

**SUDS Program 2021  
June 14-August 6**

**WEEK 1 – INTRODUCTION TO MENTAL HEALTH AND SUBSTANCE USE DISORDER**

**Monday, June 14**

9:00 a.m.-12:00 p.m.	Welcome and Orientation with Christine Walawander
12:00 p.m.-12:30 p.m.	Break
12:30 p.m.-4:30 p.m.	Mental Health 101

**Tuesday, June 15**

9:00 a.m.-12:30 p.m.	SUD definitions, signs and symptoms, assessment and diagnosis, myths
12:30 p.m.-1:00 p.m.	Break
1:00 p.m.-4:30 p.m.	SUD patterns and cycles, multiple pathways to recovery and wellness

**Wednesday, June 16**

9:00 a.m.-12:30 a.m.	Interacting factors in SUD – comorbid disorders, family, finances, law
12:30 p.m.-1:00 p.m.	Break
1:00 p.m.-4:30 p.m.	Impact of trauma on SUD

**Thursday, June 17**

9:00 a.m.-1:00 a.m.	Current treatment strategies for SUD, including Medication-assisted treatment
1:00 p.m.-1:30 p.m.	Break
1:30 p.m.-3:30 p.m.	CPR and First Aid with <i>Simple CPR</i>
3:30 p.m.-4:30 p.m.	Narcan Administration

**Friday, June 18**

**Prepare for next 7 weeks:**  
Background check, Simulation sign-up, Shadowing placement  
Check-in with SUDS Program Coordinator

**WEEK 2 – SUDS PARAPROFESSIONAL ROLE**

**Monday, June 21**

9:00 a.m.-12:30 p.m.	<b>What is the role of SUDS Paraprofessionals?</b> Patient care teams and scope of practice
12:30 p.m.-1:00 p.m.	Break
1:00 p.m.-4:30 p.m.	Holistic approach to wellness through coaching and empowerment

**Tuesday, June 22**

9:00 a.m.-12:30 p.m.	<b>Who are you as a professional?</b> Demonstrates respect, integrity, ethics
12:30 p.m.-1:00 p.m.	Break
1:00 p.m.-4:30 p.m.	Maintains knowledge of current trends and best practices

**Wednesday, June 23**

9:00 a.m.-12:30 p.m.	<b>What is at the core of your understanding?</b> Awareness of institutional biases
12:30 p.m.-1:00 p.m.	Break
1:00 p.m.-4:30 p.m.	Cultural competency

**Thursday, June 24**

9:00 a.m.-12:30 p.m.	<b>How do you behave as a SUDS paraprofessional?</b> Importance of modeling, boundaries, confidentiality
12:30 p.m.-1:00 p.m.	Break
1:00 p.m.-4:30 p.m.	Features of mentorship

**Friday, June 25**

9:00 a.m.-12:30 p.m.	<b>Simulations</b> (Follow your Group schedule)	
12:30 p.m.-1:00 p.m.	Group 1 - <i>Ethics Simulation</i>	Group 2 – <i>Mentorship Simulation</i>
1:00 p.m.-4:30 p.m.	Break	
	Group 1 – <i>Mentorship Simulation</i>	Group 2 – <i>Ethics Simulation</i>

## WEEK 3 – BASIC SKILLS

### **Monday, June 28**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Getting to know your clients**

Describing individual rights and responsibilities, discussion of SUDS role  
Break  
Early conversations, building rapport

### **Tuesday, June 29**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:30 p.m.-4:30 p.m.

### **Effective communication skills**

Important factors in speaking and listening  
Break  
Facilitating communication in groups

### **Wednesday, June 30**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Effective coaching techniques**

Motivational interviewing  
Break  
Setting goals, evaluating progress

### **Thursday, July 1**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Encouraging empowerment and healthy choices**

Assist in identifying basic needs and choice of healthy behavior to meet those needs  
Break  
Assist in identifying qualities of positive relationships and support systems

### **Friday, July 2**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Simulations (Follow your Group schedule)**

Group 1 – *Communication Simulation*      Group 2 – *Coaching Simulation*  
Break  
Group 2 – *Coaching Simulation*      Group 2 – *Communication Simulation*

## WEEK 4 – ADVANCED STRATEGIES

### **Monday, July 5**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Dealing with anger and resistance**

Importance of boundaries and patience  
Break  
Assisting with problem-solving

### **Tuesday, July 6**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **De-escalation in a crisis**

Safety in behavioral healthcare  
Break  
Mental Health First Aid

### **Wednesday, July 7**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Conflict resolution**

Identifying the real problem  
Break  
Methods and strategies for resolution

### **Thursday, July 8**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Teaching basic stress management techniques**

Ways to change your thinking  
Break  
Ways to change your physiology

### **Friday, July 9**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Additional skills needed**

Working as a member of a team – *Team Steppes*  
Break  
Telehealth

## WEEK 5 – MOVING FROM DISORDER TO WELLNESS

### **Monday, July 12**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Encouraging a healthy attitude**

Importance of growth mindset  
Break  
Rebuilding healthy support systems

### **Tuesday, July 13**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Relapse**

Early signs of relapse  
Break  
Tools for preventing relapse

### **Wednesday, July 14**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Advocate for continued support**

Family and peers  
Break  
Community resources

### **Thursday, July 15**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Teaching client how to self-advocate**

Importance of believing in yourself, knowing your rights, deciding what you want, getting the facts  
Break  
Importance of targeting efforts, expressing and asserting yourself clearly, gathering support

### **Friday, July 16**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

### **Simulations (Follow your Group schedule)**

Group 1 - <i>Peer Advocacy Simulation</i>	Group 2 – <i>Recovery Wellness Simulation</i>
Break	
Group 1 - <i>Recovery Wellness Simulation</i>	Group 2 – <i>Peer Advocacy Simulation</i>

## WEEK 6 AND 7 – SUDS SHADOWING

### **July 19 – August 6**

Each student will attend FIVE 8-hour day sessions at a Horizon site. Alternate sites must be preapproved. Attending two placement days in one week and three placement days in the other week allows you to finish your hours before the final week begins. Additional shadowing days can be scheduled on Thursday of the final week and the week after the conclusion of the program if needed.

Each student must meet all placement requirements of the site, including a background check, finger printing and drug screening. Horizon will coordinate all placement requirements and scheduling in consultation with the SUDS Program Coordinator and D'Youville Clinical Coordinator. Participant supervisors must approve placement activities in writing.

## WEEK 8 – PREPARING FOR THE FUTURE

### **Monday, August 2**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

Panel Interview  
Break  
Developing a Personal Profile and Professional Planning

### **Tuesday, August 3**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

Cover letter and Resume Workshop  
Break  
Job Placement and Transition to Workforce

### **Wednesday, August 4**

9:00 a.m.-12:30 p.m.  
12:30 p.m.-1:00 p.m.  
1:00 p.m.-4:30 p.m.

Mock Interviews  
Break  
Caregiver Wellness

### **Thursday, August 5**

*Extra shadowing day*

### **Friday, August 6**

10:00a.m.-1:00 p.m.

Job Fair