

CAPSA Training & Education

Evidence-Based. Built for Practice.

CAPSA delivers highly regarded, evidence-based training for professionals across the private, non-profit, and public sectors. Our programs focus on reducing stigma, strengthening compassionate practices, and supporting meaningful organizational change.

All CAPSA trainings are developed and delivered by educators, researchers, clinicians and policy analysts whose work is grounded in lived and living experience, ensuring credibility, relevance, and practical impact.

Training Formats

1-Hour: The Basics (Lunch & Learn format)

Introductory sessions designed to build awareness of stigma, Substance Use Health, and compassionate practices in an accessible, time-limited format.

2-Hour Training: The Foundations

Interactive and engaging sessions that provide practical approaches to eliminate stigma within organizations and support meaningful change.

Half-Day and Full Day Interactive Workshops: Deepening The Practice

In-depth, participatory trainings that explore actionable strategies to reduce stigma, build compassionate practices, and understand the principles of Substance Use Health in the context of policy, project and programming.

Self-Paced E-Learning Modules (approximately 15 minutes per module)

CAPSA's interactive, self-paced e-learning modules support organization-wide learning and reinforce key training concepts.

Educational Offerings

Stigma Ends With Me

Learning Objectives

Participants will:

- Understand how stigma negatively impacts health outcomes
- Understand stigma at the social, systemic, and personal levels
- Recognize how stigmatizing language harms people
- Apply person-first, health-focused language to reduce stigma
- Identify individual and organizational roles in eliminating stigma

Compassionate Care: Staying Well While Helping Others

Learning Objectives

Participants will:

- Acknowledge and recognize the existing skills of those in caring roles
- Understand cycles of frustration and fatigue and how these impact caregiver wellness
- Strengthen compassionate practices while maintaining personal well-being
- Discover practical pathways to compassionate care in professional settings
- Explore how compassionate practices supports sustainable care

E-Learning Modules

CAPSA's six interactive, self-paced e-learning modules support organization-wide learning and reinforce key training concepts. Modules focus on stigma, multiple pathways to wellness, attitudes and personal biases, language and labels, Substance Use Health, and compassionate care. Each module takes approximately **15 minutes** to complete and is designed to support practical application in workplace and community settings.

What Sets CAPSA Apart

- Evidence-based and practice-focused
- Developed and delivered by educators, clinicians, policy analysts and researchers.
- Informed by lived and living experience
- Adapted for diverse populations and sectors

CAPSA's training supports organizations to move beyond awareness toward meaningful, sustained change in how people experience services, care, and support.