

Substance Use Prevention and Treatment (SUPT) Lower Barrier Care Training FY 2025–2026

WHAT IS LOWER BARRIER CARE?

An approach to substance use disorder (SUD) treatment that prioritizes accessibility, flexibility, and dignity for individuals seeking support. It recognizes that each person's recovery journey is unique and seeks to reduce unnecessary obstacles to engagement.



WHO SHOULD ATTEND THE TRAINING?

All direct service staff who provide BHS SUPT services to Sacramento County members including Certified Medi-Cal Peer Support Specialists (CMPSS), their supervisors, and management are invited to attend this training.

FACILITATORS

- Elena Arroyo, LMFT
- Erica Cambern, LMFT
- Pamela Hawkins, LCSW
- Nai Saelee, ACSW

COURSE SCHEDULE

8:30am to 8:35am/1:00pm to 1:05pm:
Welcome and Introduction

8:35am to 10:30am/1:05pm to 3:00pm:
Training/Course Instruction

10:30am to 10:45am/3:00pm to 3:15pm:
Break

10:45am to 11:50am/3:15pm to 4:20pm:
Training/Course Instruction

11:50am to 12:00pm/4:20pm to 4:30pm:
Questions/Course Evaluations

COURSE DESCRIPTION

This free training will focus on building skills to create inclusive, inviting environments that promote easy and fair access to SUD treatment services. Participants will learn how to apply strength-based approaches and communication techniques to foster trust and empowerment. Emphasis will be placed on culturally responsive practices and maintaining positive engagement at every step, ensuring all individuals feel respected, valued, and supported throughout their experience.

COURSE OBJECTIVES

- Describe how stigma has historically impacted substance use disorder (SUD) treatment.
- Identify at least 3 ways that organizations can address stigma and barriers to community members accessing SUD treatment.
- Identify at least 2 actions that organizations can take to create a supportive and inviting environment within the stages of services (i.e., initial request for services, intake/screening/assessment, admission, treatment, care coordination, and discharge/transition).

CONTINUING EDUCATION (CE) CREDIT INFORMATION

No partial credit - You must attend the entire course to receive a certificate of attendance/CE credit.

- Course meets the qualifications for 3.0 hours of Continuing Education Credit for LMFTs/LCSWs/LPCCs and/or LEPs as required by the California Board of Behavioral Sciences (BBS) CAMFT#129915. Sacramento County, BHS is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs/LCSWs/LPCCs and/or LEPs. Sacramento County BHS, SUPT maintains responsibility for this program/course and its content.
- Certificates of attendance will be provided to all participants.
- Certificates of attendance and CEs will be distributed after the training upon completion of the pre-test, post-test, and course evaluation.

2025 TRAINING SCHEDULE

July

- Friday, July 25, 2025 (8:30am to 12:00pm)
- Monday, July 28, 2025 (1:00pm to 4:30pm)

August

- Monday, August 4, 2025 (1:00pm to 4:30pm)
- Friday, August 29, 2025 (8:30am to 12:00pm)

September

- Friday, September 19, 2025 (1:00pm to 4:30pm)
- Monday, September 22, 2025 (1:00pm to 4:30pm)

October

- Friday, October 17, 2025 (1:00pm to 4:30pm)
- Friday, October 24, 2025 (8:30am to 12:00pm)

November

- Friday, November 14, 2025 (8:30am to 12:00pm)

December

- Monday, December 8, 2025 (1:00pm to 4:30pm)

REGISTRATION FORM

Instructions: Please submit your **completed** registration form to SUPTRAINING@saccounty.gov. You will receive a confirmation email once your registration has been processed. If we are unable to accommodate your request, then you will be notified. Virtual training log in information will be provided upon enrollment.

Name: _____

Agency & Program: _____

Job Title: _____

License Type & # (if applicable): _____

Classification (if applicable): _____

Telephone Number: _____

Email Address: _____

Requesting to register for the following training:

Training Name: _____

Training Date: _____

ADA and Interpreter Needs: The virtual meetings are accessible to people with disabilities. Requests for accessible formats, interpreting services, or other accommodations may be made by calling the SUPT main line at (916) 875-2050 (CA Relay 711) or by emailing SUPTRAINING@saccounty.gov as soon as possible prior to the training.

Questions, Concerns, or Grievances: Quality training is our goal, please direct any questions, concerns, or grievances to SUPTRAINING@saccounty.gov.