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Upcoming Professional Development Opportunities

**PROJECT ECHO with Wayside Recovery Center**

Project ECHO (Extension for Community Healthcare Outcomes) is a movement to demonopolize knowledge and amplify capacity to provide best practice care. The Indigenous Women Wellness (IWW) and Wayside Women Services (WWS) Project ECHO focuses on sharing practice and support service information which will enable participating organizations to empower women and families to break the cycle of addiction and trauma. All offerings are free; registration is available online at [waysiderecovery.org/echo](file:///C:\Users\NicoleF\Downloads\waysiderecovery.org\echo).

**Upcoming Women Services ECHO sessions:**

* **Promoting a Healthy Lifestyle in Women: A Recovery Challenge** *with Anne R. Lindsay, PhD, FACSM, Professor at University of Nevada Reno*

*February 17 from 12 – 1 p.m. |* [*[Register Now]*](https://echo.zoom.us/meeting/register/tJYrd-GurD4jGtW2ceFmSv71qfL3Uc0Xl-CU)  
  
Women’s involvement in SUD’s is rapidly outpacing men. Most recovery programs provide gender-neutral services, meaning “designed with men in mind”, such as why men use drugs and alcohol and how to reduce recidivism with little emphasis placed on the treatment needs of women. In addition to poor lifestyle habits, substance use by women often includes body dissatisfaction, compensatory behaviors, weight gain, energy and fatigue issues leading to co-occurring disorders.

* **Supporting Birthers with Opioid Use Disorders**   
  *with* *Aaronica Jackson, Case Management Assistant at Hennepin County Healthcare  
  and Chyna Pfeifer, Peer Recovery Specialist at Native American Community Clinic  
  March 17 from 12 - 1 p.m |* [*[Register Now]*](https://echo.zoom.us/meeting/register/tJUvdu6qqjwvGdXLJEij1n5p-KYvPZ05jwh5)  
    
  In this workshop you will learn more about Opioid Use Disorders during pregnancy and supporting families that are currently on Medicated Assisted Therapies.
* **“It makes you feel much better about life:” Positive Peer Journaling to Support Recovery from Addiction**   
  *with Amy Krentzman, MSW, PhD, LISW, Associate Professor of Social Work at University of Minnesota   
  April 14 from 12 – 1PM |* [*[Register Now]*](https://echo.zoom.us/meeting/register/tJMkcu6oqjsjHde_JXGYkaD482woQ8GWNNbt)  
    
  Dr. Krentzman will describe Positive Peer Journaling (PPJ) an intervention she developed to support addiction recovery. She will present the results of two research studies she conducted on PPJ which showed that PPJ co-occurred with increases in satisfaction with life, well-being, happiness with recovery, and confidence to stay sober. PPJ compared to treatment as usual showed greater use of behaviors targeted in the journaling practice, including planning rewarding activities and writing gratitude lists.

**Upcoming Indigenous Women’s Wellness ECHO sessions:**

* **Promising Practices in Indigenous Harm Reduction***with Caterina Tess Kendrick   
  February 22 from 12 – 2 p.m. | [*[*Register Now*](https://echo.zoom.us/meeting/register/tJMqfumhrTgpH9VF9nE1pxbBpg-euXGmHDDp)*]*

By the end of the presentation, participants will be able to gain a deeper understanding of the diversity of Indigenous harm reduction practices and the importance of community-led efforts. Secondly, participants will be able to identify some of the barriers that may arise in implementing harm reduction programming within contexts marked and shaped by colonialism. At the same time, participants will also be able to identify the central roles of culture and ceremony in facilitating individual and community well-being in the process of recovery. Finally, participants will be able to reflect on their experiences/community/or work in relation to the approaches within the shared materials. It is our hope that the promising practices CAAN has identified will create reflection and dialogue for other waves of promising practices to emerge.

* **Culture is the Answer: Indigenous Healing from Substance Use Disorders**   
  *with Shaunna Gullikson*

*March 29 from 12 - 2 p.m. | [*[*Register Now*](https://echo.zoom.us/meeting/register/tJUkd-uqrzotGtEILKDAzncIW_DEXRCHWL7s)*]*

Learning objectives include: basic understanding of historical events that contributed to escalated levels of substance abuse amongst Indigenous populations; general understanding of how traditional cultural resources such as Talking Circle, Cultural Crafting, and Ceremony promote healing within Indigenous populations; and knowledge of resources to help professionals understand Indigenous epistemologies and how they differ from the mainstream Western school of thought.

**Friday Forums & Peer Support Spec**iali**st ECHO Update**

As of February 2022, both the Friday Forum series and Peer Support Specialist ECHO series are on hold – Wayside will reach out with further updates when new sessions are available. Thank you for your understanding during this time of transition at Wayside Recovery Center, and please reach out to Nicole Fernandez ([nicole.fernandez@waysiderc.org](mailto:nicole.fernandez@waysiderc.org)) with any questions.

Summer Break in Sessions

The Women’s Services ECHO and Indigenous Women’s Wellness ECHO will take a break over the summer months, from June through August. Fall sessions will resume in September 2022, with session details and registration postings slated for release in August. Please share any topic or presenter suggestions with Zora Darcourt for Women’s Services topics ([zora.darcourt@waysiderc.org](mailto:zora.darcourt@waysiderc.org)) and Nicole Fernandez for Indigenous Women’s Wellness topics ([nicole.fernandez@waysiderc.org](mailto:nicole.fernandez@waysiderc.org) ).