



## Wayside Friday Form Series Fall 2021

- October 1     **Ethics: Racism and Health Care**, Barry A. Lehman, LADC, D. Min., Coordinator for MARRCH Ethics Committee
- October 29    **Culturally Sensitive Compassion Fatigue**, Stephanie Jensen, MSW, LICSW, St. Paul Therapy
- November 12 **Culturally Sensitive Supervision**, Stephanie Jensen, MSW, LICSW, St. Paul Therapy
- December 3   **Drug Use in Pregnancy – A Culture of Stigma and Shame**, Amy Langenfeld, MA, RN, APRN, PHN, CNM, Amy E. Consulting, LLC

**Friday Forums** are hosted by the Education & Prevention division of Wayside Recovery Center. Friday Forum presenters are clinicians, educators, administrators, and executives who share their knowledge and expertise on various topics, examine current issues, and inspire health providers to implement new modalities to address client needs. For now, Friday Forums are offered via ZOOM virtual meeting platform. Using individual devices, participants can be anywhere, and all are welcome!

- **TIME:** Forums begin at 9:00 a.m. and are 2 hours in length.
- **COST:** \$25 per session / \$10 for students, interns, and peer support workers
- **CEU'S:** Wayside is an approved continuing education provider by the Minnesota Board of Social Work, the Minnesota Board of Behavioral Health and Therapy, and Minnesota Board of Marriage and Family Therapy.
- **CONTACT:** Rebecca Buller at [rebecca.buller@waysiderc.org](mailto:rebecca.buller@waysiderc.org)

**REGISTRATION AVAILABLE** <https://waysiderecovery.org/friday-forum-series>

### **Ethics: Racism and Health Care**

Barry A. Lehman, LADC, D. Min., Coordinator for MARRCH Ethics Committee  
October 1, 2021 (9:00 – 11:00 am)

Cultural diversity and how to work through the ethical issues involved is at the heart of this presentation. This forum will review the issue of racism from an ethics perspective and how it impacts SUD treatment as well as co-occurring conditions.

It will explore these themes:

- Health Care Ethics Basics
- Define Racism: Systemic vs. individual

- Discrimination and Harassment and Toxic Environment
- Racialized Trauma- an experience for many People of Color
- Models and Strategies

Objectives:

1. Review the basics of healthcare ethics and how they can be applied to racism issues
2. Explore the impact of systemic racism on the ability to provide effective SUD treatment both from the patient and staff perspective
3. Present models and strategies to address the issue in Minnesota

Barry A. Lehman, CADC/LADC since 1993. Member of the MARRCH Ethics Committee since 2004, chair for two years. Co-author of MARRCH Ethical Decision-Making Manual.

**Culturally Sensitive Compassion Fatigue**

Stephanie Jensen, MSW, LICSW, St. Paul Therapy  
 October 29, 2021 (9:00 – 11:00 am)

This presentation has been created to provide a deeper understanding of how compassion fatigue and burnout might manifest for BIPOC folks. The presentation will address possible fatigue exacerbated by the presence of co-occurring conditions. Along with developing an understanding of how and why compassion fatigue may present differently across cultures, races, and communities this presentation will provide strategies for identifying BIPOC specific self-care to manage compassion fatigue.

Objectives:

1. Learn about and identify signs of compassion passion fatigue cross-culturally.
2. Learn how race and culture intersect with other parts of identity and manifest in compassion fatigue.
3. Learn culturally specific skills and strategies for preventing, managing, and coping with compassion fatigue.

**Stephanie Jensen** is a Licensed Independent Clinical Social Worker with more than seven years of experience working with youth, adults, and families in a variety of settings from residential treatment to outpatient mental health services. Stephanie has been supervising, managing and/or supporting direct care professionals for six years.

**Culturally Sensitive Supervision**

Stephanie Jensen, MSW, LICSW, St. Paul Therapy  
 November 12, 2021 (9:00 – 11:00 am)

The presentation will provide information on developing rapport, support strategies and goal development in working with BIPOC professionals. It will also address stressors and opportunities to collaborate when addressing co-occurring conditions as a means to support the work of BIPOC professionals.

Objectives:

1. Learn culturally sensitive approaches to developing rapport and maintaining trust with BIPOC professionals in the workplace.
2. Learn culturally sensitive approaches for BIPOC professional development in individual supervision.
3. Learn culturally sensitive approaches to supporting BIPOC professionals in group settings/supervision in the workplace.

**Stephanie Jensen** is a Licensed Independent Clinical Social Worker with more than seven years of experience working with youth, adults, and families in a variety of settings from residential treatment to outpatient mental health services. Stephanie has been supervising, managing and/or supporting direct care professionals for six years.

### **Drug Use in Pregnancy – A Culture of Stigma and Shame**

Amy Langenfeld, MA, RN, APRN, PHN, CNM, Amy E. Consulting, LLC

December 3, 2021 (9:00 – 11:00 am)

This presentation will discuss the heightened scrutiny of pregnant women around drug use and what science tells us about drug use disorders in pregnancy versus what social and community stigmas tell us. It will review risk for illicit drug use, the effect of drugs on a pregnant woman and the fetus, medical and non-medical interventions that work, and how health care providers and social support programming can best serve this population.

Objectives:

1. Participants will be able to identify risk factors for drug use disorders.
2. Participants will be able to identify what unique cultural pressures and heightened scrutiny pregnant women with drug use disorders face.
3. Participants will be able to identify effective treatments for those suffering with drug use disorders.

**Amy Langenfeld** has worked with at risk communities for over 19 years. She is recognized as a leading expert on opioid use during pregnancy, specifically as it effects populations facing disparities in urban and rural settings.

Amy was a 2015 winner of the Minnesota Department of Health Commissioner's Circle of Excellence for innovative care of pregnant opioid dependent women. She was content expert for White Earth and Red Lake Tribal Nations in their development of MAT programs.