

NEW MEXICO 5-ACTIONS PROGRAM™

Study & Tracking Tools · Tool 4 of 5

Webinar Tracker

All twenty recorded webinars, with space for dates and notes

The program's Live Webinars page (Resources → Live Webinars) is a hub of expert-led sessions you can watch at your own pace. Unlike the core videos, webinars have no transcripts, so your notes are the record.

Use this tracker to log what you watched, when, and what you took away.

www.nm5actions.com

Free program, paid for by the New Mexico Health Care Authority.

This program is not a substitute for professional medical or health care advice, which should be obtained directly from your healthcare provider.

About the Webinars

The webinars are recorded live sessions, most of them an hour or so, presented by the program's author and by guest experts from New Mexico and beyond. Many are also embedded on the module page they relate to, so you may meet them while working through a module. Others (for example, the sessions on sexual trauma, suicide prevention, CRAFT for families, and the provider-focused trauma session) appear only on the webinars page.

Because the webinars are longer and more conversational than the core videos, a few habits make them more useful:

- Skim the webinar list first and pick the two or three closest to your assessment results or your current question.
- Write down one question you hope the session will answer before you press play.
- Pause when something lands. Note the idea and the approximate time in the recording so you can find it again.
- Finish with one sentence: what will I do differently because of this?

Where they fit

"Understanding & Addressing Challenges of Addiction" is the program's overview session and appears on all four Learn How Addiction Works modules; it is a good first webinar. The trauma, internal family, relationships, and "growing up emotionally" sessions belong with the Mental Health Support pages (see Tool 5). The AUD, fentanyl, peer support, and "five things to know" sessions belong with Actions 2 and 5.

Webinar Log

Listed in the order they appear on the Live Webinars page.

#	Webinar and presenter	Also found on	Date watched	Notes / key takeaway
1	Healing and Understanding the Impact of Sexual Trauma Rachel Cox, LCSW	Live Webinars page		
2	Understanding & Addressing Challenges of Addiction John Fitzgerald, PhD, LPC, CAS	All four "Learn How Addiction Works" modules		
3	Hypernormalization & Addiction John Fitzgerald, PhD, LPC, CAS	What Addiction Can Do to Your Life		
4	Teens & Screens: Helping Parents Navigate Risks with Technology John Fitzgerald, PhD, LPC, CAS	Different Kinds of Addiction		
5	Navigating NM's Behavioral Health Treatment System Brian Serna, LPCC, LADAC	Get Treatment When You Need It		
6	The Benefits of Peer Recovery Support Melisha Montano, HSD & Stanford Kemp	Cut Back or Stop; Get Treatment		
7	Addressing the Crisis of Fentanyl Overdose Lydia Bartholow, DNP, PMHNP, CARN-AP	Different Kinds of Addiction		
8	Five Things to Know Before You Get Sober Nicolas Morales	Take Your First Step; Cut Back or Stop; Get Treatment		
9	Insights from Dr. Bruce Alexander John Fitzgerald, PhD, LPC, CAS	Why Addiction Gets Harder to Stop		
10	Addressing Addictions to Technology John Fitzgerald, PhD, LPC, CAS	Different Kinds of Addiction		
11	Reconnecting: The Direct and Indirect Paths to True Self John Fitzgerald, PhD, LPC, CAS	Live Webinars page		
12	Growing Up Emotionally: Living from Your Head & Heart John Fitzgerald, PhD, LPC, CAS	Relationships and Trauma pages		

#	Webinar and presenter	Also found on	Date watched	Notes / key takeaway
13	Zero Suicide and the Role CAMS Can Play Raymond P. Tucker, PhD	Live Webinars page		
14	What's New in Treating Alcohol Use Disorder (AUD)? John Fitzgerald, PhD, LPC, CAS	Different Kinds of Addiction; Cut Back or Stop		
15	How the CRAFT Approach Helps Families See webinar page	Relationships page (CRAFT); Get Help for a Loved One		
16	Embracing Your Internal Family John Fitzgerald, PhD, LPC, CAS	What Addiction Can Do to Your Life; Trauma page		
17	The Power to Create John Fitzgerald, PhD, LPC, CAS	Create a Happy, Healthy Life		
18	Addressing Trauma and Addiction (Community) John Fitzgerald, PhD, LPC, CAS	Trauma page		
19	Addressing Trauma & Addiction (Provider) John Fitzgerald, PhD, LPC, CAS	Live Webinars page; Guide for Professionals		
20	Healing Relationships John Fitzgerald, PhD, LPC, CAS	Take Your First Step; Depression & Mood page		

Webinar Notes

Use one block per webinar for fuller notes. Copy this page as many times as you need.

Webinar	
Presenter	
Date watched	
My question going in	

Key ideas (with approximate time in the recording):

How this connects to my own situation:

One thing I will do differently:

Webinar	
Presenter	
Date watched	
My question going in	

Key ideas (with approximate time in the recording):

How this connects to my own situation:

One thing I will do differently:

Summary

Total webinars watched (of 20)	
Date range	
Most useful webinar and why	

Carry the total to the Program Participation Summary in the Participant Workbook (Tool 1).