

Substance Abuse Certificate Program

**A Six-Part Training Series
to Achieve Effective Outcomes**

Supplement your professional clinical training:

- Learn the fundamentals as well as best practices and trauma-informed care
- Respond more effectively to people with alcohol and other drug problems
- Increase your confidence when working with substance abusers
- Update your skills and discover the latest research

Spring 2016 Courses

March 22 & 23

April 12 & 13

May 17 & 18

All programs held at:
Pyle Center
702 Langdon St, Madison, Wis.



Continuing Studies
UNIVERSITY OF WISCONSIN-MADISON

continuingstudies.wisc.edu/certificates/substance-abuse

Substance Abuse Certificate Program

A Six-Part Training Series to Achieve Effective Outcomes

Completing the Certificate Program demonstrates that you have:

- Acquired current, research-based information on substance-use disorders
- Learned three evidence-based practices showing positive outcomes working with people who have substance use and co-occurring disorders
- Learned evidence-based models for working with families
- **Fulfilled 36 hours toward the 100 hours of specialized substance abuse education for the Wisconsin Department of Safety and Professional Services for the Substance Abuse Counselor in Training (SAC-IT) ***

“The variety of presenters, topics, and presentation styles were helpful in providing a comprehensive look at ways to impact people with abuse and addiction problems.”

Your instructor

Flo Hilliard, MS is a faculty associate with UW-Madison Continuing Studies and has lectured throughout the state and nationally on many substance use disorders topics including the special issues of women, adolescents, culture and neuroscience. She is the program director of the Substance Abuse and Motivational Interviewing Certificate Programs and the director of Wisconsin Voices For Recovery, a statewide project that advocates for reducing stigma, raising awareness and providing education around the science of addiction and recovery. Hilliard developed *Women and Substance Abuse: Understanding the Problem*, a series of training tapes and manuals that have been used by Hazelden–New York, Betty Ford Center and the Washington and Oregon state departments of public health; and a training and therapeutic video titled *Many Voices, One Journey*.

Guest trainers:

Scott Caldwell, MA, CSAC, program coordinator, Bureau of Prevention, Treatment and Recovery

Tami Bahr, LCSW, CSAC, assistant director, Connections Counseling, Madison, WI

Sandy Hardie, CSAC, ICS, CTS, program director of Mahala’s Hope, Eden, WI

Bruce Christiansen, PhD, Senior Scientist UW-Center for Tobacco Research & Intervention

* Please refer to the Wisconsin Dept. of Safety and Professional Services at dps.wi.gov for further information and requirements to become a Certified Substance Abuse Counselor.



Class 1: Fundamentals of Substance Abuse and Addiction

Level: Beginner to Advanced • Tuesday, Mar 22, 9am-4pm

Learn basic pharmacological terms and concepts, as well as current understandings from neuroscience research on abuse, addiction, and recovery.

Learning objectives

- Describe the science of substance abuse and addiction, why it is understood as a brain disorder, and how this influences relapse-prevention planning.
- Explain the basic pharmacology of addictive drugs on the brain and body and their connection to self-destructive behavior.
- Demonstrate basic techniques of how to talk to clients from a brain-disorder perspective.

Class 2: Substance Abuse, Families, and Trauma-Informed Care

Level: Beginning to advanced • Wednesday, Mar 23, 9am-4pm

Explore the interplay between active addiction and trauma and its impact on the addicted individual and on the family unit's functioning.

Learning objectives

- List the potential effects of addiction on family members.
- Describe the effects of trauma on the brain and on human development.
- Explain the relationship between post-traumatic stress disorder and addiction.
- Summarize strategies to screen for and address trauma in individuals with substance-use disorders.
- Summarize strategies to help families with a member who is experiencing active addiction.

Class 3: Effective Screening, Assessment, and Intervention

Level: Beginning to advanced • Tuesday, Apr 12, 9am-4pm

Learn the major signs and symptoms of substance abuse with an overview of the differences among men, women, adolescents, and elderly abusers. Become familiar with screening and assessment tools, medical interventions, and common co-occurring disorders.

Learning objectives

- List the physical, psychological, social, and behavioral indicators of substance use disorders.
- Identify which screening and assessment instruments are most effective in what settings.
- Demonstrate how to work effectively with the most common co-occurring diagnoses.
- Summarize the medication interventions that are available.

LEARN MORE OR REGISTER: continuingstudies.wisc.edu/certificates/substance-abuse

Class 4: Cultural Competency in Treatment and Recovery

Level: Beginning to advanced • Wednesday, Apr 13, 9am-4pm

Learn how to work within a cultural lens from a Circles of Culture perspective (ethnicity, gender, age, religion, sexual orientation, urban/rural, etc.) for successful assessment, treatment, and relapse-prevention planning.

Learning objectives

- Define culture as it relates to substance use disorders.
- Explain high- and low-context culture and its relevance to treatment and recovery.
- Describe the impact of various cultural groups on treatment planning.
- Apply evidence-based models of culture as they relate to treatment.

Class 5: Effective Models for Treatment

Level: Beginning to advanced • Tuesday, May 17, 9am-4pm

This workshop covers Evidence Based treatment models and relapse-prevention strategies for long-term recovery.

Learning objectives

- Compare group therapy and self-help groups as they relate to substance use disorders.
- Summarize Cognitive Behavioral Therapies (CBT) and explain how to use CBT in treatment and relapse prevention.
- Use Acceptance and Commitment Therapy (ACT) in treatment and recovery management planning.
- Summarize the benefits of mindful meditation as a clinical intervention.

Class 6: Motivating Clients for Change

Level: Beginning to advanced • Wednesday, May 18, 9am-4pm

This knowledge- and skills-based class focuses on an evidence-based practice that motivates people to change behavior in even the most difficult circumstances.

Learning objectives

- Explain what Motivational Interviewing (MI) is and why it succeeds.
- Describe why MI is so effective even with the most difficult clients.
- Explain how to use MI effectively with different populations and cultures.
- Demonstrate listening for and supporting Change Talk.
- Demonstrate how to use MI to work effectively with difficult clients without having to be confrontational.

For more information, contact Flo Hilliard at flo.hilliard@wisc.edu or 608-265-2679.

LEARN MORE OR REGISTER: continuingstudies.wisc.edu/certificates/substance-abuse

Accreditations

Need a flexible certificate option?

Gain the trusted UW-Madison education and experience that will prepare you to become a highly sought-after certified Wisconsin substance abuse counselor (SAC) or clinical substance abuse counselor (CSAC). Available for the first time in the UW Flexible Option format, the Substance Use Disorders (SUDs) Counselor certification program features a curriculum developed by University of Wisconsin–Madison faculty in cooperation with industry professionals. Visit flex.wisconsin.edu for more information.

Approved Hours/Continuing Education Credits: 0.6 CEU=6 hours of professional continuing education. Participants receive verification of attendance at end of each program. The University of Wisconsin–Madison Division of Continuing Studies is an acceptable continuing education provider for the following:

Psychologists: UW-Madison Division of Continuing Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. UW-Madison Division of Continuing Studies maintains responsibility for these programs and their content.

Social Workers: UW-Madison Division of Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB at aswb.org), through the Approved Continuing Education (ACE) program. UW-Madison Division of Continuing Studies maintains responsibility for the program. ASWB Approval Period: 4/27/2013-4/27/2016. Social workers should contact their regulatory board to determine course approval. Social workers participating in each course will receive six continuing education clock hours. Wisconsin Department of Safety and Professional Services, and the Iowa, Illinois, Michigan, and Minnesota Boards of Social Work recognize ACE programs.



Counselors: UW-Madison Division of Continuing Studies is a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP) #5990 and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Marriage and Family Therapists: These programs qualify as accredited university continuing education courses relevant to professional practice.

WI Substance Abuse Counselors: These programs qualify as continuing education courses consisting of relevant subject matter taught by qualified presenters.

Educators: These programs may qualify toward your Professional Development Plans (PDPs).

Other professions: Completion of each program qualifies for six continuing education hours. Contact your own board or organization for specific continuing education requirements.

CHES and/or MCHES: UW-Madison Division of Continuing Studies (MEP4561) is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES). Each program qualifies for six CECH contact hours.

General Information

Times: 8:30am registration; workshops run 9am–4pm each day. Full attendance is required.

Location: All classes are held at the Pyle Center on the UW-Madison campus, 702 Langdon St. A map including convenient parking lots will be sent with your registration confirmation.

Fees: \$150/class, which covers instruction, materials, breaks, CEUs, certificate, and a \$25 nonrefundable administrative fee. Enjoy lunch on your own at the many nearby restaurants or at the UW-Madison Memorial Union, located one block away.

Credit: Completion of each workshop certifies 0.6 Continuing Education Units (6 hours of professional continuing education). UW-Madison Continuing Studies is recognized by the Association of Social Work Boards as Provider #1042 for social work continuing education. For more credit information, visit continuingstudies.wisc.edu/certificates/substance-abuse

Frequently Asked Questions

Q: Can anyone take these classes?

A: Yes, the program is designed to help professionals from a wide range of fields acquire the basic education and skill building they need to work more effectively with persons who have substance-use disorders. There are no prerequisites. Counselors, nurses, school personnel, clergy, psychologists, and military personnel have attended and benefitted from the program.

Q: How often is the series offered?

A: The certificate program is offered twice per calendar year in the spring (Mar, Apr, May) and fall (Sept, Oct, Nov).

Q: Do I have to take all six classes in order?

A: No. Although we would prefer that you do, we understand that time and money constraints sometimes make this impossible. Since the series is taught twice each calendar year you can take up to two years to complete the classes to earn the Certificate of Completion.

Q: Do I have to register and pay for all six classes at once?

A: No, you can register prior to each workshop. You must pay in advance by check or credit card or send an agency purchase-order prior to attending the workshop.

Q: Can I take some of the courses without committing to the whole Certificate Program?

A: Yes. If you are not seeking the Certificate of Completion you can take any individual class. Later, if you decide to complete the Certificate Program, the classes will count towards that goal.

Q: Does the Certificate Program certify me to become a Substance Abuse Counselor?

A: No. The course is approved for 36 hours toward the 100 specialized hours of substance abuse education for the SAC-IT. For more detail on requirements refer to the WI Dept of Safety and Professional Services at: dsps.wi.gov.

Q: How will this course help me in my career?

A: People report that the Certificate has given them the edge in their agency when layoffs occurred, helped them be hired over someone else who had no specialized training in this area, or allowed them to branch out to new clients through their agency or private practice. People regularly enroll from out of state.

Cancellation policy: In the event of bad weather or other emergencies, call 608-263-4432 to learn whether a Continuing Studies program or class has been cancelled. *Participant:* If you are not able to attend the program, you are welcome to send a substitute. If you must cancel and do so up to three business days before the program, you will receive a full refund minus the \$25 administrative fee. Please make note of your cancellation number. If you cancel later than that or do not attend, you are responsible for the entire fee. In the unlikely event that you need to change your registration to another date, you will be charged a \$25 transfer fee. You must complete this transfer by three business days before the program.

For more information, contact: Liz Nagel at 608-263-7023 or liz.nagel@wisc.edu; or visit continuingstudies.wisc.edu/certificates/substance-abuse

Registration Form

Please register me for

Fundamentals

Mar 22, 2016; \$150 #2726

Substance Abuse, Families and Trauma-Informed Care

Mar 23, 2016; \$150 #2727

Effective Screening

Apr 12, 2016; \$150 #2728

Cultural Competency

Apr 13, 2016; \$150 #2729

Oct 14, 2015; \$150 #2724

Effective Models for Treatment

May 17, 2016; \$150 #2730

Motivating Clients for Change

May 18, 2016; \$150 #2734

ARE YOU A NATIONAL CERTIFIED COUNSELOR THROUGH THE NATIONAL BOARD FOR CERTIFIED COUNSELORS (NBCC)? YES NO

ENTER BROCHURE CODE FROM MAIL PANEL: UW# _____

Contact information

NAME

TITLE

ORGANIZATION

MAILING ADDRESS

CITY / STATE / ZIP

PHONE ()

EVENING/CELL PHONE

E-MAIL

Payment method

Enclosed is my check payable to UW-Madison. (Individuals can not be billed)

Please charge to the following account: MasterCard VISA Am Ex Discover

CARD NO.

EXPIRES

CARDHOLDER'S NAME

Mail to: UW-Madison Cont. Studies Registrations, Pyle Center, 702 Langdon St.
Madison, WI 53706-1487

Call: 608-262-2451 or 800-725-9692, (Wisconsin Relay 711)

Fax: 608-265-3163 or 800-741-7416

Online: continuingstudies.wisc.edu/certificates/substance-abuse

Phone, fax or online registrations must include payments by credit card or purchase order.

If you have a disability and desire accommodations, please advise us when you register. Requests are confidential. Programs offered by UW-Madison in cooperation with UW-Extension.

DCS-MAC-12457-12/15



Continuing Studies

UNIVERSITY OF WISCONSIN-MADISON

21 N. PARK STREET, 7TH FLOOR
MADISON, WI 53715-1218

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“I have never attended a workshop or seminar that was as well put together as this one. I am already applying what I learned professionally and personally.”