

# ACEs and Trauma in Substance Use Disorder (SUD) – 1.5 CE Credits

## Exploring the Role of ACEs and Trauma in Substance Use Disorder (SUD)



### Course Overview

The purpose of this course is to convey a working understanding of Adverse Childhood Experiences (ACEs), trauma and post-traumatic stress disorder (PTSD), and how these are both related to general health outcomes, but particularly Substance Use Disorder.

ACEs and trauma play a large role in substance use disorder. Viewing individuals within the context of their life experiences provides an important lens for recovery. Trauma informed care and resilience building are key components to recovery that emphasize prevention and rehabilitation.

This course is for individuals, health care professionals, and groups and organizations who are working to prevent and reduce the effects of substance use disorder / the opioid public health crisis.

### What You Will Learn

- Gain the ability to describe an Adverse Childhood Experience (ACE) and the study of ACEs.
- Explain the connection between trauma, ACEs, and existing social conditions.
- Recognize experiences that are classified as adverse childhood experiences ACEs and general trauma.
- Identify the relationship between trauma, ACEs, PTSD, and general health outcomes, particularly in relation to substance use disorder (SUD).
- Recognize the practices or next steps helpful for individuals dealing with ACEs, SUD, or general trauma including a trauma informed care approach and building resilience.

### Course Author

**Justin Phillips, Masters Clinical Addictions Counseling, Executive Director and Founder Overdose Lifeline, Inc.**

an Indiana based non-profit dedicated to reducing the stigma of substance use disorder and preventing deaths resulting from opioid overdose. Overdose Lifeline serves as a statewide nonprofit addressing the opioid public health crisis since 2014 through subject matter expertise, education, advocacy and support for affected families. Justin spent most of her career in public health and the prevention of unintentional injury and death to children. She received a degree in philanthropic studies and nonprofit management in 2011.

### Course Subject Matter Expert

**Denise A. Senter, MFT, LMHC, Director of Mental Health and Clinical Services, Reach for Youth**



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### Course Outline

- I. Adverse Childhood Experiences (ACEs)
  - A. Definition and classifications
  - B. The original ACE study
  - C. Evolution of original research
- II. Toxic Stress, ACEs, Trauma and PTSD
  - A. Definition of toxic stress
  - B. Stress related diseases and cognitive impairment
  - C. ACEs and health outcomes
  - D. Definition of trauma and explanation of impact
  - E. What is PTSD
- III. ACEs, Trauma and Substance Use
  - A. Trauma/ACEs and SUD Comorbidity
  - B. Impact on the brain
- IV. Prevention and Screening
  - A. Prevention Techniques
  - B. Family based prevention techniques
- V. Obstacles in Eradicating ACEs/Toxic Stress/Trauma & Changes
  - A. Widespread prevalence of ACEs
  - B. Importance of continued research
  - C. Solutions for society
  - D. Benefits of enacting change
- VI. Proven Therapeutic Techniques to Combat ACEs/PTSD/Trauma
  - A. Continued evolution of research
  - B. Ways to support children
  - C. Principles of trauma informed care
  - D. Types of resilience
  - E. 5 pillars of resilience
  - F. Benefits of a resilient lifestyle
- VII. Treating SUD Within its Context
  - A. Explanation of integrated treatment
  - B. Treating SUD in adolescents

### Online CE Course

**1.5 CE credits, \$25/person**

#### Online, self-paced continuing education

- Fulfill educational requirements
- Learn at your own pace
- Earn CE credits and certificate upon completion

#### Prerequisites

None. We recommend you consider "The Brain and the Disease of Addiction" — 2.0 CE Credits (\$30.00) and the "Guide to SUD Treatment and Recovery" — 3.0 CE Credits (\$45.00)

### On-Site & Live Web Training

On-site and live online training, available for groups of five or more. Contact us for more information and a custom quote.

### Trainer Course

Get certified to deliver the course within your community. Trainer, training is conducted via the web. Program materials are provided for on-site and webinar settings.

#### Fees: \$225/person

One prerequisite course, program training, and trainer's kit

#### Annual Program License: \$400/per group

Access for one or more trainers within an organization to use the trainer materials.

### CE Credit and Certificate Program

In partnership with Purdue University College of Pharmacy, Office of Continuing Education, Overdose Lifeline has developed layperson and clinician CE courses and 20 credit professional certificate program on Addiction / Substance Use Disorder with an Opioid Specialization.

The course meets the following CE accreditations: Accreditation Council for Pharmacy Education (ACPE), Accreditation Council for Continuing Medical Education (ACCME), American Nurses Credentialing Center (ANCC), and Other, *AMA PRA Category 1 Credit(s)*™ (ACCME) which will service all other clinical and layperson credits.

Law Enforcement accreditation: As an approved Law Enforcement Training Board training provider (#47-1333720), Overdose Lifeline online training courses meet annual in-service training requirements for Indiana Law Enforcement officers and support personnel.

