



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

Healthy Living, Sustainable Recovery: An Integrated Health & Nutrition Approach to Enhance Treatment/ Recovery Services

Virtual via Zoom

This training will address integrated, core issues related to nutrition and health that impact recovery outcomes for individuals with substance use disorders. The training will also highlight unique recovery challenges females face related to the type of substances they use more often, reasons for this use and factors affecting reoccurrence. These include weight concerns, dieting and metabolism, eating pathology and body dissatisfaction.

Modules covered include:

- Nutrient loss, the gut and the impact of diet quality and healthy eating during recovery
- The relationship between physical activity and brain neurotransmitters in recovery
- Gender-responsive approaches to recovery from substance use
- Mainstream & social media influences and the role of body dissatisfaction
- Weight, dieting, and energy concerns during recovery
- Eating pathology and co-occurring conditions
- Curricula and resources available to improve recovery outcomes

Healthy Living Sustainable Recovery Team

9am – 4pm

Dates:

August 19, 2025: For nutrition professionals

Content emphasis on:

- Working with recovery audiences and understanding substance use
- Eating pathology and other mental health concerns

August 20, 2025: For mental health professionals

Content emphasis on:

- Basic nutrition and diet quality
- Family meal planning (particularly for those who are low-income, food insecure, and have limited access)

TO REGISTER, EMAIL:

HealthyRecovery@unr.edu

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

Persons in need of special accommodations or assistance should contact Paul Lessick, civil rights and compliance coordinator, at plessick@unr.edu or 702-257-5577 at least five days prior to the scheduled event with their needs or for more information.