

# NEWSLETTER

## IC&RC



### WELCOME TO THE NEW YEAR!



As we welcome in the new year, we want to thank you for being an essential part of IC&RC. Your support and dedication played a huge role in our success last year. We are excited to see where 2025 takes us.

We look forward to working together in the year ahead!

### YOUR CHANCE TO BE FEATURED

If you have a recipe that will improve wellness, please share it for a chance to be featured in a future Newsletter. Also, if you would like to share a photo of you with the finished product, we would be happy to post it with the recipe!

Send to:  
Samantha@internationalcredentialing.org

### IMPORTANT PERFORMANCE DOMAIN UPDATES

The development of a valid examination begins with a clear and concise definition of the tasks, knowledge, and skills needed for competent job performance, known as a Job Analysis (JA). The JA identifies several performance domains. Several tasks are identified within each performance domain. The tasks and skills, help identify the knowledge that is needed for exam success. **The examinations and the performance domains have been updated. Please ensure all your Board materials include updated information.** To view the domains located in the Candidate Guides [click here](#).

### EXCITING SPONSORSHIP OPPORTUNITIES

We are delighted to offer a unique opportunity for you, our valued partners, to gain increased engagement by becoming a sponsor at the Annual Stakeholder Meeting! The event will take place October 6-7, in San Antonio, TX.

As a sponsor, your Board will enhance its visibility and play a key role in supporting and strengthening IC&RC. This is an excellent way

to showcase your Board while contributing to the growth and recognition of our profession.

We look forward to partnering with your Board to ensure the success of the next Stakeholder Meeting!

Please reach out to Samantha at [Samantha@internationalcredentialing.org](mailto:Samantha@internationalcredentialing.org) to learn more about sponsorship opportunities.

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## TEAM MEMBER HIGHLIGHTS



Susan Veit, M.S., M.Ed., ICE - CCP, joined the team in July as the Director of Credentialing. Susan brings 15+ years of experience developing assessments and managing certification program and has worked in both the K-12 statewide assessment and personnel credentialing industries. She is a Certified Credentialing Professional

(ICE-CCP) by the Institute of Credentialing Excellence and will be focused on strengthening and growing IC&RC's credentialing programs to better serve our Prevention, Substance Use Disorder, and Recovery professionals.

### WHAT'S NEW

We were excited to announce the 2024 IC&RC Professional of the Year award winners at the Stakeholder Meeting! [Click here](#) to see the recipients featured on IC&RC's website.

## *"Empowering SUD Professionals Worldwide"*

### NEW YEAR'S RESOLUTIONS: BUILDING GOOD MENTAL HEALTH HABITS

**By: Anita Everett, MD, DFAPA via SAMHSA Blog**

Setting New Year's resolutions can be a positive way to focus on self-improvement, but it's important to approach them in a manner that promotes good mental health and well-being and maximizes our chances of sticking with them.

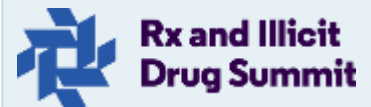
There are strategies to prioritize our mental health during this time as we strive to achieve our resolution goals, but keep in mind that you know yourself better than anyone else. Your resolutions – if you even choose to make them – should be custom-tailored to you.

[Read more.](#)

### DON'T MISS OUT

IC&RC has partnered with HMP Global Learning Network, who hosts the Rx & Illicit Drug Summit in Nashville, TN on April 21-24.

[Click here](#) to register.



### DID YOU KNOW

- The largest snowflake on record was reportedly 15 inches wide, found in Montana in 1887
- January is National Mental Wellness Month
- New Year's Day is the most celebrated holiday in the world
- January 22 is Celebration of Life Day

### STAY CONNECTED

Visit us at: [IC&RC](#)

Follow us on LinkedIn: [IC&RC](#)





## UPCOMING MEETINGS

Administrator’s Meeting (virtual) January 27, at 12:30 PST / 1:30 MST / 2:30 CST / 3:30 EST

Annual Stakeholder Meeting October 6-7, in San Antonio, TX

## CERTIFICATION SPOTLIGHT

### ADVANCED ALCOHOL & DRUG COUNSELOR (AADC)

If your professionals are looking to elevate their career, and your Board does not offer the Advanced Alcohol and Drug Counselor (AADC) credential, this year is the optimum time to implement it. This advanced-level certification is designed for experienced professionals seeking to expand their clinical expertise in substance use treatment.

Credential Benefits:

- Eligibility to supervise other counselors
- Access to leadership roles in clinical settings
- Certification recognized globally

**Contact [Samantha@internationalcredentialing.org](mailto:Samantha@internationalcredentialing.org) to start the application process today.**

*“Leading the World in Credentialing for Prevention, SUD & Recovery Professionals”*

## RECIPES THAT SUPPORT RECOVERY

### NUTRITION IS ESSENTIAL

Your brain needs good nutrition to have the ability to build the new neural pathways necessary for recovery.

How chemicals in food react with the brain chemistry can affect a person’s moods and emotions. Foods high in antioxidants can help produce serotonin, which can result in a positive mood.

Recommended foods high in antioxidants include:

- Broccoli, brussels spouts, peppers & sweet potatoes
- Citrus fruits

- Seeds, nuts, & legumes
- Eggs
- Oatmeal & brown rice

Foods containing high levels of amino acids are also found to be very beneficial. These can include:

- Quinoa
- Mushrooms
- Turkey
- Cottage cheese



[Click here](#) for a Quinoa Stuffed Sweet Potato recipe, containing ingredients that are beneficial for recovery.

# Thank You!



State of Hawaii, Department of Health  
**Alcohol and Drug Abuse Division**  
*Ka 'Oihana Olakino*

## SPONSORSHIP SPOTLIGHT

### HAWAII ALCOHOL & DRUG ABUSE DIVISION

### THANK YOU FOR YOUR GENEROUSITY!

We would like to express our sincere gratitude to the Hawaii Alcohol & Drug Abuse Division's sponsorship for the 2024 Annual Stakeholder Meeting! Their donation contributed to the success of the meeting, which allowed us to gift attendees with an essential oil diffuser and Samsonite computer bag. The diffuser promotes self-care and encourages relaxation, and the computer bag makes traveling more convenient, while improving recognition and promotion of IC&RC.

We hope those who attended the Stakeholder Meeting are enjoying your gifts!

**Thank you Hawaii Alcohol & Drug Abuse Division!**



## ADVERTISING OPPORTUNITY

Advertising opportunities are available. Please contact [Samantha@internationalcredentialing.org](mailto:Samantha@internationalcredentialing.org) to learn more.