



Recovery Center of Excellence

A Community Conversation on Opioid Use Disorder

Train the Trainer Overview

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Course Overview and Rationale

Research shows that stigmatizing beliefs around substance use disorder (SUD) can be reduced by bringing people into contact with a person who has the stigmatized medical condition and educating them about effective treatments and the potential for recovery.¹ This is not an academic workshop about stigma. It is a conversation for participants to explore stigma, how we support people with substance use disorder (SUD) and their families, and how we work together in our communities to reduce stigma. We use portraits and videos of people with lived experience to facilitate discussion, making it very interactive.

Special Note: *This workshop began with a focus on OUD. Over the past few years, the conversations have expanded to include other substances. This guide uses OUD/SUD throughout.*

Intended Audience

- Overall cross section of people living in rural communities
- Family and friends of individuals with OUD/SUD
- Individuals with lived experience with substances
- Service providers, health care providers, first responders

Objectives and Learning Outcomes

Through the Train the Trainer, participants will familiarize themselves with the **Community Conversations on Opioid Use Disorder** curriculum, identify the skills they bring to facilitating, and prepare to deliver the workshop in their own communities. **Community Conversations** examines the definition and impact of OUD stigma on their rural communities and identifies ways to reduce stigma, biases, and negative perceptions around recovery. Participants will also build on relationships in their communities and increase their understanding of resources and tools available in combating stigma.

Participants will:

- Reflect on their own experiences facilitating and training, examine positive and negative characteristics of trainers, and identify the strengths they bring to the role of trainer.
- Explore facilitation strategies, communication styles, stages of behavior change, and opportunities to engage everyone in the learning process.
- Review the **Community Conversations** curriculum, walk through each section of the workshop, discuss facilitation strategies, and prepare to deliver the training.
- Review support resources and build on relationships of participants within the workshop to learn from, and use as a resource, to reduce stigma in their rural community.

Training Methods, Art, and Group Discussion:

To accomplish this, the workshop will include methods that will enable the participants to explore their beliefs regarding stigma, and develop the knowledge, skills, attitudes, and strategies that are essential to addressing stigma in their communities.

This interactive workshop will also include practical suggestions and realistic problem-solving. It will incorporate art and personal experiences to humanize people with OUD. The activities will enable participants to analyze their beliefs, identify areas for change, and develop specific action plans for modifying current behaviors.

The workshop design utilizes a proven adult learning process which provides both a means of learning and mechanisms for application.

Sequence of Activities:

Timeframe: 4.0 hours

- Welcome and Introductions - 15 minutes
- Today's Goals - 5 minutes
- CCOUD Workshop – Starting the Workshop and Engaging the Participants – 30 minutes
- Individual and Group Activity and What Does Facilitation Mean to You and Your Strengths – 40 minutes
- Facilitation Strategies, Communication Styles and Reasons to Engage Everyone – 30 minutes

Break – 15 minutes

- Review Stages of Behavior Change and Impact on Participation – 15 minutes
- Learning the Curriculum and Getting Ready to Facilitate – 60
- Planning, Addressing Barriers and Challenges and How to Talk About Stigma – 20 minutes
- Closing – Discussion of Next Steps – 10 minutes