

# Professional Development Trainings

## Spring 2017 Series Schedule

Sessions are designed to take a comprehensive look at the impact of substance abuse in our community. All trainings are approved by NAADAC, with certification hours available to those who attend. Training sessions are \$25 per session, and are open to all professionals and the general public. Participants should email Ranayda Drayton at [ranayda.drayton@anuvia.org](mailto:ranayda.drayton@anuvia.org) to pre-register.

### **My Name is Rachel** **April 26, 1 pm – 4:15 pm • 3 NAADAC credit hours**

There are a lot of crossovers in the worlds of substance abuse and homelessness. In this training, participants will use the real-life story of Rachel to examine the responsibility we have in helping the homeless population. By analyzing a homeless individual's biography and discussing each situation step by step, participants will better understand the circumstances of homelessness, statistics, and community resources.

Presenter: Barbara Thomas  
Director of Services  
Urban Ministry Center

### **Elderly and Substance Abuse Prevention** **May 3, 1 pm – 4:15 pm • 3 NAADAC credit hours**

Substance abuse among those 60 years or older (including misuse of prescription drugs) currently affects about 17% of this population. By 2020, the number of adults with substance abuse problems is expected to double. Participants will discuss their role in addressing substance abuse among the elderly.

Presenter: Alanna Brewton  
Licensed Clinical Addiction Specialist  
Breathe., LLC

### **Creative Expression & Its Role in the Recovery Process** **May 10, 1 pm – 4:15 pm • 3 NAADAC credit hours**

This training will take a look at the intersection between creativity and recovery through a variety of perspectives. Participants can expect to get some answers to the following:

- How can creativity impact the brain and improve decision-making in recovery?
- What makes up a "creative personality"?
- How can music and creativity be used to enhance the therapeutic process?
- What are some practical ways we can use creative expression in both our personal and professional lives?

Presenter: Rick Spreitzer, BS, CSAC  
Clinical Counselor, Song Writer  
Anuvia Prevention and Recovery Center

### **Cultural Competency and Diversity** **May 17, 1 pm – 3 pm • 2 NAADAC credit hours**

This training will provide a background and overview of cultural competency and diversity, communicate the importance of cultural competency, and provide applications for daily practice as a mental health professional.

Presenter: Dr. Sherra White, PhD, LPC,  
LCAS, CSC  
Manager, Psychosocial Services  
Levine Cancer Institute, Carolinas Healthcare

### **The Theory & Practice of Recovery** **May 31, 1 pm – 4:15 pm • 3 NAADAC credit hours**

Adverse childhood experiences (ACEs) are stressful or traumatic events, including abuse and neglect. This training is designed to reduce the stigma of addiction and recovery by exploring where addiction comes from and the relation it has to the prevalence of trauma, arrested development and genetic predispositions. It also addresses the importance and the effects of the language that we use and how it is often received by those we serve and lastly it explores the concepts of recovery and how help others engage in them.

Presenter: Delton Russell  
Member Engagement Specialist  
Cardinal Innovations

