

- **SCHOOL-BASED PREVENTION COURSE CATALOG**

This *special edition* of our provider course catalog, targets community and school-based prevention workers. We've listed over 30 prevention courses that we regularly offer to school counselors, prevention workers, administrators, drug treatment and health care providers.

The course portfolio is divided into eight subject areas. "CORE" indicates a course is a foundation course in a subject area. This means that many of the other courses under the same subject area would benefit from having your staff take this course first. "NEW" indicates a course is new to the listing this year.

### **SUBSTANCE ABUSE**

Overview of Substance Use: (6, 12hrs) - CORE

Current Adolescent Trends in Drug Use from a Street Perspective: (3hrs)

Drug Testing Science & Policies: Fundamentals & Interpretations: (3hrs)

Drug Dealing and Youth: (3hrs)

Huffing, Sniffing, Bagging: The Invisible threat, Inhalants: (3hrs)

Roofies, Ritalin, Rush and Raves: (3hrs)

### **INDIVIDUAL COUNSELING**

Counselor Training: Basic Skills: (12hrs) CORE

Counselor Training: Advanced Skills: (6, 12hrs) CORE

Overview of Mental Illness: (3, 6hrs)

Death, Dying, & Bereavement - Issues for Adolescents: (3hrs)

PTSD and Substance Abuse: (3hrs)

Crisis Counseling: Issues of Trauma and Bereavement: (3, 6hrs)

Stages of Change Theory: (3hrs)

Assessment Interviewing: Substance Use Risk Factors and Histories: (6hrs)

Techniques for Working with Adolescent Resistant Behavior: (3, 6hrs)

Cultural Diversity for Prevention Based Programming and Counseling: (3, 6hrs)

Stress Management as a Life Skill for At Risk Adolescents: (3, 6hrs)

The Theory and Practice of Motivational Interviewing: (6hrs)

Clinical Supervision: (6, 12, 18hrs)

### **PREVENTION**

Working With Adolescents: (6hrs) CORE

Violence Prevention: (3, 6hrs) CORE

Conflict Resolution & Violence Prevention Curriculum Training of Trainers: (6, 12 hrs)

Adolescent Suicide: Issues and Impact: (3, 6hrs)

Domestic Violence and Children: (3hrs)

Game Playing as a Prevention Tool: (3, 6hrs)

Peer Programming: Youth-Based Prevention Education: (3, 6hrs)

Presentation Skills: (6, 12hrs) CORE

Parenting for Prevention: (3hrs)

Parent and Community Organizing: (3hrs)

Creating Prevention Programs for High Risk Youth: Building Resiliency: (3, 6hrs)

Child Abuse and Maltreatment: A Guide for Mandatory Reporters: (3, 6hrs)

### **GROUP FACILITATION**

Group Facilitation with Adolescents: (6, 12hrs) *CORE*

Co-Facilitating Skills: (3hrs) *CORE*

Advanced Group Facilitation Skills with Adolescents: (6, 12hrs)

### **FAMILY SYSTEMS**

Alcohol & Other Drug Affected Family Systems: (6hrs) *CORE*

Children from Alcohol & Other Drug Dependent Families: (3hrs)

### **GAY & LESBIAN COUNSELING ISSUES**

Working with Gay, Lesbian, Bisexual and Transgender Adolescents: (3, 6hrs)  
*CORE*

### **ADMINISTRATIVE STAFF**

School Secretary Training: "How to Handle People" (3, 6hrs)

Team Building: Making All The Pieces Fit: (3hrs) (Personal Profile System Course)

Supervisor Training: Profiles and Strategies: (3hrs) (Personal Profile System Course)

Supervisor Training: Management Basics: (6hrs)

Supervisor Training: Advanced Management Techniques: (6hrs)

### **HIV / AIDS**

AIDS: Overview of HIV/AIDS: (3, 6hrs) *CORE*

AIDS: Prevention and Counseling Issues Related to HIV/AIDS and Adolescents: (3, 6hrs)

Talking About HIV with Children: (3hrs)

Adolescent Women, Pregnancy and HIV: (3hrs)

AIDS: Death, Dying, & Bereavement - Issues for Adolescents: (3hrs)

HIV Confidentiality Issues: (3hrs)

- **Course Descriptions:**

## **SUBSTANCE ABUSE**

### **Overview of Substance Use: (6, 12hrs)**

This course presents a bio-psychosocial model of alcohol, tobacco and other drug (ATOD) use with children and adolescents. Key concepts include ATOD use, basic pharmacology, the effect of psychoactive drugs on neurochemistry, psychological and social risk factors, as well as drug specific prevention issues/strategies for adolescents. *Class size: unlimited.*

### **Current Adolescent Trends in Drug Use from a Street Perspective: (3hrs)**

This workshop addresses biological, psychological, and social implications of alcohol and other drug use with children and adolescents. Utilizing lecture and discussion, the course will examine current adolescent usage patterns by drug, route of administration, potency, as well as associated risk factors. Prevention issues and strategies will be discussed. *Class size: unlimited.*

### **Drug Testing Science & Policies: Fundamentals & Interpretations: (3hrs)**

This course will provide prevention workers with a comprehensive understanding of the state of the art techniques, methods, interpretation, policies and strategies used in drug testing with adolescents. The analysis of drugs of abuse in hair, sweat, and saliva will be discussed with a stronger emphasis on urine drug screening. Case studies will be used for THC, cocaine, and opiates. Over-the-counter and prescription medications will also be addressed, as well as, the methods by which young people try to beat the drug test. *Class size: unlimited.*

### **Drug Dealing and Youth: (3hrs)**

This course will enhance participants' knowledge of the economics of drug dealing from a street perspective, focusing on the role of youth in this market. The content includes drug paraphernalia, drug lingo, contaminants and current marketing trends. *Class size: unlimited.*

### **Huffing, Sniffing, Bagging: The Invisible threat, Inhalants: (3hrs)**

The secret: Kids as young as 7 use household products to get high. Twenty percent have tried inhalants – but even once can be fatal! Kids huff because it's cheap, legal, available, and unrecognized by adults. Learn about these inhaled poisons, usage and paraphernalia, signs/symptoms, short and long-term effects, and adverse health consequences. Guidelines and ideas for prevention for both professionals and parents will be included. *Class size: unlimited.*

### **Roofies, Ritalin, Rush and Raves: (3hrs)**

Today's young people are changing drugs and patterns of abuse. This session will illuminate some of the notable changes and trends. Information about new substances and modalities of abuse, including Ecstasy, snorted Ritalin, Rohypnol ("date rape drug"), GHB, Special K, inhaled heroin, the party scene and Rave Clubs will be discussed. *Class size: unlimited.*

## **INDIVIDUAL COUNSELING**

### **Counselor Training: Basic Skills: (12hrs)**

This basic course on counseling adolescents covers the following subjects: defining the helping relationship, development of active listening skills, development and refinement of empathic responses, dealing with conflict in feelings, and responding to client values and attitudes. This course is recommended for school case workers/counselors new to the field and as a refresher course for experienced prevention professionals. *Class size: limited to 30.*

### **Counselor Training: Advanced Skills: (6, 12hrs)**

Building upon the skills learned in the "Basic Skills" course, this course will focus on working with resistance, techniques for reframing, strategies for working with adolescent's strengths, how to use genograms to map social support, nonjudgemental assessment and contracting/therapeutic goal setting. This course is for experienced school case workers/counselors and or counselors who have taken the Basic Skills course. *Class size: limited to 30.*

### **Overview of Mental Illness: (3, 6hrs)**

This course is designed to orient service providers to mental illness in order to be able to make effective referrals to mental health services for youth. Topics to be covered include; overview of common psychiatric disorders including age of incidence, overview of mental health service delivery systems and overcoming barriers to mental health with adolescents. *Class size: limited to 30.*

### **Death, Dying, & Bereavement - Issues for Adolescents: (3hrs)**

Children and adolescents are facing loss and multiple losses of family members, friends and intimate partners through illness and violence at an age when death is supposed to be far away. This course will focus on how adolescents are dealing with the losses inherent in an urban environment as opposed to their adult counterparts. *Class size: limited to 30.*

### **PTSD and Substance Abuse: (3hrs)**

This course will address the issue of trauma and subsequent post-traumatic stress disorder (PTSD) and their impact on substance abuse with both young people and adults. Definitions of trauma (chronic, acute and political/social) and PTSD; the impact of violence on children including domestic violence; signs and symptoms; and interventions will be covered. *Class size: unlimited.*

### **Crisis Counseling: Issues of Trauma and Bereavement: (3, 6hrs)**

With the impact of the World Trade Center attacks still being felt by children, parents, teachers and service providers, this course will focus on the impact of trauma and its both short and long term bereavement issues. Signs, symptoms, critical incidents, PTSD and effective crisis interventions with both children and adults will be covered. *Class size: limited to 30.*

**Stages of Change Theory: (3hrs)**

This course will address behavior change theory with regard to the Stages of Change Model presented by Prochaska and DiClemente. This model, focused primarily on behavior change with regard to risks of substance use, will outline the process by which young people make changes, as well as the application of the theory to individual and school-based prevention interventions. *Class size: unlimited.*

**Assessment Interviewing: Substance Use Risk Factors and Histories: (6hrs)**

Developing primary and secondary prevention plans for youth requires the ability to perform accurate and complete assessments of risk factors and substance use histories. This course helps develop effective skills for administering assessment interviews. Material covered includes information on the components of the assessment process, developing a case history and intervention planning. *Class size: limited to 30.*

**Techniques for Working with Adolescent Resistant Behavior: (3, 6hrs)**

The term "resistant" has taken on a pejorative meaning in recent years. At best, adolescents labeled as such have been done a disservice. At worst they have not been served at all. This three-hour course defines and addresses resistance from the more classical tradition. The training will provide a framework for understanding it's source and a model for effectively working with adolescents who manifest "resistance" in a prevention or treatment intervention. *Class size: unlimited.*

**Cultural Diversity for Prevention Based Programming and Counseling: (3, 6hrs)**

This course presents some of the issues, which define culture, including the culture of youth, and examines cultural norms, which impact on substance use, HIV/AIDS and prevention counseling. This course will sensitize participants to cross-cultural concerns and provide the opportunity to practice skills, which will enable teachers and counselors to incorporate cultural norms into substance use, HIV/AIDS and prevention interventions. *Class size: unlimited.*

**Stress Management as a Life Skill for At Risk Adolescents: (3, 6hrs)**

The bio-psychosocial changes during adolescence create pressures, which generate stress. Counselors will become familiar with stress prevention and reduction techniques that they can integrate into the teaching of basic life skills for this population. This course uses a variety of methods, including group activities, self-analysis, and structured exercises. *Class size: limited to 30.*

**The Theory and Practice of Motivational Interviewing: (6hrs)**

Motivational interviewing is a therapeutic model for evoking and enhancing people's intrinsic motivation to change unhealthful or risky behaviors that are inconsistent with their values and goals. In this workshop, participants will learn the techniques of motivational interviewing and how to apply them in their

adolescent prevention and counseling work, particularly in the context of substance use. *Class size: limited to 30.*

**Clinical Supervision: (6, 12, 18hrs)**

This course will present the clinical aspects of supervision when staff works with adolescents. The learning process will focus on the roles of supervision, effective management, staff development planning, ethical concerns, and the link between clinical supervision and evaluation procedures. The 18-hour version of this course is the **OASAS mandated** version. *Class size: limited to 20.*

**PREVENTION**

**Working With Adolescents: (6hrs)**

This course will cover substance use issues specific to adolescents and adolescent culture. Topics will include a model of adolescent development, psychopathology in adolescence - DSM-IV, the dynamics of addiction, family dynamics, COSA issues, prevention and treatment strategies. *Class size: limited to 30.*

**Violence Prevention: (3, 6hrs)**

This one day experiential workshop will cover a variety of triggers for violent behavior and strategies to counter those triggers. The correlation between age, socioeconomic status, substance abuse and violence will also be discussed. Participants will examine various ways to successfully prevent potentially violent situations from erupting into actual violence and how to enhance those qualities that will help them to do so. The workshop will end with a series of stress reduction exercises designed specifically to assist in anger management. *Class size: limited to 30.*

**Conflict Resolution & Violence Prevention Curriculum Training of Trainers: (6, 12 hrs)**

This course is a training of trainers on how to use a pre-designed 32-lesson curriculum developed for use with middle school students on conflict resolution and violence prevention. The curriculum contains lessons to be implemented with students to help them learn concrete life skills that will help them create a safer school environment. Experience as teachers, workshop facilitators, or trainers is helpful but not required for participants. Please note that there is an additional charge for the curriculum. *Class size: limited to 30.*

**Adolescent Suicide: Issues and Impact: (3, 6hrs)**

This course addresses suicide prevalence, issues in adolescent development, and the neurochemical basis for adolescent depression and suicide. Assessment of lethality for suicide and strategies for prevention, intervention, and post intervention are included. *Class size: unlimited.*

**Domestic Violence and Children: (3hrs)**

This course will focus on the effect of domestic violence on children and include: mandated reporting issues, elements of maltreatment, elements of abuse, behavioral and emotional problems associated with witnessing violence, and factors to consider when developing a safety plan.

**Game Playing as a Prevention Tool: (3, 6hrs)**

Games are incredible learning tools that help us learn by doing. This one day, highly experiential workshop will teach prevention workers how to use games successfully with their groups and classes. Course content will include adapted exercises from books like Games, More Games, and Theatre Games, guidelines for playing, and how to process exercises. The course will be run in a training of trainer format. *Class size: limited to 30.*

**Peer Programming: Youth-Based Prevention Education: (3, 6hrs)**

This course will outline specific techniques for helping youth to help each other make positive behavior changes in their lives. Based on an empowerment model, students trained as peer educators become armed with a great deal of knowledge which not only allows for changes within their own lives but also allows them to act as role models for others within their schools and communities. *Class size: limited to 30.*

**Presentation Skills: (6, 12hrs)**

This core one or two-day course for educators (and or administrators) is designed to help them become more effective presenters by developing and practicing platform-speaking skills to small and large groups of people. The course will cover areas such as learning theory, presentation mechanics, targeting appropriate language level, working with statistics and working with visual aides. For the two-day course a ten-minute, critiqued, presentation will be completed by each participant on day two. *Class size: limited to 16 for the two-day course, 25 for the one-day course.*

**Parenting for Prevention: (3hrs)**

Contrary to contemporary myth, every young person does not drink or use drugs, nor does every adolescent “experiment.” What can parents actually do and say to children or adolescents? Research demonstrates that parents have a great impact on their children’s attitudes and behaviors regarding alcohol and other drugs. Learn what works, what doesn’t work, and exchange ideas with other service providers and parents. *Class size: unlimited.*

**Parent and Community Organizing: (3hrs)**

This course will provide participants with an overview of the possibilities, frustrations and how-to's of organizing parents around substance abuse involvement, or school improvement issues. With facilitation provided by an experienced parent trainer, participants will learn what motivates and hinders parents in getting involved in school or district-wide issues and how to create a sense of ownership of a project by parents. *Class size: unlimited.*

**Creating Prevention Programs for High Risk Youth: Building Resiliency: (3, 6hrs)**

This workshop is designed to examine factors that place youth at high risk for HIV/STD's, substance use, violence and truancy. Through an understanding of adolescent development and a bio-psychosocial approach to risk behaviors, participants will learn about resiliency factors that assist youth in negotiating risks. The Young Girls' Mentoring Program at New Mexico AIDS Services will be used as a model program. *Class size: limited to 30.*

**Child Abuse and Maltreatment: A Guide for Mandatory Reporters: (3, 6hrs)**

This workshop is designed to help professional school-based staff understand their role as a mandated reporter for New York State. The course will cover: definition of mandated reporter; New York State law; definition of abuse & maltreatment/neglect along with indicators; the mandated reporter form; dealing with Child Protective Services and case study for skills practice. *Class size: limited to 30.*

**GROUP FACILITATION**

**Group Facilitation with Adolescents: (6, 12hrs)**

This workshop is designed to provide participants with an overview of issues that surface when working with adolescents in a group setting. Participants will learn effective facilitation strategies and will have the opportunity to implement them in a combination of presentation and experiential style activities. Participants will be expected to have some previous background in adolescent development and basic group dynamics. *Class size: limited to 30.*

**Co-Facilitating Skills: (3hrs)**

Today many organizations use two facilitators to run groups instead of one. There are both strengths and weakness' unique to the co-facilitating relationship. This course will focus on providing the skills needed to establish an effective working relationship between co-facilitators when working with adolescents. Identifying personal styles, communication problems, responsibilities and group format will all be discussed. *Class size: limited to 30.*

**Advanced Group Facilitation Skills with Adolescents: (6, 12hrs)**

This advanced training is designed to provide participants with the opportunity to apply their knowledge of group dynamics and theory to simulated group experiences with adolescents. Feedback will be provided on demonstrated group skills and alternative approaches/ interventions will be recommended in a format that combines both experiential and presentation style exercises. *Class size: limited to 30.*

## **FAMILY SYSTEMS**

### **Alcohol & Other Drug Affected Family Systems: (6hrs)**

This course reviews roles, rules, boundaries and other issues of families affected by alcohol and other drug dependence. Differences noted in families affected by different drugs (i.e. alcohol, cocaine, heroin) will be covered in a family "systems" approach. *Class size: limited to 30.*

### **Children from Alcohol & Other Drug Dependent Families: (3hrs)**

This course addresses the bio-psychosocial impact of alcohol and drug use within the family. Risk factors, core issues, behavioral indicators and interventions will be covered. Implications for children in school and other program settings will be included along with children's "roles." *Class size: unlimited.*

## **GAY & LESBIAN COUNSELING ISSUES**

### **Working with Gay, Lesbian, Bisexual and Transgender Adolescents: (3, 6hrs)**

This course uses a variety of methods to increase counselor's knowledge of the issues faced by gay, lesbian, bisexual and transgender (LGBT) youth and how these issues may impact on risk factors and prevention efforts. The content includes definitions of terms, sexual identity issues during adolescence, environmental and societal factors that impact on LGBT youth, and issues of homophobia. *Class size: limited to 30.*

## **ADMINISTRATIVE STAFF**

### **School Secretary Training: "How to Handle People" (3, 6hrs)**

This course is designed to help train school administrative/secretarial staff in the art of working with challenging, sometimes called difficult, people. Communication skills, the assumptions game, the eight types of challenging people, ten reasons why people don't want to change, and role plays to practice the skills learned will be covered during this interactive day. *Class size: limited to 30.*

### **Team Building: Making All The Pieces Fit: (3hrs) (Personal Profile System Course)**

Using the patented Personal Profile System, administrators will be learn how different behaviors can work together to make a team more effective. Personal Leadership Profiles and specific team building activities will be used as a jumping off point for an exploration of work behaviors and team-building skills. (Note there is an additional fee for the Personal Profiles in addition to the normal fee for the course) *Class size: limited to 30.*

**Supervisor Training: Profiles and Strategies: (3hrs) (Personal Profile System Course)**

Using the patented Personal Profile System managers will learn about their behavior as managers and how it helps/hinders their ability to supervise staff. Personal Leadership Profiles, DiSC Management Strategies and DiSC Management Action Planners will be used to help managers to identify personal behaviors and provide a framework for developing effective strategies when managing a variety of different kinds of staff. (Note there is an additional fee for the Personal Profiles in addition to the normal fee for the course) *Class size: limited to 30.*

**Supervisor Training: Management Basics: (6hrs)**

Managing a staff, whether it's SAPIS workers, administrators or teachers is a challenge most supervisors are given without prior management training. This course, using a skills based approach, will cover styles of management; power and authority issues; types of employees; and dealing with classic power-relationship problems between management and staff. *Class size: limited to 25.*

**Supervisor Training: Advanced Management Techniques: (6hrs)**

Building on the 'Management Basics' course this advanced management course will focus on problem solving difficult situations (tailored to meet the needs of the management setting); communication skills and how to provide effective feedback. *Class size: limited to 25.*

**HIV / AIDS**

**AIDS: Overview of HIV/AIDS: (3, 6hrs)**

This basic course will cover definitions of HIV and AIDS, new epidemiology, description of the spectrum of illness, HIV antibody testing, means of transmission, preventive risk reduction practices, and some common barriers specific to adolescents in implementing risk reduction strategies. *Class size: unlimited.*

**AIDS: Prevention and Counseling Issues Related to HIV/AIDS and Adolescents: (3, 6hrs)**

This course presents some of the issues specific to the prevention education and counseling of adolescents with regard to HIV/AIDS, sexuality and substance use. Utilizing experiential exercises this course will sensitize participants and provide the opportunity to practice skills, which will enable teachers and counselors to utilize an integral approach to HIV/AIDS interventions with adolescents. *Class size: limited to 30.*

**Talking About HIV with Children: (3hrs)**

The three-hour course is a preview of a more extensive 3-day (18hr) training for facilitators to work with parents on how to talk to children about HIV. Trainers

learn to facilitate groups of parents who live in HIV affected areas and wish to reduce their child's risk of HIV. The course covers: HIV information; talking to kids of different ages about sex, drugs and HIV; helping kids get out of risky situations; finding positive activities for kids; and socializing in a safe and caring way with people who have HIV. *Class size: limited to 30.*

**Adolescent Women, Pregnancy and HIV: (3hrs)**

Case studies from ethnographic research and role-plays will be utilized to identify key issues in providing counseling and support groups for adolescent women living with HIV. Social control exerted by parents and partners, socio-cultural expectations, protection of child and maternal health, medication issues, the role of family members and service providers in decision-making, experiences of loss and the support needs of young women who decide not to have children will be addressed. *Class size: unlimited.*

**AIDS: Death, Dying, & Bereavement - Issues for Adolescents: (3hrs)**

Children and adolescents are facing illness, loss and multiple losses of their family members, friends and lovers at an age when death is supposed to be far away. This course will focus on how adolescents are dealing with the losses inherent in the HIV epidemic as opposed to their adult counterparts. *Class size: limited to 30.*

**HIV Confidentiality Issues: (3hrs)**

This course will cover the New York State HIV/AIDS Confidentiality law, purpose, procedures, guidelines and penalties governing client identity and record keeping procedures with a particular emphasis on adolescent rights. Appropriate ways of disclosing client HIV status will be covered along with case studies and the impact of HIPPA regulations. *Class size: unlimited.*