
Community Awareness Seminars



Wellness Coalition
of Rural Linn County

Healthy Communities. Healthy Futures.

Prevention and Wellness Seminar Series

Coordinated by the Wellness Coalition of Rural Linn County

We coordinate prevention courses to bring awareness for parents, adults, teachers, youth, and community members based on specific needs in the areas of:

Drugs

Alcohol

Marijuana

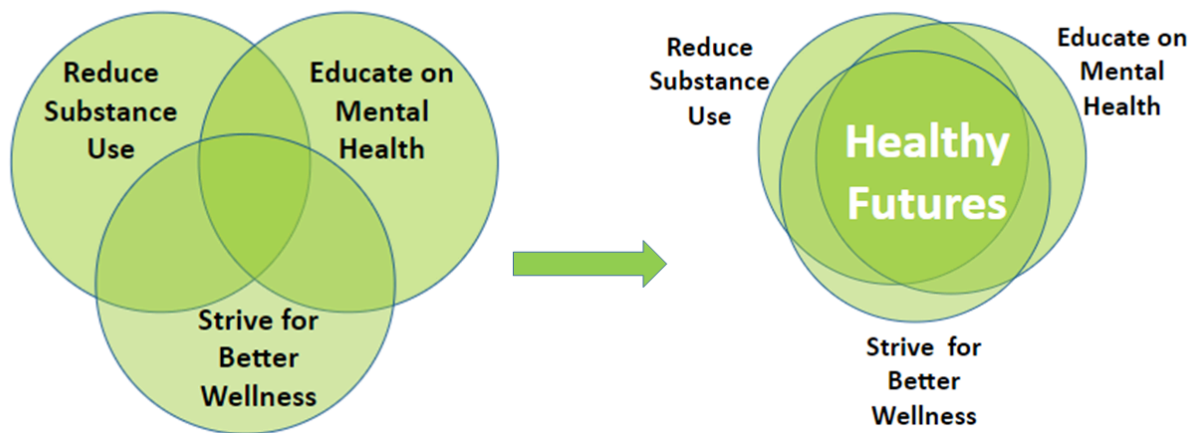
Smoking/Vaping

Mental health

General prevention support

We partner with ASAC, Foundation 2, Meraki, Tanager Place, Mount Vernon-Lisbon Police Department and Linn County Sheriff's Office to offer quality and professional trainings that provide a general look into prevention issues. These trainings provide tools and information to help guide conversation with youth and offer insight on what teens may be exposed to today.

Our goal is to provide information to educate and empower individuals to make better choices with aspects of their wellness in three key areas of prevention: reducing substance use, educating on mental health, and striving for better wellness.



Our goals include:

1. Decrease underage drinking and substance use
2. Increase mental wellness through education and better awareness
3. Create a unified approach to community level awareness and change around mental health, substance use prevention and wellness
4. Increase community collaboration and support

All seminars are free with funding from the Wellness Coalition of Rural Linn County.

Seminar Topics at a Glance

Seminar Topics	Youth	Adult
All Drugs		
Vaping, Alcohol, and Emerging Drug Trends	x	x
Prescription Medications and Other Drugs		
Understanding Opioids and Administering Naloxone	x	x
Alcohol		
Underage Drinking and High Risk Decisions	x	x
Why Small Conversations Make Big Impacts: Talk They Hear You		x
Watch Your B.A.C.		x
Prime For Life (PFL)	x	x
Responsible Beverage Server Training	x	x
Tobacco, Nicotine, and Marijuana		
What's So Bad About E-cigarettes/Vaping?	x	x
Marijuana: 420 and 710, it's more than just a number	x	x
Prime for Life 420	x	x
CATCH My Breath	x	x
Mental Health		
Question. Persuade. Refer (QPR)	x	
Tough Conversations and Peer-to-Peer Mental Health		x
Is My Child in Crisis and Resilient Parenting		x
Self-Care Practices for Parents and Youth	x	x
Adult Mental Health First Aid (AMHFA)		x
Youth Mental Health First Aid (YMHFA)	x	x
SOS (Signs of Suicide)	x	x
QPR (Question, Persuade, Refer)	x	x
Make it OK		x
safeTALK	x	x
ASIST		x
Prevention and Awareness		
Bullying, Isolation, and Internet Safety	x	x
LifeSkills Components Grades 3-12.	x	
Understanding The Window of Tolerance		x
Trauma-Informed Schools		x
The YOU Intervention: Enhancing Care Through Self Awareness	x	x
Connection Based Parenting		x
Connections Matter	x	x
Reconnecting Youth	x	
Human Trafficking (great for community partners, law enforcement)		x

Healthy Relationships (junior high +)	x	x
Sexual Abuse 101 (community partners, students junior high+)	x	x
Body Safety (elementary school)	x	

Wellness Coalition of Rural Linn County
Prevention and Wellness Seminar Series Descriptions

ALL DRUGS

VAPING, ALCOHOL, AND EMERGING DRUG TRENDS

From signs and symptoms to hidden in plain sight; attendees will gain an understanding of the current vaping, drug, and alcohol trends our youth are facing today. Additionally, there will be an overview of how these substances act in the body and warning signs to look for. Attendees will also explore the “Hidden in Plain Sight Interactive Mock Bedroom” exhibit.

PRESCRIPTION MEDICATIONS AND OTHER DRUGS

UNDERSTANDING OPIOIDS AND ADMINISTERING NALOXONE

An overdose lifeline. In this training, attendees will gain an understanding of the opioid crisis and the scope of the problem, how opioids affect the brain and lead to substance use disorder. It will also outline strategies to prevent opioid deaths, safety and advice for family members, information on how to use Naloxone, and how to care for those who have survived an overdose. Attendees will also find tips on how to acquire Naloxone for their households.

ALCOHOL

UNDERAGE DRINKING: A HIGH-RISK DECISIONS

This training provides an overview of how alcohol affects the body and brain, an understanding of how problems can develop, and strategies to prevent high-risk behaviors. Parents will also learn about the reasons why kids might experiment with drugs, alcohol, or binge drinking, and will develop strategies and build confidence on how to talk with their kids about risks of drug and alcohol use. Attendees will also explore the “Hidden in Plain Sight Interactive Mock Bedroom” exhibit.

WHY SMALL CONVERSATIONS MAKE BIG IMPRESSIONS/TALK THEY HEAR YOU

In this training, parents will explore the “Hidden in Plain Sight Interactive Mock Bedroom” exhibit with real-life drug paraphernalia and warning signs. Parents will also learn about the reasons why kids might experiment with drugs or alcohol, and will develop strategies and build confidence on how to talk with their kids about risks of drug and alcohol use. They will learn tips on how to be effective when talking about drugs and alcohol and 5 conversation strategies and goals.

WATCH YOUR BAC

Understanding Blood Alcohol Consumption and the risks binge drinking presents can be eye-opening. Attendees will learn about what binge drinking is, the health risks, and how to prevent it from happening. Additionally, attendees will learn about the norms of drinking and how to present those ideals to young adults.

PRIME FOR LIFE (PFL)

Prime For Life® provides a judgment-free way of understanding how alcohol and drug-related problems develop, what we can do to prevent them, and why sometimes we need help.

RESPONSIBLE BEVERAGE SERVICE TRAINING

The Responsible Beverage Service Training (RBST) program is for owners, managers, and staff of establishments that sell and serve alcohol and provides the knowledge and skills to help people serve alcohol responsibly and meet the legal requirements of alcohol service.

TOBACCO/NICOTINE/MARIJUANA

WHAT'S SO BAD ABOUT E-CIGARETTES/VAPES?

This training will cover vape devices, the negative health effects from using e-cigarettes or vapes, new and emerging trends, and why vaping is an epidemic among youth. Attendees will walk away with a better understanding of these devices and tips on how to talk to teens to prevent or stop use. They will also learn skills to resist use and information on cessation resources that are available to support youth and adults interested in quitting.

CATCH My Breath

CATCH My Breath is a peer-reviewed and evidence-based vaping prevention program for those ages 10-18 years old. It is taught in four lessons, with each lesson being only 30-40 minutes. There are different versions of the lessons for different age groups, the lessons being separated by grades (5th grade, 6th grade, 7th/8th grade, and 9th-12th grade). In providing up-to-date information to teachers, parents, and health professionals, this allows them to provide students with the knowledge and skills required to make well-informed choices regarding the use of e-cigarettes, including JUUL and other disposable devices. CATCH My Breath also takes on a peer-led teaching approach, while meeting National and State Education Standards.

420 AND 710: IT'S MORE THAN JUST A NUMBER

Did you know that 1 out of every 6 youth who use marijuana before the age of 18 are more likely to become addicted? This training will provide education on the behavioral and biological risks of marijuana use, current trends, and the physical and physiological impact of consistent use. Participants will also see data that compares marijuana use to other topics and substances.

PRIME FOR LIFE 420

Provides concepts to explore the risks around THC use specifically, and around alcohol and other drugs too. It provides a judgment-free way of understanding how problems develop, what we can do to prevent them, and why sometimes we need help.

As marijuana becomes more widely legalized in the United States, most of us are hearing more about it in our communities, media, and politics. Much of what we hear might make marijuana sound "safe" or "low-risk." But is it? Prime For Life 420 helps answer this question.

MENTAL HEALTH

QUESTION. PERSUADE. REFER. (QPR)

QPR are the 3 simple steps anyone can learn to help save a life from suicide. Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year, thousands of Americans like you are saying "yes" to save the life of a friend, colleague, sibling or student.

TOUGH CONVERSATIONS AND PEER-TO-PEER MENTAL HEALTH

Walking through normalizing depression and anxiety, why we have to talk about suicide, peer practice, and resources they have access to.

IS MY CHILD IN CRISIS AND RESILIENT PARENTING

This workshop aims to help parents and caregivers understand what their children and they, themselves, experience during extreme stress. Participants will learn tools to navigate conflict with children, how to support children through difficult emotions or experiences, and how to identify if their child may be in crisis. In addition, parents and caregivers will learn to recognize their own needs and ways to manage stress in difficult situations that children are also experiencing at the same time.

SELF-CARE PRACTICES FOR PARENTS AND YOUTH

Self-care has become quite a buzzword over the years. You may think of self-care as a relaxing day at the spa getting a massage or taking a vacation and unplugging from the rest of the world, however for most of us, these are not things we can do regularly and thus do not provide true support. Research shows that when self-care is understood as a daily human need it can provide a greater benefit in reducing a person's stress and enhancing overall wellbeing. In this workshop, participants will learn more about what self-care is as well as many ways in which they can add it to their everyday lives.

Mental Health First Aid

Mental Health First Aid offers three types of mental health training, these being: Youth Mental Health First Aid, Teen Mental Health First Aid, and Adult Mental Health First Aid. From these trainings, you will learn how to build confidence and identify, understand, and respond to signs of mental health, individuals in crisis, and substance use challenges among these various groups.

SOS (Signs of Suicide)

SOS is primarily for grades 6-12, teaching students how to recognize signs of depression and suicide not only in themselves but in their peers as well. This training uses materials that support school professionals, parents, and communities in the identification of at-risk students and taking proper action. SOS can be taught to students in one class period, with no training or certification required.

Make it OK

Make It OK is a community campaign focused on those 18+ to reduce stigma by expansion of understanding and creating thoughtful conversations regarding mental health and illnesses. This is done through the 3 steps: Learning, Talking, and Sharing. Key points in Make it OK include stigma and its importance, continuum of mental health and illnesses, what should and should not be said, and support resources available.

LivingWorks safeTALK

safeTALK helps participants become alert to suicide. Suicide-alert persons are better prepared to connect those with thoughts of suicide with life-affirming help. It teaches participants to recognize these invitations, engage with the person with thoughts of suicide, and connect them with resources to help them be safer from suicide. This program is created for anyone age 15 or older, including lots of those who are in more formal helping roles.

LivingWorks ASIST

The ASIST workshop will grow participants' willingness, confidence, and capacity to issue suicide first aid. ASIST betters the skills and preparedness of participants to be able to dive in and initiate a conversation with a person who may have thoughts of suicide, and is also shown to increase general counseling and listening skills. This workshop is created for anyone age 16 or older, including lots of those who are in more formal helping roles.

PREVENTION AND AWARENESS

BULLYING, ISOLATION, AND INTERNET SAFETY

Participants will learn more about the complex issues and risk factors youth are facing today due to technology. Tools will be given to identify bullying of all kinds, steps to take to improve safety, tips for improving social skills and decreasing isolation, and how to talk to your kids about these complex issues.

LIFESKILLS TRAINING (LST) 3rd -12th Grade

A substance abuse and violence prevention program designed to be implemented in grades 3-12. By teaching social competence skills, general personal skills, and social resistance skills, LST students are taught to resist drug, alcohol, and tobacco use, as well as build social skills as ways to avoid violence and other high-risk behaviors.

UNDERSTANDING THE WINDOW OF TOLERANCE

In this workshop, participants will learn about the "Window of Tolerance" developed by Dr. Dan Siegal. The Window of Tolerance helps us understand the way adults, teens, and children respond to various stressors in daily life. By gaining a deeper understanding of the Window of Tolerance, participants will also gain a better understanding of how to assess the impacts of stress and how to support coping of self and others.

TRAUMA-INFORMED SCHOOLS

This workshop provides an overview of the STARR Commonwealth's 10-step approach to becoming a trauma-informed school. Participants will gain an understanding of how trauma-informed schools provide better support to every student and staff member by also increasing awareness and protective/resilience factors. Participants will learn how to utilize the understanding of ACES (Adverse Childhood Experiences) and trauma-informed research into an action plan within their classroom and/or school.

THE YOU INTERVENTION: ENHANCING CARE THROUGH SELF-AWARENESS

The YOU Intervention teaches participants the importance of cultivating personal insight to offer a centered expression of self within their relationships. Participants will reflect on their own personality traits, values, preferences, and how they show up in relationships and interactions. Participants will understand how to apply self-awareness and reflections to help elevate their ability to have healthy relationships with others.

CONNECTION BASED PARENTING

Connection-based parenting is parenting through connection instead of coercion, through love instead of fear. While this concept may seem natural, it can require parents and caretakers to be intentional during key interactions. This presentation introduces learners to the basics of connection-based parenting and how a child's brain responds to different types of interactions with caregivers. Participants will learn strategies and resources to apply connection-based parenting today by building connections within their own parenting relationships.

CONNECTIONS MATTER

This training explores how the connections we make in life profoundly impact our brain's ability to grow and our own individual abilities to cope and thrive. Through education on ACEs, trauma, brain development, and resiliency, Connections Matter strives to create stronger, more compassionate, trauma-informed communities.

RECONNECTING YOUTH

A Peer Group Approach to Building Life Skills (RY) is a school-based prevention program for students ages 14-19 years that teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress. This training also incorporates several social support mechanisms for participating youth: social and school bonding activities to improve teens' relationships and increase their repertoire of safe, healthy activities; development of a crisis response plan detailing the school system's suicide prevention approaches; and parent involvement, including active parental consent for their teen's participation and ongoing support of their teen's training goals.

HUMAN TRAFFICKING

What is human trafficking and how does it happen? This presentation discusses the elements involved in human trafficking, how it presents itself in various settings, and how to identify it. Presentation content also includes examples as well as how to screen and address human trafficking in a trauma-informed way. We discuss the do's and don'ts when engaging with someone impacted by human trafficking.

HEALTHY RELATIONSHIPS

Learn about red flag and green flag behaviors as they appear in all relationships, what to do when you or a friend is in an abusive relationship, and what consent looks like.

SEXUAL ABUSE 101

What is sexual abuse? As an umbrella term, sexual abuse encompasses a wide variety of behaviors. Learn about the prevalence of sexual violence, how to work against it, and what to do if someone discloses they were or are being abused.

BODY SAFETY

This presentation covers safe touch, who a safe and trusted person is and how to identify this safe person. Listeners will learn what to do when in a situation that doesn't feel safe. It starts the conversation of consent (hugging, touching, what is appropriate and it's ok to say no to any type of touch!) without delving into explicit sexual abuse topics.

COLLABORATING PARTNERS

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