests include best practices for youth and adults diagnosed with co-occurring disorders, social information processing styles, community mental health practices, and organizational and system change practices.



James Cowser, LCSW, MCAP, MSSW

James is an experienced clinician and trainer with experience in managing services at large hospital systems. He has trained and implemented large-scale evidence-based practices across large and small systems over many levels of care. His passion for recovery, integrated care rooted in dignity and respect, and extensive experience results in quick and thorough implementation practices and effective, sustainable treatment delivery systems.



Jordan Hansen, MA

Jordan is an experienced clinician, speaker, and writer focused on integrating evidence-based, scientifically-rooted treatment modalities with the wisdom found in peer-support approaches to recovery. His experience within residential, long-term, and outpatient levels of care informs his current work helping healthcare systems implement effective medication-assisted programming for the treatment of opioid use disorder.



Klementyna (Ky) Weyman, LCSW

Ky has provided direct care to adolescents and adults in IOP, PHP, and residential inpatient acute settings. Along with being a clinician, Ky has provided education to community health partners and presented on topics that include opioid use disorder, trauma, dialectical behavioral therapy, and 12-steps.



The Hazelden Betty Ford Foundation's Training and Consultation Team has joined forces with communities and providers throughout the country to confront the opioid crisis. By partnering with community leaders in health care, treatment, education and law enforcement—along with community coalition groups—we're helping thousands of people become more aware of both the problem and its solutions. We are then able to follow up with training for various stakeholders within a community to help them implement a recovery-oriented, person-centered approach recognizing the many pathways to recovery.



Hazelden Betty Ford Foundation employees come to work each day largely because of our compelling mission, "We are a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs," and our vision, "Together we will overcome addiction."

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