

enCompass: A Comprehensive Course on Navigating Addiction

enCompass is an interactive, multidisciplinary, 8-hour training program that teaches participants about the science of addiction and equips them with the knowledge and tools to understand and address substance use disorders. Like CPR, the course is designed to build the skills to support and respond to someone who needs help.

WHAT WILL YOU LEARN?

- » Signs and Symptoms of Addiction
- » Importance of Getting an Assessment
- » Evidence-Based Treatment Options, Including Medications to Treat Addiction
- » Recovery Support and Relapse Prevention
- » How to Start the Conversation with Someone in Need of Support
- » Defining One's Own Personal Boundaries and Principles of Self-Care

WHO SHOULD GET TRAINED?

- » Families, Friends, & Caregivers
- » Clergy
- » Law Enforcement & First Responders
- » Employers
- » Educators
- » Community-Based Service Provider



*Substance Abuse and Mental Health
Services Administration (SAMHSA), HHS*

1 IN 6

have a diagnosable substance
use disorder in the U.S.



of people in the U.S. know someone who
has suffered or is currently suffering
from a substance use disorder

*(1) Substance Abuse and Mental Health Services Administration, (2023).
National Survey on Drug Use and Health*

*(2) Gramlich, J., (2017). Nearly Half of Americans Have a Family Member or
Close Friend Who's Been Addicted to Drugs. Pew Research Center.*



SIGNS AND SYMPTOMS

CHECKLIST

- ☐ Your loved one starts behaving differently for no apparent reason — such as acting withdrawn, frequently tired or depressed, or hostile.
- ☐ Loss of money, missing valuables, and borrowing.
- ☐ Loss of interest in overall health, hygiene, preventative and dental care.
- ☐ Change in weight or appearance.
- ☐ Change in weight, eating or sleeping habits.
- ☐ A decline in performance at work or school.
- ☐ Disinterest in activities that were previously enjoyable.
- ☐ Deteriorating relationships.
- ☐ Loss of interest in overall health, hygiene, preventative and dental care.
- ☐ Inability to be present when in conversation.