



SADOD

Direct Service Provider Program

Training and Peer Support Offerings

All training and support groups are developed & facilitated by DSP (Direct Service Provider) peers. Training below can be delivered individually or as a series for a team and can be adapted for a particular organization's needs. Training runs 2-3 hours unless specified otherwise.

For more information, contact either:

Gabriel Quaglia Gabriel@sadod.org or

Jill Shanahan Jill@sadod.org

You can also just book a meeting at your convenience here:

[Google Calendar DSP Program Booking Tool](#)

SADOD Overview (Zoom 30 min)

An overview of all SADOD community peer grief support services for those impacted and bereaved by overdose, suicide and other substance related death. Offerings reviewed range from peer grief support groups, 1:1 peer grief support, virtual memorials ,ect. Additionally, SADOD's Direct Service Provider program offers training and specific peer support for those working in the overdose crisis. Perfect for team and agency all staff meetings.

Peer Support Training for Resilience, Connection and Sustainability

Good Grief: Tools for Direct Service Providers

An exploration of common challenges faced by Direct Service Providers working in the overdose crisis, paired with practical tools and tips to help build resilience. Low threshold tools for DSPs to maintain their window of tolerance and regulate themselves throughout the workday in response to grief and other work related stressors.

Grief and Loss for DSPs

Direct Service Providers (DSP) working overdose crises are in a unique position often faced with multiple ongoing types of grief and loss, often attached to death but not limited to. There are many different kinds of grief and many different ways people experience their grief. Grief can impact the physical, cognitive and emotional realms of life. This training will explore this unique, shared experience of grief while providing grief education, resources, tips and tools for processing grief.

Remembering Those We've Lost

The focus of this workshop is to acknowledge the nature of our grief, loss and distress that can be caused as a result of working in the overdose crisis. We will learn different ways we can

remember, honor and process the death of our community, participants, colleagues, friends and family.

Working With Families

DSPs interact with family members of people who use drugs for a number of reasons, and do not necessarily have the tools and perspective to work with them if it is outside of our scope. This training explores how to deliver resources and information about the world of substance use to the family members and loved ones you may be adjacently working with. Topics covered include harm reduction, drug use and recovery spectrums, treatment, MOUD, etc

Advocacy for Direct Service Providers

This training examines the importance of advocacy as a DSP- as a way to feel agency over systemic issues that can cause hopelessness, for the community and beyond, as well as for the individual and the community they're in. Advocacy is present in most codes of ethics that guide our work, and it has the ability to effect change to make our jobs better and more effective. It covers ways DSPs can engage in advocacy and goes over the basics of messaging and talking points. This training can be extended to increase the interactivity and cover more of a particular area an organization might want. (IE an upcoming advocacy day or legislative breakfast.)

Harm Reduction Yourself

This workshop will explore areas such as our own substance use, recovery, mental and emotional wellness and how we can meet ourselves where we are at and utilize the practice of harm reduction, on ourselves in many areas of our lives. This is offered as a tool and perspective to help build sustainability and resilience as humans doing direct service work, amidst overdose and other crises.

Nervous System Education for Direct Service Providers

This workshop explores the main states of the nervous system with a focus on a direct service provider experience and environment. With awareness of our different nervous systems state's and our window of tolerance, we can learn supportive tools to help move us from dysregulation to regulation. Guided nervous system soothers & practices will be offered as tools to utilize for regulation, and as practical low threshold examples to help build more resilient nervous systems.

Being Grief Informed: Working with Grieving People as a Direct Service Provider*

*(*Available after taking "Grief and Loss for DSP's or "Good Grief: Tools for the Workday")*

Workers in the overdose crisis have been in a unique and often difficult position supporting people through traumatic, collective and personal grief. Whether working with a program participant whose partner fatally overdosed, or a co-worker experiences a loss, it can sometimes be challenging to know what to say or how to be supportive. This training focuses on general grief education as well as low threshold communication tips for being with folks in their grief.

The audience for this training is anyone working in direct service.

Supporting Your Direct Care Staff: For Managers, Supervisors and other Admin roles

Many direct service providers who find themselves in management and supervisory roles want to know how to best support their staff. It can be a challenge to figure out how to best support individual staff and teams, while managing understaffed programs and balancing managerial responsibilities. This workshop will discuss more nuanced areas of staff support and also offer some practical tips and suggestions for consideration. ***The audience for this training is program managers, anyone who is supervising direct service staff and other adjacent administrative roles.***

Debriefing in DSP work: Resources for Managers, Supervisors and Co-workers

As DSP's we are often faced with countless, varied situations where debriefing with the team, individual staff, or co worker is necessary. From responding to an overdose, or de-escalating a situation in the office, to supporting a team during staffing transitions, the debrief and check in may require a different approach given the individuals involved or unique situation. This training will provide tools and resources available that lend a deeper approach to supporting a debrief, or even a less formal check in/check out. ***The audience for this training is anyone working in direct service, and may be especially helpful for managers and supervisors.***

DSP Peer Grief Support

Monthly Peer Grief Support Group (Zoom 90 minutes)

Existing monthly Zoom grief support groups for DSPs in Massachusetts. Time is used to recognize loss, discuss grief, and interrelated topics. Groups have a flexible structure with readings and candle lighting. Second Monday of the month @ 6pm & second Friday of the month @ 10am. Drop in, come as you are.

Processing Peer Support Group (90 minutes)

This is an iteration of our weekly peer/grief support group that can be brought to organizations and is intended to be a resource for programs and staff who may be experiencing acute or cumulative loss of community members or staff.