OPENING SESSION
Integrating Music into Substance Use Disorder Treatment for Resilience of the African American Client

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CE Instructions
www.naadac.org/EBC2021-ces
Integrating Music into Substance Use Disorder Treatment for Resilience of the African American Client

Presenter

Grady Anthony Austin
Founder/Coach, Grady Austin Coaching
We will discuss the historical significance of music and religion in the African American Diaspora, and the evolution of its cultural context.

Learning Objective 1:
Explore the need for and benefits of integrating culturally based music and religious wellness practices into substance use disorder treatment.

Learning Objective 2:
Discuss creating content and techniques for integrating music into substance use disorder treatment.

Learning Objective 3:

White missionaries teach African children

European hymns – West African rhythm, harmony and dance
Lift every voice and sing
Till earth and heaven ring
Ring with the harmonies of Liberty;
Let our rejoicing rise, High as the list'ning skies,
let it resound loud as the rolling sea
Sing a song full of faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory is won.
By many measures, African Americans are more religious than whites and Latinos.

<table>
<thead>
<tr>
<th>% of</th>
<th>Blacks</th>
<th>Hispanics</th>
<th>Whites</th>
</tr>
</thead>
<tbody>
<tr>
<td>say they believe in God with absolute certainty</td>
<td>85</td>
<td>59</td>
<td>66</td>
</tr>
<tr>
<td>say religion is very important</td>
<td>49</td>
<td>59</td>
<td>45</td>
</tr>
<tr>
<td>say they pray daily</td>
<td>54</td>
<td>54</td>
<td>41</td>
</tr>
<tr>
<td>say they attend religious services at least once a week</td>
<td>39</td>
<td>32</td>
<td>2</td>
</tr>
</tbody>
</table>

Note: Whites andblacks include only non-Hispanics. Hispanics are 1% or less. Source: 2014 U.S. Religious Landscape Study, conducted June-Sept. 2014, PEW Research Center
• Empathy response

• Reward response
• Empathy response
• Reward response
• Relaxation response

Music is the Perfect Multi-Tool
• Increase present moment mindfulness
• Pain reliever
• Increase focus
• Improve memory
• Increase emotional expression
• Increase creativity
• Increase relaxation
• Increase interpersonal connections
Ivan Petrovich Pavlov

CONDITIONING
The process of training or influencing a person or animal mentally so that they do or expect a particular thing without thinking about it.

SPIRITUALITY / MINDFULNESS / MUSIC PRACTICES
- Talk to a friend who has a healthy lifestyle
- Connect with your emotions through journaling
- Draw, paint, craft, be creative, write music
- Be alone, be present with your self
- Revisit the happy past – if you have no happy past memories, consider what would make one happy
- Exercise
- Listen to music, play music
- Pray, meditate
- Destroy old letters, pictures, little black books that are not supporting recovery
- Delete email, text, Facebook/Instagram content that is negative
- LIKE NIKE SAY’S “JUST DO IT”

THANK YOU!
Rev. Grady Austin
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