

Motivational Interviewing & Harm Reduction: A Practical Approach to Substance Use Disorders

Thursday, Aug 27, 2026

10:00 AM (PT) | 11:00 AM (MT) | 12:00 PM (CT) | 1:00 PM (ET)

Join us for a free, engaging Continuing Education (CE) event focused on evidence-based care for clients experiencing substance use disorders. This session will explore practical, compassionate approaches for integrating Motivational Interviewing (MI) and Harm Reduction principles into daily clinical practice. Participants will review real-world clinical frameworks for navigating client ambivalence and client-centered communication strategies that balance clinical safety, autonomy, and the therapeutic alliance.



Sarah Lyter, MA LCPC

Clinical Supervisor, Charlie Health

Sarah brings over a decade of experience working with teens, adults, and families, including clients facing substance use disorders, trauma, and co-occurring mental health concerns. She helps them build skills, process difficult emotions, and find hope.



Brennan Maples, MA LSW

Clinical Supervisor, Charlie Health

Brennan has 10 years of experience providing mental health services with a focus on adolescents and families. He draws on trauma-informed care, attachment theory, DBT, and crisis intervention to foster growth, resilience, and compassionate, evidence-based care.

Participants will gain actionable tools and practical strategies that can be applied across outpatient, intensive outpatient (IOP), and community mental health settings.

This program is Approved by the National Association of Social Workers (Approval # 886911650-6194) for 1 continuing education contact hour.



Scan to register

Reserve your spot

Scan the code or register online

<https://tinyurl.com/ykeevurk>

Who is Charlie Health for?

Our virtual programs provide structured support with a flexible schedule for adults, teens, and kids ages 8 to 64.

Charlie Health may be appropriate if:

- Concerns about behavior, safety, or emotional stability are increasing
- Weekly therapy alone no longer feels like enough support
- A transition out of inpatient or residential care is underway
- Stability has been difficult to maintain after a recent discharge

95%

of Charlie Health clients avoided readmitting to a higher level of care six months post-discharge*

*Data reflects reports from survey respondents only

Immediate intake. Lasting outcomes.

No waitlists

Getting help shouldn't take weeks. With rolling admissions, care can start as soon as today.

Safe and secure

HIPAA-compliant sessions, 24/7 crisis support, and proactive safety planning ensure the same safeguards and accountability as in-person care.

Support that lasts

Through peer support groups and events, our Alumni Program provides a community designed to sustain progress after treatment ends.

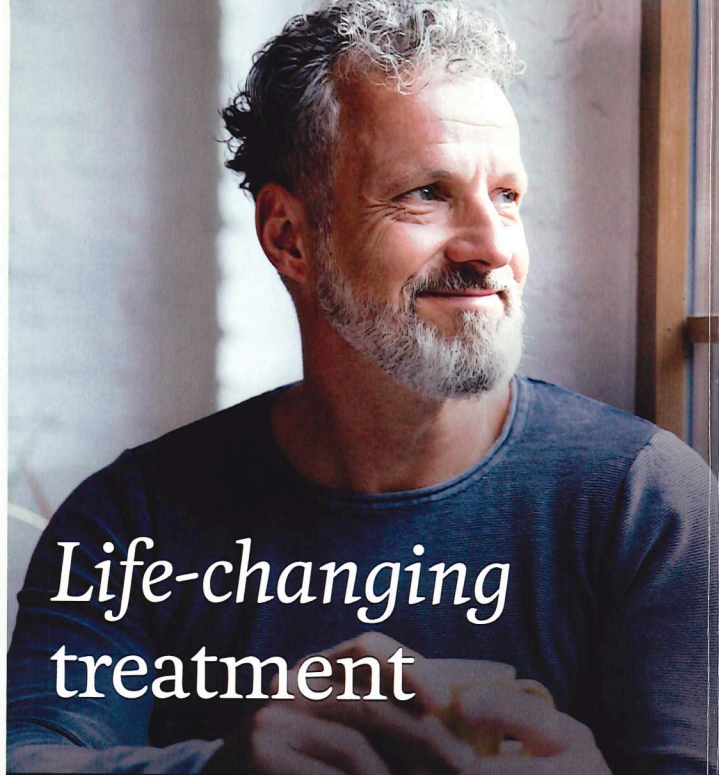
 Charlie Health

Virtual Intensive Outpatient Programs

For serious mental health issues, addiction, or co-occurring conditions.



Call (986) 206-0414
Visit charliehealth.com



Life-changing treatment



Accessible and affordable

With in-network coverage across 600+ insurance plans nationwide, most participants pay \$0 out of pocket.



Tailored to the individual

We carefully match participants with providers who have relevant experience and peers they'll feel comfortable with.



Proven care, delivered virtually

Our model is grounded in evidence-based therapies like CBT and DBT, improving as we learn from over 125,000 cases to date.

Designed for *real life*

Our 6-12 week programs provide 10+ hours of structured treatment per week. Flexible scheduling provides options outside of school and work hours.

Group Sessions

Group sessions with peers, three times a week, designed for connection and skill-building

Individual Therapy

Weekly one-on-one sessions with a therapist matched to individual needs and goals

Family Therapy*

Sessions with family members to promote mutual healing and help reinforce progress at home

Psychiatry*

Integrated psychiatric care to support starting, stopping, or adjusting medications



Sample Schedule | *Available as needed

“When I started, I was in a very dark place. But as life continued to bombard me with stressors, Charlie Health gave me the tools to deal with them. Now I feel like I can handle anything life throws at me.”

– Lauren, Charlie Health Alum