



TRAININGS AVAILABLE BY CATEGORY

I. COALITION BUILDING ACTIVITIES – *Local and regional workshop and trainings for coalitions, prevention providers, community-based agencies and interested individuals to assist in the implementation of the Strategic Prevention Framework; i.e.:*

- How Coalitions Work
- Top Ten Reasons Why Coalitions Work
- Community Assessments/Capacity Building
- Logic Modeling Made Easy
- Action Planning & Implementation
- Planning & Evaluation
- Sustainability
- Cultural Competency
- Public Policy: How To Make Change Happen
- How To Have A Successful Community Forum
- Youth Development Survey (YDS): What It Means In My Community
- Red Watch Band Bystander Training

II. EVIDENCE BASED PROGRAMS & PRACTICES – *Training and support for prevention providers to offer EBPs to their constituencies; to be determined from the following OASAS selected National Registry of Evidence-Based Programs & Practices (NREPP) recognized curricula:*

- Evidence-Based Programs and Practices (EBPs)
- Teen Intervene
- Too Good For Drugs (TGFD)
- Environmental Strategies In Your Community
- Environmental Strategies: Roles for Communications Media

III. TRAININGS TO FULFILL CPP/CPS/CASAC REQUIREMENTS

- Prevention 101: Risk and Protective Factors
- Destructive Decision Making
- Rx Abuse To Addiction
- Screening, Brief Intervention & Referral to Treatment (SBIRT)
- Marijuana: What's The Problem?
- The Addicted Brain
- Heroin & Opiates: Rx For Disaster
- Addiction – The Disease Model
- Chemical Dependency & Domestic Violence
- Chemically Dependent Family Systems

- Environmental Strategies
- Pharmacology/Symptomology
- Suicide Prevention
- The Adolescent Brain
- Underage Drinking
- How Drugs Hijack the Brain
- Substance Abuse Prevention Skills Training (SAPST)
- Electronic Nicotine Delivery Systems (ENDS)/Vaping

TRAINING DESCRIPTIONS

I. COALITION BUILDING ACTIVITIES –

- **How Coalitions Work**

This workshop focuses on why and how coalitions work. The process of creating and initiating a coalition and the varied reasons behind creating a coalition are reviewed. A coalition empowers a community to take control of its future. Attendees are encouraged to voice their individual concerns and intentions regarding the creation and launch of a coalition. Information provided will serve as a guide for attendees to determine if a coalition is the right choice for them at this time.

- **Top Ten Reasons Why Coalitions Work**

This informative seminar reviews the key reasons why the strength of coalitions can successfully make an impact in a community. A coalition empowers individuals by giving them a unified voice and having them work together toward the changes they want to see. Clarity as to the effectiveness of coalitions is reached as each reason is discussed and elaborated upon.

- **Community Assessments/Capacity Building**

Community Assessment is the process of gathering, analyzing and reporting information about the needs of your community and the capacities or strengths that are available in your community to meet those needs. In this workshop attendees will discuss how to convene a group of citizens to participate in a community assessment, establishing a vision and prioritize the issues that require change.

- **Logic Modeling Made Easy**

Logic Models are used by coalition leaders to evaluate the effectiveness of coalition programs or initiatives based on the coalition mission and vision. The underlying purpose of constructing a logic model is to assess the "if-then" (causal) relationships between the elements of the program, the available resources, the activities implemented and the outputs and outcomes. Sample logic models are shared with attendees to demonstrate the advantages of this tool.

- **Action Planning & Implementation**

The importance of selecting an action plan that appropriately responds to the issues identified by the community assessment is discussed in this workshop. Necessary steps, risk and protective

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factors, tools and resources to consider before implementing a prevention awareness and education program, policies or practice are reviewed.

- **Planning & Evaluation**

Measuring and evaluating coalition work provides both short and long term data helpful in measuring the impact and effectiveness of the work done by the coalition. The data provides insight toward the selection of future programs, planning for funding and budgeting, and the use of available resources.

The use and value of various measurement and evaluation tools are discussed.

- **Sustainability**

Coalitions should conduct periodic evaluations of the coalition, its leadership, its effectiveness and whether the original mission and vision statement still accurately represent the goals. This training addresses the evaluation and maintenance of the coalition. A Sustainability Plan can assist in maintaining momentum, a stable infrastructure and expansion efforts.

- **Cultural Competency**

Developing cultural competence results in an ability to understand, communicate with, and effectively interact with people across cultures. Awareness of cultural differences, practices and skills as well as one's own cultural worldview is important to the overall approach and effectiveness of a coalition's efforts. In this training points regarding cultural awareness, attitude, knowledge and skills will be highlighted.

- **Public Policy: How To Make Change Happen**

Shaping public policy is a multifaceted process that involves individuals and interest groups working to influence policymakers to act in a particular way. These individuals and groups use a variety of tactics and tools to advance their aims, including advocating their positions publicly, attempting to educate supporters and opponents, and mobilizing allies on a particular issue. Questions regarding the advocacy process are addressed in this session.

- **How To Have A Successful Community Forum**

Community forums can be a very effective way to raise awareness, educate and get people involved in an issue. A community forum is an event open to everyone, where a panel of experts who have experience in a particular subject share their knowledge and perspectives. Determining the *Who? What? Where?* and *Why?* for holding a forum is the initial step of the planning process. Attendees will review the value of a systematic planning process.

- **Youth Development Survey (YDS): What It Means In My Community**

Youth surveys conducted in schools are considered one of the best methods for assessing a community's risk and protective factors that may impair healthy youth development, and to evaluate the effectiveness of prevention efforts. This information can be used to form policy and program planning with the goal of reducing those risk factors, while enhancing protective factors to positively impact the problem behavior.

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- **Red Watch Band Bystander Training:**

Red Watch Band, developed by Stony Brook University, is a movement designed to end alcohol overdose deaths by empowering students through educating them about how to handle alcohol emergencies and summon professional help, with an optional CPR component. Participants learn how to recognize alcohol emergencies and respond effectively in order to prevent toxic drinking deaths.

II. EVIDENCE BASED PROGRAMS & PRACTICES –

- **Evidence-Based Programs and Practices (EBPs)**

This program is designed to help the participants learn about the evidence-based interventions that are available for implementation. Participants will gain a general overview of EBPs, their curricula, and implementation.

- **Teen Intervene**

Designed specifically for youth who are experiencing mild to moderate problems associated with alcohol or other drug use, *Teen Intervene* provides education, support, and guidance for teens and their parents. Through this brief intervention model of care, youth work with a counselor on identifying and changing their choices and behaviors.

- **Too Good For Drugs (TGFD)**

TGFD is a school-based prevention program for kindergarten through 12th grade that builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers. The program provides needed education in social and emotional competencies that help in reducing risk factors and building protective factors that affect students.

- **Environmental Strategies In Your Community**

Environmental change strategies focus on creating an environment that makes it easier for people to act in healthy ways. They do this by changing the culture and contexts within which decisions are made; influencing the community standards, institutions, or structures that shape individuals' behaviors. Environmental strategies target a much broader audience; they have the potential to produce widespread changes in behavior at the population-level.

- **Environmental Strategies: Roles for Communications Media**

This training, developed by the Pacific Institute for Research and Evaluation (P.I.R.E.), provides an overview of environmental strategies and the role of media in implementing these strategies. Specific examples are provided, as well as an in-depth look at Media Advocacy, Social Marketing, and Social Norms Misperception campaigns.

III. TRAININGS TO FULFILL CPP/CPS/CASAC REQUIREMENTS

- **Prevention 101 – Risk and Protective Factors**

Prevention is a proactive, research-based process that focuses on increasing protective factors and decreasing risk factors that are associated with alcohol, drug abuse and problem gambling behavior

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in individuals, families, and communities. This training targets and addresses the factors and elements that research has shown to be predictive of adolescent substance use.

- **Destructive Decision Making**

Participants will discuss how positive peer pressure, role modeling and environmental strategies can prevent destructive decisions and set a healthier, safer course for teenagers and others. The pressures on young people to engage in unhealthy behaviors are strong. Participants will learn strategies to inform, educate, support and empower young people to make positive decisions in their lives.

- **Rx Abuse To Addiction**

Participants will review how the abuse of certain prescription drugs can lead to a variety of adverse health effects, including addiction. The reasons for the high prevalence of prescription drug abuse vary by many factors. The consequences of this abuse have been steadily worsening, reflected in increased treatment admissions, ER visits and overdose deaths.

- **Screening, Brief Intervention & Referral to Treatment (SBIRT)**

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. This training will cover the screening, intervention and referral processes.

- **Marijuana: What's The Problem?**

A detailed discussion regarding the myths and hazards of marijuana use will take place. Short and long term consequences are discussed as well as the effects on physical and mental health. Participants will hear an explanation on the link between marijuana use and other substances.

- **The Addicted Brain**

Multiple factors play a hand in how the addicted brain functions and responds. Participants will learn about the challenges for the addicted brain to process information and how prolonged drug use changes the brain in fundamental and long lasting ways.

- **Heroin & Opiates: Rx For Disaster**

Participants will understand the risks and consequences of use of opiates and opioids. Attendees will learn the names of commonly used and abused opiates and opioids and what each is used for. They will also gain an understanding of the differences between use and abuse of natural and synthetic opiates and opioids.

- **Addiction – The Disease Model**

According to the Disease Model, the onset and development of addiction is influenced through genetic predisposition and environmental factors and assumes that the addiction is a chronic, progressive illness(es) (or diseases). Participants will gain an understanding of the Disease Model in comparison to the Medical Model.

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- **Chemical Dependency & Domestic Violence**

This training addresses the need to assess and treat both substance abuse and violent domestic interactions concurrently. In addition to reviewing assessment and treatment guidelines, this training describes the scope of the problem and factors relating to treatment.

- **Chemically Dependent Family Systems**

Chemical dependency has been called a family disease. When chemical dependency is present in a family, no family member escapes its impact. Family treatment issues including co-dependency, coping systems and family roles are discussed in this training.

- **Environmental Strategies**

- **Social Norm Change** - The social norms approach is based on a set of assumptions that individuals perceive the attitudes or behaviors of others as different to their own. It predicts that an intervention which aims to correct misperceptions by exposing actual norms will benefit society as well as individuals, because it will lead people to reduce problem behaviors or increase participation in healthy behaviors.
- **Improve ATOD Regulations and Policies** - The core of an Alcohol, Tobacco and Other Drugs (ATOD) Program is to educate about the potential negative consequences of drug and alcohol use and/or abuse as well as promote effective and sustainable reductions of drug and alcohol use and/or abuse. This training reviews ATOD history, current policies and practices and improvement for the future.
- **Improve Compliance with Existing Regulations to Reduce Substance Availability**
This training reviews the current rules and regulations regarding substance availability. A look at the strength and effective use of the laws will be offered.

- **Pharmacology/Symptomology**

Pharmacology refers to the actions of drugs on mechanisms in the body. While each drug produces different physical effects, all abused substances share one thing in common: repeated use can alter the way the substance abuser looks and functions. This training will review the physical, behavioral and psychological warning signs of substance abuse.

- **Suicide Prevention**

During this training, participants will gain an understanding of suicide and its designation as a public health problem. Those at risk, warning signs and prevention strategies will be reviewed.

- **The Adolescent Brain**

Participants will gain understanding regarding adolescent brain development and its impact on judgment, organization and planning. Participants will be exposed to current research regarding adolescent impulsive behaviors, vulnerability, and preferences.

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- **Underage Drinking**

Underage drinking is a widespread public health problem that poses many risks. This training offers a look into the signs, risks and protective factors regarding underage drinking. Participants will gain understanding into the individual, family and public influences and impact of underage drinking.

- **How Drugs Hijack the Brain**

Participants gain an understanding of the impact of immediate and continued use of a substance on the brain. Participants will gain insight into how the brain's natural recognition and response to stimuli are altered by the use of the drug.

- **Substance Abuse Prevention Skills Training (SAPST)**

SAPST is designed to help practitioners develop the knowledge and skills needed to implement effective, data-driven prevention that reduces behavioral health disparities and improves wellness. It is appropriate for entry-level prevention practitioners, as well as professionals working in related fields.

- **Electronic Nicotine Delivery Systems (ENDS)/Vaping**

Electronic Nicotine Delivery Systems (ENDS) produce an inhalable, oftentimes flavored smoke-like vapor, leading to the term 'vaping'. Studies show that ENDS use is increasing, including among youth who have never tried traditional cigarettes. This training reviews the current trends in ENDS use, includes visual examples, and provides insight into potential signs of use and means for prevention.