

Visit  
[CADTPCounselors.org](http://CADTPCounselors.org)

Join Us On Social Media!



Volume 06 | June 2020

# CADTP Counselors Newsletter

Feature Articles and Resources  
for the SUD Counselor

Your Profession  
Your Passion  
Our Mission



Greetings!

Welcome to this month's newsletter where you will find feature articles, upcoming events, and downloadable resources.

Highlights include:

- A feature article on registration and certification renewals
- Honoring PTSD month
- Registration links to upcoming webinars with timely topics, free registration, and CEUs
- A newsletter archive
- Downloadable posters/flyers for COVID-19

Also, see the results of last month's poll and chime in on the new one.

Stay safe and be well!

[The CADTP Certification Board and Staff](#)

## Feature Articles

### SUD Counselor Registration and Certification Renewal

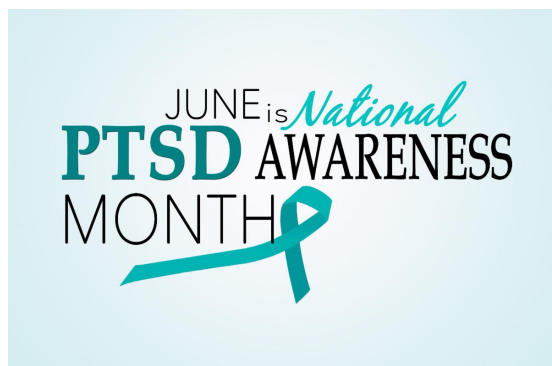
**What you need to know for a  
speedy renewal process**

SUD counselors work hard to secure and maintain their SUD counseling registration and certification. CADTP's mission is to ensure your renewal

process is quick and easy. Sometimes, processing can be held up when paperwork is missing or there is a misunderstanding of the requirements. Let's take a look at some common mistakes to ensure a smooth renewal experience. [Read More.](#)



## June is PTSD Month



### Help Raise PTSD Awareness!

There are currently about 8 million people in the United States with PTSD. Even though PTSD treatments work, most people who have PTSD don't get the help they need.

June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments

really do work and can lead to a better quality of life. To learn more go to: [The National Center for PTSD.](#)

**Make the Pledge.** Start by taking the [Raise PTSD Awareness Pledge](#) (new online form).

## CEU Provider Spotlight



The Easy-To-Use, Affordably Priced Way to Earn Your Mental Health Continuing Education

Visit  
CE4less

Search All CADTP Approved CEU  
Providers

## Events

### Webinar Series

Join CADTP's **FREE** webinar series and earn **1.5 hour CEUs** per webinar attended.

Registration Required

June 24, 2020  
12:00 pm - 1:30 pm

**Opioid Use Disorder. *The science, stigma and treatment of a chronic***

July 8, 2020  
12:00 pm - 1:30 pm

**Romancing the Brain. *Changing Neuropathways in Recovery***

*brain disease.*

Joe Sepulveda, M.D., ABPN, ABPM,  
FAPA, FASAM

REGISTER

Cynthia Moreno Tuohy, BSW, NCAC  
II, CDC III, SAP, Executive Director,  
NAADAC

REGISTER

## Calendar of Upcoming Events

June 19, 2020  
12:00 pm - 1:30 pm

### Helping In The Post-Acute Phase of COVID-19

Free Registration Required. 1.5 CEUs.  
Learn more at the REGISTER button  
below.

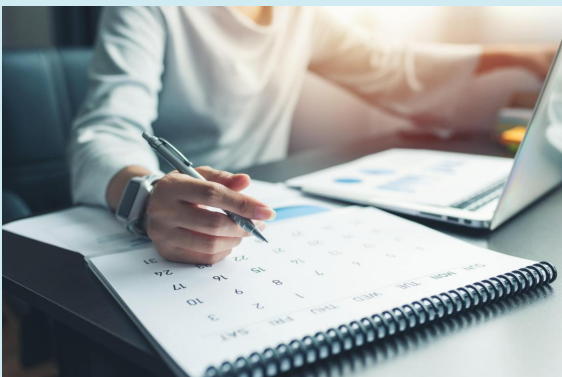
REGISTER

June 12, 2020  
9:00 am - 12:15 pm

### ASAM Criteria Training: Understanding the ASAM Criteria in the Context of the California Treatment System (ASAM – A)

Free Registration Required. Learn more at  
the REGISTER button below.

REGISTER



### [Bookmark the CADTP Counselor Calendar](#)

To submit an event for inclusion in the CADTP  
Counselors Calendar of Events, please send us  
a note with the event details and your contact  
information here: [Add an Event to the CADTP  
Counselor Newsletter.](#)

## Resources

### CADTP Counselors' Newsletter Archive

The first CADTP Counselor Newsletter launched in January 2020. The mission is to provide SUD Counselors with information and resources for their careers and businesses. Access the newsletter archive or download single editions below.

[May 2020](#) - Resources for COVID-19 pandemic, Mental Health Month; Treating OUD/SUD During the Covid-19, Mother & Baby Substance Exposure Toolkit

[April 2020](#) - COVID-19 resources, virtual meetings, library of print-ready COVID-19 collateral material.

[March 2020](#) - COVID-19 resources, hub & spokes, opioid overdose dashboard, certification poster and bulletin

[February 2020](#) - Feature articles, certification candidate guide, marijuana awareness and prevention toolkit, paradigm developmental model of treatment, MAT toolkit

[January 2020](#) - TAP 21: Addiction Counseling Competencies; Motivational Interviewing

# Newsletter Archives

Read and download previous editions of the CADTP Counselors' Monthly Newsletter

Click Here

**Tips for Self-Care During COVID-19**

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

- Exercise:** Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.
- Eat Healthy:** The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.
- Sleep:** Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.
- Learn and Explore:** Having regular times for reading, going to bed and rising in the morning, exercising and working or studying can help maintain a sense of normalcy.
- Structure and Routines:** Take breaks throughout the day, first thing in the morning or before bed to give yourself a moment. The practice of pausing, breathing, and just being is essential to our well-being and mental health because it helps us reduce stress, worry and self-doubt feelings of reality.
- Practice Mindfulness (la meditación):** Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.
- Talk with a Friend:**

For mental health resources, visit [EACHMatters.org](http://EACHMatters.org)  
 National Suicide Prevention Hotline: 1.800.273.8255  
 The Peer-Risk Helpline: 1.855.845.7415  
 For questions, please contact your local SUD counselor.

## Tips for Self Care During COVID-19

Seven steps for self care during trying times.

Print cards to pass out or posters to hang on the wall.

Remind others that self care is important now.

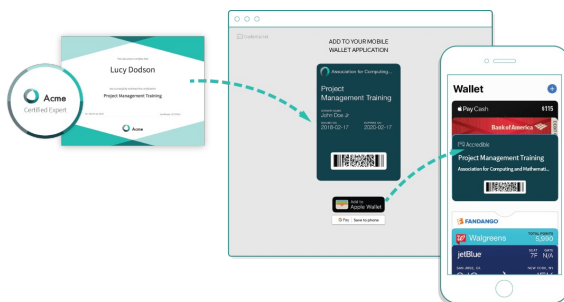
To download, click on the images.

**Pasos para el cuidado de sí mismo (el autocuidado) durante el COVID-19**

Durante tiempos de cambio e incertidumbre, ahora más que nunca es importante incorporar habitualmente el autocuidado y la rutina. Y aunque la rutina de autocuidado quizás ya no esté disponible, hay maneras para mantenerse saludable y conectado. Cada día, tome un momento (o más) para cuidarte.

- Ejercicio:** El ejercicio aumenta el nivel de energía y la felicidad y es necesario en general. De casa, puedes participar en un grupo de ejercicio en línea o puedes pasar tiempo afuera caminando o andando en bicicleta.
- Alimentarse Sanamente:** Dormir bien es una parte integral de nuestra salud ya que el dormir mejora nuestra habilidad de controlar emociones y manejar la ansiedad. Duérmese entre 7 a 9 horas al día, especialmente durante tiempos de estrés. Dos horas antes de dormir, evita el tiempo con las noticias y redes sociales.
- Dormir:** Los estudios demuestran que las personas que se sienten cómodas en su ambiente duermen más cómodas, seguras y tranquilas. Podemos regular nuestra mente antes a través de varias rutinas o meditaciones, colocando nuestra mente o actualizando pensamientos.
- Aprender y Explorar:** El tener horarios fijos para comer, dormir, despertar, ser ágiles, trabajar o estudiar puede ayudar a mantener una sensación de normalidad.
- Estructura y Rutinas:** Despertarse durante el día nos ayuda a tener un día. La práctica de pausar, respirar y estar presente es fundamental para nuestra bienestar y salud mental porque nos ayuda a reducir el estrés, a procrastinar menos y a regular los sentimientos de ansiedad. Puede tomar un momento o primera hora o antes de dormir para meditar.
- Practica la mindfulness (la meditación):** Nuestras conexiones con los demás nos ayudan a entender los altibajos de la vida. Mantén contacto con amigos, familiares y compañeros de trabajo a través de llamadas telefónicas y video llamadas.
- Hablar con un Amigo:**

La Peer Helpline de Prevención del Suicidio: 1.866.628.9454  
 BarroMente: El Movimiento de Salud Mental de California [www.barromente.org](http://www.barromente.org)  
 Línea al 1.855.845.7415 para recibir apoyo emocional constante que 24 horas de emergencia.



Don't have your digital credentials yet? Simply complete the [QUICK APPLICATION](#) and pay a \$7 processing fee to get yours now or wait until your renewal date and receive them at no charge with your renewal!

## Add your Digital Credentials to your Apple or Android Wallet!

CADTP is the only California SUD counselor certifying agency that provides its registrants and certificants with digital credentials. And now you can add them into your mobile wallet!

[Learn how to add your digital credentials to your mobile wallet.](#)

## Reader Poll

# Get to know your fellow SUD professionals.

Every month we ask a quick question of the audience. Answer the poll and see last month's results. All answers are anonymous.

What is most important to you in a certifying agency?

Friendly, knowledgeable customer service

Select

Low cost

Select

Quick turnaround for processing

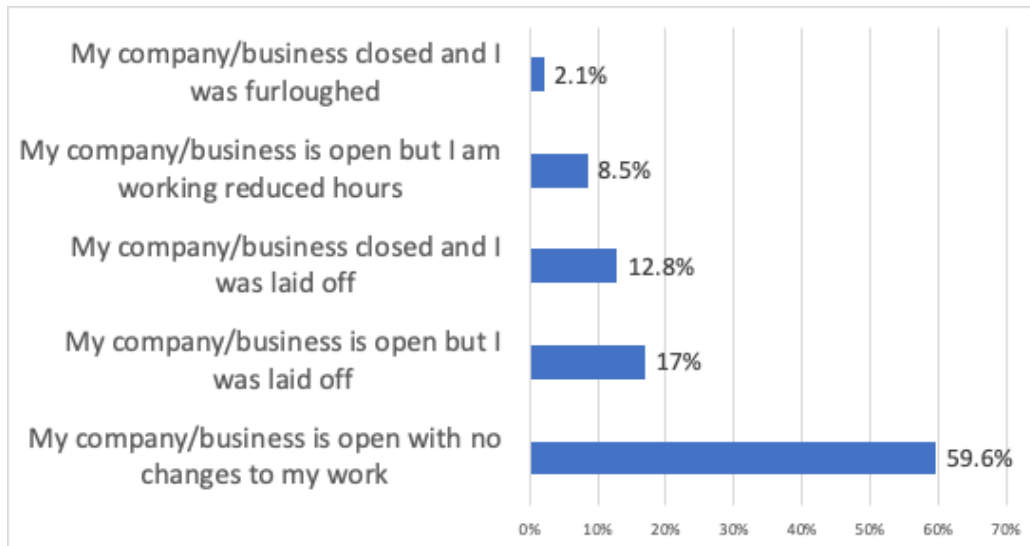
Select

Industry advocacy

Select

## May Poll Results

Has your employment changed as a result of the COVID-19 pandemic?



## CADTP Counselor Website Resources



[New Registration](#)

[Renew Certification](#)

[Transfer Certification](#)

[Verify Credential](#)

[Digital Credentials](#)

[Payment Portal](#)

[Calendar of Events](#)

## CADTP Customer Care

Have questions?  
Need assistance?

Call or contact  
CADTP's friendly and  
knowledgeable  
Certification Team.



We're here for you!

Phone: (800) 464-3597

Fax: (866) 621-2286

Email: [info@cadtp.org](mailto:info@cadtp.org)



California SUD Counselor Certification

*Join Our Newsletter!*

Stay up-to-date with the latest in SUD Counselor Certification.  
Published monthly. Pass it along to a friend!



You received this newsletter because you are subscribed to the CADTP email list. If you do not want to receive emails from CADTP, please unsubscribe at the link below.