

WE  YOU

RECOVERY IN OUR COMMUNITY

March 13, 2024 ♥ 12pm - 5pm

AT THE UNIVERSITY OF WISCONSIN OSHKOSH CULVER CENTER

Come join Winnebago County as we come together once again to bridge the recovery community with the broader community! Join us for addiction awareness and recovery education, as well as connect with local resources. This year's keynote speaker is Milwaukee Bucks Assistant Coach Vin Baker. A successful basketball All-Star and Olympian, Vin will share his story of resilience as he struggled with addiction. His message is one of hope for others who are in the same predicament he was 12 years ago. We invite you to come listen to his and other local stories of inspiration.

The event will also include sessions on:

- **Spectrum of Recovery: Meeting People Where They Are At.** The session aims to foster supportive environments for open discussions, where questions are encouraged, and experiences are shared on the diverse pathways of recovery. Panel members will share how to navigate resources for those looking for help, explain why they are inspired to be peer professionals, and how, as a community, we can come together to do better.
- **Coping with Trauma from Substance Use Disorder (SUD).** Participants will learn how addiction and trauma affect the brain, develop strategies to help clients recognize dysregulation of the brain/body connection, and how dysregulation increases the risk of relapse. This session will teach simple activities to use when working with trauma and SUD clients to promote healing.
- **Navigating the Local Landscape.** Local experts will highlight drug and overdose death trends from recent years in Winnebago County. This data will highlight the complexity of our local landscape and the urgency of our work. Then we'll hear from local resources where people can find help no matter where they are on their recovery journey.

If you are a prescriber or interested in learning more about pain management, opioid use disorder, and the risks and benefits of opioid prescribing, join us earlier in the day from 9:30-11:30am for "Striking the Balance: Understanding Pain Management and Opioids." This FREE session will be keynoted by Dr. Ezra Lyon from ThedaCare. Attendees will earn 2.5 CME/CE credits free of charge. Register at the same link to the right.

Questions? Contact jskolaski@winnebagocountywi.gov

**SCAN OR REGISTER FOR
THIS FREE EVENT HERE**

[https://solutionsrecovery.org/
we-heart-you-registration/](https://solutionsrecovery.org/we-heart-you-registration/)



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A logo with three overlapping circles in green, orange, and blue.
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Whether you are a person in recovery, medical prescriber, social worker, law enforcement agent, paramedic, elected official, or someone who cares about people dying in our community, this event will educate, connect, and inspire you. **There is no better way to learn how we can all help save lives!**

**RECOVERY
IN OUR COMMUNITY**

**BREAK THE SILENCE.
REDUCE STIGMA. SAVE LIVES.**