



FALL NEWSLETTER

November 4, 2023

A Big Thank You!

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



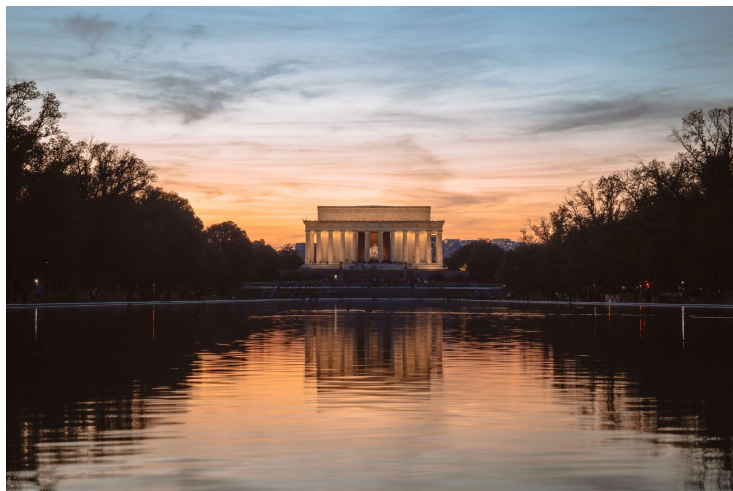
Advocacy

Local Interest

There is growing support for Senate Bill 941, to help reduce the barriers of entering our field and help to grow our SUD workforce of counselors and peers. It promotes additional reporting on workforce progress in the field.

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. Information briefs are being developed to share more detailed information on the changes and process of implementation.
- Dr. Ken Martz, PAAP President, and NAADAC have met with ASAM sharing feedback on the development of the ASAM Patient Placement Criteria 4th edition, to be released soon! Dr. Martz has also been invited to work on the Adolescent Placement Criteria development.
- 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 300 hours of [FREE CEs](#) to its members, which are available online and on-demand (and include two live webinars per month).

Upcoming Live Trainings:

- PRO-A Leadership in Recovery Event Wednesday, November 15, 2023 (Harrisburg, PA)
 - [Tobacco Recovery Panel. The Importance of Inclusivity in Recovery Spaces](#) Earn 3 CEs
- [The Art of Pushing and Pulling Through the Stages of Change](#) Wednesday, December 6, 2023 @ 3:00-4:30pm ET Earn 1.5 CEs
- [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
- [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 early recovery (less than three months) about the challenges they faced. This method was qualitative, asking them to describe their experiences. Themes emerged that individuals struggle with the development of routines in their recovery journey. They also noted that unstructured time was particularly challenging, for example, being bored is a trigger.

This highlights the need for the proper intensity and duration of structured levels of care for those in early recovery. We can advocate for proper funding and provision of these clinically needed services and attend to “between-session” practice activities to help ease this risk of relapse.

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

Breathing

Abdominal breathing is an effective tool to reduce anxiety, agitation, and stress. It quickly activates the parasympathetic nervous system helping to produce a sense of calm. To begin, lie on your back and draw your breath down into your belly using the diaphragm muscle at the base of the lung. Continue to breathe using this muscle and movement which can become tense during stressful situations. You may also lengthen the exhalation so that the exhalations are twice as long as the inhalation. You may access a more detailed video from the following [link](#).

