



DECEMBER NEWSLETTER

December 16, 2023

Warm Wishes for Happy Holidays!

We want to welcome you to the December Newsletter. Our aim is to contribute to the growth and development of Pennsylvania addiction counselors, educators, and other addiction-focused healthcare professionals through a regular publication that provides useful, timely, and, we hope, interesting information.



NEW CERTIFICATION OPTIONS

- NAADAC's National Certification Commission for Addiction Professionals (NCC AP) offers a range of certifications to help demonstrate the knowledge and competency of our professional skills.
- Starting soon, watch for exciting new Pennsylvania options to provide Pennsylvania Certification for Substance Use Disorder professionals. These options:
 - Facilitate portability with national credentialing
 - Are designed to meet Pennsylvania counseling regulations § 704.7(6)
 - Certification for Supervision, Counselors, Peers
 - Peer and Counselor Registration During Supervision
 - Test Exempt (Grandparenting) option during year one for those with other Certifications
- This will be coordinated with growth in:
 - Enhanced Education
 - New Training Opportunities
 - Professional Identity Options
 - More Collaborations
 - National Advocacy for Your Voice

CALL FOR COMMISSIONERS

Interested in getting involved in these growing opportunities? Get involved! There are open positions as commissioners for the Pennsylvania Certification Commission (PCC). Commissioners are responsible for guiding the implementation of the Certification Program, creating access for Pennsylvanians, ensuring the certification process meets the needs of Pennsylvania's evolving workforce, and growing options for professional representation in the field.

You can apply by [visiting our website](#) to schedule a meeting to discuss.

Advocacy

Local Interest

Act 66 of 2023 has passed!

Thanks to Senator Books and Tartaglione for your leadership in passing Act 66 of 2023. Thanks also to all of our members who have supported the passage of Act 66! This bill unanimously passed the Senate with a vote of 50-0. This suspends and allows revisions of certain provisions in Chapter 704 on staffing requirements until opioid deaths in Pennsylvania number less than 1,000 a year for three consecutive years. These reduce burdens on the field that limit workforce eligibility, such as suspension of additional requirements of minimum hours of experience, allowing registered nurse practitioners and physician assistants to qualify as a counselor, allowing a clinical supervisor to supervise more counselor assistants, and increases the available caseload in some settings.

National Interest

- PAAP participated in feedback to the Center for Medicaid and Medicaid Services on rules for permitting payment for addiction counseling. This new payment schedule has been released and will include Medicare funding for SUD counseling for outpatient and intensive outpatient settings. Read [details here](#).
- Dr. Ken Martz, PAAP President, and NAADAC have met with ASAM sharing feedback on the development of the ASAM Patient Placement Criteria 4th edition, which is now available! Dr. Martz has also been invited to work on the development of the Adolescent Placement Criteria.
- PAAP and other state affiliates have joined NAADAC and other national addiction treatment partners in feedback to SAMHSA on their pending revisions of the federal confidentiality protections, which should be released soon.
- PAAP and NAADAC are developing new national position papers on Stigma and Advertising. See prior position papers on marijuana, funding, workforce, confidentiality, and more [HERE](#)



Education and Training

No matter how long we have been in the field, we do our best when we remain curious and seek opportunities to learn. As you might recall, PAAP recently sent out a survey asking our members for training areas of interest. Thanks to everyone who responded!

Reminder

As a reminder, NAADAC currently offers over 360 hours of [FREE CEs](#) to its members, which are available online and on-demand (and include two live webinars per month).

Upcoming Live Trainings:

- [The Science of Shame and Why It Matters: Awareness for Supervisors and Practitioners](#) Wednesday, December 13, 2023 @ 3:00-4:30pm Earn 1.5 CEs
- [Peer Recovery Support Series, Part 6: Professional Development for Peers - Progress, Not Perfection](#) Thursday, December 21, 2023 @ 3:00-4:30 PM ET Earn 1.5 CEs
- [Addressing Mental Health and Situational Problems in Substance Use Disorder Counseling](#) Wednesday, January 11, 2023 @ 3:00-4:00pm ET Earn 1 CE
- [Sociometrics: Experiential Therapy Made Manageable](#) Wednesday, January 25, 2023 @ 3:00-4:30pm ET Earn 1.5 CEs
- [Engagement in the Black Community](#): February 8-9, 2024 (Virtual- Free)
- [Northwest Regional Indigenous Peoples Conference](#): May 2024 in Seattle, WA (in-person)
- [NAADAC's 2024 Annual Conference](#): October 18-23, 2024 in Washington, DC (in-person)
 - Note that this conference will be coordinated with our annual Advocacy Day!

Watch for the scheduling dates for these other upcoming Pennsylvania trainings:

- The Emotional Roller Coaster: Families of Gamblers
- Meditation for Recovery
- Are We Helping or Hurting? Family Dynamics, Substance Misuse, Addiction & Recovery
- Dealing with Difficult People in Healthcare Settings
- PTSD, Trauma, and Addictions

NEW MEMBER EDUCATIONAL BENEFIT

PAAP has worked with NAADAC and Purdue University Global to establish a partnership discount for members seeking education:

- 20% off for all undergraduate programs and certificates
- 14% off for all non-doctoral graduate programs and certificates
- More details at <https://www.naadac.org/purdue-global-tuition-reduction>

RECOVERY

Professional Identity- Research Corner

Sometimes we can be too busy to keep up with the latest research. At other times it can be difficult to translate “research speak” into real-world actions. This research corner is intended to help change that.

An [article](#) from 2023 asked individuals in established recovery about their journey. This method was qualitative, asking them to describe their experiences. Themes emerged that orientation toward recovery includes 1) avoiding illegal drugs, 2) avoiding contact with substance use relations and milieu, 3) renewing relationships and social network, 4) daily occupation, 5) discovering the value of the great, little things in everyday life, 6) new coping strategies, and 7) developing a new identity.

This highlights the need to not only “stop using drugs” or stop the occupational/relationship damages of substance use but also to develop a broader focus on the growth of a positive life experience. We can advocate for proper funding and provision of these clinically needed services as we promote the proper duration of treatment. Just like antibiotics are taken after symptom cessation, recovery grows beyond the cessation of acute withdrawal, and support is needed to continue through this phase of growth.

Therapy Skill Builder: Quick reminders of tools old and new.

Letting Go

We often leave multiple tabs open on our internet browser. Over time this uses up memory and slows functioning. Just the same, we often carry open grudges, fears, and hurts that can get in the way of our growth. How do you let go? 1) Acknowledge the issue exists, bringing it to awareness 2) Decide to let go and that letting go is better for your growth than carrying it 3) Let go of the grudge/fear/hurt.

While there is not a simple language to explain letting go, it is just like letting go of a pen that we are holding in our hand. We become aware that it exists, decide to let it go, and release.

Repeat often.

