

What participants are saying about ICT's Addictionology 101 Training:

"One of the most thoughtful and polished presenters I have experienced at SFJPD."

"[Today I learned] it is imperative that we acknowledge the linkage between someone's actions (including substance use) and their reasoning for taking such action. As discussed here, there is a connection between substance use and trauma, in that someone may self-medicate or try and quiet their painful experiences through the use of substances...Also necessary is the need for us to understand the difference between sympathy and empathy, as this will allow us to be able to work with the youth/family to create a viable plan. This would allow us the ability to be able to navigate this process with them and show that we are here to take everything about them in, not just their substance use history."

"[I learned during this training that] we have to be sensitive to the needs of others. Realizing these needs and how those needs are related to the addictions that many people have will help us better understand those people and be better equipped to truly deal with the complex problems they face. A realistic view of what they truly need is the first step in improving their lives and the lives of those around them."

"[Today I learned to] be with the trauma and stress, [and not] run from it...[I also learned] the need the addiction meets should come from the addicts' own words and experiences...versus others labeling the basic human need for them."

"I learned that addiction is about a person's pain and [people] can heal with compassion."

"[My takeaway from this training] is to not judge clients as they come into JJC by the police...I will show more empathy toward clients when they open up to talk with me...[I will] try to make sure their basic needs are met, for their long-term physical well-being can help them to start to heal. One need I feel is important is hope, love, belonging and identity...this is crucial."

"[I learned] addiction comes from trauma/pain that [someone] might not even know about..."

"[Today I learned] addiction comes from a need to escape from oneself."

What participants are saying about ICT's Addictionology 101 Training:

"We have to think about all that was discussed when we work with our youth and families. That is considering/recognizing trauma/pain that led to substance use, feelings of shame, power, and the importance of needs being met. By understanding this, then I can set with them through our process and not just tell them what to do."

"[Today I learned] individuals are often addicted to drugs because of trauma. The drugs often bring peace into their world. I will definitely utilize the power of language to gain trust and connection."

"Today I learned that everyone has different circumstances, challenges and stressors. Everyone deals with it differently. Every action is an attempt to get a need met."

"Today I learned that you must address the needs and feelings in order to support the healing of trauma and/or addiction."

"[I learned from this training that] empathy promotes connection and sympathy promotes a disconnection."

"[I learned that] empathy [enables] you to understand what somebody is going through."

"[Today I learned] empathy is a choice to connect...you feel with people."

"[I learned to] not judge people, [but] connect with them."

"Today I learned that compassion is a component of sobriety."