

*Alameda County Behavioral Health Department (ACBHD) is pleased to offer a FREE training:*

*Working with Transition Age Youth (16-24):  
Integrating Substance Use Disorder Treatment into  
Mental Health Services*

**Wednesday, May 7, 2025**

**9:30 A.M. to 12:45 P.M.**

**Location:** Online

*(Zoom link will be emailed to registered participants a few days before the training)*

**Target Audience:** Alameda County Behavioral Health Department employees, contracted provider staff (CBOs), and community stakeholders.

**Trainer(s):** Dr. Sam Himmelstein holds a PhD in clinical psychology and has been a licensed psychologist since 2012. He has written numerous books and trained clinicians around the world in the topics of trauma-informed care, substance use disorder treatment, and mindfulness. He founded and is the CEO of an outpatient mental health and substance use disorder clinic in California.

**Description:** This half-day workshop will invite participants into a discussion about a trauma-informed, mindfulness-based framework for facilitating substance use disorder treatment with youth and young adults. Youth and young adults are distinguished populations in which specific techniques and approaches are necessary for engagement and clinical growth.

**Learning Objectives: At the end of the training, participants will be able to:**

1. Identify two ways that trauma plays a role in the development of substance use disorder.
2. List one conceptual framework for practicing trauma-informed, substance use disorder treatment with youth and young adults.
3. Demonstrate at least two self-regulation techniques within a trauma-informed, substance use disorder treatment framework.

**Accommodations or Grievance?** For disability, reasonable accommodation requests, or a grievance about an ACBHD training, please contact the person listed on this flyer and cc the Training Unit at [training.unit@acgov.org](mailto:training.unit@acgov.org). Please make accommodation requests at least five (5) business days prior to the training to allow time for arrangements to be made.



**REGISTRATION:**

Please register online at:

<https://www.surveymonkey.com/r/G3VPVFG>

For registration help contact:

**Angelica Gums, Program Specialist, ACBHD TAY Division**  
[Angelica.Gums3@acgov.org](mailto:Angelica.Gums3@acgov.org)  
**(510) 495-5857**

*When emailing, include training Date and Title in Subject Line.*

**CONTINUING EDUCATION (CE):**

***CE credit is ONLY provided for County and ACBH contracted Provider staff.***

*This course meets the qualifications for 3 hours of CE credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health (ACBH) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for **Addiction Professionals** by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0626; and for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040. ACBH maintains responsibility for this program/course and its content.*

**Please note: to receive CE credit from an ACBH virtual training it is the participant's responsibility to (1) attend the full training (2) fill in an evaluation, and (3) complete a post-test with a passing score of at least 70%.**

*CE Certificates will be emailed to qualifying training participants within 30 days after the training.*