

Alternative Coping Strategies: Stress Prevention & Management

Friday, May 16, 12:00PM – 1:00PM PT

Trainer: Dr. Tara Leiker, Program Manager, Tobacco Treatment Training Program

Description: We all have different ways of managing stressful situations in our lives. In this 1-hour training session we will provide a variety of techniques to both prevent and manage stressful circumstances, instead of turning to tobacco. Participants will learn how to create a balance wheel for their lives to use as a tool to find a space of common footing and integrate the different aspects of their lives together to prevent stressful situations from becoming unmanageable. Other stress management strategies and coping skills will also be taught, and participants will learn various ways to cope with challenges and manage stress through them. This training is also applicable to providers who would like to teach these skills and strategies to their clients.

Who Should Attend: This training is designed for administrative and/or clinical staff of Alameda County Public Health Department-contracted provider organizations and Alameda County Behavioral Health-contracted substance use treatment and mental health programs, but all are welcome to attend.

Measurable Learning Objectives

- ⑩ Describe two (2) alternative techniques to prevent a stressful situation and the use of tobacco.
- ⑩ List three (3) strategies or coping skills that can be used to manage stressful situations.
- ⑩ Identify the eight (8) components of a balance wheel and describe one (1) way it can be used in their life as a tool.
- ⑩ Describe three (3) breathing and mindfulness techniques.

Registration required, Zoom link sent upon registration • **Register [online](#)**
Questions? Contact us at tobaccotreatment@lifelongmedical.org

This training is sponsored by Alameda County Behavioral Health in contract with LifeLong Medical Care's Tobacco Treatment Training Program, located EBCRP. CE credit is provided by LifeLong Medical Care.

If you have any questions or need to request accommodations for disabilities, please contact tobaccotreatment@lifelongmedical.org.

For grievance information, including filing a grievance or to receive a copy of the grievance policy, please contact tobaccotreatment@lifelongmedical.org.

Course Completion certificates will be awarded by email for those that submit a post-test/ evaluation form and are provided within one week of receipt of the form.

Course is pending approval for **1.0 hour of continuing education credit** for LMFT's, LCSW's, LPCC's, LEP's, and SUD Counseling Staff as required by the California Board of Behavioral Sciences and by the California Consortium of Addiction Programs and Professionals (CCAPP).

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