

# Substance Misuse Prevention Series

Disappointed about spring and summer cancellations of events, workshops and meetings related to health and safety? During this pandemic, health and safety is most important.

This prevention series is now available in remote learning format!

Please join us for all or any of the events below.  
Certificates of completion are provided for each offering



## Umatter: Preventing Substance Abuse in the School Community

**\$25.00 Stipend offered upon completion!**

This is a two hour online short course developed in collaboration with the Agency of Education which meets current standards for Alcohol, Tobacco and other Drug education and has been updated to include the topics of vaping and marijuana and opiate use.

The course collects pre-post information on learning outcomes and upon completion, certificates that can be used to support licensure requirements.

### The course addresses:

- \* Attitudes and Beliefs about Drugs & Alcohol
- \* Trends and Social Norms
- \* Risk and Protective Factors
- \* Pharmacology
- \* The Teenage Brain
- \* Addiction
- \* Family Systems
- \* Recognizing Signs and Symptoms
- \* Review of Local Data
- \* School Policies
- \* What School Professionals Can Do
- \* Building a Continuum of Care

### About:

The goal of these activities is to build out “prevention-prepared” communities composed of caring adults who have basic awareness about substance use and misuse on a continuum, understand the importance of protective factors and risk factors in a student’s life, and can recognize warning signs that indicate some intervention is needed. Further, these caring adults will know what to say and do, and how to get help.

## Emerging Trends in Alcohol, Tobacco, and Other Drug Education: Marijuana, Opioids and Vaping

Debby Haskins, LADC, will offer two 60 minute workshops. One for Elementary staff and one for Middle/High School.

The goal is to help build Prevention Prepared Communities. Staff will explore their role in working with students and families around substance misuse

**July 28, 2020 10:00 – 11:00 am:** The webinar for **Elementary School Staff** will focus on Substance Misuse Trends & Data in their own communities, build on the Developmental Asset approach and identify solutions to their work with supporting students and families. Participants should be familiar with their own school /local data in advance of the training.

**August 4, 2020 10:00 – 11:00 am:** The webinar **Middle/High School Staff** will explore the current data on Substance Misuse. Particular emphasis will be paid to risk factors for vaping & marijuana and its impact on Mental Health. Participants should be familiar with their own school /local data in advance of the training.

**Debby Haskins, MS, LADC**, is a Suicide Prevention Specialist/Trainer with the Center for Health and Learning and teaches the Alcohol, Tobacco and Other Drug Prevention and the Injury, Violence Prevention online courses. She is the former Executive Director of the Association of Student Assistance Professionals of Vermont (ASAP of VT) and has a private practice in Central Vermont. Her passion is working with adolescents and their families in promoting mental health and breaking the cycle of addiction and presenting information in an experiential way.

**Recordings of the webinars will be available for those who cannot attend the live events.**



## Youth Mental Health First Aid (MHFA)

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives adults who work with youth, the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Virtual Course Available Summer 2020. Limited to 20 participants. Participants will take a self-paced **online course (2 hours)** and **then be part of a live, 4 hours video conferencing training**. Live portion is scheduled for Wednesday, **July 23rd, 2020 from 8:30 am – 12:30 pm** or Monday, **August 10<sup>th</sup>, 2020 from 8:30 am – 12:30 pm**. Completion of the online course is required for participation in the video conferencing session. Please register for both the online and one of the video conferencing courses.

Instructor for the live video conferencing training: Sunny Naughton is a nationally recognized Mental Health First Aid facilitator named the number one trainer in Vermont in 2019. With over 20 years of presenting experience across the United States, Sunny has a background in human services, journalism and the entertainment business. Naughton was named a Prevention Champion by Prevention Works VT! in 2019. A native Vermonter, Sunny has worked with youth and families across the United States and enjoys engaging in experiences that allow everyone in the room to feel comfortable and empowered.



**Register Now**

Go to: <https://chlpreventionseries.eventbrite.com>

The Prevention Series is available to staff at the **Windham Northeast Supervisory Union, Two Rivers Supervisory Union** and **Springfield Supervisory District** at no cost to attend through funding from the Prevention Network Grant awarded to Mount Ascutney Hospital and Health Center (MAHHC) through the State of Vermont.

If you are not from the school districts listed above, please contact CHL at the email address below for information on how to participate for a nominal fee.

**Interested in prevention information on your school website?**

CHL will work with your school district to develop an online portal of information accessible to parents in school districts with information on ATOD policy, mental health and supportive resources. The content will include substance misuse and suicide prevention information and local community resources built to a strengths-based protective and risk factor framework. Connect us to your Technology Coordinator and we can take the next steps!



For more information Contact: **Center for Health and Learning**

[info@healthandlearning.org](mailto:info@healthandlearning.org)