

NEWSLETTER

IC&RC



WELCOME TO SPRING 2025!

Spring is a season of renewal and growth. As we embrace the arrival of the new season, we are excited to share the latest IC&RC updates, products, and opportunities with

you. Thank you for your continued engagement! We look forward to a season full of growth, collaboration and success.

CAREER CENTER

We are pleased to announce a “Career Center” page will be coming soon to the IC&RC public website!

Need to fill a position in your organization, agency, or educational program? Look no further, we are here to help! Posting a job on IC&RC’s Career Center page will provide your organization with the opportunity to reach countless Prevention, Substance Use Disorder, and Recovery Professionals.

Member Boards will be able to partner with IC&RC to find the right professional for your organization!

NEW AADC & PR EXAMINATIONS

We are excited to announce the **tentative** administration dates for the updated AADC (**June 3**) and PR (**July 3**) examinations.

All candidates taking the AADC & PR examinations, on or after the respective administration date, will be taking the updated exam.

[Click here](#) to view the new AADC Candidate Guide.

[Click here](#) to view the new PR Candidate Guide.

Please direct questions regarding these updates to Susan Veit, Director of Credentialing. [Click here](#) to contact Susan.

YOUR CHANCE TO BE FEATURED

If you have a recipe that improves wellness, please share it for a chance to be featured in our Newsletter. If you would like to share a photo of you with the finished product, we will post your photo with the recipe!

[Click here](#) to contact Samantha.

INSIDE THIS ISSUE

- [Spring Welcome Message](#)..... 1
- [Career Center](#)..... 1
- [Updated Exams](#) 1
- [Team Highlights](#)..... 2
- [What’s New](#)..... 2
- [Support Center](#)..... 2
- [Don’t Miss Out](#)..... 2
- [Did You Know?](#) 2
- [Meeting Dates](#) 3
- [Alcohol Awareness Month](#) 3
- [Recovery Recipe](#) 3



TEAM MEMBER HIGHLIGHTS



Victoria Ozment joined the IC&RC team in August 2024 as the Business Coordinator. She comes with a background in technology, finance, and healthcare administration. To support her background, she has furthered her education by obtaining a degree in computer science and is currently finishing a degree in accounting. In her spare time, Victoria enjoys

traveling and trying new local coffee shops. She is excited about enhancing IC&RC's services for professionals in the prevention, substance use disorder, and recovery workforce.

WHAT'S NEW

Follow us on **LinkedIn!** Connect with us and network with your peers. Get updates, learn fun facts, get to know our team, find helpful resources, and more! [Click here](#) to follow IC&RC.

“Empowering SUD Professionals Worldwide”

MEMBER BOARD SUPPORT CENTER

We are proud to announce the launch of IC&RC's Support Center for Member Boards! We will help you navigate challenges, implement solutions, and achieve your goals with confidence.

Connect with our team to receive assistance troubleshooting challenges and implementing best practices. The Support Center offers training to enhance skills through interactive learning experiences and resources.

To access IC&RC's Support Center, login to the Member's Only website and click on the "Support Center" tab. Complete the online form. You will be provided with resources or connected with a Team Member.

[Click here](#) to login to the Member's Only Site.

DON'T MISS OUT

Join us at **#RxSummit2025**, where leaders and changemakers unite to combat the opioid epidemic.

Use the code **"ICRC"** when registering and get an extra \$100 off!

[Click here](#) to register.



DID YOU KNOW

- Daisies have a circadian rhythm, which regulates sleep and wake cycles, just like humans do
- April 22nd is Earth Day
- May is Mental Health Awareness Month

STAY CONNECTED

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

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





UPCOMING MEETINGS

Spring Meeting (virtual) April 14, at
1:00—5:00 PM EST

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

APRIL IS ALCOHOL AWARENESS MONTH

April is a time to raise awareness and understanding of alcohol use and misuse. It offers communities a chance to gain more understanding of how individuals struggle with alcohol use and offers opportunities to provide resources and support.

This April, share how treatment is effective and prevention works with your community.

[Click here](#) for resources to help spread awareness.

ALCOHOL AWARENESS MONTH

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

RECIPES THAT SUPPORT RECOVERY

NUTRIENT-DENSE FOODS

A balanced diet is critical for the health of those in recovery from a SUD. Nutrient-dense foods are made up of complex carbohydrates, healthy fats, and lean proteins. These aid in the production of serotonin and enhance an individual’s mood.

Examples of nutrient-dense foods include:

- Salmon or lean poultry
- Bananas
- Kale
- Blueberries
- Tofu



Consuming nutrient-dense foods helps to replenish the storage of nutrients in one’s body. These foods provide the essential vitamins and minerals needed in the recovery journey.

[Click here](#) for a Garlic Butter-Roasted Salmon recipe, made with some of these nutrient-dense ingredients.