

Create an inclusive environment for LGBTQ+ people

An Introduction to Gender Identity & Sexual Orientation Training

The underlying theme of this training is cultural humility, or understanding how our life experiences are different, which allows us to: (A) appreciate and understand our own life experiences, (B) gain increased understanding of the life experiences of others, and (C) improve our ability to work with and facilitate growth in the people we serve.

Course Objectives:

- Discuss the differences between sex, gender, gender identity, and sexual orientation.
- Describe coping mechanisms routinely employed by LGBTQ+ prior to coming out or dealing with shame-based reactions to heterosexism.
- List manifestations of minority stress for LGBTQ+ individuals.
- List ways of becoming a more trans positive treatment provider.
- Describe the criteria for programs to be considered "LGBTQ+ Tolerant," "LGBTQ+ Accepting," and "LGBTQ+ Affirming."

Kentucky & Ohio licensure information located on our website at www.mhankyswoh.org. This is a 6 CEU training!



Friday, January 29, 2021 | 8:30 AM - 4:30 PM
Virtual Training | 6 CEU

Register Online | www.mhankyswoh.org

Contact: Kara Atwell | katwell@mhankyswoh.org

Experience the creative process as a healing tool

Peer Recovery Art Class The Pier Recovery Community Center Limited to 6 People (Masks Required)

Peer support is the “process of giving and receiving encouragement and assistance to achieve long-term recovery.” Peer supporters “offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people” (Mead, 2003; Solomon, 2004). In behavioral health, peers offer their unique lived experience with mental health conditions to provide support focused on advocacy, education, mentoring, and motivation.

Peer Recovery Art Class is an art collaborative in which some of the contributing artists may have lived experience as mental health consumers and their art may reflect that experience but the emphasis is on respect of the art.

Class includes painting, crafting, drawing, design, and other creative mediums.

Friday at 12:30 pm | Martin W, CPSS - Facilitator
The Pier Recovery Community Center
1002 Monmouth Street, Newport, KY 41071
Class Sign Up: (859) 547-6539



Our peer support groups are free and open to anyone

January 2020

Peer Support Groups & Classes The Pier Recovery Community Center

Monday

11:00 AM | Stress Management | The PIER Recovery Community Center Facebook Page

12:30 PM | Parenting | Link: <https://meeting.windstream.com/j/11110410767>

Tuesday

11:00 AM | Anger Management | Link: <https://meeting.windstream.com/j/11110410767>

12:30 PM | Men's Recovery | The PIER Recovery Community Center Facebook Page

1:00 PM | Virtual Employment Lab | Link: <https://meeting.windstream.com/j/11110410767>

10:30 AM | Women's Recovery | Link: <https://meeting.windstream.com/j/11110410767>

Wednesday

11:00 AM | Recovery Management | In-Person at The PIER | Limited to 10 people (Masks Required)

12:30 PM | Spirituality in Recovery | The PIER Recovery Community Center Facebook Page

1:30 PM | Grief in Recovery | Link: <https://meeting.windstream.com/j/11110410767>

Thursday

11:00 AM | Attacking Anxiety | The PIER Recovery Community Center Facebook Page

11:30 AM | LGBTQ+ in Recovery | Link: <https://meeting.windstream.com/j/11110410767>

12:30 PM | Double Trouble | The PIER Recovery Community Center Facebook Page

Friday

12:00 PM | Recovery Art Class | In-Person at The PIER | Limited to 6 people (Masks Required)

The Pier Recovery Community Center

1002 Monmouth Street, Newport, KY 41071

Contact: Tom Spicer | tspicer@mhankyswoh.org

Class Sign Up: (859) 547-6539



Support Groups are helpful and aid recovery

Recovery Management Class The Pier Recovery Community Center Limited to 10 People (Masks Required)

Recovery Management is meant to carry individuals through their first year of addiction and mental health recovery, typically post 6 months of recovery time. It is designed to help participants step gradually into the norms of daily life while still being held accountable for their recovery. Each person afflicted with substance use disorder is different. As such, periods of time in each program may vary.

The goal of this program is to prevent a return to use or lapse in mental health. Returning to use is a process, not a single event. Relapse starts weeks or even months before the actual drug consumption. In this program, you will learn how to use recovery management techniques for all three stages of relapse (Emotional, Mental, and Physical) in order to establish a long and healthy life of recovery.

Starting Wednesday, January 15th, 2021
Wednesdays at 11:00 am | Sarah D, CPSSS - Facilitator
1002 Monmouth Street, Newport, KY 41071
Class Sign Up: (859) 547-6539

