

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

2014 Fall Series

Sept 15-16
Oct 21-22
Nov 20-21

2015 Spring Series

Mar 24-25
Apr 14-15
May 12-13



Continuing Studies
UNIVERSITY OF WISCONSIN-MADISON

Substance Abuse Certificate Program

A Six-Part Training Series to Achieve Effective Outcomes

“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.”

Valuable training for

- Social workers • Mental health professionals
- Clergy • Healthcare professionals • Human Services providers

Class 1 Fundamentals of Substance Abuse and Addiction

Sept 15, 2014 or Mar 24, 2015

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

Sept 16, 2014 or Mar 25, 2015

Class 3 Effective Screening, Assessment, and Intervention

Oct 21, 2014 or Apr 14, 2015

Class 4 Cultural Competency in Treatment and Recovery

Oct 22, 2014 or Apr 15, 2015

Class 5 Effective Models for Treatment

Nov 20, 2014 or May 12, 2015

Class 6 Motivating Clients for Change

Nov 21, 2014 or May 13, 2015

“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.”

“This certificate has done an amazing job building my knowledge of how to apply what I’ve learned into real-life situations with clients.”

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) ***

“This class has been invaluable to me as a counselor.”

“Has improved my self confidence as a case manager working with individuals with substance use problems.”

Your instructor

Flo Hilliard, MSH, has worked for more than 20 years as a clinician, lecturer, prevention specialist, grant writer, and national trainer in substance abuse, addiction treatment, and prevention. She directed the Gender Studies Project for UW-Madison Continuing Studies and the Wisconsin Women’s Education Network on 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, the 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, counselor, ASTOP Sexual Abuse Services, Fond du Lac, WI

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



Class 1

Fundamentals of Substance Abuse and Addiction

Sept 15, 2014 or Mar 24, 2015

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

- basic pharmacological terms and concepts
- current understandings from neuroscience research on abuse, addiction, and recovery
- the connection between addiction, the brain, and self-destructive behavior

Class 2

Substance Abuse, Families, and Trauma-Informed Care

Sept 16, 2014 or Mar 25, 2015

This class explores the intersection between active addiction and trauma and their impact on the individual with addiction and on the functioning of a family unit. You learn:

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

Class 3

Effective Screening, Assessment, and Intervention

Oct 21, 2014 or Apr 14, 2015

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. You learn:

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

“Applying the knowledge I have learned in this program has definitely translated into greater job security.”

Class 4

Cultural Competency in Treatment and Recovery

Oct 22, 2014 or Apr 15, 2015

This comprehensive workshop examines the role of culture in successfully treating substance-use disorders. You learn:

- definitions of culture as it relates to substance use disorders
- high and low context culture and its relevance to treatment and recovery
- the impact of various cultural groups on treatment planning
- evidence-based models of culture as it relates to treatment

Class 5

Effective Models for Treatment

Nov 20, 2014 or May 12, 2015

This workshop covers successful treatment models and recovery-management tools. You learn:

- group therapy and self-help groups as they relate to substance use disorders
- overview of Cognitive Behavioral Therapies (CBT) and how to use CBT in treatment and relapse prevention
- using Acceptance and Commitment Therapy (ACT) in treatment and recovery management planning
- overview of Mindful Meditation as a clinical intervention

Class 6

Motivating Clients for Change

Nov 21, 2014 or May 13, 2015

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

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

“A truly great investment of my time and resources.”

“Thank you for a wonderful course that opened my eyes to a new therapeutic approach that will prove fruitful in my practice.”



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: \$140/class, which covers instruction, materials, breaks, CEUs, certificate, and a \$20 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 \$20 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 \$20 transfer fee. You must complete this transfer by three business days before the program.

For more information, contact: Chris Dunleavy at 608-263-7023 or cdunleavy@dcs.wisc.edu; or visit continuingstudies.wisc.edu/certificates/substance-abuse

Registration Form

Please register me for

Fundamentals

- Sept 15, 2014; \$140 #2721
 Mar 24, 2015; \$140 #2726

Substance Abuse, Families and Trauma-Informed Care

- Sept 16, 2014; \$140 #2722
 Mar 25, 2015; \$140 #2727

Effective Screening

- Oct 21, 2014; \$140 #2723
 Apr 14, 2015; \$140 #2728

Cultural Competency

- Oct 22, 2014; \$140 #2724
 Apr 15, 2015; \$140 #2729

Effective Models for Treatment

- Nov 20, 2014; \$140 #2725
 May 12, 2015; \$140 #2730

Motivating Clients for Change

- Nov 21, 2014; \$140 #2732
 May 13, 2015; \$140 #2734

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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.

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Continuing Studies

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