

The 2026 Women's Recovery Conference

N C A S P P B Credits by Session

N C A S P P B (C): North Carolina Addictions Specialist Professional Practice Board has approved this workshop for up to 15.5 hours (S S, G S B, and specialty hours including ETHICS, E B T, C S S, P S Y, N D and H I V hours available based on sessions attended).

[C = Combination of Substance Abuse Specific and General Skill Building]

PRECONFERENCE - Wednesday, May 6th

9:00 am - 4:30 pm (6.0 Hours)

Choose one morning session:

1A. Collaborative Change: Cultivating Creativity, Connection, and Community 3.0 hours S S

OR

1B. Let Go, Recover and Realign with your Soul 3.0 hours G S B

And choose one afternoon session:

1C. Yoga & Substance Use Recovery for Women in the Context of Regenerative Medicine 3.0 hours S S

OR

1D. Ethical Considerations: Treating S U D in Rural Communities 3.0 hours S S (ETHICS)

MAIN CONFERENCE - Thursday, May 7th

9:00 am - 4:30 pm (6.0 Hours)

All attendees:

Opening Keynote: Cultivating Collaborative Change by Weaving Connection into Community 1.5 hours S S

Choose either Track One or Track Two:

Track One - General **4.5 Educational Hours TOTAL**

2A. Releasing Trauma in Substance Use Recovery: Embodying the "Stillpoint" 1.5 hours S S

H I V, Mental Health and Substance Use: Where Are We Now? 3.0 hours S S (H I V) (P S Y)

OR

Track Two - D H H S **4.5 Educational Hours TOTAL**

2B. Trauma-Informed Perinatal Care: Supporting Birthing People with Histories of Trauma, I P V, or Systemic Discrimination 1.0 hour G S B

You Quit, Two Quit: Tobacco Free Treatment Update 1.0 hour S S (N D)

Understanding the Effects of Drug-Related Stigma 1.0 hour S S

Recovery and Housing Through Their Eyes: Forty Years of Progress, Policy and Possibility 1.5 hour S S

MAIN CONFERENCE - Friday, May 8th

9:00 am - 12:45 pm (3.5 Hours)

All attendees:

Update from the State: Women's S U D Treatment in N C 0.25 hour S S

N C D H H S Circle of Security Parenting Project 1.25 hours G S B

Choose one session:

3A. Supervision that Sparks: Empowering Women in Recovery and the Professionals Who Support Them 2.0 hours S S (C S S)

OR

3B. A Curated Collection: Effective Group Exercises for Women in Recovery 2.0 hours SS (E B T)

Guide to Abbreviations:

S or S S = Substance Abuse Specific Training

G or G S B = General Skill Building Training

C = Combination of Substance Abuse Specific and General Skill Building

ETHICS = Ethics

E B T = Evidence-Based Treatment

H I V = HIV/AIDS/STD/TB/Bloodborne Pathogens

P S Y = Psychopathology Training

C S S = Clinical Supervision Specific Training

N D = Nicotine Dependence