



**PROFESSIONAL
DEVELOPMENT INSTITUTE**

first call

2025 CLASS SCHEDULE

SELF-CARE PANEL
JANUARY 10 - IN PERSON

FACILITATOR: EMILY HAGE, MARGAUX MUELLER, KEITH FAISON, REGGIE JACKSON & LATANYA DUMAS (MODERATOR)

Join our dynamic panel of three experienced professionals and a skilled moderator for an insightful discussion on self-care in the workplace. This session will explore essential topics such as recognizing and addressing compassion fatigue, implementing effective self-care strategies, and maintaining healthy professional boundaries. Gain practical tools and perspectives to navigate the challenges of balancing professional responsibilities with personal well-being. Perfect for anyone seeking to thrive in demanding work environments while preserving mental and emotional health.

CHRONIC PAIN MANAGEMENT
JANUARY 15 - VIRTUAL

FACILITATOR: ANAND HARAN

Basis of common rheumatologic diseases (e.g., fibromyalgia, arthritis) & other conditions relating to chronic pain; Chronic pain pathophysiology & treatment; Opioid epidemic

CULTURAL HUMILITY
FEB 7, 14, 21, 28 - IN-PERSON

FACILITATOR: REGGIE JACKSON, KEITH FAISON, LUIS CORDOBA, MOLLY MANSKE

Join us for a transformative 4-part training series focused on Cultural Humility, Intersectionality, and Managing Microaggressions. Over four consecutive Fridays, this immersive program will dive into these critical topics, fostering deeper understanding and practical skills. Each 2-hour session builds on the last, offering a combination of engaging discussions, and actionable strategies. Participants will learn to approach cultural differences with humility, explore the impact of intersecting identities, and develop tools to effectively recognize and address microaggressions in diverse environments. Perfect for individuals and teams committed to creating inclusive and respectful spaces.

THE GUT

FEBRUARY 12 - VIRTUAL

FACILITATOR: KEERTI IVATURI

Gut-brain connection (enteric nervous system) & “that gut feeling”; Toxins of the liver; Hepatitis & cirrhosis, specifically management & prognosis

MINDFULNESS & SOCIAL SUPPORT

MARCH 4 - VIRTUAL

FACILITATOR: AUSTIN BOLAND

Mindfulness oriented recovery enhancement, mindfulness-based stress reduction; Social support; Neuroplasticity

SUBSTANCE USE AND MENTAL HEALTH ETHICAL TREATMENT

MARCH 28 - IN-PERSON

FACILITATOR: KEITH FAISON, CRADC, CJCC, LAC

In this live, interactive training, participants will discuss challenges within the workplace that involve ethical questioning. Ethical decision-making requires careful deliberation; assessment of multiple variables; self-regulation; choosing an ethical response; taking action; and evaluating the outcome.

COGNITIVE BEHAVIORAL THERAPY

APRIL 18 - IN-PERSON

FACILITATOR: REGGIE JACKSON, LSCSW

Join us for a 3-hour interactive CBT (Cognitive Behavioral Therapy) training designed to equip participants with foundational CBT skills. This session will introduce the CBT triangle (thoughts, feelings, behaviors) as a framework for understanding and addressing mental health and substance misuse challenges. Participants will learn to identify common thought distortions and gain practical tools to support others in reframing negative thinking patterns. Ideal for professionals and individuals seeking effective, evidence-based strategies to promote mental well-being.

INTERVENTIONAL PSYCHIATRY

MAY 22 - VIRTUAL

FACILITATOR: EMMA ANGLE

TMS, ketamine, psilocybin, ECT, medical marijuana; Moral & sociological implications

YOUTH MENTAL HEALTH FIRST AID

MAY 30 - IN PERSON

FACILITATOR: SHELBY KRECH, MAADC-II, CPS, HRS, YPS & BRYCE BRADFORD, MPS

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

THE JOURNEY OF VETERANS IN RECOVERY

JUNE 13 - IN PERSON

FACILITATOR: RITA MWANGONG

We will be looking at helping prior military service men and women in their journey of seeking recovery. *Discussing the different types of prior military service. Assessing how open and willing they are to discuss their wants and needs. * Discuss with veterans where they would like to begin in their journey to recovery. Discuss with the veteran how they see their recovery and assist them to continue in recovery. Give the veterans different types of resources they could branch into some comrades with other veterans in healthy ways.

PERFORMANCE ENHANCING DRUGS

JUNE 27 - IN-PERSON

FACILITATOR: BRYCE BRADFORD, MPS

Join First Call for a three-hour session where you will have the opportunity to learn about different types of PED's (Performance Enhancing Drugs), the history of PED's, PED's impact on the human body, and the future of PED's in America.

ETHICS, CONFLICT RESOLUTION IN THE WORKPLACE

JULY 11 - IN-PERSON

FACILITATOR: REGGIE JACKSON, LSCSW

This interactive training session provides professionals with the tools and insights to navigate workplace dynamics ethically and effectively. Participants will explore the principles of professional ethics and their application in everyday workplace scenarios. The session focuses on strengthening professional communication, honing essential soft skills, and mastering conflict resolution techniques to foster a collaborative and respectful work environment. Through real-world case studies, and guided discussions, attendees will learn to build trust, manage challenges, and contribute positively to their teams and organizations.

SLEEP DISORDERS AND MENTAL HEALTH

JULY 14 - VIRTUAL

FACILITATOR: MEGAN KELLER, MS, MAADC II

Sleep stages and healthy sleep; sleep disorders and their impact; sleep and substance use

HOW TO CARE: THE IMPACT OF SUBSTANCE USE AND TRAUMA IN THE FAMILY

JULY 25 - IN-PERSON

FACILITATOR: MEGAN KELLER, MS, MAADC II

How to Care is for caregivers (parents, foster parents, grandparents, teachers, social workers, etc) of youth who have been impacted by a family members substance use and trauma. This training provides education about substance use disorders, trauma, impact of parental substance use, the impact on family dynamics, physical health, relationships and what harm reduction looks like for families. The importance of self-care for caregivers and family member's is also discussed.

MOTIVATIONAL INTERVIEWING

AUGUST 29 - IN-PERSON

FACILITATED BY KEITH FAISON, CRADC, CJCC, LAC

MI is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.

MENTAL HEALTH FIRST AID

SEPTEMBER 12 - IN PERSON

FACILITATOR: MEGAN KELLER, MS, MAADC II & LATANYA DUMAS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

INFECTIOUS DISEASES & SUBSTANCE USE

SEPTEMBER 17 - VIRTUAL

FACILITATOR: REGINA SCOTT

Hepatitis B & C; HIV/AIDS; infective endocarditis; osteomyelitis; cellulitis/skin abscesses

HARM REDUCTION 101

SEPTEMBER 24 - IN-PERSON

FACILITATOR: MARGAUX MUELLER, CRPS, MRSS

1. Foundations and Principles of Harm Reduction
 2. Overdose Prevention and Response
 3. Engaging People who use drugs
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ETHICS

OCTOBER 10 - IN-PERSON

FACILITATOR: LATEISHA WILLIAMS

This course delves into the intricate world of ethical decision-making in professional settings. It equips students with the knowledge and tools necessary to navigate complex ethical dilemmas, ensuring integrity and accountability in their professional practices. Through a blend of theoretical exploration and practical application, students will develop a strong ethical foundation and hone their skills in resolving ethical challenges.

TRAUMA INFORMED CARE

OCTOBER 24 - IN-PERSON

FACILITATOR: LATANYA DUMAS & MARGAUX MUELLER, CRPS, MRSS

Trauma is an event or series of events and experiences that impact our emotional and physical health. Individuals with a history of trauma are more likely to use substances or develop a substance use disorder. This presentation aims to increase participants' understanding of various forms of trauma, its impact on individuals and communities, and how to best prevent and address substance use disorders with those impacted by trauma. Participants will better learn to incorporate trauma-informed practices into their work with clients and communities.

FENTANYL OVERDOSE IN THE COMMUNITY

NOVEMBER 14 - IN-PERSON

FACILITATOR: SGT JASON CRAMBLIT AND SGT ASHLEY MCCUNIFF

Overdose & Fentanyl: Impact on Communities Addressing the Crisis and Saving Lives