

## Language Matters LUNCH AND LEARN

*for consumers, families, and the public*

### DESCRIPTION

Stigma plays a crucial role in recovery from mental health and substance use disorders. Language Matters provides a review and refinement of the nature of language used now and offers an alternative way of thinking for providers. Healing the stigma around substance use and mental health challenges for clients and professionals working in this field is important, and the language used to describe disorders and the behavioral outcomes are constantly changing.

### LOCATION

Zoom Meeting

### COST

No fee to attend this training.

### SPONSORS

Sponsored by the Nebraska Department of Health and Human Services Division of Behavioral Health Office of Consumer Affairs and the University of Nebraska Public Policy Center.



### AGENDA

**DATE:** Aug. 17, 12:00pm – 1:00pm CDT

#### OBJECTIVES:

1. Describe the impact of stigma in mental health and substance use disorders.
2. Discuss three approaches to support long-term recovery using strength-based language.
3. Contrast current and alternative terminology in addressing recovery in mental health and substance use disorders.

### REGISTER ONLINE

<https://go.unl.edu/language-lunch-and-learn>



## DR. KATE SPECK

PhD, MAC, LADC

Kate Speck, PhD, has over 40 years of experience as an educator and trainer in behavioral health. She has a strong background in prevention and intervention. Currently, Dr. Speck is an independent consultant and teaches with the University of Nebraska Public Policy Center. She has been a member of Motivational Interviewing Network of Trainers (MINT) and a MINT trainer since 2000.

*This training is funded in whole or in part by funds from the SAMHSA Community Mental Health Block Grant, SAMHSA Substance Abuse Prevention & Treatment Block Grant, and state funds sub-granted from the Nebraska Department of Health and Services, Division of Behavioral Health.*