

Families Matter Workshop Series

Equipping Providers and Communities
to Respond Differently
to Families Impacted by Substance Use Disorder

Join us for a three-part interactive workshop series

(Although encouraged, attendance at all sessions is not required)

October 19, 2023 - 10:30 am - 12 pm

❖ Evaluate & Regulate

- Tools for evaluation
- From chaos to peace - How do we show up?
- Understanding safety
- Practical tools

November 16, 2023 - 10:30 am - 12 pm

❖ Educate

- 8 dimensions of wellness
- Behaviors make sense
- How people change
- Harm reduction as a family strategy

December 14, 2023 - 10:30 am - 12 pm

❖ Collaborate

- Understanding your super powers
- Communicating needs, setting boundaries, and creating agreements
- What happens after treatment
- Working together for the long haul
- Responding to a return to use or reoccurrence of problematic behaviors

Please click
each date for
registration



Pam Lanhart is the founder and **Executive Director of Thrive Family Recovery Resources**, a non-profit that helps families nationally connect to resources, education and support. Thrive became a ground-breaking organization this fall as **one of the first Family Recovery Community Organizations in the country to receive State Human Services Grant Funding**. This funding is used to support their work providing family peer support to family members impacted by their loved one's substance use. Known as a subject matter expert throughout the country in regards to innovative ways to approach family support, Pam is passionate about helping families use evidence based best practices in order to move their loved ones toward change and believes that a healthy family ecosystem gives their loved ones the best opportunity to activate their own personal recovery.

Pam is also the **2021 recipient of the Faces & Voices Vernon Johnson Award** honoring her tenacious and outstanding national advocacy and work. Devoted to spreading the message of recovery, harm reduction and helping families activate their recovery, Pam was recently appointed to the MN Governor's Advisory Council for Substance Use, Addiction and the Opioid Response as well as US House Representative Angie Craig's Substance Use Advisory Council. She is also a **fierce advocate for the humane treatment of those suffering from substance use, the availability of harm reduction and the de-stigmatizing of those suffering from the disease of addiction.**

