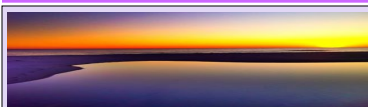


Certificate in Substance Abuse Counseling

E-NEWSLETTER

Department of Addictions and Rehabilitation Studies • Substance Abuse & Clinical Counseling Program
Greenville, NC 27858-4353



Professional Development

Professional Association of Rehabilitation Counselors (PARC)

2013 Conference

Body, Heart, Mind: Assessment and Treatment of Stress Related Conditions in Substance And Clinical Counseling Presentations on Biofeedback and ACT
March 22-23, 2013

Clam Digger Inn, Atlantic beach, NC

Registration for one day only:

- April 16th - \$35.00
- April 17th - \$20.00
- Exhibit Booth: \$100.00

On-site registration will be an additional \$5.00.

For More Information,
email: goodwin@ecu.edu

Credits. Nine (9) credits for LPC, CRC, CSAC, LCAS and 1 CEU credit

Certificate in Substance Abuse Counseling

National Visibility

The Certificate in Substance Abuse Counseling has always appealed to graduates across the country and to some extent across the world. Now this Certificate is the topic of a recent publication by Dr. Crozier. Titled "The evolution of an online substance abuse counseling certificate program," the article reviews the development, growth, challenges, and benefits of an online graduate certificate program that offers professionals an opportunity to retool or expand their skills and meet licensure needs in the evolving field of addictions/substance abuse. The full citation for the article is: Crozier, M. (2012). The evolution of an online substance abuse counseling certificate program. *Rehabilitation Research, Policy, and Education*, 26(4), 289-296.

For an electronic copy of the article or for more information on the substance abuse counseling certificate program contact: Dr. Mary Crozier, Coordinator of the Certificate in Substance Abuse Counseling, 252-744-6299, croziern@ecu.edu, <http://www.ecu.edu/cs-dhs/rehb/crozier.cfm>.

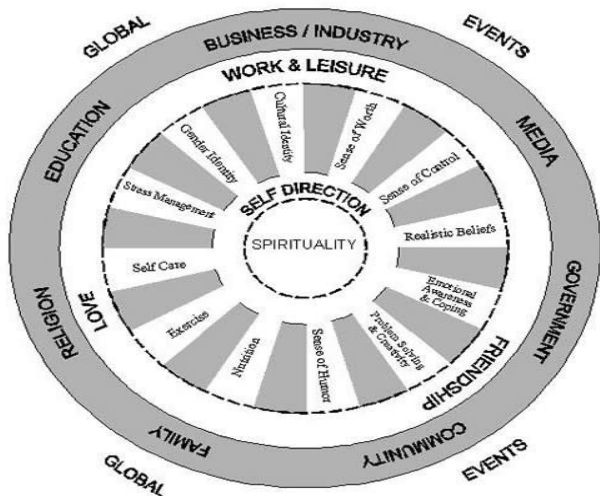
For information on the College of Allied Health Sciences, <http://www.ecu.edu/cs-dhs/ah/alliance2.cfm>



Current Issues in Substance Abuse

The good news is that there are many ways to prevent substance abuse. One way is to increase knowledge of risky side effects of alcohol, tobacco, and other drugs. Surveys of adolescents show a correlation between increased perceived risk of binge drinking and a decrease in actual binge drinking.

The bad news is that SAMHSA shows a gradual decline in efforts to educate adolescents on the negative consequences of substance use. Survey results indicate that from 2002 to 2011, efforts to educate adolescents on the negative effects of substance abuse has decreased. This decline in prevention programming is accompanied by data indicating an increase in marijuana use as well as a decrease in perceived risk of marijuana use in adolescents. Thus, SAMHSA supports parents talking with their adolescents and schools offering comprehensive prevention services. <http://www.samhsa.gov/newsroom/advisories/1302072604.aspx>



Wellness

According to the literature on wellness, challenges are inevitable but how we deal with challenges is a choice. Adopting wellness strategies can help us better deal with challenges and they can actually help us grow. This wellness wheel depicts all the dimensions of wellness.

Test yourself now...review the wellness wheel and consider how you are meeting needs in all the dimensions and striving toward wellness.

See the attached DARS Newsletter for information on how DARS faculty and staff are staying well.



Got Empathy?

T-shirts are available from Dr. Crozier and can be mailed anywhere in the world. These great gifts support Rho Omega, our International Student Counseling Honor Society!