

Technical Information

SAMHSA

Substance Abuse and Mental Health
Services Administration

This training was developed under the Substance Abuse and Mental Health Services Administration's Prevention Technology Transfer Center task order. Reference # 1H79SP081018.

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Funding for this presentation was made possible by SAMHSA grant no. 1H79SP081018. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Central East (HHS Region 3)

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LIVE

This webinar is now live.



It is being recorded.



Please remain muted.

Welcome

Central East PTTC Webinar

“Stigma the Gift that Keeps on Giving”

Residual Effects of Stress During the Recovery Process from Active Substance Use Part 2

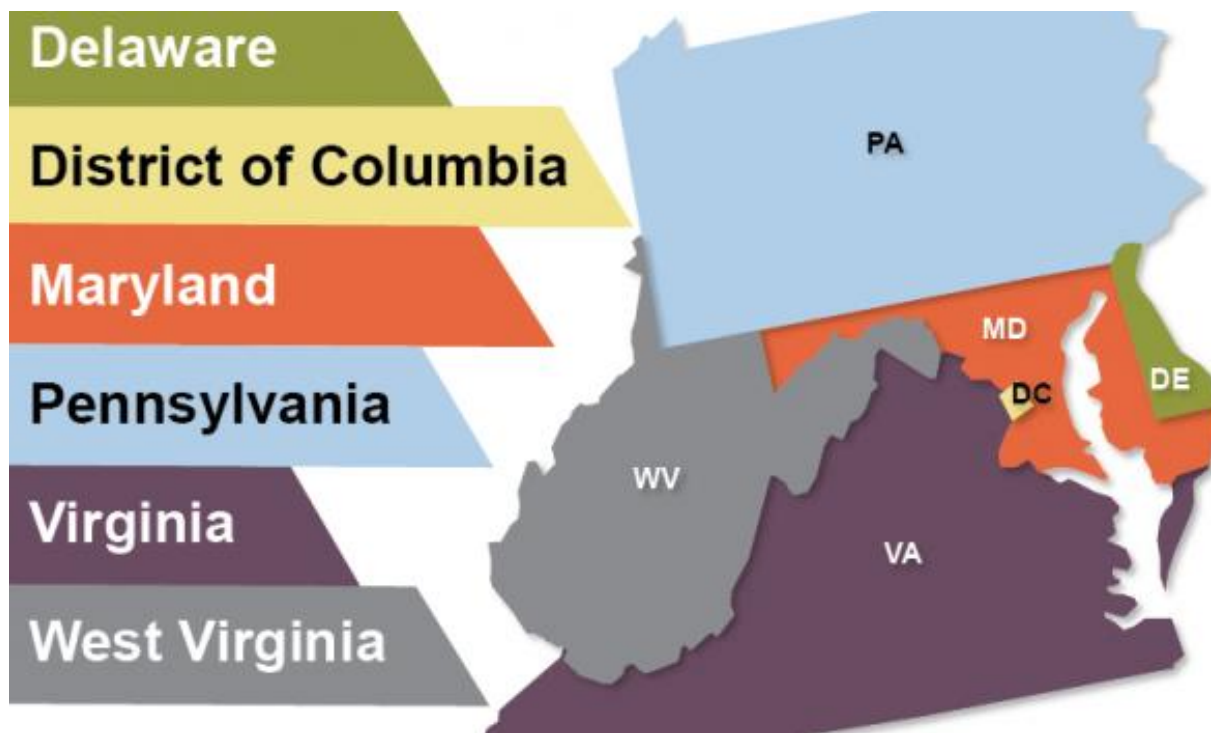
The Central East PTTC is housed at the Danya Institute in Silver Spring, MD

Oscar Morgan
Executive Director

Deborah Nixon Hughes
Project Director

Central East Region

SAMHSA REGION 3



The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

ethnicity spirituality
orientation practices
normalize experiences expression
standard create
Ethnic stories terror identity
race share injustices
change care Matter shootings
Racial education
space
seem normal
powerful
NASW self Black
gender affected Lives hate
Diversity uncertainty
sexual advocacy
religious competency
cultural
humility



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PTTC Mission



To Strengthen the Capacity of the Workforce

1

To Deliver Evidence-Based Prevention Strategies

2

Facilitate Opportunities for Preventionists to Pursue New Collaboration Opportunities, which include Developing Prevention Partnerships and Alliances

3



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Services Available



Online Courses



Technical Assistance



Skill Based Training



Webinar



Toolkits



Facilitate Prevention Partnership & Alliances



Research Learning Collaborative



Newsletter



Technology Driven Models



Literature Searches



Virtual Meeting



Research Publication



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Other Resources in SAMHSA Region 3



Central East (HHS Region 3)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



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Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

“Stigma the Gift that Keeps on Giving”

Residual Effects of Stress During the Recovery Process from Active Substance Use Part 2

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June 13, 2024

SAMHSA
Substance Abuse and Mental Health
Services Administration

 **THE DANYA INSTITUTE**

Presenters



Demetrie Garner



Shawn Colvin



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Course Description

Identifying triggers is essential at the beginning of the recovery process, but more is to be revealed. Comprehensive support systems, including counseling, employment assistance, and accessible housing, can alleviate some of the stress and contribute to a successful recovery. Sustainable support is a counterbalance to stress and the stigmatization of being in recovery. As we unpack the benefits of support systems, we will also discuss the tools for prevention and how to move forward in recovery.

Learning Objectives

- 1. Recognize the role of comprehensive support systems in alleviating stress during recovery
- 2. Investigate various support systems and how they can act as preventive measures in dealing with stress and the association of stigma.
- 3. Examine tools and techniques and address stress and triggers in a recovery context.
- 4. Develop strategies to build and maintain long-term recovery and apply the knowledge gained to support others.



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Mentimeter Activity

Join at menti.com | use code 1589 7069



What is the best piece of advice you have ever been given?

All responses to your question will be shown here

Each response can be up to 200 characters long

Turn on voting in Interactivity to let participants vote for their favorites

How to participate:

- Scan the QR code from a mobile device OR
- Click on the link in the chat OR
- Go to menti.com and enter the code at the top of this slide.

Recap of Part 1

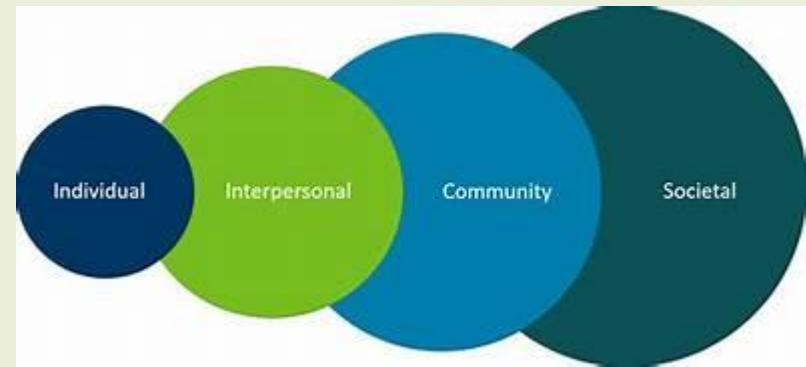
- Stigma is a set of negative attitudes and stereotypes that can create barriers to treatment and make these conditions worse
- Public Stigma, Self-Induced Stigma, Institutional Stigma
- Emotional and Psychological Effects
- Dismantling Stigma
- Triggers and how to manage the impact
- Impact of Triggers on Recovery
- Education and recovery



Recognize the Role of Comprehensive Support Systems

Comprehensive Support System- Can assume a multi-tiered system that integrates evidence-based programs and practices that promote the development of social, emotional, and physical competencies that support mental health outcomes.

- Counseling (Mental Health, Substance Use)
- Employment Assistance
- Accessible Housing
- Long-term Recovery Community
- Professional Development
- Child Support Advocacy
- Trauma- Informed Healing
- Sex trafficking Therapy
- Annual Physical
- STI Education



Massachusetts Department of Elementary and Secondary Education (DESE) (2023). Social, Emotional, and Behavioral (SEB) Academy: Needs Assessment and Planning Process. Malden, MA: MA DESE.



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Investigate Various Support Systems

• Types of Support Systems

Formal Systems

- Government Programs
- Non-profits
- Healthcare Systems and services



Informal Systems

- Family
- Friends
- Peer Support Groups



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Support Systems Preventing Relapse and Managing Stress

- Environmental Triggers
- Emotional Triggers
- Physical Triggers
- Cognitive Triggers
- Personal trigger Identification
- Coping Strategies
- Emergency Plan



Role of Community

Emotional Support

- Reducing Isolation
- Building Confidence and Self-Esteem:

Challenges and Solutions

- Overcoming stigma by Educating the Community
- Share Success Stories to Build Buy-In



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Role of Comprehensive Support Systems in Reducing Stigma

- Holistic Approach to Recovery
 - Integrated Services
 - Personalized Care Plans:
- Access to Quality Treatment
 - Evidence-Based Treatments
 - Accessible Services



Which tools for identifying triggers have you found to be the most insightful or helpful?

All responses to your question will be shown here

Each response can be up to 200 characters long

Turn on voting in Interactivity to let participants vote for their favorites



How to participate:

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Examine Tools and Techniques to Address Stress and Triggers

- Techniques for Identifying Personal Triggers
 - Types of Triggers
 - Keep a Trigger Journal
 - Analyze Patterns



Self-Reflection: The Role of Self-Reflection in Recovery

- **Importance of Self-Reflection**

- Self-Awareness
- Growth and Improvement

- **Techniques for Effective Self-Reflection**

- Mindfulness and Meditation
- Regular Reflection Sessions



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Feedback from Peers, Family, and Counselors: Importance of External Feedback

Role of Feedback in Recovery

- Different Perspectives
- Support and Encouragement
- Peer Support Groups
- Accountability Partners



Involving Family and Friends

- Open Communication
- Family Therapy

Working with Counselors and Therapists

- Professional Guidance
- Feedback Mechanisms



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Stress Management Techniques and Coping Strategies

Healthy Coping Strategies

- Physical Activity
- Relaxation Techniques
- Hobbies and Interests

Structured Daily Routines

- Creating a Schedule
- Setting Realistic Goals



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Building Resilience

Developing Coping Skills

- Positive Thinking

Leveraging Support Networks

- Utilizing Support Systems
- Community Resources



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Coping Strategies

Understanding Cognitive Distortions

- All-or-nothing thinking
- Overgeneralization
- Catastrophizing
- Personalization

Challenging Negative Thoughts

- Reality Testing: Questioning Negative Thoughts
- Seeking Alternative Explanations



Develop Strategies to Build and Maintain Long-Term Recovery

How to create and maintain a strong support system.

- Stay engaged with the basics
- Healthy Relationship Dynamics
- Medical Support
- Professional Support
- Find the Right Groups
- Active Listening
- Effective Communication
- Build Trust



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Small Group Discussion



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Instructions

- Turn on your camera if you are willing and able
- Designate a notetaker
- Read through the case study
- Discuss the case study questions
- The notetaker should type up a short summary of the discussion/group answers to the questions
- The notetaker pastes their summary in the zoom chat after the breakout session ends

Case Study

Sarah, a 32-year-old Latina female, endured neglect and abuse as a child and grew up in various foster care homes. These traumatic experiences led her to start using drugs and alcohol at a young age as a coping mechanism. Despite numerous attempts at rehabilitation, Sarah struggled to maintain sobriety in the past but has recently managed a year clean and sober. Memories of childhood neglect and abuse and even the smells of certain foods trigger an overwhelming anxiety. Her friends suggest therapy but her believe system tells her to just pray. She is now more confused than ever, and her anxiety causes her to become more isolated. What are some beginning steps that Sarah can start to counter her anxiety? How can Sarah's support system offer a holistic approach to her recovery that incorporates both her spiritual practices and modern therapeutic techniques? What role can peer support groups play in helping Sarah find a balance between prayer and therapy?

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Discussion:

- What are some effective ways to educate oneself about the nature of triggers and their impact on mental health?
- What strategies do you use to manage sensory and emotional triggers that arise from past trauma?
- Has anyone found a way to integrate their spiritual beliefs with therapeutic practices? How has that worked for you?
- How do you balance advice from different sources while staying true to your own beliefs and needs?

Q & A

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Contact Us



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Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

a program managed by



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