



# TRAUMA FIRST AID FOR PEERS

**TUESDAY, MAY 7, 2019 | 9AM-4:30 PM**

CATHOLIC CHARITIES TRAINING ROOM

1654 W. ONONDAGA STREET, SYRACUSE, NY 13204

Trauma First Aid for Peers recognizes the value of peer services as it relates to peers or individuals with trauma history. This workshop is designed to introduce Trauma Informed Care at the Peer level. This introduction will highlight trauma informed best practices to improve trauma recognition, and engagement by utilizing universal precautions; which assumes everyone has trauma. There will be an introduction to trauma de-escalation skills and peer self-care techniques. An application for 6 CASAC or CRPA continuing ed credits has been submitted.

Trauma First Aid for Peers is an interactive, experiential training for those who provide peer services. This training is appropriate for those working in a substance use, mental health or medical setting. Peer supervisors will gain coaching skills to use with peers around Trauma Informed Care principles.

**Who Should Attend:** Recovery Coaches, Certified Peer Recovery Advocates (CRPAs), CASAC and their supervisors and anyone with an interest in growing in their understanding of trauma.

**How to Apply:** Cost is \$100. Register at: <https://traumafirstaidforpeers050719.eventbrite.com>  
**LUNCH and SNACKS PROVIDED.**

**Questions:** Sandy Rivers [sandyrivers10@gmail.com](mailto:sandyrivers10@gmail.com) or call (315-679-7748)  
Lisa Ardner [lisaardner16@gmail.com](mailto:lisaardner16@gmail.com) or call (315-857-6618)

## PROFESSIONAL BIOS

Sandy Rivers has been working in the field of substance use disorder for over 30 years. She has a Master's in Adult Learning and is a Credentialed Alcohol and Substance Abuse Counselor (CASAC). Sandy is currently the Clinical Supervisor for the Women of Worth program at Crouse Chemical Dependency Treatment Services. As part of this program, she is supervising a joint grant (PrOMISE) between OASAS, SAMHSA and Crouse Health for pregnant, postpartum and parenting women with a substance use disorder. One of Sandy's passions is Crouse's Celebrating Families program that she supervised for almost 7 years. This 16-week evidenced based program is one of a very few programs in NYS that actually brings families together to discuss substance use disorder. Sandy is an OASAS approved trainer for Trauma Informed Care and an OASAS trained Trauma Champion.

Lisa Ardner is a Substance Use Disorder Counselor and Trauma specialist at Crouse Health working in a Women's Outpatient Rehabilitation program. She is an Advanced Trainer in the Nurtured Heart Approach since 2011 and a member of Motivational Interviewing Network Trainers (MINT®). Lisa has been working in the field of substance use disorder for over a decade. Lisa is also active in a Celebrating Families® program offering hope, help and wholeness to families with loved ones in addiction. Lisa has a Master of Arts in Adult Learning with emphasis on Professional Development and Trauma for Addictions Counselors. Lisa is one of the Crouse Health in-service Trauma Informed Care Trainers. She is a NYS OASAS Credentialed Alcohol and Substance Abuse Counselor (CASAC) and OASAS approved trainer for a number of topics.