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| **Trainings Accredited for three hours by:**   * **Social Workers**, the University of Pittsburgh School of Social Work# * **EAPs,** Employee Assistance Certification Commission * **Nurses**, PSNA\*\*\* | * **Counselors**, NAADAC #85689\* & NBCC #6352\*\* * **Addiction Counselors**, the Pa. Certification Board |

***2019 Co-Occurring Disorders Trainings at Summit Academy***

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| **About Your Trainer:**Ken Montrose is Greenbriars Training & Publications Director. For more than 30 years he has provided counseling to people coping with mental illness and substance abuse. He is the author or co-author of numerous books and workbooks on addiction and mental illness. (724) 993-4581 kmontrose@greenbriar.net |

**Training Site:** Summit Academy 839 Herman Road Herman, PA 16039 (724) 282-1995

**To Register:** We prefer advance registration, but happily accept payment at the door.

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| **Please circle the dates/trainings you wish to attend:** | | | |
| ✓ | Dates | **Title** | PSNA # | Time | hrs |
|  | 3/13 | When Even the Voices are Hungover (overview) | 081-1-O-18 | 11:30a.m.–2:45p.m. | 3 |
|  | 3/20 | Mental Illness/Substance Abuse Assessment | 082-1-O-18 | 11:30a.m.–2:45p.m. | 3 |
|  | 3/27 | Burnout: Clinical, Ethical, & Supervisory Issues | 135-1-O-17 | 11:30a.m.–2:45p.m. | 3 |
|  | 4/3 | Standing on the Same Step (stages of dual recovery) | 083-1-O-18 | 11:30a.m.–2:45p.m. | 3 |
|  | 4/10 | Suicide, Violence, Mental Illness, and Addiction | 084-1-O-18 | 11:30a.m.–2:45p.m. | 3 |
|  | 4/17 | Five Mental Illness/Substance Abuse Groups | 093-1-O-18 | 11:30a.m.–2:45p.m. | 3 |
|  | 5/8 | Medications and Twelve Step Recovery | 091-1-O-18 | 11:30a.m.–2:45p.m. | 3 |
|  | 5/15 | Working Supportively with Families & Significant Others | 093-1-O-18 | 11:30a.m.–2:45p.m. | 3 |
|  | 5/22 | **Ethics in the Helping Professions** | **084-1-O-18** | **11:30a.m.-2:45p.m.** | **3** |
| **$30/training or $200 for the entire series** | | | | | **$** |

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***Return to:*** *Ken Montrose, 6200 Brooktree Rd., Ste. 210 Wexford PA, 15090 or fax: (724) 531-6021*

Summit Academy 839 Herman Road Herman, PA 16039 [(724) 282-1995](https://www.google.com/search?q=summit+academy&rlz=1C1SFXN_enUS709US709&oq=summit+a&aqs=chrome.1.69i57j0l5.3583j0j7&sourceid=chrome&ie=UTF-8)

*Course Descriptions*

***When Even the Voices are Hungover: Helping people overcome both mental illness & substance abuse*** provides an overview of all the other trainings being offered. We will discuss the importance of treating‑‑as much as possible‑‑mental illness and substance abuse at the same time, in the same place, with the same treatment team.

***MISA (Mental Illness/Substance Abuse) Assessment*** focuses on assessing both illnesses and how they affect the patient physically, mentally, and socially. Participants will learn the difference between diagnosis and assessment, i.e. the importance of not losing sight of the person while pursuing their DSM IV classification. Focusing on strengths, especially belief in a Higher Power and/or finding a higher purpose, will also be discussed. Finally, participants will look at how both illnesses can make assessment difficult.

***Burnout: Clinical, Ethical, & Supervisory Issues*** explores the clinical and ethical issues of burnout. Participants will be asked to assess their own burnout. Time pressures, cognitive distortions, procrastination, and vicarious traumatization are explored for their impact on clinical practice. Dealing with burnout in colleagues and those you supervise is a key issue.

***Standing on the Same Step: Meeting consumers where they are and helping them move ahead*** provides a brief overview to Prochaska & DiClemente’s stage theory, and how it applies to dually diagnosed clients. This introductory training also discusses treatment strategies and relapse prevention. A sampling of group exercises is included in the text.

***Suicide, Violence, Mental Illness, and Addiction*** alerts professionals to the connection between violence, suicide, mental illness, and/or addiction. You will be given information on spotting and preventing violence and suicide among MI/SA consumers. The cycles of violence and suicide attempts will be discussed with an eye on how to intervene at each stage. How substance abuse and symptoms impact people at each stage will be discussed.

***Five MISA Groups, and Pointers on Running them*** considers the strengths and weaknesses of groups for MISA clients. Most of the training will be experiential. Participants will be given lesson plans for five twelve‑week groups. They will be asked to participate in selected groups as if they were MISA consumers. At the end of the day time will be allotted for questions/suggestions about these groups. These groups will include:

1. Medication Education 4. Cognitive Recovery

2. Twelve Step Education 5. Relapse Prevention

3. Substance Abuse and the Human Body

***Medications and Twelve Step Recovery*** defines "clean time" for people taking medications. It also discusses Twelve Step programs and psychotropic medications, and reducing reliance on medications. Taking medications is re-framed as a contract, with certain obligations for the person recovering from mental illness and substance abuse. Participants will receive a copy of *Staying Sober, Taking Medications: A guide for people in recovery*.

***Working Supportively with Family Members and Significant Others*** will help professionals work constructively with families of all sorts. Overcoming blame, setting boundaries, advocacy, balancing family and consumer needs, interventions, and family education will be discussed. Harnessing the strength, information, and other resources obtainable from families will also be discussed. Setting boundaries and helping families set boundaries will be a key theme.

***Ethics in the Helping Professions*** explores the basic principles of ethical codes. Participants should be able to explain the reasoning behind ethical codes, and identify pressures to violate them. We will focus on why good counselors go bad.

**Disclaimers:**\* “This course has been approved by Greenbriar Treatment Center, as a NAADAC Approved Education Provider, for five or six CE. NAADAC Provider #85689, Greenbriar Treatment Center is responsible for all aspects of its programing.

\*\*Greenbriar Treatment Center has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6352. Programs that do not qualify for NBCC credit are clearly identified. Greenbriar Treatment Center is solely responsible for all aspects of the programs.

\*\*\*This activity has been submitted to the Pennsylvania State Nurses Association for approval to award contact hours. The Pennsylvania State Nurses Association Approver Unit is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

#This program is offered for three hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.