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.

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