

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

2011 Fall Series

Sept 28-29

Oct 17-18

Nov 14-15

2012 Spring Series

Mar 26-27

Apr 23-24

May 21-22



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

Fundamentals of Substance Abuse and Addiction

Sept 28, 2011 or Mar 26, 2012

Substance Abuse, Families, and Trauma-Informed Care

Sept 29, 2011 or Mar 27, 2012

Effective Screening, Assessment, and Treatment Models

Oct 17, 2011 or Apr 23, 2012

Cultural Competency in Treatment and Recovery

Oct 18, 2011 or Apr 24, 2012

Effective Models for Treatment

Nov 14, 2011 or May 21, 2012

Motivating Clients for Change

Nov 15, 2011 or May 22, 2012

“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.”

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

Completing the Certificate Program demonstrates that you have:

- acquired current, research-based information on substance-use-disorders
- learned three evidenced-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 approved hours toward the 360 hours of specialized substance abuse education for the Wisconsin Department of Regulation and Licensing***

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

Your instructor

Flo Hilliard, MSH, has worked for over 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 manual 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

Suzanna Waters Castillo, PhD, faculty associate, UW-Madison

Elizabeth Hudson, LCSW, trauma specialist, Wisconsin Div. of Mental Health and Substance Abuse Services

* Please refer to the Wisconsin Department of Regulation and Licensing at <http://drl.wi.gov/prof/burhealth.htm> for further information and requirements to become a Certified Substance Abuse Counselor.



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

Class 1

Fundamentals of Substance Abuse and Addiction

Sept 28, 2011 or Mar 26, 2012

In this comprehensive overview and critical look at the biological, moral, legal, and sociocultural aspects of substance use, abuse, and addiction, you learn:

- basic pharmacological terms and concepts
- effects of alcohol on brain functions
- 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 29, 2011 or Mar 27, 2012

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 Treatment Models

Oct 17, 2011 or Apr 23, 2012

This clinical overview covers signs and symptoms of substance-use disorders; the tools to screen and assess for abuse, addiction, and co-occurring disorders; and discusses evidenced-based models of treatment. 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 18, 2011 or Apr 24, 2012

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

- how culture is defined and its relevance to successful treatment and recovery
- the impact of various cultural groups (ethnicity, gender, age, religion, sexual orientation, urban/rural) on treatment planning
- evidence-based models of culture as it relates to treatment

Class 5

Effective Models for Treatment

Nov 14, 2011 or May 21, 2012

This workshop covers successful treatment models and relapse-prevention strategies for long-term recovery. You learn:

- an overview of Cognitive Behavioral Therapies (CBT)
- how to use CBT in relapse prevention
- an overview of Mindfulness Meditation and its effectiveness working with clients who have co-occurring disorders
- how group therapy and self-help groups can raise outcomes for long-term recovery

Class 6

Motivating Clients for Change

Nov 15, 2011 or May 22, 2012

In this knowledge- and skill-based workshop we focus on an evidence-based practice that motivate people to change behavior even in 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



“ 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: 8:30 am registration; workshops run 9 am–4 pm 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 information, visit www.dcs.wisc.edu/pda/aoda/sacp.htm.

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: 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 this Certificate Program certify me to become a Substance Abuse Counselor?

A: No. The course is approved for 36 hours toward the 360 specialized hours of substance abuse education. For more detail on requirements refer to the WI Dept of Regulation and Licensing at <http://drl.wi.gov/prof/burhealth.htm>.

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:

Anne Voxman at 608-263-7023 or avoxman@dcs.wisc.edu; or visit www.dcs.wisc.edu/pda/aoda

Registration Form

Please register me for

Fundamentals

- Sept 28, 2011; \$140 #2721
 Mar 26, 2012; \$140 #2726

Substance Abuse, Families and Trauma-Informed Care

- Sept 29, 2011; \$140 #2722
 Mar 27, 2012; \$140 #2727

Effective Screening

- Oct 17, 2011; \$140 #2723
 Apr 23, 2012; \$140 #2728

Cultural Competency

- Oct 18, 2011; \$140 #2724
 Apr 24, 2012; \$140 #2729

Effective Models for Treatment

- Nov 14, 2011; \$140 #2725
 May 21, 2012; \$140 #2730

Motivating Clients for Change

- Nov 15, 2011; \$140 #2732
 May 22, 2012; \$140 #2734

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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: www.dcs.wisc.edu/pda/aoda

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-410-7/11



Continuing Studies

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