

# Professional Development Institute

EARN YOUR CONTINUING EDUCATION UNITS

*first call*  
2023 Class Schedule

## February 24<sup>th</sup> – In-Person Class

### **Ethics of Strength Based Interventions**

Facilitator: Andrew Dixon

This class will show participants how to choose and implement the best fit intervention for diverse audiences and produce positive outcomes.

## March 10<sup>th</sup> – In-Person Class

### **Substance Use and Healthy Eating**

Facilitator: Jaime Placht, CEHS / Jaron Jones

This session will help participants learn about the five basic human needs, specifically food. Food insecurity impacts all facets of life. This includes risk factors related to substance use and mental health. In this training, participants will learn about how access to adequate, nutritional foods can decrease risk factors related to substance use throughout the life cycle.

## March 31<sup>st</sup> – Virtual Class

### **How to Care**

Facilitator: Megan Keller

How to Care is a class for caregivers of young people who have been impacted by a loved one's substance use. In this 4 hour class, participants will define addiction, discuss the short- and long-term impact of prenatal substance use, and talk about ways that addiction impacts healthy development and family dynamics. They will also talk about the ways that physical and emotional trauma impact youth and the people around them, and what it means to be a trauma-informed caregiver for these young people.

## **April 14<sup>th</sup> – In-Person Class**

### **Ethical Practices with Diverse Communities**

Facilitator: Darla Bellflower, LSW, CPST

This course blends didactic material with interactive and small group exercises to help understand participants' ethical responsibility while delivering services to diverse communities. We will review relevant ethical standards, discuss common issues and missteps, and give you opportunities to test your knowledge.

## **May 5<sup>th</sup> – In-Person Class**

### **Substance Use in the Hispanic Community**

Facilitator: Luis Cordoba CRADC, LAC, Ed D / Molly Manske, MAADC II, BSW

Instructors will teach participants what to know about substance use and the limitations for treatment within the Latinx community.

## **May 12<sup>th</sup> – Virtual Class**

### **Steroid Misuse in the Fitness and Athletic Community**

Facilitator: Bryce Bradford

This session will address issues revolving around steroid/anabolic misuse among individuals involved in fitness and sports. We will discuss positive and negative mental, emotional, and physical side-effects of the use of anabolic drugs for the fitness and athletic community.

## **June 16<sup>th</sup> – Virtual Class**

### **Reimagining Recovery: A Pathway to Reentry and Healing**

Facilitator: Emily Conway, MAADC II, CPS, / Solomon Alpert, MSW / LaTanya Dumas / Sheila Alexander-Elliot

This class will focus on educating and inspiring audiences to begin providing therapeutic supports and services throughout various stages of the criminal justice process. In this training, participants will learn how to build therapeutic alliances at every stage of the incarceration and reentry process and establish the importance of setting roles, responsibilities, and boundaries with both clients and program partners.

Additionally, the training will highlight and explain the importance of forming a therapeutic partnership during incarceration, as well as providing effective approaches for accomplishing strong rapport, no matter where the client is regarding their recovery or justice journey.

## **August 4<sup>th</sup> – Virtual Class**

### **Addressing Substance Use Disorders in the LGBTQ Community**

Facilitator: Megan Fowler, LCSW, LSCSW

Substance use disorders disproportionately impact the queer community. What makes addiction more prevalent among LGBTQ individuals? There are many contributing risk factors including discrimination, stigma and isolation, and lack of emotional and physical safety. This training addresses some of the unique barriers that impact this community and provides effective prevention and treatment approaches for professionals. Most importantly, participants will leave with a better understanding of the queer experience, increased cultural competency, and practical tools to make a difference in the lives of LGBTQ individuals struggling with addiction.

## **August 18<sup>th</sup> – In-Person Class**

### **Harm Reduction 101**

Facilitators: Casey Johnson, PSS, MPS

Participants will learn valuable information about harm reduction. This session will go over the foundations and principles of harm reduction, overdose prevention and response, and how to engage people who use drugs.

## **September 8<sup>th</sup> – Virtual Class**

### **Trauma-Informed Care and Substance Use Disorders**

Facilitator: Margaux Mueller, CRPS, MRSS / Megan Fowler, LCSW, LSCSW

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.

## October 6<sup>th</sup> – In-Person

### Everyone is an Asset Builder

Facilitator: Margaux Mueller, CRPS, MRSS / Bryce Bradford

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. Half of these assets focus on the relationships and opportunities they need in their families, schools, and communities (external assets). The remaining assets focus on the social-emotional strengths, values, and commitments that are nurtured within young people (internal assets).

Everyone's an Asset Builder is a workshop designed by the Search Institute that introduces the participants to Developmental Assets Framework and the powerful role of individual asset builders in the lives of youth.

## October 20<sup>th</sup> – Virtual Class

### Substance Use Disorder Professional Ethics

Facilitator: Casey Spartz, LMSW, CRADC, MARS

This training will provide an understanding for different approaches to care and how they are based in different ethical principles. The training will also include real-life scenarios and their relationship to ethical standards. From theory to practical application, this training will highlight the integration of ethical practice in clinical care.

## CLASS DETAILS AND REGISTRATION INFORMATION

### Full Class Details & Registration Information at [FirstCallKC.org/pdi](https://www.firstcallkc.org/pdi)

- Virtual classes are from 9 a.m. to noon.
- In-Person classes are from 9 a.m. to 4 p.m.
- All classes are approved by the Missouri Substance Abuse Professionals Credentialing Board for three or six contact hours.
- In the event that in-person classes need to go to a virtual setting, those classes will move to 3 hours with 3CEUs.
- All COVID safety guidelines will be followed.
- *Classes may be occasionally cancelled. You will be notified and given options for credit.*

### Payment & Registration

- Payment must be received 7 days prior to class.
- Registration is not valid until paid in full.
- No credits or funds will be issued unless specified by First Call
- Pre-registration is required via online only.