

ISSUP Newsletter - Issue 141: January 25, 2023

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It's our second newsletter of 2023 and we're delighted to bring you a guest feature full of practical tips on building resilience and self-care. We hope you can join us on the 2nd of February for a webinar with the author, Dr. Amer Kaissi, where he'll be sharing advice on steps you can take to maintain your wellbeing...

Guest article /

The Power of Resilience

Resilience has always been an important attribute for professionals, especially in healthcare organizations. However, the recent COVID-19 pandemic has magnified the setbacks and stressors. As a result, there is an increased need for professionals to develop and maintain resilience. Before we discuss how to achieve that, it is important to define what resilience is.

A common understanding of resilience is the ability to handle setbacks and to deal with chronic stress. Setbacks are personal and professional challenges that may impact professionals in a negative way. And while some stress is inevitable, chronic stress can lead to extreme exhaustion and burnout and therefore needs to be prevented or at least mitigated. The main idea is that professionals have the ability to influence and impact their team's and organization's resilience through their words and actions. But in order to do that, they have to build and maintain their self-resilience first.

One of the most important mindset shifts for professionals to develop and maintain resilience is to realize that resilience is about how they recharge, not how they endure. The old-fashioned way of thinking, assumed that enduring, suffering, powering through and grinding out were the hallmarks of resilience. However, recent research has revealed that this view is very different from what resilience actually is.

[Click here to read the full article](#)

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Resilience in Leadership:

Key Behaviors for Self-Care and Caring for Others



Speaker:

Dr. Amer Kaissi

Professor of Healthcare Administration,
Trinity University, Texas

Author of the book "Intangibles: The Unexpected Traits
of High-Performing Healthcare Leaders" (2018)

Author of the book "Humbitious: the Power of Low-
Ego, High-Drive Leadership" (2022)



February 2, 2023



2PM UK



8AM U.S. Central Time

feeling inspired and equipped to build and maintain your own strategies for self-care. February 2nd, 2023. Live Spanish interpretation provided. Book your place here: [ISSUP](#)

Recovery Support Reading List



Recovery is a process that often takes significant time and effort to achieve and maintain. Here you will find a selection of resources and pieces of research relating to the topic of recovery support. Available in the ISSUP Knowledge Share here: [ISSUP](#)

ISSUP Kenya meet with WIMIT



ISSUP Kenya President Dr. Pamela Kaithuru attended a meeting with Women In Mental Health Interventions and Treatment (WIMIT). WIMIT is made up of women who run facilities dealing with SUD's prevention and treatment, most of them aimed at supporting women. Read more: [ISSUP](#)

ISSUP The Bahamas National Chapter Launch Event

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Chapter, in conjunction with its host organization, Sandilands Rehabilitation Center, are pleased to announce the date of their official launch, which will take place on 2 February 2023 at the University of the Bahamas.

The event will be broadcast live. Please click here for further information and registration details: [ISSUP](#)

2023 Conferencia Regional de ISSUP en Argentina



CONFERENCIA REGIONAL DE ISSUP

19-21 de abril, 2023

UMSA - Universidad del Museo Social Argentino
Buenos Aires, Argentina



¡Las Inscripciones para la Conferencia Regional ISSUP Argentina 2023 están abiertas! El evento se llevará a cabo del 17 al 22 de abril, 2023. El tema del evento de este año es "Formación y evidencias para fortalecer los programas". Podrá encontrar más información sobre el evento en el siguiente enlace: [ISSUP](#)

Cursos gratuitos en línea CIJ / ISSUP México

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Duración: 20 hrs.
Inscripciones abiertas 2023

Escribenos: informes.capacitacion@cij.gob.mx

Síguenos en: 

Women’s Access to Substance Use Treatment Centers: the Swedish Approach

Webinar
Women’s Access to Substance Use Treatment Centers: the Swedish Approach



**Thursday
February 16, 2023**

**10:00 am – 12:30 pm - Washington, DC
4:00 – 6:30 pm - Stockholm**

Opening Remarks

Angela Crowdy

Assistant Executive Secretary,
Inter-American Drug Abuse Control
Commission (CICAD)/OAS

Josefin P. Jonsson

Head of Department for Living
Conditions and Lifestyle, Public Health
Agency of Sweden

Closing Remarks

Jimena Kalawski

Chief, Demand Reduction Unit,
Inter-American Drug Abuse Control
Commission (CICAD)/OAS

Presenters

Åsa Magnusson

MD, Psychiatrist, Stockholm Center
for Dependency Disorders

Anna Persson

Psychologist, Mika Health, Stockholm
Center for Dependency Disorders

AnnaKarin Ekstrand

Registered midwife, Head of Units,
Rosenlunds Maternity and Child
Healthcare Teams and Mika Health,
Stockholm Center for Dependency
Disorders

Martin Kåberg

Medical Supervisor for the Stockholm
Needle and Syringe Exchange Services,
Stockholm Center for Dependency
Disorders

Moderators

Andrea Escobar

Senior Program Officer,
Inter-American Drug Abuse
Control Commission
(CICAD)/OAS

Rocío Suárez Ordóñez

Psychologist specialized in trauma
and Post-Traumatic Stress
Disorder (PTSD), Argentina



[Register Here](#)



@CICAD_OEA



Languages: English/Spanish interpretation

Don't miss this webinar that CICAD is co-hosting with Sweden's Public Health Agency on February 16th, 2023. English/Spanish interpretation will be available. Register to attend here: [ISSUP](#)

Webinars and events

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ISSUP Nigeria Knowledge Update Series
Bi-Monthly Webinar

Discussion Topic:
Substance Use Prevention Interventions in Schools: Alternatives to Punishment

Speaker:
Maria Mfon Ilugbuhi
Chief Executive Officer,
The Shelter Youth and Community
Network, Lagos, Nigeria

Moderator:
Dr. Martin Agwogbe

Moderator:
Dr. Bawo James

Thursday 26th January, 2023 | 3pm WAT | 2pm GMT

Series with a talk by Maria Mfon Ilugbuhi on substance use prevention in schools. [Register](#)

LIVE WEBINAR

ISSUP INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS

Resilience in Leadership:
Key Behaviors for Self-Care and Caring for Others

Speaker:
Dr. Amer Kaissi
Professor of Healthcare Administration,
Trinity University, Texas

Author of the book "Intangibles: The Unexpected Traits of High-Performing Healthcare Leaders" (2018)
Author of the book "Humbitious: The Power of Low-Ego, High-Drive Leadership" (2022)

February 2, 2023 | 2PM UK | 8AM U.S. Central Time

2 February | Resilience in Leadership: Key Behaviors for Self-Care and Caring for Others with executive coach, author and Professor of Healthcare Administration Dr. Amer Kaissi. [Register](#)

ICUDDR **ISSUP** INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS **ISAM** INTERNATIONAL SOCIETY OF ADDICTION MEDICINE

Outpatient Alcohol Withdrawal Management: A Tool for Global Practice Settings

Alexander Baldacchino, MD, MRCPsych, FRCPSych, FRCPE, FISAM, MPhil, PhD
President, International Society of Addiction Medicine (ISAM)

Linda Frazier, M.A., RN, MCHES
Director, Addictions Initiatives, Advocates for Human Potential, Inc. Boston, Massachusetts

Darius Rastegar, MD, FASAM
Associate Professor of Medicine, Johns Hopkins University School of Medicine, Baltimore, Maryland

Audra Stock, LPC, MAC
Clinical Director, Substance Use Disorder Clinical Programs, European Region, U.S. Army Medical Command, Landstuhl, Germany

February 9, 2023 | 10AM U.S. Eastern Time | 3PM GMT

9 February | ICUDDR, ISSUP and ISAM invite you to their upcoming joint webinar on Outpatient Alcohol Withdrawal Management: A Tool for Global Practice Settings. [Register](#)

Knowledge Share

The ISSUP [Knowledge Share](#) holds a wealth of information submitted by our members and partners. Read the [sharing guide](#) and make your first post today.

[Dr. Aaron Norton on Addressing Medical Cannabis Use](#)



[Recovery Pathways online course for addiction professionals](#)



Jobs & Training Opportunities

- [NIDA INVEST Postdoctoral Research Fellowship](#)
- [Short-term consultant VNGOC, Austria](#)
- [UTC Self-Led Courses](#) (English and Spanish courses available)
- [Master's degree \(Mgr./MSc\) in Addictology](#)

Do you have a job advert or opportunity you would like to publish in the ISSUP newsletter? [Contact us](#) or post vacancies in the [Job Network](#) to reach more professionals.



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