

# COURSE SELECTION WORKSHEET

Use this worksheet to write down your course selections.  
Then note the names and numbers for your application.

## TRACK ABC (21.75-Hour Courses)

Monday – Thursday during Tracks A B, & C

101.ABC Maine Office of Substance Abuse Co-located Program: Differential Substance Abuse Treatment Cognitive Behavioral Training (RC)

## TRACK AB (15.75-Hour Courses)

Monday – Wednesday during Tracks A & B

201.AB Evidence-Based Practice: Motivational Interviewing Intensive (BC/RC)

202.AB Spirituality for the Hard Times (AI)

203.AB Addiction Biology and Psychopharmacology for Co-occurring Disorders (BC/RC)

## TRACK A

8.75-hour courses / Mon. - Tues.

301.A Assessment, Treatment Planning, and Documentation (RC)

302.A Cognitive Behavioral Treatment (BC/RC)

303.A Domestic Violence (HS/BC/RC)

304.A Cultural Competency and Latinos/as: Techniques and Strategies that Work (HS/AI)

305.A Dual Diagnosis: Personality Disorders (RC)

306.A Effective Strategies to Engage Families in Treatment (RC)

307.A Foundations for the New Addiction Counselor (BC)

308.A From Conception to Prevention: The Pregnant Woman in Methadone Treatment (AI)

309.A Intro to Behavioral Addictions (AI)

310.A Intro to Relapse Prevention (BC/RC)

311.A Motivational Interviewing for the Criminal Justice Population (RC)

312.A Seeking Safety: An evidence-based practice for trauma and/or substance abuse (RC)

313.A What Every Clinician Should Know about Differential Diagnosis for Co-Occurring Disorders (BC/RC)

314.A Yoga and 12 Step Recovery (AI)

Shared Addiction School and Prevention School Courses:

341.A Promoting Recovery with Recovery Support Services (AI)

342.A Relapse Prevention and the Continuum of Care...Prevention? Treatment? Healthy Living? (AI)

343.A Changing Minds - Changing Lives. Addressing Addiction Outside of Treatment Settings (HS)

### Course Categories

- BC-Beginning counselors and those interested in becoming counselors
- RC-Recertifying counselors
- HS-Allied human service professionals and counselors
- PP-Prevention professionals and those interested in learning more about prevention

## Instructions

Use this worksheet to assist you in selecting courses. Be sure to refer to the course descriptions on the following pages.

If registering for three workshops: Select one course from each track (A, B, & C) as your first choice.

If registering for one 15.75 hour workshop and one 8 hour workshop: Select your 14.5 hour course from Track AB and select an 8 hour workshop from Track C.

If registering for a 21.75 hour course: Select the course from track ABC. Indicate your course choices on the application located in the centerfold. Please indicate your backup 2nd and 3rd choices in each track.

## TRACK B 7-hour courses /Weds.

401.B Counseling the Less Powerful (BC/RC/HS)

402.B Person-Centered Recovery Planning: Using Recovery-Oriented Systems of Care to Support Wellness (BC/RC)

403.B Listening and Interviewing Skills for Addiction Counselors (BC/RC/HS)

404.B HIV Trends and Treatment 2009 (AI)

405.B Etiology and Epidemiology of Addiction (AI)

406.B Integrating Criminal Thinking Education and Chemical Dependency Treatment (BC/RC/HS)

407.B Co-Occurring Treatment for Adolescents (BC/RC)

408.B Brief Approaches to Addictions Treatment (BC/RC/HS)

409.B Assessment and Treatment for the Client with Co-Occurring Disorders (BC/RC)

410.B Developing Effective Strategies for Women in Group Treatment (HS)

411.B Relapse Prevention: "What Works" (BC/RC)

412.B Adapting Services for People with a Range of Cognitive Challenges (AI)

413.B Medication Assisted Treatment (AI)

414.B Integrated Assessment and Case Planning for the Criminal Justice Population (BC/RC/HS)

Shared Addiction School and Prevention School Courses:

441.B Deepening Our Understanding of Culture and Its Integration into Competent Prevention, Intervention, Treatment, and Recovery Work (AI)

442.B Relational Trauma and Addictive Disorders (AI)

443.B Street Drugs And Current Trends: Oxycotin, Ecstasy, Ice, GHB, "Cat", Ketamine, DXM, and Other Synthetics (AI)

444.B Youth Suicide Prevention Gatekeeper Training (PP/BC/RC/HS)

## TRACK C 6-hour courses /Thurs.

501.C M.A.T.R.S. Treatment Planning Utilizing the Addiction Severity Index (ASI): Making Data Collection Useful (BC/RC)

502.C Prescription and Over the Counter (OTC) Drug Abuse Across the Lifespan (AI)

503.C Group Work for Novices (AI)

504.C Affirming Treatment for Sexual Minorities (HS)

505.C Confidentiality, Ethics, the Counselor and the Law (BC/RC)

506.C Holistic Functioning Model for Integrated Co-Occurring Treatment

507.C Motivational Interviewing (BC/RC)

508.C Neurobiology of Addiction (BC/PP/HS)

509.C PTSD & Substance Abuse: Understanding Challenges Returning Military Members Experience (HS)

510.C Successful Treatment Outcomes Using Motivational Incentives (RC)

511.C Tension Trauma and Triumph : Helping High Risk Youth Succeed (PP/BC/RC/HS)

512.C The 12 Core Functions of Chemical Dependency Counseling (BC)

513.C The Spirit, Mind, and Body Aspects of Recovery: Utilizing the Humanics Philosophy as a Holistic Approach (AI)

514.C Toward a Recovery Oriented System of Care for Criminal Offenders

515.C Understanding Mental Health Conditions (BC)

516.C Working with Parents of Adolescents Using Behavioral Techniques (BC/RC/HS)

### Course Selection Worksheet

#### Track A Course

First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

Third Choice \_\_\_\_\_

#### Track B Course

First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

Third Choice \_\_\_\_\_

## Track ABC 21.75-Hour Courses

### Track ABC

The following workshops are scheduled for Track A, B, and C: Monday from 2 pm - 5 pm and Tuesday through Thursday

#### 101.ABC Maine Office of Substance Abuse Co-located Program: Differential Substance Abuse Treatment Cognitive Behavioral Training

This special workshop is being offered by the Maine Office of Substance Abuse. A separate recruitment process is being conducted by the Maine Office of Substance Abuse to select Maine counselors wishing to use the Differential Substance Abuse Treatment (DSAT) program with offenders and/or other persons under a state agency/department supervision order.

## Track AB 5.75-Hour Courses

### Track A

The following workshops are scheduled for Track A: Monday from 2 pm - 5 pm and Tuesday from 9:30 am - 5 pm.

#### 201.AB Evidence-Based Practice: Motivational Interviewing Intensive

*Thomas Broffman, PhD, LICSW, LCDP, LCDS, CEAP (RI)*

This 12 hour, evidence-based, training is intended to provide information about: stages of readiness to change, motivational interviewing and utilizing MI techniques to more effectively assist in the rehabilitation of persons with co-occurring disorders. MI is client-centered, based on dual expertise and is an alternative to the confrontation of denial technique. MI is an evidence-based practice consistent with the recovery model and a strengths-based practice perspective. MI is assisting people to resolve their ambivalence to change, while not increasing their resistance to change. The class is interactive and experiential so participants should be prepared to role play.

**OBJECTIVES: Participants will:**

1. Describe the stages of change model;
2. Identify 2 Effective Precontemplation Stage Strategies;
3. Identify 2 Effective Contemplation Stage Strategies;
4. Identify 2 Effective Preparation/Determination Stage Strategies;
5. Complete a Decisional Balance; and
6. Complete a Change Plan.

**TARGET AUDIENCE:** Addiction treatment personnel, mental health treatment personnel, dual diagnosis treatment personnel, EAP counselors, social workers, and nurses. Especially useful for persons working with mandated clients.

**CONTENT LEVEL:** Core to Advanced

**NOTE:** This is a skill-based course, so participation in group exercises and experiential activities (role-plays) are expected of all participants.

#### 202.AB Spirituality for the Hard Times

*Patricia Mulready, M.D. (CT) with Curt Randall, MA, LADC (VT)*

Our clients depend on us to help them through their difficult times. How can we assist our clients when we feel frightened, discouraged or hopeless

by the circumstances of our lives and our world? Spirituality is a way of living that comes into its own during hard times as a way to keep us centered, balanced, productive and full of hope. This is not "pie in the sky" spirituality but the use of principles and practices that have withstood the test of time - centuries of time. All of the concepts and skills provided in this workshop are designed for participants to take home to use with clients, colleagues and supervisees to bring stability and empowerment back into their lives. From a spiritual base, it is possible to know that good work will continue during these hard times so clients will recover, new opportunities to provide services will arise and professionals will not only survive but thrive until the pendulum swings toward easier times.

**OBJECTIVES: Participants will:**

1. Define the components of spirituality and understand how they differ from religion;
2. Describe time-tested principles leading to clarity of thought, access to inner resources, resiliency, empowerment, collaboration and prosperity;
3. Become proficient in centering, feelings management, goal setting, realistic action planning, networking and use of spiritual tools; and
4. Integrate spiritual principles and practices into conventional behavior-oriented treatment plans.

**TARGET AUDIENCE:** Individuals interested in learning empowerment skills to bring back to the workplace to positively affect the environment

**CONTENT LEVEL:** Core to Advanced

#### 203.AB Addiction Biology and Psychopharmacology for Co-occurring Disorders

*Nick Ruf, MA, LADC (ME)*

Substance use dependencies and other addictions involve changes to biological systems ("hardware" changes) that begin to reprogram those systems to increase and automate the addictive behaviors. These changes, in turn, promote the recruitment of collateral and associated cognitive, emotional, and behavioral systems and resources ("software" changes) to support and reinforce the disorder. This workshop will describe the substances, mechanisms, systems, and processes by which addictive disorders are acquired, maintained, and extinguished. In addition, we will look at some of the more common co-occurring disorders and the medications used to treat them.

**OBJECTIVES: Participants will be able to:**

1. Describe the structural components and process of neurotransmission;
2. List the major drugs of abuse and psychotropic medications and their effects on neurotransmission;
3. Relate the biological effects of drugs to psychological, emotional, and behavioral symptoms of these disorders;
4. Devise strategies to sort symptoms of the substance disorder from those of a co-occurring disorder in order to treat the client comprehensively and appropriately (including referral for psychotropic medications as necessary); and
5. Evaluate, prioritize, and address symptoms of dually diagnosed clients to maximize stability, symptom relief, function, and quality of life.

**TARGET AUDIENCE:** Clinicians dealing with substance abuse and co-occurring disorders.

**CONTENT LEVEL:** Core to Advanced. No special scientific knowledge is required for this workshop.

# Prevention School Courses

Use this worksheet to assist you in selecting courses. Be sure to refer to the course descriptions on the following pages.

## **Please note:**

- Participants attend the School as guests and at the pleasure of the New England Institute and Roger Williams University.
- The New England Institute recommends that you retain a copy of this catalogue with your certificate files.

## **Write your choices here and on your application form located at the end of this booklet:**

- Every effort will be made to assign you to your first choice. Submit a completed registration form early to ensure your first choice is available.
- Course assignments are based on the date complete applications are processed.
- Occasional unavoidable circumstances beyond the control of The New England Institute may result in the cancellation of a small number of courses.

## Prevention School Course Lists

### Track ABC 21.75-Hour Course

#### Monday – Thursday

NOTE - ALSO MEETS DURING TRACK C AND RUNS LONGER THAN OTHER PREVENTION SCHOOL COURSES

Monday - Thursday during Tracks A and B, and Addiction School Track C

151.ABC Substance Abuse Prevention Specialists Course

### Track AB 15.75-Hour Courses

#### Monday - Wednesday

Monday - Wednesday during Tracks A and B

251.AB Sustaining Your Coalition's Prevention Efforts

### Track A 8.75-Hour Courses

#### Monday – Tuesday

Monday afternoon - Tuesday

351.A Prevention for 18 - 25- Year-Olds in the Workplace and Other (Non-College) Settings

352.A Adolescent Development and Prevention of High Risk Behaviors

Shared Track A Prevention School and Addiction School Courses:

341.A Promoting Recovery with Recovery Support Services

342.A Relapse Prevention and the Continuum of Care...Prevention? Treatment? Healthy Living?

343.A Changing Minds - Changing Lives. Addressing Addiction Outside of Treatment Settings (HS)

### Track B

### 7-Hour Courses

#### Wednesday

451.B Prevention for 18 - 25- Year-Olds in a College Setting

452.B Environmental Strategies

Shared Track A Prevention School and Addiction School Courses:

441.B Deepening Our Understanding of Culture and Its Integration into

Competent Prevention, Intervention, Treatment, and Recovery Work

442.B Relational Trauma and Addictive Disorders

443.B Street Drugs And Current Trends: Oxycontin, Ecstasy, Ice, GHB, "Cat", Ketamine, DXM, and Other Synthetics

444.B Youth Suicide Prevention Gatekeeper Training

## Prevention School Course Descriptions

### Track ABC 21.75-Hour Course

#### Monday – Thursday

NOTE - ALSO MEETS DURING TRACK C AND RUNS LONGER THAN OTHER PREVENTION SCHOOL COURSES

Monday - Thursday during Tracks A and B, and Addiction School Track C

#### 151.ABC Substance Abuse Prevention Specialists Course

*Sandra Puerini Del Sesto, M.Ed. (RI)*

This course is based on the curriculum for prevention specialists developed by CSAP's five Centers for the Application of Prevention Technologies (CAPT). Core knowledge and skill areas for prevention specialists will be addressed. This course will include: An introduction to the science and art of prevention; Current prevention theory and research findings; Basic elements of the Strategic Prevention Framework; Assessing prevention needs, resources and readiness; Strategic prevention program planning; Selecting prevention strategies; Evaluating Prevention Programs and Logic Models; The cultural context of prevention; Basic prevention ethics; The competent prevention provider: Applying all you have learned.

#### **OBJECTIVES: Participants will:**

1. Define research-based prevention and list the building blocks of successful prevention;
2. Describe several theories of substance abuse prevention and apply the risk factors/protective factor theory to a community setting;
3. Describe and apply the five steps of SAMHSA's strategic prevention framework (SPF) in developing a community plan;
4. Explain and apply the CSAP and NIDA prevention principles;
5. Describe the key components of evaluation;
6. Develop a logic model as a guide to creating an evaluation plan;
7. Discuss dimensions and elements of culture and diversity and their relationship to the strategic prevention framework;
8. Describe how developmental changes occurring throughout people's

- lives have implications for prevention strategies;
9. Describe environmental prevention strategies and their role in community-based prevention;
  10. Examine a sample code of ethical conduct for prevention professionals; and
  11. Apply lessons learned in the curriculum to a community case study.

**TARGET AUDIENCE:** This course is designed for prevention professionals with 1 to 5 years of experience who wish to obtain core prevention skills.

**CONTENT LEVEL:** Core to Intermediate

**NOTE:** Participants taking this course (151.ABC) **MUST** also sign up for the Track C option, since the course will continue on Thursday.

## Track AB 15.75-Hour Courses

### Monday - Wednesday

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#### 251.AB Sustaining Your Coalition's Prevention Efforts

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*Steven Ridini, Ed.D. (MA) and Gail Taylor (VA)*

This workshop will offer participants a focused opportunity to explore and reflect on sustainability, particularly within the context of SAMHSA's Strategic Prevention Framework (SPF) planning process. Key elements of sustainability will be described and discussed. Participants will have the opportunity to effectively utilize theory and practical strategies as they identify sustainability strengths, challenges, and ways to address these challenges.

**OBJECTIVES: Participants will:**

1. Define the key elements of sustainability;
2. Define these elements as they relate to the SPF and prevention coalitions;
3. Identify their own coalition's sustainability strengths, challenges, and solutions; and
4. Have the opportunity to apply theory and practical strategies to sustain local prevention efforts.

**TARGET AUDIENCE:** Participants should be prevention practitioners working with community groups

**CONTENT LEVEL:** Intermediate to Advanced

that promote their use to potentially epidemic proportions.

**OBJECTIVES: Participants will be able to:**

Describe basic composition of the most prevalently used synthetic & designer drugs;

2. Define the major effects of each of these substances;
3. Describe the dynamics that create the demand for these drugs; and
4. Review intervention methods and techniques for use with clients currently using these substances.

**TARGET AUDIENCE:** This course is open to any professional working in the areas of prevention or treatment of substance abuse.

**CONTENT LEVEL:** Core to Advanced

### FOR MORE INFORMATION

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