

This menu contains information for some of the most requested free training offerings of past years.

Requests for selections can be made here: <https://forms.gle/xV65KVEHNiCB4dZP8>

Title (Topic)	Details	Timing
<b>Prevention 101</b>	<p>Includes an overview of: Science of Prevention, Continuum of Care, Evidence-based prevention strategies to implement in your school, and Strategic Planning Framework. More than an hour will allow time for discussion and planning specific to each school. Can be customized to meet schools individual needs</p>	1 hour or 1 class period
<b>Generation Rx</b> (Prescription Safety)	<p>Generation RX is a promising practice prevention model created by the Ohio State College of Pharmacy that addresses drug overdose deaths in our community at an age-appropriate level. The mission is to educate people of all ages about the potential dangers of misusing prescription medications. Presentations are interactive and engaging including games, role play, and creative activities. Teams of students can learn how to deliver the core messages of elementary, middle, or high school presentations from the Generation RX toolkits or it can be given as a standalone presentation. <a href="https://generationrx.org/">https://generationrx.org/</a></p>	<ol style="list-style-type: none"><li>1. Middle School 5-8: 30-45 min one-time</li><li>2. High School: 30-60 min one-time</li><li>3. High School Train the Trainer: 1 hour or more</li></ol>
<b>Erika's Lighthouse</b> (Suicide Prevention)	<p>Erika's Lighthouse works to raise awareness of depression and lower the stigma around seeking mental health care in students grades 4-12. Students will learn what depression is, what it looks like, and how to seek help. Each presentation covers depression in a different light, but also promotes good mental health and help-seeking habits. Each presentation is accompanied by an authentic video of youth with lived experience, as well as a workbook and other resources.</p> <p>Middle School 5-8: Introduction to the topic of depression.</p> <p>High School 8-12: Covers depression and suicide.</p>	<ol style="list-style-type: none"><li>1. One-time 45 min presentation</li><li>2. 3 to 4 times, at 30-40 min</li></ol>
<b>Stanford Medicine Tobacco Prevention Tool Kit</b>	<p>Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of tobacco and nicotine. Can be used by advisors or provided through mentors. Specialized curriculums available.</p> <p><a href="https://med.stanford.edu/tobaccopreventiontoolkit.html">https://med.stanford.edu/tobaccopreventiontoolkit.html</a></p>	3 hours content that can be adjusted if needed

<b>Botvin's Life Skills Training</b> (Substance Use & Violence Prevention)	<p>This Life Skills Training is a comprehensive and developmentally appropriate substance abuse and violence prevention program designed for 3rd to 12th grade students. This curriculum has been proven to help increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. Topics include but are not limited to: self-esteem, communication, decision-making, interpersonal skills, conflict resolution and more.</p>	Middle School 5-8: 5-18 sessions (30-45 minutes)  High School 9-10: 10 sessions (30-45 minutes)  Transitions 11-12: 6 sessions (30-45 minutes)
<b>SRM (Social Resilience Model)</b>	<p>The Social Resilience Model provides individuals an understanding of the brain and teaches skills to help them feel in control through the highs and lows of life. It is a collective, skills-based approach to improving individual and group well-being and resilience. It teaches neuroscience-based skills to heighten attention, shift patterns of dysregulation, and promote capacity for individual stability and generativity.</p>	1 hour however can be adjusted to fit needs
<b>Protect Your Brain</b>	<p>Protect Your Brain is an engaging, science-based program designed for middle and high school students and the adults who care about them from Addiction Policy Forum. The course takes about 20–30 minutes to complete and uses age-appropriate language and visuals to teach essential skills for mental wellness, healthy decision-making, and addiction prevention.</p> <p><a href="https://www.addictionpolicy.org/post/protect-your-brain-e-course">https://www.addictionpolicy.org/post/protect-your-brain-e-course</a></p>	
<b>Work2BWell</b> (Various Topics)	<p><b>Work2Bwell</b> Can be taught by youth to youth, or the free online curriculum and facilitator guide can be used by anyone. Has virtual or in person adaptations. Content created by youth in partnership with clinicians. <a href="https://work2bewell.org/">https://work2bewell.org/</a></p>	

Additional topics with speakers available include: internet/social media safety, healthy relationships/ sexual violence prevention, and Marijuana.

If there is a topic you would like that is not covered please reach out to Sasha May at [smay@mcadamhs.org](mailto:smay@mcadamhs.org) as she may be able to recommend or research additional options.

If selecting speakers/trainings not from this approved list, these are the criteria for the grant:

- MCPC Steering Committee and ADAMHS staff must review individuals **before** they come and speak or sign contracts
- Should not use scare tactics (i.e. This is your brain on drugs, examples of smokers' lungs etc.)
- Must be able to explain how speaker/training will strengthen youth-led initiative.
- Recommend having follow up activities or guided discussions planned after the speaker visits to solidify learning