



# MENTAL WELLNESS & STIMULANTS / OPIOIDS WORKSHOP:

Promising Responses to Ending the Crisis

June 1 - 2, 2022

Cal State East Bay Oakland Center  
Oakland, California

Presented by:

Insight Education & Training Solutions

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## **Mental Wellness & Stimulants / Opioids Workshop: Introduction**

This two-day workshop will teach participants essential skills and knowledge to help end the opioid crisis in our communities. Topics included are:

- Combatting the Opioid Epidemic and Preventing Overdose Deaths: Recovery IS Possible
- Mental Health, Addictions and Healing Through An Indigenous Lens
- An Indigenous Lens on Co-occurring Disorders: Mental Health & Addictions
- Mental Health & Addictions: Medicine Wheel Teachings
- The Trauma Triangle: Trauma, Chronic Pain and Opioid Misuse

### Day One: June 1, 2022

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8:30AM – 9:00AM      Registration – Lobby Area

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9:00AM – 9:15AM      **Welcome, Introductions and Opening Remarks**

Convener: Rebecca Marinos, Founder & Executive Director, Insight Education & Training Solutions, San Bruno, California

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9:15AM – 10:15AM      **Combating the Opioid Epidemic and Preventing Overdose Deaths: We Know Recovery is Possible. Treatment Works**

Presenter: TBD

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10:15AM – 10:30AM      *Tea and Coffee Service*

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10:30AM – 12:00PM      **Mental Health, Addictions and Healing Through an Indigenous Lens**

This session is an overview of how mental health, addictions and healing are perceived through an Indigenous lens. The major differences and similarities between an Indigenous perspective and Western World view will be examined.

Presenter: Ernie Cardinal, BACYCC, Program Manager, Spirit of the Children Society, New Westminster, British Columbia

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12:00PM – 1:30PM *No-Host Lunch*

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1:30PM – 2:30PM **An Indigenous Lens on Co-occurring Disorders: Mental Health and Addictions**

Ernie Cardinal will be sharing an Indigenized approach to supporting those with co-occurring disorders: mental health and addictions. A few of the topics to be covered include:

- What are co-occurring disorders?
- What does an Indigenous perspective on co-occurring disorders look like?
- How do Indigenous ways differ from non-Indigenous ways when it comes to supporting those with co-occurring disorders?

Presenter: Ernie Cardinal, BACYCC, Program Manager, Spirit of the Children Society, New Westminster, British Columbia

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2:30PM – 2:45PM *Tea and Coffee Service*

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2:45PM – 4:00PM **Mental Health & Addictions: Medicine Wheel Teachings**

Ernie will show Cree medicines from each quadrant of the Medicine Wheel. The participants will be able to smell and touch all medicines while he explains the cultural importance of each. He will end with a traditional story that incorporates the medicine teaching.

Presenter: Ernie Cardinal, BACYCC, Program Manager, Spirit of the Children Society, New Westminster, British Columbia

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## Day Two: June 2, 2022

9:00AM – 4:00PM **The Trauma Triangle: Trauma, Chronic Pain and Opioid Misuse**

We have ample evidence that trauma, chronic pain and opioid misuse often co-occur. Each of these conditions has a negative impact on the others, causing distress and impairment to the clients we serve. It often looks like a tangled web that leads to frustration for us and for our clients.

Finally, we have treatment tools that work. We can clarify our goals and use effective tools that will lead to a better quality of life for clients.

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In this training, you will learn how to best support those dealing with trauma, chronic pain, and opioid misuse, even when you're presented with all three conditions in one person. You'll be armed with practical and effective tools and will apply evidence-supported approaches that will bring relief to clients in need.

You'll build your skill base and be able to use cutting-edge, innovative approaches that work. We'll discuss trauma and its treatments, as well as how trauma intersects with both chronic pain and opioid misuse. You'll have a thorough understanding of chronic pain, central sensitization, and appropriate behavioral interventions for pain treatment. You will learn the science of opioids and their impact on people in pain. You will clearly see the overlap between these conditions and build confidence in your ability to help.

We'll also discuss the personal impact of working with those who have trauma, pain, and opioid misuse. Working with people in need can have a negative impact on professionals. Developing skills for managing the risks can help you thrive, not just survive, in challenging work.

Presenter: Martha Teater, Marriage & Family Therapist, M.A., LMFT, LPC, LCAS, Denver, Colorado

\*Tea/coffee breaks will be held in the morning and afternoon plus a no-host lunch from 12:00PM – 1:30PM.

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3:45PM – 4:00PM

### **Closing & Evaluations**

Your comments and suggestions are very important to us. Please take a moment to complete the evaluation form located in your workshop folder. Thank you.

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# SPEAKERS

## **ERNIE CARDINAL**

The Cree presenter is a member of the Sucker Creek First Nation. While taking the Child and Youth Care program at Douglas College, Mr. Cardinal first came across the specialized co-occurring disorders program for professionals. From that point, Mr. Cardinal looked for ways to weave Indigenous frameworks throughout the concepts. Mr. Cardinal has decades of experience working with the Indigenous community, providing training and hands-on learning.

## **MARTHA TEATER**

Martha Teater has been a practicing therapist for over 30 years. She has been in private practice and has worked in such settings as primary integrated care, outpatient substance treatment, skilled nursing care, home health, free clinic, and in a medication-assistance program.

She has published over 175 articles in newspapers and magazines and is coauthor of *Overcoming Compassion Fatigue: A Practical Resilience Workbook*, and *Treating Chronic Pain: Pill-Free Approaches to Move People from Hurt to Hope*.

She has provided hundreds of trainings in all 50 states and internationally. This training will be engaging, interactive, and relevant for those who attend.

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## MANAGEMENT INFORMATION

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San Bruno, California

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### *Cancellation Policy*

Registrations cancelled 7 or more days prior to the workshop are refundable, minus \$50.00 administrative fee. or you may receive a full credit to attend a future training. Cancellations less than 7 days prior to the workshop are non-refundable. If at any time you are unable to attend, you are welcome to transfer your registration to another individual at no extra cost. In this case, please notify us of the name of the alternate person who will be attending.

If you register and do not attend without prior notification, you will be charged for the full amount of the registration fee.

We reserve the right to cancel workshops due to unforeseen circumstances or under-enrolment. Liability is limited to a refund of workshop fees only. Please make travel arrangements with this in mind.

### *Limited Seating, Register Early*

To better facilitate group interaction, seating is limited in most workshops. Children and unregistered guests are not permitted in the meeting rooms.

### *What You Will Receive*

You will receive all training materials associated with this course plus a workshop Certificate of Completion. The Certificate of Completion will allow you to apply for course credit at various credit issuing organizations.

### *Registration Information*

If you do not have a registration form, you can download one from our website, [www.rebeccamarinos.com](http://www.rebeccamarinos.com), or contact us by phone (see above). We accept payment by Visa, Mastercard, check, purchase orders or cash. Onsite registration is allowed, providing there is space, but we encourage you to register in advance in order to be notified of any potential changes (see above Cancellation Policy).

### *Onsite Training Options*

If you are interested in bringing this workshop, or other training opportunities to your community, please contact Rebecca Marinos to get more information (contact information above).