



THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

THE ROLE OF WELLNESS AND NUTRITION IN THE RECOVERY OF SUBSTANCE USE DISORDERS

with Kelly Lang, CHC

1 HOUR WEBINAR TRAINING

PRESENTATION: This course is designed to educate substance use disorder professionals on the role of wellness and nutrition in recovery. This will include an explanation of the biochemical and nutritional factors that can contribute to substance use as well as a review of how nutrients and other wellness practices can be used to support long term recovery. The course material will provide step by step strategies that can be implemented to help rebalance brain chemistry, optimize nutritional levels and promote overall wellness.

As a result of this training participants will:

- Learn the biochemical basis of addiction and how nutritional imbalances can be just as significant as environmental and/or social factors;
- Learn how nutrition and other wellness strategies can be used effectively to help reduce addictive patterns and to aid in recovery; and
- Learn strategies for supporting at risk youth prior to substance use;

PRESENTER: **Kelly Lang** is a Certified Health Coach, Yoga Instructor and founder of Green Life Wellness, LLC. For ten years Kelly has consulted with private organizations and individuals on the role of nutrition in balancing the brain chemistry of addiction. Kelly works with clients in residential recovery programs as well as those navigating recovery while maintaining their family and work responsibilities. Through her yoga classes, workshops, private coaching and retreats Kelly encourages those with addictions to pursue wellness practices that bring balance to the body and mind, for long term healing. Kelly currently practices in New Hampshire but serves clients nationwide.

Fee: NHADACA Members: Free; Non-Members: \$15

For registration information contact: 603-225-7060, training@nhadaca.org

1 Contact Hour Available

Certified Prevention Specialist Domain: 1, 2 & 6

LADC/MLADC Categories of Competence: 5, 13, 15 & 16

CRSW Performance Domains: 1-4



NBCC: LICSW/L-MFT/LCMHC (Category 1) & Psychologist Category A

(NH Alcohol & Drug Abuse Counselors Association has been approved by NBCC as an Approved Continuing Education Provider. ACEP No 6754. Programs that do not qualify for NBCC credit are clearly identified.

NHADACA is solely responsible for all aspects of the program).

Schedule

On Demand