

# Co-Occurring Disorder Series 2024

Presented by Jill Perry-Phillips / Professional Counselor & Trainer

**PLEASE NOTE:**

ORANGE dates are IN-PERSON at the BVIU

BLUE dates are VIRTUAL

- |              |   |
|--------------|---|
| 8/23/2024    | <u>Understanding Co-Occurring Disorders</u>   |
| 8/30/2024    | <u>Moving Clients with COD Through the Stages of Change</u>   |
| 9/6/2024     | <u>Gaming, Gambling &amp; Internet: Problem or Preference</u>   |
| 9/18/2024    | <u>Suicide, Aggression &amp; Violence in the Co-Occurring Culture</u>                                     |
| 10/4/2024    | <u>Engaging Families to Improve Co-Occurring Outcomes</u>   |
| 10/18/2024   | <u>Social Media's Impact on Individuals with COD</u>  |
| 10/30/2024   | <u>The Young Brain &amp; the Impact of Co-Occurring Disorders</u>   |
| 11/8/2024    | <u>Choice &amp; Voice: Helping Individuals with COD Medications</u>                                       |
| 11/20/2024   | <u>Effective Group Approaches for Individuals with COD</u>  |
| 12/4/2024    | <u>Self-Care: Over Emphasized but Under-Utilized</u>  |
| 12/18/2024   | <u>Special Populations #1</u>   |
| 1/8/2025     | <u>Ethics</u>   |
| 1/24/2025 AM | <u>Special Populations #2</u>   |
| 1/24/2025 PM | <u>Criminal Justice Interactions with Individuals with COD</u>  |
| 2/7/2025     | <u>Screening, Clinical Assessment &amp; Documentation for<br/>Individuals with Co-Occurring Disorders</u> |
| 2/21/2025    | <u>Special Populations #3</u>   |

### **Understanding Co-occurring Disorders (9am-4pm In-person 8/23)**

This introductory session is an overview of the Co-Occurring Disorder Series. The training focuses on culturally competent identification of the characteristics of co-occurring mental health and substance use disorders, as well as evidence-based models that treat co-occurring disorders concurrently and collaboratively.

### **Moving Clients with Co-Occurring Disorders Through the Stages of Change (9am-12pm Zoom 8/30)**

Prochaska and DiClemente's Stage Theory is a highly researched model that is helpful when working with clients with mental health issues and substance use disorders from various cultural backgrounds. This training will review the various processes of change, as well as techniques to help clients move forward in their overall recovery.

### **Gaming, Gambling & Internet: Problem or Preference (9am-12pm Zoom 9/6)**

As technology evolves, more opportunities for positive and negative outcomes are accessible. Research on gaming, newer gambling methods and internet "addiction" is growing. This training will review how to determine if the use of gaming, gambling and internet are helpful or hurtful to individuals with co-occurring disorders, as well as how to address it.

### **Suicide, Aggression and Violence in the Co-Occurring Culture (9am-4pm In-person 9/18)**

Mental health and substance use issues are often entangled with increased risk of suicide, aggression and violence. This advanced training will look at this connection and help participants examine their own biases. In addition, participants will understand the importance of on-going screening, assessment and intervention while also keeping themselves and the community safe. Issues of suicide, domestic violence, human trafficking and school violence will be addressed.

### **Engaging Families to Improve Co-Occurring Outcomes (9am-4pm In-person 10/4)**

Family cultural and dynamics have a significant impact on the success of treatment and recovery for individuals dealing with co-occurring disorders. This training will review methods to positively engage families and help them strengthen and grow. In addition, we will focus on relapse issues that can be impacted by dysfunction in the family and how to teach skills to clients to cope with dynamics they cannot change.

### **Social Media's Impact on Individuals with Co-Occurring Disorders (9am-12pm Zoom 10/18)**

Social media is about more than technology and has changed the way we navigate the world. There are social and psychological implications. Join us as we look at the history of social media and the impact it is having, positive and negative, on treatment and recovery.

### **The Young Brain (9am-4pm In-person 10/30)**

Childhood, adolescence, and young adulthood are times for significant growth—physically and emotionally. Because the young brain is not fully developed, it responds differently than an adult brain. This training will focus on these developments and how the young brain is impacted by mental health and substance use issues.

### **Choice & Voice: Helping Clients with Co-Occurring Disorders Manage Medication (9am-12pm Zoom 11/8)**

Medications are often a helpful, and sometimes necessary, tool when working with clients with co-occurring disorders. This training will educate clinicians about the basics of medications for mental health issues, as well as substance use disorders. A review of how to help clients navigate their medication disclosure, including in a 12-step environment, will also be discussed.

### **Effective Group Approaches for Individuals with Co-Occurring Disorders (9am-4pm In-person 11/20)**

There are significant advantages to using group approaches when working with clients with co-occurring disorders. This training will review the ideal group dynamics, as well as creative group ideas, including for virtual groups. In addition, the benefit of self-help groups, such as 12-step groups, will be discussed.

### **Self-Care: Over-Emphasized but Under-Utilized (9am-12pm In-person 12/4)**

Dealing with our own lives impacts how we work with clients, and behaviors from clients can trigger our unhealed wounds. The additional stress of being an “invisible essential worker” as well as the increased need from the community for our services, has made our work even tougher. We hear about self-care often but struggle to implement it consistently. Join us to focus on self and learning how to “practice what we preach”.

### **Special Populations #1 (9am-12pm Zoom 12/18)**

Understanding the generalities of co-occurring disorders is not enough. Community workers in various settings must also be aware of how sub-cultures are impacted in different ways. This advanced training will cover additional complications that the following populations may experience:

- Military & Veterans
- Law Enforcement and First Responders

### **Ethics (9am-12pm In-person 1/8)**

“Do No Harm” is a priority for those working with individuals with mental health and substance use disorders. Join us as we review our understanding of ethics and how to navigate difficult ethical situations that may arise.

### **Special Populations #2 (9am-12pm In-person 1/24 Morning)**

Understanding the generalities of co-occurring disorders is not enough. Community workers in various settings must also be aware of how sub-cultures are impacted in different ways. This advanced training will cover additional complications that the following populations may experience:

- Women
- LGBTQIA+ Community

**Criminal Justice Interactions with Individuals with Co-Occurring Disorders (1pm-4pm In-person 1/24 afternoon)**

Individuals with mental health and substance use disorders are over-represented in the Criminal Justice community. This training will focus on why this dynamic occurs, as well as strategies to effectively work with individuals with co-occurring disorders in order to help them successfully navigate the justice system.

**Screening, Clinical Assessment & Documentation for Individuals with Co-Occurring Disorders (9am-4pm In-person 2/7)**

Individuals with co-occurring disorders often show up in various settings. Appropriate and culturally competent screening and referral help match those individuals to the best services. This training focuses on the “no wrong door” approach, which allows clients to get direction and support regardless of where they go or whether the connection is live or virtual. In addition, we will review how to accurately and correctly document interactions in order to promote improvement for clients and protection for clinicians.

**Special Populations #3 (9am-12pm Zoom Friday 2/21)**

Understanding the generalities of co-occurring disorders is not enough. Community workers in various settings must also be aware of how sub-cultures are impacted in different ways. This advanced training will cover additional complications that the following populations may experience:

- Individuals Experiencing Homelessness
- Older Individuals

**\*A certificate of attendance will be sent out for each training of the series\***

## **Registration For COD 2024 Series**

This Beaver County training series is free of charge, with priority given to Beaver County residents and providers.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Please indicate which training(s) you would like to attend:

		<u>Time</u>
A. 8/23/2024	___ Understanding Co-Occurring Disorders	9-4
B. 8/30/2024	___ Moving Clients with COD Through the Stages of Change	9-12
C. 9/6/2024	___ Gaming, gambling & Internet: Problem or Preference	9-12
D. 9/18/2024	___ Suicide, Aggression & Violence in the Co-Occurring Culture	9-4
E. 10/4/2024	___ Engaging Families to Improve Co-Occurring Outcomes	9-4
F. 10/18/2024	___ Social Media's Impact on Individuals with COD	9-12
G. 10/30/2024	___ The Young Brain & the Impact of COD	9-4
H. 11/8/2024	___ Choice & Voice: Helping Individuals with COD Manage Medications	9-12
I. 11/20/2024	___ Effective Group Approaches for Individuals with COD	9-4
J. 12/4/2024	___ Self-Care: Over Emphasized but Under Utilized	9-12
K. 12/18/2024	___ Special Populations #1 (Military, First Responder)	9-12
L. 1/8/2025	___ Ethics	9-12
M. 1/24/2025 AM	___ Special Populations #2 (Women, LGBTQIA+)	9-12
N. 1/24/2025 PM	___ Criminal Justice Interactions with Individuals with Co-Occurring Disorders	1-4
O. 2/7/2025	___ Screening, Clinical Assessment & Documentation for Individuals with COD	9-4
P. 2/21/2025	___ Special Populations #3 (Homelessness, Older Adults)	9-12

**\*\*\*Please note, several of these trainings are virtual.**

**Please mark your calendar to avoid confusion\*\*\***

**ZOOM links for the trainings will be sent out prior to each virtual training.**

Questions? Email Jennifer Boeringer @ [Jennifer@etc-pa.com](mailto:Jennifer@etc-pa.com)