

# **2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda**

## **Self-Care & Peer Support for Providers & Self-Care for the Pain & SUD Patient**

**Presented by: Leianne Pouliot, LCSW & Maj Kyle Kreft**

**Offered: 19 August 2025 AM 0730-1030**

**Location: Partnership for Public Service, 6<sup>th</sup> Floor – Room 601**

**Course Description:** This class will teach learners various ways to enhance self-care. Beyond traditional self-care, learners will be asked to consider other approaches that are accessible, easy to apply, and impactful. In addition, learners will consider broad-scale challenges to self-care and barriers that can exist on multiple levels. the value of peer-to-peer support programs for healthcare practitioners. The research and history of peer support will be presented. In addition, learners will be informed of the fundamental elements of peer support and considerations for implementing a peer support program. In addition, we will explore organizational responsibilities as well as the differences between various peer support frameworks. Finally, a section on self-care strategies for the pain/SUD patient.

### **Learning Objectives:**

- 1) Explore the history and research of self-care and value, history, and research of peer support programs
- 2) Discuss and define the typical forms of self-care, as well as fundamental elements of peer support for healthcare providers
- 3) Discuss more recent approaches to self-care
- 4) Discuss barriers to provider self-care
- 5) Explore the organization's role in self-care for providers
- 6) Illustrate the need to lead by example as providers
- 7) Explore personalized self-care plans
- 8) Review the different peer support models and their pros and cons
- 9) Key considerations when developing a peer support program for providers
- 10) Identify and discuss top self-care recommendations for pain & substance use disorder patients
- 11) Explore resources for patients to explore self-care techniques

### **Agenda 19 August AM 0730-1030**

0730-830	Self-Care Introduction
	I. History
	II. Traditional Approaches
	III. More Recent Strategies for Self-Care
	IV. Pros and Cons of Old & New
0830-0930	Barriers
	I. The Organization's Role
	II. Professional Barriers
	III. Other Barriers
0930-0945	----- <b>BREAK</b> -----
0945-1030	Self-Care for the Pain & SUD Patient
	Question & Answer