

Haley Hartle, NAADAC: Welcome everybody, we are going to give you a couple of minutes to get it and get settled, and we will get started with today's webinar at 12 o'clock Eastern time.

Haley Hartle, NAADAC: All right, everybody, welcome to today's webinar women in recovery specialty online training series come on get happy women recovery and happiness presented by joy ehrlichman Miller.

Haley Hartle, NAADAC: On this is our last session of our women in recovery specialty series, so we are looking forward to that.

Haley Hartle, NAADAC: we're so glad you could join us today, my name is hayley hardell and i'm the training and professional development coordinator here at NASDAQ the association prediction professionals.

Haley Hartle, NAADAC: i'll be the facilitator for the training experience today and with me behind the scenes, is our director of training and professional development.

Haley Hartle, NAADAC: Jesse o'brian who will be addressing any issues or questions you may have that aren't specifically for our presenter.

Haley Hartle, NAADAC: So, in other words you have a lot of support here today, the permanent homepage for nayak webinars is www.nasa.org forward slash webinars so make sure to bookmark this web page and stay up to date on the latest in addiction education.

Haley Hartle, NAADAC: We will be using zoom's closed captioning feature today, so if you locate that closed captioning button at the bottom of your screen and your zoom and you that will enable that subtitle for you.

Haley Hartle, NAADAC: today's webinar is sponsored by women for sobriety women for sobriety or wh fs is the first peer support program tailored specifically for women.

Haley Hartle, NAADAC: Overcoming substance use disorders, with both in person and online meetings, the new LIFE program provides supportive empowering secular and life affirming principles.

Haley Hartle, NAADAC: That address the unique needs and challenges of women in recovery, we will hear a little bit more from our sponsor later at the end of the presentation so stay tuned for that.

Haley Hartle, NAADAC: we're using zoom webinar for today's live event so you'll notice the zoom control panel that looks like the one on my slide at the bottom of your screen.

Haley Hartle, NAADAC: The three main items to be aware of number one is the chat box that's where you can send chat messages to us hosts and panelists and then to other attendees.

Haley Hartle, NAADAC: The second is the Q amp a box, so if you open up the Q amp a window, you can ask questions to our presenter and we will either reply to you via text in the Q amp a window.

Haley Hartle, NAADAC: Or will answer your question live during the live q&a period.

Haley Hartle, NAADAC: We will gather all questions related to the presentation and give them to our presenter at the end, so any questions we don't get to we will collect directly from the presenter and post those questions the answers to our website.

Haley Hartle, NAADAC: The third is that live transcript button I mentioned, with the double see on it.

Haley Hartle, NAADAC: we're using zoom for our closed captioning today and it's been enabled So if you would like subtitles just click on that live transcript button and select show subtitles.

Haley Hartle, NAADAC: Lastly, in the chat box will be posting the link to any handouts, including a PDF of the PowerPoint slides and user friendly instructional guide on how to access that sequences and earn your CA certificate.

Haley Hartle, NAADAC: So please be sure to check those out and each webinar has its own web page that contains everything you need to know about that particular webinar.

Haley Hartle, NAADAC: So immediately following this live event you'll find the online CE quiz link on the exact same what page you use to register for this webinar.

Haley Hartle, NAADAC: So that means everything you need to know is at that web address up at the top of my slide it's www.sec.org forward slash women series 2022 women recovery happiness session.

Haley Hartle, NAADAC: Now that's a long things type but that's the web page.

Haley Hartle, NAADAC: And if this is your first time going through the process, please be sure to follow the instructions guide that's right underneath the online CE quiz link to guide you through that process.

Haley Hartle, NAADAC: If you have questions or issues you can also always email us at CES@nswa.org that see is in continuing he has an education made at work.

Haley Hartle, NAADAC: Please note very important will remind you of this, at the end, as well, if you mean your certificate to say live on it please make sure to complete that sequence within 24 hours.

Haley Hartle, NAADAC: that's not all you have to do you also have to download it so take the quiz pass it and download it.

Haley Hartle, NAADAC: And then, for any social workers who are here with us today, please stay on at the end of the presentation we have that brief two minute video on how to add your license number to your certificates.

Haley Hartle, NAADAC: If you did complete each of the six women recovery training webinars either by live or on demand and pass the sequences you are eligible to apply for that women in recovery certificate.

Haley Hartle, NAADAC: So you can apply for that and get that certificate of achievement if you complete all six and Today is the last one.

Haley Hartle, NAADAC: And finally, I can introduce you to today's presenter enjoy ehrlichman Miller is an internationally known licensed psychotherapist professional trainer and author.

Haley Hartle, NAADAC: Miller is the founder and director of joy Miller and associates in peoria Illinois she's an Illinois state licensed clinical professional counselor as well as a certified master addictions counselor.

Haley Hartle, NAADAC: Additionally, Miller is an adjunct professor at Bradley university.

Haley Hartle, NAADAC: The author of seven books Miller is a leading authority on relationship issues and Holocaust studies.

Haley Hartle, NAADAC: She has appeared on the Sally jessy Raphael oprah winfrey Jenny Jones montel Williams and geraldo Rivera shows Miller also hosted a mental health segment on NBC and CBS television affiliates for 25 years.

Haley Hartle, NAADAC: she's the founder and CEO of resiliency forums, a free live stream site that serves as the largest resiliency conference in the world.

Haley Hartle, NAADAC: In 2021 that event had over 7000 participants from over 110 actually 111 countries around the globe, the celebrity team has included Joe Biden.

Haley Hartle, NAADAC: Glenn close alanis morissette Erin Brockovich Tara Brock allison camera rota India aria is egger julianne hough PQ to judge arianna huffington and many, many more so without further ado, I can now turn it over to our presenter Dr.

Joy Miller: wallach wow it's wonderful to be here let's just see if I can share the screen that'll that'll be the miracle then i'll i'll really be happy if this works so.

Joy Miller: All right, let's see give it a go.

Joy Miller: Hopefully they'll let me know, can you see it.

Haley Hartle, NAADAC: Now you just have to share one more time I can.

Haley Hartle, NAADAC: yeah.

Haley Hartle, NAADAC: So share one more.

Joy Miller: Here we go.

Joy Miller: Perfect all right, I can relax okay.

Joy Miller: Welcome everybody.

Joy Miller: i'm so glad that you're here to come on get happy women addiction and happiness.

Joy Miller: First of all, i'm sure that everybody knows that we're facing an epidemic in our country right now look at these statistics, this is from 2020 and you'll see that.

Joy Miller: In this report, anxiety depression substance abuse, everything is up in fact 40% of our adults say that they're struggling with mental health or substance abuse issues right now.

Joy Miller: And in fact the world happiness report actually looks at our subjective well being i'm sure all of you know what that is and what they've seen is in the last couple years our wellness subjective.

Joy Miller: subjective well being has actually gone down and the world happiness report says that we're now in like a mass addictive society they mean that so many people are using whether it's alcohol drugs.

Joy Miller: digital media other types of things that are keeping us from ourselves and creating this unhappy and depressed society.

Joy Miller: And to this look at this trend, this is from.

Joy Miller: And it shows the increase in alcohol consumption.

Joy Miller: During the pandemic look at the years from 41 to 75 look at the huge jump in what we're seeing in alcohol use.

Joy Miller: Now I know that.

Joy Miller: you're clear on there's an epidemic that has to do with depression, most of us who are

clinicians are working so many hours because we have so many clients are experiencing it.

Joy Miller: But I truly believe there's six other reasons why we're feeling depression The first one is that before the pandemic.

Joy Miller: let's say in February of 2020 will have this kind of idealism of how life should be how it should look what was going to happen, how things were you know.

Joy Miller: wonderfully going to happen and be and that idealism is inside us now, when we realize life isn't what we thought.

Joy Miller: And back then, most of us felt kind of invincible like we could do anything uh we were you know if something was in front of us, we thought we could do it, but when the pandemic hit, most of us are feeling as though.

Joy Miller: You know we're just not strong enough more more fragile fragile and fragmented, because now, our society is in this place where we're kind of individuals so we're split by politics.

Joy Miller: we're split by our views on abortion, maybe on immigration, all sorts of things and we become this.

Joy Miller: individualistic society we're we're in you know separation and that connection truly has caused a huge depression and we'll talk more about that because I recently did a study on this.

Joy Miller: Because we are so disconnected I realized we're coming back a little bit, but because we have been.

Joy Miller: away from friends and family for so long that depression, has already set in, and when you take all the top four things you put it together.

Joy Miller: What typically happens for most of us is we turn it inward somehow we've done something wrong circumstances we've created that we look at our shortcomings and we start looking and worry, and so our depression becomes deeper and deeper in our country.

Joy Miller: we're also seeing that females are having a higher rate of alcohol use look at this, this is amazing to look at the United States being on top, as it relates to addiction for women.

Joy Miller: we're also seeing some other trends um I don't I think this is kind of a fascinating study for those of us who are addictions counselors what we're finding out is the first year of recovery is actually our lowest point yeah you heard me right, so let me show you this.

Joy Miller: Okay, if you look at this chart when we hit recovery in our first year look our quality of life, goes down our self esteem goes down our happiness goes down.

Joy Miller: And many of us may wonder why, why is that happening.

Joy Miller: But remember we're in recovery we're just starting and we're starting to really see all the things we did all the effects and we're finding out.

Joy Miller: that women are hip hardest Native Americans those people who have used opiates and really we don't hit i'm going to go back to that picture again.

Joy Miller: We don't really hit our happiness IQ until our first to fifth year that's when we tend to really see giant gains in happiness and in our recovery and.

Joy Miller: Once again.

Joy Miller: This This seems to go across the board, we are seeing some exceptions we're seeing that black America Americans have greater self esteem and confidence and generally their dip isn't as low as some of the rest of us.

Joy Miller: let's talk about one other kind of study that talks about women and depression For those of you who are watching my hands on the side i'm sorry I, I have to move my hands, while i'm talking.

Joy Miller: So um what we know now is that women tend to be the happiest in the early parts of their lives, they have a lot of socialization there with friends they're going to parties.

Joy Miller: They may be starting to date they're having relationships with single you know significant others they're starting families, this is what they always in their mind you know it's it's the good part of their life.

Joy Miller: But when they turn 40 if you think of a you they're going to the bottom we're finding that women typically are unhappy at 40 so think about what happens at 40.

Joy Miller: that's maybe one or children go away that's when we've isolated in some way from our friends, because we're involved with maybe caring for our parents are caring for children.

Joy Miller: Maybe there's an empty nest syndrome, but this tends to be women's unhappiness time for men it typically seems to be around the age 50.

Joy Miller: The good part is when you hit 70 like me then you're at the happiest part of your life so we'll see what we're hoping that that's really the truth.

Joy Miller: So let's talk about happiness for a minute it's one of those things where you can feel it but it's hard to define So for me it's basically like experiencing joy and contentment and happiness so let's look at some statistics about happiness and for those of you who are.

Joy Miller: The first children do it all people I bet you've already gone to the site you've done the true or false quiz so some of these will look familiar to you.

Joy Miller: First of all, what we do know is that Americans would rather be happy than have all the money in the world or go to heaven or anything.

Joy Miller: Typically, Americans are consumed with wanting to be happy now what we do know is that we can train people to be about 25% happier we're also going to talk in a few minutes about Sonia lion Mirsky who really believes that number is much higher and we'll talk about that.

Joy Miller: We also know that if you ask Americans between zero and 100 where do you see yourself on a scale Americans typically say about 70%, but when you ask people from around the world, they typically see themselves a little more unhappy they're like 50%.

Joy Miller: So if you take that kind of 70 number that means at any one time about a quarter of our population, excuse me, of our population is really kind of depressed We also know, as it relates to happiness that money doesn't make us happy.

Joy Miller: Look at what has happened in the last 50 years we've increased our personal income by 250% but our happiness level really hasn't changed at all.

Joy Miller: And I think the saddest thing on this entire you know screen is that our children, say that they're only happy 52% of the time 29% of the time they just feel neutral and 19% of the time they're really unhappy.

Joy Miller: So it's time to find out what brings you happiness So hopefully you're going to see a Pole Oh, there is come up.

Joy Miller: And zoo only gives us 10 choices so i'm sorry but you're going to have to pick from one of these, you only get one choice, so please look at the list and vote for which of these 10 makes you the happiest.

Joy Miller: I hope, somebody is going to tell us the results.

Joy Miller: Look at that.

Joy Miller: Are you surprised.

Joy Miller: I have to tell you i'm not at all, because my study of 5000 people, so the same thing that what gives people the greatest happiness and why they have.

Joy Miller: Sustained during the pandemic was because of connections with family and friends, so I i'm not surprised at all, and as you saw money was nowhere on that.

Joy Miller: So let's look at.

Joy Miller: If I can get okay let's look at some of the happiest people in the world, this may really surprise you.

Joy Miller: But the coldest countries on the globe are generally the happiness what authors might call blue zones so it's Finland, Denmark, Iceland and you might ask.

Joy Miller: Why why, but if you go to those countries you'll see that their socio economic statuses about the same so not a lot of variation pretty much everybody's in kind of the same place there's absolutely no violence.

Joy Miller: If they have any kind of guns, there is no violence, no one uses it there's no necessarily high rates of suicide or mass killings.

Joy Miller: and also the addiction rate is very, very low, we also know that people in these countries have a different outlook.

Joy Miller: They have lower expectations, I think, as Americans, sometimes we have really, really high expectations of.

Joy Miller: What life should be we've had you know many of us sometimes you know things really good, but we have higher expectations in these three countries.

Joy Miller: Most people have lower expectations so they're not necessarily as disappointed.

Joy Miller: But look at the things that they have which maybe has something to do with this, they have free education they're free health care they don't work over 37 hours a week, they have at least six weeks of vacation and a real emphasis on family in fact.

Joy Miller: A lot of people in these countries have a room in their house that is just about family and it's about creating a room of happiness, so this happiness room that they all gather in.

Joy Miller: You know, has games and drawings and all sorts of things so there's this real emphasis on connection and happiness.

Joy Miller: Just to look at a few other studies for a moment.

Joy Miller: We talked a little bit about men and women, we talked about how men are happier than women as they age, we also know that.

Joy Miller: Women believed that family and finances would be good for them in the early part of their lives and what they're finding, is it really isn't that way.

Joy Miller: In fact, at 41 men's financial satisfaction exceeds women at 48 men's happiness exceeds women and it's 64 satisfaction for their family is higher so we've got a lot of work, especially as women to really work on our happiness quotient.

Joy Miller: We also talked about money, a little bit interesting study that was done with 12,000 college freshman who thought that money was going to make them happy, but by the time they were.

Joy Miller: They realized that's not the key, in fact, some of the richest people the line must have our lives there typically not happier than anyone else in their business and what we do know about age is we talked about this for a moment, older people are the happiest.

Joy Miller: As we age we tend to be happier and we don't worry as much about achievement because we've done it and we also don't have to worry about taking care of our children and a variety of things.

Joy Miller: This is time for us the exciting part is at the bottom, as we get older our happiness increased by 5% every 10 years so take a breath.

Joy Miller: All right, we've talked about women we've talked about depression we've talked about all kinds of studies related to happiness now, before we move into the next part I think it's time to do something fun so it's time for a joyful break I want you to meet somebody I like.

Okay.

Now my whole house is great, I can do anything good I, like my school I like anything.

Whole.

My whole house is great, I can do anything good yeah yeah yeah.

You.

Joy Miller: don't we wish we were all JESSICA so i'm going to try and help a little bit so we're from this point going to really talk about some strategies some techniques.

Joy Miller: And just some concepts of increasing people's happiness once again let's go back to that study that we first talked about.

Joy Miller: In the first year of recovery wouldn't it be amazing in that first year if we could teach people skills so that they get increased their happiness quotient.

Joy Miller: And really feel happier in their recovery and in their life, so I use this for your clients use this for people within your work, but please, from this point on.

Joy Miller: Think of this also for yourself So the first thing is I mentioned, Sonia lion Mirsky a while ago.

Joy Miller: Now, when it comes to happiness she wrote a book called the House of happiness she believes that we're all born with a set point.

Joy Miller: of happiness and it's about 50% and it's about writing there for everybody, but she believes that circumstances in our lives let's say.

Joy Miller: We we win the lottery or let's say we get hit by a car or let's say.

Joy Miller: You know something happens when we get a divorce these circumstances, she believes only account for like 10% of our happiness level you add those two together.

Joy Miller: And you get 60% so she believes that 40% of our happiness is truly within our control she calls this the place where we can do intentional activities, so there are things that we can do to raise our happiness IQ.

Joy Miller: So these are the secrets so i'm going to tell you a few today, probably go through a couple of different kind of interactive things and then a variety of different tips so let's start with the first one.

Joy Miller: Okay, this is my favorite, this is the challenge that i'm going to pose to you it's called apples and oranges, now I need to say.

Joy Miller: i've been doing this particular exercise for over 20 years going around the country I have never done it on zoom because we do it in person, so in person, I would be asking each one of you to pick a partner that's kind of hard to do on zoom so going to have to alter this a little bit.

Joy Miller: I should say, the reason it was called apples and oranges was because i'd have people pick a partner and then i'd say Okay, of the two of you, which one wants to be an apple.

Joy Miller: And, of course, the other person is going to be an orange and I gave directions related to who's the apple and who's the orange well right now.

Joy Miller: i've got you all so you're all going to be apples or no oranges here so i'm going to give all the apples directions here's what's going to happen first of all, you need a piece of paper.

Joy Miller: i'll give you a second for that and a pen or a pencil something, hopefully, you have your slides copied off or something.

Joy Miller: Okay.

Joy Miller: Here are the directions, when I say go, I want you to write down on your piece of paper and wait, I know there's many of you who are saying right now i'm not doing that okay i'm just going to ask, please, to consider to do it.

Joy Miller: I know you have a choice, but I think this might be really kind of revealing so i'm asking everyone to please when I say go, I want you to write down all the good things about yourself, you cannot stop.

Joy Miller: Until I say stop so once again on your piece of paper you're going to write down all the good things about yourself.

Joy Miller: And I need to say right here before I say go, I mean the good things about you as a person not not as an apple so don't say i'm red juicy a MacIntosh okay you as a person alright, so are you ready go.

Joy Miller: keep going keep going you're doing good.

Joy Miller: keep going just about five more minutes just buy more i'm kidding i'm kidding keep going don't give up.

Joy Miller: keep going okay 30 more seconds.

Joy Miller: All right, you can stop everybody give yourself a round of applause for that.

Joy Miller: Okay, take a breath and you'll see that the chat function is over, open i'm sorry i'd love to

hear what was your reaction to that activity.

Joy Miller: Would you write your comments in the chat please.

Joy Miller: You ran out of things to say, said Rebecca I bet if I was with you and I was your best friend, I could probably tell you a lot more.

Joy Miller: Another person said it was really hard somebody said, I felt really paralyzed.

Joy Miller: Somebody said I had a few words what I just kept repeating over and over.

Joy Miller: Kristen said that was really difficult.

Joy Miller: Somebody else said I couldn't get them written down.

Joy Miller: Gloria said, I felt stuck.

Joy Miller: These are great comments now remember what have we been told, as a child about saying positive things like that.

Joy Miller: yeah JESSICA said it, she just said is that true or Do I really think that yeah we've been told that it's not okay to say good things about ourselves.

Joy Miller: Yes, caitlin you're right, we were told to be humble, so you know it's interesting when you look at it, but I want to have you look at one other thing Deborah yeah I know we were told that was bragging look at your list is it about what you do.

Joy Miller: or who you are.

Joy Miller: And anybody want to respond to that.

Joy Miller: Who I am what I do what I do.

Joy Miller: Both.

Joy Miller: interesting.

Joy Miller: So obviously.

Joy Miller: We want to be in the place that it's about who we are, as a person and that's what's good about us versus what we do, obviously achievement is wonderful, but for happiness, we need to know more about who we are, as a person, so I hope you enjoyed that.

Joy Miller: And we'll try one more.

Joy Miller: will leave the chat function open So if you want to comment you can um This is called the bucket a little different than the bucket you might know this is actually called the Margot bucket.

Joy Miller: And you might ask embargo is well Marco is my granddaughter who's almost six and a little while ago, she said to me Baba.

Joy Miller: We learned at school today that everybody has a bucket in them and i'm like what What do you mean a bucket she said yeah yeah we all have this bucket.

Joy Miller: Inside us and that we're all supposed to put things in other people's buckets.

Joy Miller: Now you know i'm listening trying to figure this out and and said, you know tell me more

and she said well you know i'm supposed to say good things about people in my class and they have this bucket and it'll fill it up.

Joy Miller: And so i'm supposed to do all sorts of.

Joy Miller: Good things and say good things, and that way people will feel really good about themselves, and she said, my teacher said we're supposed to stay away from people that make us bad because they're the ones that take things out of our bucket.

Joy Miller: So the bucket exercise is really good in that we need to do the margo way and really focus on same good thing.

Joy Miller: Things to people doing good things here are some examples sharing positive thoughts giving someone a hug giving them time, maybe doing things for them once again, it also says, if you want to be happy, you may need to stay away from the dippers because they're taking away your happiness.

Joy Miller: So now we've done the bucket.

Joy Miller: So let's look a little bit at people who are optimistic yeah you know that person, a person that's always happy uh huh well let's talk about what's different about them.

Joy Miller: First of all, they feel really good about the future, they really believe things will work out and they believe that they have the power, the.

Joy Miller: The not only the power, but they have the skills to make it happen, and they believe in themselves, they invest in their goals it's kind of like the Wayne Dyer book that says.

Joy Miller: Those of you are Wayne Dyer fans that if you believe it you'll see it, it will happen so optimistic people believe.

Joy Miller: That they'll see something, and it will happen and so that's how they face adversity, they change the message to how they want it to be.

Joy Miller: So anytime they see adversity, they look at it, as Okay, how can I change this and they interrupt anytime they.

Joy Miller: Have a thought that takes them into this place of negativity so they stop those barrier thoughts that don't let them move on, most importantly, when i've.

Joy Miller: met a lot of optimistic people they kind of are very inquisitive and curious and get off on the smallest little thing it's like they look at life as a child and everything is a miracle, and I think that's one thing that really sets them apart is everything is a place for gratitude.

Joy Miller: let's look at some of the other secrets, because a lot of us get caught in adversity or setbacks or or what happens and what we know is that optimistic people.

Joy Miller: don't see setbacks as a failure or that they're bad or that they're shameful or.

Joy Miller: they're putting blame on themselves, they actually look at it as a learning opportunity they look at it as a challenge and they believe that they are can do.

Joy Miller: People who say yes and believe that this is just another life lesson and we'll come back to life lessons that presents to them and that life is it adventure and that they will find a way.

Joy Miller: So it's interesting, it is a definitely a different look at life, and do you fit into that.

Joy Miller: So let's try one more thing.

Joy Miller: Some of you may have done this before it's creating your best self.

Joy Miller: We won't have time to do a five year plan, but i'd like you to think about and maybe you could put it in the chat.

Joy Miller: What might be included in your best self where do you see yourself one year from now, now put some categories you don't necessarily have to pick from that, but would you put it in the chat where do you see yourself a year from now, what would be your best self.

Joy Miller: Or you guys are all being contemplated buying a farm my Gray hair will be totally grown out me I love it, I agree with that, I agree with that you'll be silver and fit I love it better health i'll vote for that.

Joy Miller: tending to your animals working remotely.

Joy Miller: Being able to let things go.

Joy Miller: Wonderful wonderful having a better work life balance being healthier owning your own home.

Joy Miller: I say to you that if you don't know where you're going you're going to get lost so it's important to create these.

Joy Miller: lists of your best self where you want to go your dream board whatever you want to call it, whether it's a successful business like Gloria or being healthier like Angela you need to know where you want to go to get there, and be happy.

Joy Miller: Just some little tips um.

Joy Miller: first thing is, we know that inquisitive people really find like meaning and pleasure in the moment they're not in the past.

Joy Miller: Beating themselves up or what if this happened, or being a victim, but they're curious in there in the now they also like to do things with people.

Joy Miller: And for people and really have kind of a compassionate loving heart, they tend to as we talked about before they bring happy people into their life, who are positive that add to their life that they're a bucket filler versus the other people and, as we know.

Joy Miller: They do healthy things and many of you talked about that.

Joy Miller: We also know that really happy, people are social people research has shown over and over and over that the happiest people are the ones who have friendships and enduring friendships.

Joy Miller: We also know that happy people get out they move around at least 10 minutes a day and they see life.

Joy Miller: optimistically is half full and you'll see that I missed one, and that was on purpose it's finding humor.

Joy Miller: And we know that people who watch comedies on TV are generally happier than the people who are watching the blood and guts movie, we know that when people have a terminal illness if they watch comedies they'll have less pain.

Joy Miller: From their terminal illness than those who might watch something that's very upsetting, so

I think it's time that we do something for our humor and so it's time for another joyful break, are you ready because you've done a lot of a lot of work already So here we go.

Joy Miller: Should not commercials be like that so before we go on, I wanted to just stop for a second and check in with your body.

Joy Miller: How do you feel after watching that do you notice anything different.

Joy Miller: Okay jennifer's talking about music in her car and dancing oh you're going to love this presentation.

Joy Miller: Somebody saying I feel very happy on a say she's smiling you're more excited you feel happy once again bringing music bringing joyfulness and happiness is really I mean laughter really brings happiness into our life and then it's about how much do we do that.

Joy Miller: Thank you everyone i'm glad somebody said forgot my problems that's my goal for this hour and a half of you forget your problems, so are you ready let's go to a few more.

Joy Miller: we're going to talk about the secret of reframing but a little differently than some of you who are clinical might think of reframing but this kind of the same.

Joy Miller: So when you think of happiness, the question to ask yourself is, what can I do today to make myself happy um for me, it might be going to get a cappuccino it might be.

Joy Miller: playing with my puppies um it might be talking to my best friend, so if you want to be happy it's important that you look at every single day, what can you do.

Joy Miller: To make your day happy and, secondly, you know what would be you know in this moment is good, I think a lot of us.

Joy Miller: are always looking at what's going wrong what's happening around us and you know it's you know you you sit at the water fountain while you used to and talk about all the things you're wrong.

Joy Miller: To look at life from the eyes of gratefulness and what's good in this moment will change our whole outlook and our happiness level.

Joy Miller: And the third thing is what gets in the way of you being happy.

Joy Miller: And how can you change that So for me what gets me gets in my way is sometimes I get around people who tend to you know start talking about negative things and and I get caught in it, and I have to get away or people who.

Joy Miller: are wanting me to care take for them once again that gets in my way of being happy and in my recovery Those are the kinds of things that i'm working on.

Joy Miller: And so it's important to look at what can you do today what's good in this moment, and what, what can I do to change my life, to make it happier.

Joy Miller: Just a few others i'm i'm a i'm a photographer So when I think about focusing on the positive I kind of feel like.

Joy Miller: it's taking a big lens and I really, really going out, you know all the way to like 400 millimeters i'm getting really, really close.

Joy Miller: And when i'm focusing on the positive I really want to see every single part of it, so I can really understand it and magnified the wonder of it.

Joy Miller: And that's you know, focusing on the positive you also might notice for people who like cameras or your phone that a lot of us are really into doing selfies or taking pictures and have you ever wondered why.

Joy Miller: it's because when we do this, we can kind of go back if you're in Cabo and you take a picture of you and your best friend.

Joy Miller: And you look at it, if that Reminiscing brings back happiness again, you can almost you know smell the air of how it was in Cabo you can do all sorts of things so Reminiscing.

Joy Miller: is one of our greatest ways to go into excuse me happiness, of course, those of you who do am Dr RD know that this is a common technique so once again there are things that we do all the time to bring happiness in our life, but do you notice them.

Joy Miller: And once again being grateful for people around you and saying something to those people we already looked at some of your strengths.

Joy Miller: You all know your weaknesses, so we don't have to do any activities on that and look at this as an opportunity to really expand and I like challenge you today to really look at how you can bring more happiness into your life.

Joy Miller: Now for those people who are logo therapists or know of Viktor frankl you know that purpose and meaning is a really big deal.

Joy Miller: And that the happiest people know where they're going, they have a purpose in life, and many of you probably already know this, but to kind of fine tune it.

Joy Miller: If you're trying to find out where you are it's really looking at who you are, as a person, which is your strengths and we did that today.

Joy Miller: What do I love we kind of did that today.

Joy Miller: And what makes me happy So if you put those three things together.

Joy Miller: Where they overlay that's our purpose so um Maybe my strengths are in helping people, and I really i'm very passionate about you know being there and teaching people things that's my passion and my causes, you know.

Joy Miller: it's fulfilling to really feel that way and to accomplish it so, then this is my true purpose in life.

Joy Miller: So this is one kind of easier way to really contemplate what what's the meaning in your life what's the purpose in your life and.

Joy Miller: kind of look at some of the LIFE lessons, because sometimes things are right in front of us and we don't even see it.

Joy Miller: So how about if we do one more joyful break um this one, I think you're going to have to turn up your sound a little bit I don't want you to miss it so take a second and just turn up your sound.

Joy Miller: Okay, here we go.

Joy Miller: Well, I have to turn it on don't.

Get defeated it's cool it's no worries and i'm.

Learning some life lessons, but what do you think about maybe for the rest of the week.

Life lessons.

i'm all set with that.

Joy Miller: I hope you enjoyed that yeah I think a lot of us would say we've had enough life lessons for today.

Joy Miller: So now we're just going to talk a little bit about mindfulness and.

Joy Miller: I think some of the secrets have to do with things that we've talked about a little bit, which is living in the here and now living in the moment and bringing attention to where you are right now what's happening just like what we did, after we saw that adorable video.

Joy Miller: it's being aware of the happiness, but also feeling it in our body, not just a knowing for a moment, but to truly feel it and living with intention for some of us that's unclutter in our life getting things kind of moved out so that we can feel happier sometimes you know just the clutter.

Joy Miller: drives us crazy, I know that whenever I have a really big change in my life I don't know about the rest of you, but I find myself.

Joy Miller: We do in my office or moving furniture in my house it's kind of like an uncluttered in in a cleaning and bringing me back to like my happy place.

Joy Miller: And once again being mindful of that predict that sits on our shoulder all the time and tells us that we're not enough and we're not good, and we didn't do something right.

Joy Miller: And to kick that person off and kind of reframe those messages and do the things that we did with the challenge and I gave you and see your positives.

Joy Miller: So the three key things that I want you to remember to how to manifest happier life is first of all to believe that you can choose your destiny and I wrote the word Edith after this because.

Joy Miller: there's a logo therapist that some of you may know her name is Dr either eager if you haven't heard of her you need to read her book it's called the choice either was in Auschwitz survivor.

Joy Miller: she's about 96 right now she's still doing therapy she's a psychologist and the story that either tells is as she was going to Auschwitz in the train car her mother said to her either.

Joy Miller: I want you to remember that only you can choose what you allow into your mind you choose your destiny, they can do anything they want to you, but what you have that they can't take from you is your thoughts and your mind, so you choose your destiny and it will happen.

Joy Miller: The second thing is to remember that those choices really do affect our life and that we really need to choose carefully.

Joy Miller: On our destiny, we give need to give it time so that we can be happy with our choice and for all of you today, I hope that i've helped you in some way, create a little bit more of the life that you choose the book was called the choice.

Joy Miller: by Dr Edith eager.

Joy Miller: It is, once again, one of the most amazing books, you will ever read.

Joy Miller: Okay, some ways that you can do this in your life is through affirmations I know a lot of people really enjoy affirmations.

Joy Miller: or journaling or working on changing self statements reading doing a dream board goal setting you know I used to try and manifest things with this mirror trick.

Joy Miller: I used to go around the country and do a lot of conferences and you know it gets kind of lonely you know you're at a place for two to three days, so what I would do is.

Joy Miller: When I took a shower when I got out I would write my affirmation on the mirror, because it was all steamed up, so I right, I am enough.

Joy Miller: And you might ask why.

Joy Miller: Some of you probably already know, because the next day, when I take a shower and the window or the mirror steams up.

Joy Miller: My affirmation is already there it's magical it's there, so I learned to always do this trick so that I would have my affirmations in front of me all the time, so once again finding ways to manifest a happier life and if you're interested in the subject i'm just a little plug.

Joy Miller: there's a conference on September 9 from 12 to four might be from 12 to 430 Eastern time it's a free streaming webinar you'll get free CEOs and clothing nate xe use for addictions, and the conference is called.

Joy Miller: resiliency.

Joy Miller: These are there's 40 people here, these are some of our speakers, we have people like jewel Andrew Weil allison cammarata arianna huffington we have a lot of clinicians This year we have.

Joy Miller: horrible and Helen Hendrix we have Dr eager that I spoke of we have Kristen now.

Joy Miller: um we also have people from all over the country, I mean all over the world, we have Naomi bloom from Israel gem Yang from Tibet Yuri from Australia so we're going to look at resiliency not only.

Joy Miller: For us, but for around the world every one of these speakers will talk for four minutes yeah four minutes about resiliency happiness or healing and people.

Joy Miller: have just loved it as we talked about before the show last year we had over 7000 people from 111 countries and it will be on demand this year, so I know a lot of us can't sit for four and a half hours.

Joy Miller: You know can't leave work, so you will have a week to watch it free so um before we go any further, I have two more things I want to show you just just to first of all, I thought you'd kind of want to know what happened to JESSICA, do you want to know well, here we go.

Joy Miller: Here, she is like I can be a shock.

Now my whole life is great, I can do anything good like my dad I, like my boyfriend like anything like my hair my hair cut my car like a BlackBerry Oh, and my mom and my sisters, I like mindful.

I can do anything.

yeah yeah me too me too anyway.

yeah why you move on my house, then I gave myself a job see how you like that JESSICA.

Joy Miller: Oh, my gosh well, I have one more thing for you, and there was someone who already said this, that what brings them true happiness is to listen to music.

Joy Miller: Whether it's on the way to work or wherever and dancing brings that kind of joy to people for 20 years I have ended every single conference every single talk that I give.

Joy Miller: Will something to do with dancing and music so here's what we're going to do, you are alone, no one is watching enjoy please.

Joy Miller: Go ahead.

Joy Miller: This is a little gift for you, please, enjoy.

Joy Miller: Thanks everybody.

Haley Hartle, NAADAC: i'm still muted that was so fun, I really enjoyed that I love that song.

Haley Hartle, NAADAC: So that was awesome, thank you for sharing that with us um I hope everyone enjoyed that and got a little dance break in your day.

Haley Hartle, NAADAC: So we will hear a little bit from our sponsor now and then we'll go into some Q amp a time so we've got quite a bit of time here until 130 so.

Haley Hartle, NAADAC: As you guys are listening to our sponsor and thinking on that presentation just be thinking about some of those questions in the q&a box, so I will go ahead.

Haley Hartle, NAADAC: and go back to sharing my screen now.

Haley Hartle, NAADAC: sure you guys can all see that okay.

Haley Hartle, NAADAC: All right, so we're going to hear a little bit from our sponsor again, that is, women for sobriety.

Haley Hartle, NAADAC: So women for sobriety or w fs is the first peer support program tailored specifically for women, overcoming substance use disorders, with both in person and online meetings, the new LIFE program provides supportive and powering.

Haley Hartle, NAADAC: secular and life affirming principles that address the unique needs and challenges of women in recovery.

Haley Hartle, NAADAC: So now, I would like to introduce and hand it over to Christina crump, who is a program manager at women for sobriety new life program so Christina I will go ahead and turn it over to you.

Kristina Krump, Sponsor: Excellent Thank you Thank you haley Thank you nate up for offering us this opportunity to sponsor and.

Kristina Krump, Sponsor: Dr Miller, I mean you should have seen me tearing it up over here, I appreciate that dance break that is my happiest moment of the day, so far, so i'm off to a great start Thank you.

Kristina Krump, Sponsor: I am Christina I am a program manager at women for sobriety and we are pioneers in advocating for gender specific treatment for women with addictions and we've been providing peer support services for over 40 years.

Kristina Krump, Sponsor: Our new life program is self empowering life affirming and secular it's designed to help increase women's sense of self efficacy and self worth to create a proactive happy

new life in which alcohol and other drugs simply have no place.

Kristina Krump, Sponsor: Our program is based on 13 acceptance statements which as Dr Miller mentioned affirmations those acceptance statements are affirmations designed to help women retrain their thinking patterns, to be more positive.

Kristina Krump, Sponsor: more positive for themselves or positive toward others and toward life in general, our approach is one of empowerment.

Kristina Krump, Sponsor: And this approach, helps women learn to take responsibility for themselves and for their new lives we encourage women to select a different statement to focus on each day.

Kristina Krump, Sponsor: and apply it throughout the day to develop new skills and new thought patterns women for sobriety believes that everyone's path to recovery is unique and the new LIFE program was designed to provide flexibility for each woman to meet her individual needs on her own time one.

Kristina Krump, Sponsor: The primary goal of the w fs organization is to educate the public about the new LIFE program and to cultivate safe supportive spaces in which women using the program can come together to support one another.

Kristina Krump, Sponsor: We have free in person and online meetings, as well as supportive 24 seven online community with a wealth of recovery resources message boards and connections groups, we are supported by donations event registrations and literature sales.

Kristina Krump, Sponsor: to learn more about the ws this new life program or to refer your clients, you can call us.

Kristina Krump, Sponsor: You see, on the slide there is our phone number or email address you can get that directly to our clients, as well as use it to yourself, for yourself, you can visit our general website at womenforsobriety.org where you can search for meetings in your area.

Kristina Krump, Sponsor: We also have a very specific for providers page on our website where you can sign up for our for providers email list.

Kristina Krump, Sponsor: or a free provider sample kit and it can be mailed to you, free of charge anywhere in the United States.

Kristina Krump, Sponsor: Women can also sign up for free to join and register for our online support Community at wfs.online.org we host between two to five live meetings every day of the week, again, those are free.

Kristina Krump, Sponsor: We are happy to send you if you contact us any outreach posters brochures or other free literature that you may have available to your clients to having group rooms, or to give to individuals.

Kristina Krump, Sponsor: We knew that this webinar would be a perfect fit for us at women in sobriety since our third acceptance statements reminds us that happiness is a habit, I am developing.

Kristina Krump, Sponsor: happiness, is a very important aspect of the recovery process women and women for sobriety is very proud to be able to sponsor today's webinar and thank you very much for your passion, dedication and support.

Kristina Krump, Sponsor: of women in recovery.

Haley Hartle, NAADAC: awesome Thank you so much Christina for sharing that if you guys have any questions about women for sobriety or questions specifically for Christina you can put those in the Q

amp a box as well, and then Christina can go through and respond to you, each by text there.

Haley Hartle, NAADAC: So.

Haley Hartle, NAADAC: joy, we can go into a few questions I think we've got some in the Q amp a box we've got about 20 minutes of time left so we'll go into those questions.

Haley Hartle, NAADAC: As we're going and stirring more thoughts you guys can put any additional questions you haven't met Q amp a box and then maybe we can hear some final thoughts from you any additional thoughts, you have.

Haley Hartle, NAADAC: At the end joy before we go, so our first question was actually about the book The choice and who was the author of that book Okay, it was.

Joy Miller: The book was written by Dr Edith eager EG er.

Joy Miller: And she actually has two books, the choice is her first book and the second book um gosh I want to say it's the miracle no it's the gift and it's actual techniques kind of like what I did with different techniques.

Joy Miller: For resiliency and she goes through those in that book, so it, it might be better suited for a clinician either way she talks about her story and, most importantly, about the choices that we have.

Joy Miller: I should say that.

Joy Miller: If you have never.

Joy Miller: Seen Edith anywhere, please look her up please look at her site I think you'll find her the most one of the most inspirational people on earth.

Haley Hartle, NAADAC: Thank you so much.

Haley Hartle, NAADAC: And then, our next one, is for the women for sobriety so Christina if you want to go ahead and type A response to that one in the Q amp a box i'll go ahead and let you do that.

Haley Hartle, NAADAC: about it being based out of Philadelphia Pennsylvania, so our next question for you, Dr Miller is what do the oranges do in that exercise when you're doing it in person over where we can interact over over.

Joy Miller: a really good question so when I divide people up typically what I do is say okay apples you're going to go first.

Joy Miller: And the apple sit across from their partner and they say all the good things about themselves the orange or the other person has to sit quietly and just nod and go yes.

Joy Miller: And so you're always getting that affirming thing we go really longer the first time and have people say all the positive things about themselves.

Joy Miller: Then I do the same thing that we did we all applied talk about what that was like now, when we turn it around and the other person has to go the oranges.

Joy Miller: they've already heard all these good things, so we make them go a little longer.

Joy Miller: Just because that but we really encourage them to focus on what they are, as a person versus what they do once again i'm, not only does it bring the two people together.

Joy Miller: But the whole exercise really helps people focus on who they are, and gives them

opportunity to do things that they probably haven't been able to do in their whole life, I encourage people to keep their list.

Joy Miller: and add to it, every week and that's a hard challenge to keep coming up with good things about yourself but it's a really good exercise.

Haley Hartle, NAADAC: Thank you very much alright, and then our next one, the data on one happiness increases for women.

Haley Hartle, NAADAC: Newly in recovery was really interesting and seems so important to help clients set realistic expectations regarding that initial year in recovery So how do you navigate that conversation with your clients specifically.

Joy Miller: That is a really good question so.

Joy Miller: I think I navigate it by changing the process, yes I try and normalize it and say this first year i'm you're you're in recovery you're feeling really good I know you want giant.

Joy Miller: strides and you will have those, but what we really need to do is to really focus on some of the skills that you may have lit have missed in your life, how do you really make yourself happy without alcohol without drugs without that addictive relationship, and so what I do instead of.

Joy Miller: You know, focusing how you might not be doing it right or getting far enough, is giving them the skills early on to really start seeing more improvements, so that we really move that that you know, a.

Joy Miller: bike from you know up earlier so maybe it takes, you know, instead of one year, maybe it takes three months, but I believe, and I think what we're finding the University of Massachusetts did this study, they started at.

Joy Miller: Adding positive psychology early on to our recovery program and they found that a dramatic changes in.

Joy Miller: people's view of their own well being their confidence and their happiness and I think we're just not doing enough to teach people positive psychology happiness for me more specifically teaching people how to be resilient not thrive.

Haley Hartle, NAADAC: So, thank you very much, all right, and our next one, is the first year in recovery, the unhappiest due to the body still being chemically off balance and reregulating after all the damage that the substances have done as well.

Joy Miller: it's a really good question that I cannot answer.

Joy Miller: I I would I would open it up to some people in the group who might have more experience that I do in that particular arena um because I truly believe that there's a psychological aspect to it, but maybe somebody out there knows some some research based to the chemical aspect of this.

Haley Hartle, NAADAC: awesome so thank you very much yeah Chelsea if you want to have that in the chat box as well that way if anybody has some additional thoughts on that from their experience that would be great.

Haley Hartle, NAADAC: So, as we continue on you guys and keep adding some questions in there, I know, one that was kind of bouncing around.

Haley Hartle, NAADAC: was how would you take some of these some of these things we've discussed today and apply them directly into your practice So what are some practical ways that you can incorporate that while working with women.

Joy Miller: i'm.

Joy Miller: For me i'm just.

Joy Miller: If we're talking about resiliency we give each one of our clients a book on resiliency that has all different, you know, has all these different techniques and strategies and we go through it from like a psycho social.

Joy Miller: kind of way I would encourage you, as a as a clinician to really start looking for ways, maybe pick one maybe do the challenge, maybe do the bucket do one thing at a time, but also as you're going reframe things in a more positive way and to really point those out.

Joy Miller: There is an excellent um.

Joy Miller: site called.

Joy Miller: Positive psychology it's a clinicians toolkit and it has hundreds and hundreds of different activities, you can do with your clients.

Joy Miller: To help them build their self esteem their confidence relationships etc so it's it's a wonderful wonderful.

Joy Miller: tool that you can use I think it's really about also having your client be aware.

Joy Miller: of their happiness level, and there are tests to to test your happiness, and so I think that would be the first place to start.

Joy Miller: is to do a test to see where you are, and then to say Okay, with my client, how can we better that what can we do each day each session and start to create kind of a work flow of things that you can do together, I think it needs to be cooperative, obviously.

Haley Hartle, NAADAC: Then Thank you so much, I saw a couple of responses on.

Haley Hartle, NAADAC: looks like Jesse put a response in there and then kalin if i'm pronouncing that correct to chelsea's question so i'm talking about a lot of different factors within that first year of recovery.

Haley Hartle, NAADAC: transitioning from one way of being to another, and that requires Disconnecting from aspects of the old and moving forward so.

Haley Hartle, NAADAC: Thank you all for responding in there and.

Haley Hartle, NAADAC: Dr Miller, did you have any final thoughts, you would like to share maybe some success stories, with clients you worked with and things like that, with some of these techniques that we saw.

Joy Miller: Absolutely, I would love to do that.

Joy Miller: I, I think that um you know, at first, I had done.

Joy Miller: conferences for health communications which was at the beginning, all they were all addiction conferences, many years ago and at first they kind of resisted putting in.

Joy Miller: seminars like this, they were doing all sorts of specific addiction related things, and then they realized that they needed to add something for the fun aspect.

Joy Miller: And to really have people enjoy life when they started adding things and I was either doing this particular thing on happiness or in play therapy.

Joy Miller: They found that the attendance was off the wall, because people are truly looking for ways to enhance their happiness and they don't know how to find it and they don't know how to do it.

Joy Miller: And so, for a lot of us it's hard to really allow ourselves.

Joy Miller: To be in some ways i'm open and childlike I mean how many of you really did dance how many of you really were sitting in your chair having a good time.

Joy Miller: um what I find is typically um when we did that in person, the whole group is generally standing up dancing by the end of the entire video so people are really, really, I think, hungry for ways to be happier and it's not hard to see the success, just like when you watch the video.

Joy Miller: With the little kids it's all inside us, but you know for so many people we feel like we have to have this professional air arm, so I think it's really important whether it's play therapy.

Joy Miller: happiness conferences, whatever to bring this into our lives because it's truly not now it's not there and more than anything, I think we need it now because.

Joy Miller: Most of us really are struggling, more than ever before.

Haley Hartle, NAADAC: you very much for sharing that all right, we got one more question that came in, so what are your thoughts on the culture of toxic positivity.

Haley Hartle, NAADAC: And how that impacts true happiness, especially for women who, faced many stereotypes and are often expected to smile be happy be okay in lots of really hard situations.

Joy Miller: really good question obviously it's toxic um and I think we know the difference of you know, true happiness and I encourage people to be.

Joy Miller: True to their feelings i'm even in hard situations, I think that's a that's a sign of real recovery to really be who you are versus what other people want from you or expect from you.

Joy Miller: So I see that is is a really higher level kind of recovery aspect for many of us it's taken a long time.

Joy Miller: To get to that place where we're willing to do that, I think it at first you're still worried about how how everybody sees us how we appear um At first I wouldn't say what my affirmation was or I wouldn't say certain things.

Joy Miller: Because I didn't want people to have bad views of me so um you know it takes time to truly be with yourself, and I think the worst thing we can do and yeah I really do think the worst thing we can do is be um.

Joy Miller: dishonor our true feelings and to be you know, try and be something we're not that is very toxic.

Haley Hartle, NAADAC: So much and we've got some good responses back to that in the chat box, I know Jesse said I see toxic happiness as pretending despite feeling or otherwise squashing what's hurting.

Haley Hartle, NAADAC: But this seems more like in addition to so you can acknowledge the truth of your experience, while also having that intentionality and allowing yourself to feel true fun and true joy.

Joy Miller: jesse's brilliant.

Haley Hartle, NAADAC: she's great we love her.

Haley Hartle, NAADAC: No, that was wonderful Thank you so much for taking the time to share that with us, I know I truly enjoyed my favorite was the baby video I was talking about that this whole week after you after you and I saw that earlier this week so.

Haley Hartle, NAADAC: Thank you so much for that, and for your expertise everyone I know the information for resiliency is also on the PowerPoint slides should be on that that handout that you have, which is available on the web page so Dr Miller, if you don't have any more thoughts will go ahead and.

Joy Miller: The only thing is i'd really like to thank you for all your help and thank nayak it's been a real honor and I really appreciate it, and thank everybody for being part of this.

Haley Hartle, NAADAC: Thank you so much, we really appreciate that so Okay, we will go ahead and go through some final items here.

Haley Hartle, NAADAC: And just some reminders again about our web pages, where every bit of information that you'll need is located so.

Haley Hartle, NAADAC: Immediately following this live event you'll find that online CE quiz link on the same website you use to register for this webinar it should also be in your confirmation email from when you signed up.

Haley Hartle, NAADAC: So you can look for it in those two places that means everything you need to know is permanently hosted at this webpage listed above it's www.sedar.org forward slash women series 2022 women recovery happiness session.

Haley Hartle, NAADAC: So, if this is again your first time going through RC process be sure to follow that instructions guide, which is listed on that webpage as well.

Haley Hartle, NAADAC: And if you have any issues or questions you can always email us at that see@nasdaq.org see is in continuing he has an education needed work.

Haley Hartle, NAADAC: Again, our final reminder for today, if you need that certificate to say live on it, please be sure to complete that sequence within the next 24 hours and download it.

Haley Hartle, NAADAC: For any social workers who are here with us today, please stay on for that brief two minute video on how to add your license number two years certificates.

Haley Hartle, NAADAC: This concluded our women in recovery series, so it has been great we're super thankful for all of our wonderful presenters and are great sessions that we had.

Haley Hartle, NAADAC: If you completed all six of them, whether that was live or if you complete them on demand and pass the C E quizzes so you have to watch and pass the sequences you can apply for that women in recovery certificate.

Haley Hartle, NAADAC: And that will give you a certificate of achievement for completing all six of those sessions, so if you have any more questions about that you can email us.

Haley Hartle, NAADAC: On the main web page for the women specialty series is where you'll find that application so you can go and view that there.

Haley Hartle, NAADAC: We do have some more webinars here coming up soon so next week on may 25th we have deconstructing substance use and wellness from a socio cultural perspective.

Haley Hartle, NAADAC: June 1 using solution focus brief therapy to engage the most challenging clients.

Haley Hartle, NAADAC: And then, all the way at the end of June, not a whole lot of webinars going on in June, but you can definitely check out all of our on demand offerings.

Haley Hartle, NAADAC: We go to trauma informed relapse prevention and then on July 1 we kick off our next specialty series which is adolescent treatment and recovery.

Haley Hartle, NAADAC: And we kick that off with session one framing the conversation preventing youth substance use in the wake of code 19 so that is our next specialty training series coming up you'll be able to complete all six of those and apply for a certificate of achievement in that as well.

Haley Hartle, NAADAC: And a reminder of our other specialty series that we have available on demand we do offer those to address specific addiction treatment related education needs.

Haley Hartle, NAADAC: And each series consists of six to seven webinars on a particular topic upon completion of all of those webinars in the respective training series, you can apply for that respective certificate evidencing your accomplishment.

Haley Hartle, NAADAC: So our current specialty series, we have our advances in technology in the addiction profession wellness and recovery ethics and practice clinical supervision and addiction treatment in military and veteran culture.

Haley Hartle, NAADAC: All of these women in recovery series will be available on demand as well.

Haley Hartle, NAADAC: So our again our upcoming one is adolescent treatment and recovery so be sure to check that out registration is open for those so we encourage you to take a look at that.

Haley Hartle, NAADAC: And we completed all these So hopefully you all were able to attend each of these parts, this will conclude that for today.

Haley Hartle, NAADAC: And another big exciting announcement coming up, we have our annual conference early bird registration, which is open, if you register for that we will be in person, this year, which I know we have all missed dearly.

Haley Hartle, NAADAC: will have a lot of information on protocols and things like that, on the website so if you sign up during that early bird special which goes from now until August 26.

Haley Hartle, NAADAC: You can save up to \$151 and again that will get you up to those 45 seas, if you do attend the whole conference we're hosting it in indianapolis indiana this year which i'm really excited about i'm located in indiana so.

Haley Hartle, NAADAC: it'll be super fun super great and a little bit more information about that we will have seven keynote sessions.

Haley Hartle, NAADAC: will have a super engaging panel discussion 60 immersive breakout sessions poster presentations are exhibit hall special events networking opportunities and so much more we're going to be at the.

Haley Hartle, NAADAC: J w Marriott in downtown indianapolis so we're also celebrating our 50th anniversary, which is very exciting So if you can all be there for that with us and celebrate that would be wonderful.

Haley Hartle, NAADAC: A few reminders of the benefits of joining made up, you have immediate access to over 320 CEOs when you sign up as a Member, which are included as that exclusive nayak

Member benefit.

Haley Hartle, NAADAC: You instantly become part of our national initiative for advocacy for the addiction profession and those that we serve So there are a lot more reasons to join a Doc but to learn more you can visit our website dot org forward slash join or you can email us that email addresses nayak@nasdaq.org.

Haley Hartle, NAADAC: Thank you so much for being here today, all of you we're very grateful, thank you, Dr joy, we are super excited to have you and for any social worker still on with us, you can stick around and we have this video coming up for you of how to add your license number to your certificates.

hi everyone thanks for watching this quick tutorial on how to enter your social work license number into axiom our association management software and home.

to your nayak Member account, you will only need to do this, one time after that the system will be set up to pull your license number into your certificates of completion.

That you earn after attending and the deck webinar or training alright so let's get started, you can see here on my screen first step is to login to your Member accounts.

Once you're logged in you want to go to my profile right here in the lower left hand corner.

Ensure that you've selected account in the account tab and then arrow down and ensure you've selected additional information, as you can see here on my screen next go over here to the right select the licenses tab it's all set up here, as you can see, and then click add new license.

here's where you really want to pay attention you want to make sure under listens type that you select social work license in this field.

This is what is going to tell the system to pull your license number into the certificate, so you want to make sure you get that right.

It is required that you enter the state as i'm doing here, as well as your license number that's going to go in the certificate.

The rest is optional, but feel free to put that in so that the system has that recorded for you, once you have all the information in there you're just going to go ahead and hit save.

If you have another credential or certification that you want to add into the system, you can go ahead and do that you just want to ensure that at the top under licensed type.

You select state certification license or license or accreditation and then fill out the rest of the information.

You only want to have one license type with social work license and that's it you guys are all set up your see certificates will now include your license number, as is required in many states and jurisdictions thanks for watching and get to learning.

Haley Hartle, NAADAC: hey Thank you so much, everyone, and we will see you at the next one.