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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 in 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

Attend this /

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Resilience in Leadership:

Speaker:

Key Behaviors for Self-Care and Caring for Others



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: <u>ISSUP</u>

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: <u>ISSUP</u>

ISSUP Kenya meet with WIMIT



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

ISSUP The Bahamas National Chapter Launch Event



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: <u>ISSUP</u>

2023 Conferencia Regional de ISSUP en 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: <u>ISSUP</u>

Cursos gratuitos en línea CIJ / ISSUP México

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		SE OTORGA CONSTANCIA	SE OTORGA CONSTANCIA	
	Curso en línea GRATUITO		Curso en línea GRATUITO	
	Primeros auxilios psicológicos	Primeros Auxillos	Prevención del maltrato a niñas, niños y adolescentes	
	Duración: 20 hrs. Inscripciones abiertas 2023	Primeros Auxilios	Duración: 20 hrs. Inscripciones abiertas 2023	
	Escríbenos: in	formes.capacitacion@cij.gob.mx	Escríbenos: informes.capacitacion@cij.gob.	.mx
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Women's Access to Substance Use Treatment Centers: the Swedish Approach

eatment Centers: the Swo proach		Thursday February 16, 2023 10:00 am – 12:30 pm - Washington, DC 4:00 – 6:30 pm - Stockholm		
Opening	Remarks	Closing Remarks		
Angela Crowdy	Josefin P. Jonsson	Jimena Kalawski		
Assistant Executive Secretary, Inter-American Drug Abuse Control Commission (CICAD)/OAS	Head of Department for Living Conditions and Lifestyle, Public Health Agency of Sweden	Chief, Demand Reduction Unit, Inter-American Drug Abuse Control Commission (CICAD)/OAS		
Prese	Moderators			
Åsa Magnusson	Anna Persson	Andrea Escobar		
MD, Psychiatrist, Stockholm Center for Dependency Disorders	Psychologist, Mika Health, Stockholm Center for Dependency Disorders	Senior Program Officer, Inter-American Drug Abuse Control Commission (CICAD)/OAS		
AnnaKarin Ekstrand	Martin Kåberg	Rocío Suárez Ordóñez		
Registered midwife, Head of Units, Rosenlunds Maternity and Child Healthcare Teams and Mika Health, Stockholm Center for Dependency Disorders	Medical Supervisor for the Stockholm Needle and Syringe Exchange Services, Stockholm Center for Dependency Disorders	Psychologist specialized in trauma and Post-Traumatic Stress Disorder (PTSD), Argentina		

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: <u>ISSUP</u>

Webinars and events



ISSUP INTERNATIONAL SUCIETY OF SUBSTANCE USE

Resilience in Leadership:

LIVE WEBINAR

Key Behaviors for Self-Care and Caring for Others



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 (ICAM) President, international actions, and Linda Frazier, M.A., RN, MCHES Director, Addictions Initiatives, Advocates for Human Potential, Inc. Boston, Massachusetts Director, Addicurb Integrave Sector 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, Clinical Director, Substant Landstuhl, Germany February 9, 2023 🔘 10AM U.S. Eastern Time | 3PM GMT

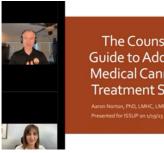
Series with a talk by Maria Mfon Ilugbuhi on substance use prevention in schools. Register

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

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.



The Counselor's Guide to Addressing Medical Cannabis in **Treatment Settings**





Dr. Aaron Norton on Addressing Medical Cannabis Use







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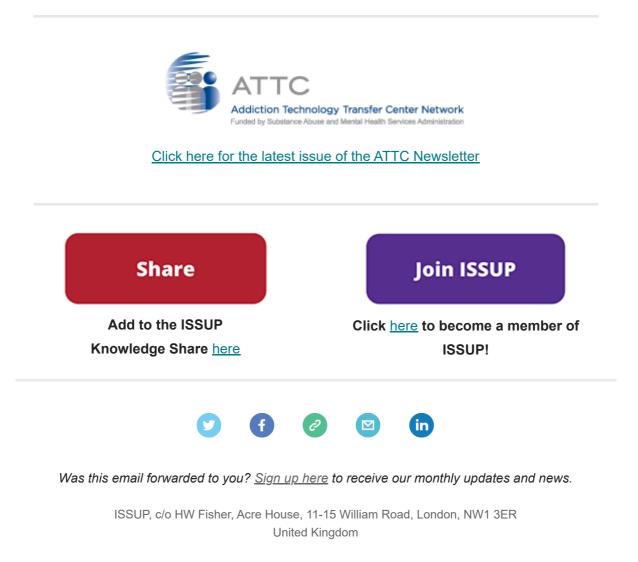
Addiction Conter, India

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Jobs & Training Opportunities

- <u>NIDA INVEST Postdoctoral Research Fellowship</u>
- <u>Short-term consultant VNGOC, Austria</u>
- 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? <u>Contact us</u> or post vacancies in the <u>Job Network</u> to reach more professionals.



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