

# **Same but Different or Is It? Best Practice Treatment for Lesbian and Bisexual Women with Substance Use Disorders**

## **Program Description**

Members of the older lesbian community present to treatment with a great deal of challenges and strengths that have informed their experience. Participants of this workshop will gain a basic understanding of the lesbian population as well as issues specific to the lesbian experience of addiction and recovery. Working towards the development of cultural competency as the goal, this workshop will be interactive; setting the expectation that participants engage in thought provoking dialogue.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Demonstrate increased familiarity with the issues and barriers faced by lesbian persons in need of substance use disorder-related services
2. Explain the interaction between LGBT issues and substance use and abuse
3. Describe ways to provide more sensitive, affirmative, culturally relevant, and effective treatment to lesbian clients.

## **Target Audience**

Mental Health Professionals; Psychologists; Substance Abuse Counselors, and anyone interested in this topic.

## **Contact Hours**

3-6 hours

## **Faculty**

**Avery Cook, MSW, LCSW** is the Associate and Clinical Director at Counseling and Psychological Services at UNC-Chapel Hill, where she engages in clinical work with individuals on issues involving gender identities and expression, LGB culture and identity development, as well as anxiety, depression, and crisis intervention. She has been a field instructor with UNC-CH School of Social Work for the past 10 years and serves as a training consultant with the School of Social Work's AHEC Training Partnership; conducting trainings across the state on issues related to gender identity and gender expression.