



WORKSHOPS AND TRAININGS

Our professional trainers are available to bring information and awareness to your organization or group on a wide-range of health issues including Alcohol, Tobacco and Other Drug Abuse Prevention, Prescription Drug Abuse, Problem Gambling and Mental Health Promotion. If you are looking for a training that is not listed below, please contact us as we have access to a large pool of presenters that are available to do a variety of presentations.

Communities 4 Action Workshops and Trainings

Alcohol, Tobacco, and other drugs and gambling (ATODG)

These presentations cover trends, prevalence, associated risks, responsible use, associated laws and tips to prevent substance abuse. The presentations are tailored to meet the audience needs in terms of specific topics and time requested and target audience.

- Audience: For youth, parents and professionals
- Length: 1 – 3 hours, pending the request.

Alcohol and Medications.

A review of medications that can be dangerous to mix with alcohol.

- Audience: Young Adults and older
- Length: 1 hour

Developmental Assets – “How To Be an Asset Builder” AND “Sharing the Asset Message”

The Developmental Assets® are 40 positive experiences and qualities that help influence choices young people make in order to help them become caring, responsible, successful adults and protecting them from risk taking behavior. The framework of Developmental Assets proves everyone is an asset builder for children and youth. This training will help participants learn about what they can do to be an individual asset builder and making the Developmental Assets an active part of their life. Participants will be able to understand the Developmental Asset approach, identify characteristics of effective asset builders, explore barriers, and share the message with others.

- Learn more: <http://www.search-institute.org/research/developmental-assets>

Creating Yourself in Retirement: The Emotional Aspect.

Typically the focus on retirement is about financial planning. Albeit this is important, there are other aspects to consider on what we call the “Journey to Retirement”. You will learn about the steps of this journey that many experience and how to make the most of this important life transition. This is an interactive presentation where we all learn about new resources and tips for those planning or are in retirement.

- Audience: Adults planning for retirement
- Length: 1.5 hours

To schedule a training: email igillespie@communities4action.org or call 203-588-0457

Communities 4 Action Workshops and Trainings

Conflict Resolution – Basic skills

Participants will learn about and have an opportunity to practice basic skills needed for conflict resolution.

- Audience: Youth, professionals, parents.
- Length: 2-3 hours; varies according to request.

What You Can Do to Help Prevent Teen Prescription Drug Abuse: Maximizing Your Role as Teen Influencer

This is a comprehensive workshop for teen influencers—parents, grandparents, teachers, coaches, community and school-based healthcare providers, and others individuals who interact with teens.

- Length: 1-1.5 hrs

Mental Health First Aid

Mental Health First Aid teaches individuals how to identify, understand and respond to signs of mental illness and substance use disorders in their community. In the training, participants learn about the risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

- Learn more: <https://www.mentalhealthfirstaid.org/>

Narcan Trainings –

Narcan training provides the information and skills needed to administer a lifesaving dose of Narcan, an opioid antidote, to someone experiencing a heroin or other opioid overdose. Individuals will learn what Narcan is, how it works, and how it can be administered - either through an injection or a nasal spray.

Prescriber Opioid Education

This training offers prescribers of medication how to safely and competently use opioids in the treatment of chronic pain. This training focuses on the potential risks and benefits of opioids and when and how to initiate, maintain, modify, continue or discontinue opioid therapy. The training is appropriate for physicians, nurse practitioners, physician assistants, nurses, and pharmacists.

SOS – Signs of Suicide training

The SOS Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school (ages 11–13) or high-school (ages 13–17) students. The goals are to 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, 2) encourage personal help-seeking and/or help-seeking on behalf of a friend, 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment, 4) engage parents and school staff as partners in prevention through “gatekeeper” education, and 5) encourage schools to develop community-based partnerships to support student mental health.

- Learn more: <http://www.sprc.org/resources-programs/sos-signs-suicide>

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Communities 4 Action Workshops and Trainings

Suicide Prevention training: “QPR-Question, Persuade, Refer”

QPR is an emergency response to someone in crisis and can save lives. QPR training teaches community members how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. This training is appropriate for parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize someone at risk of suicide.

- Learn more: <https://www.qprinstitute.com>

SBIRT – Screening, Brief Intervention and Referral to Treatment for adults and adolescents.

This training is targeted for primary health care professionals to teach them how to address substance abuse concerns in their patients. Participants learn how to appropriately screen for and identify substance abuse, plan and implement a tailored brief intervention, and make referrals for individuals with more severe substance use problems to additional treatment.

STEP –Statewide Tobacco Education Program for youth.

STEP is a tobacco prevention training that teaches youth, ages 5-13, about all aspects of tobacco use, including the short- and long-term negative health effects, social acceptability, peer pressure to smoke, resistance and refusal skills and how to make healthy decisions. This a fun and innovative activity-based program that is can be brought to school health classes, afterschool programs and summer camps.

- Audience: Youth ages 5-13
- Length: 5 sessions, 1.5 hrs. each

TIPs Alcoholic Beverage Server Training .

TIPs training is targeted for servers and sellers of alcohol to give them the skills and knowledge to prevent intoxication, drunk driving and underage drinking. Participants learn to recognize potential alcohol-related problems and how to intervene to prevent alcohol-related tragedies. TIPS is appropriate for all vendors of alcohol and any setting where alcohol is being consumed.

- Learn more: <https://www.tipsalcohol.com/>