



RHODE ISLAND
prevention resource center

Promoting Positive Change in Rhode Island Communities

COVID-19 Resources for Prevention Providers

As the COVID-19 pandemic continues, we all are working to adjust to a new normal. This pandemic has presented us with numerous challenges such as transitioning to remote working, finding ways to adapt our work to address COVID-19 related concerns, and taking on new roles as teachers and caregivers, all while trying to maintain some semblance of normalcy and trying to look after our own mental health needs. In thinking about these new challenges, the RIPRC has developed a comprehensive guidance document and list of resources which we hope, to the extent possible, will help you all continue doing your great work while caring for your own wellbeing.

This is a working document, so please feel free to add any resources that you feel are useful. RIPRC staff will monitor this document on a daily basis to ensure that resources are organized in a logical and easy-to-find way. If there is a topic not listed here that you feel should be, feel free to add a resource(s). If you recognize a gap but have been unable to find a resource, please email riprc@jsi.com. RIPRC staff will research the topic and have it incorporated. We have organized resources under the following categories: Promoting Productivity, Wellness, Prevention and Recovery Support Resources, and Training and Technical Assistance. We hope that these resources will help you to more productively work from home, take care of your mental health and wellbeing and help support others in doing the same, and continue to learn and take part in prevention focused training opportunities available online.

We hope you all are staying safe and healthy!

Promoting Productivity

With so many people beginning to work from home, we thought it would be helpful to provide some tips and tools to help you adjust to remote working. Transitioning to remote working can sometimes be difficult, but it does not mean that you need to work any less efficiently or effectively! There are a bevy of incredible technological tools out there to help us all continue to work productively from the comfort and safety of our own homes. This section lists resources which offer guidance and information on how to expertly facilitate virtual meetings, manage teams of remote workers, and stay connected despite not being around coworkers. We have also included a subsection which offers guidance on ways to productively work from home with kids present and better support children in learning from home. We hope that these tips will help you to adapt to your new home office!

[How to Run a Great Virtual Meeting](#): Virtual meetings don't have to be seen as a waste of time. In fact, they can be more valuable than traditional face-to-face meetings. Beyond the fact that they are inexpensive ways to get people together – think: no travel costs and readily available technology – they are also great opportunities to build engagement, trust, and candor among teams. Check out this article to learn some simple do's and don'ts to help you get the most out of your next virtual meeting!

[Zoom Video Tutorials](#): Zoom is a remote conferencing service that combines video conferencing, online meetings, chat, and mobile collaboration. Zoom is a great platform to use to stay connected to your team and facilitate virtual meetings. Zoom offers a number of video tutorials to help new users get accustomed to using the service. These tutorials offer guidance on everything you might need to know about Zoom.

[Zoom Security](#): One concern with remote conferencing is session security. This concern is especially relevant for preventionists who provide resources to individuals or families and for student assistance counselors. This webpage describes privacy certifications and available security settings to allow you to protect data and ensure privacy.

[Work from home - The best VPNs for your home office or any remote connection](#): VPNs are not only essential for securing your unencrypted Wi-Fi connections in coffee shops and airports. Every remote worker should consider a VPN to stay safe online. Here are your top choices and how to get set up.

[How to Get People to Actually Participate in Virtual Meetings](#): These days it can be difficult to maintain attention in any meeting, but when people are not in the same room, it is especially difficult. The precondition for effective meetings—virtual or otherwise—is voluntary engagement.

Check out this article published by the Harvard Business Review to learn their five rules for effective virtual meeting engagement!

[Managing telecommuters due to coronavirus COVID-19? Here are 8 management tips.](#) ZDNet is a business technology news website. Their team has worked remotely for almost 20 years. This document and the accompanying video discuss 8 tips for managing a remote team.

[8 Best Practices for Successful Remote Workers.](#) Eight is the magic number! This resource lists the top eight best practices that prove helpful when working outside the office. Look no further to learn how to stay connected and engaged while working remotely.

[4 Tips for Staying Connected While Working from Home:](#) More and more people are beginning to work from home during the pandemic, and while telecommuting has its benefits, it can also compound feelings of isolation. This resource provides some tips to help telecommuters feel connected through work while working from home.

Working Remotely While Caring for Children

[How Working Parents Can Prepare for Coronavirus Closures:](#) Remote working presents a set of benefits and challenges to work quality and productivity. Managing work in the midst of school closures and teleschooling adds additional challenges as we all navigate uncharted territory. Check out this set of guidelines to help you manage the potential disruption of school and work.

[How to Work from Home with Kids Around:](#) As schools continue to close and more and more workplaces begin to mandate remote working, parents are presented with the enormous challenge of working from home with kids around. This article offers some guidance on how to stay productive while simultaneously caring for your children.

[What to Watch, Read, and Play While Your Kids are Stuck Indoors:](#) Whether it is a snow day, a random school holiday, or a global pandemic, unforeseen time at home with the kids can be stressful, especially if kids are feeling anxious. While some parents will get creative in the kitchen or let kids go wild on a science experiment, sometimes everyone just needs a little distraction to soften the edges. So if your kids are getting antsy, check out these tips on how to explore something fun, engaging, and enjoyable for the whole family!

[The Secret to Keeping Your Kids Happy, Healthy, and Learning if their School Closes Due to Coronavirus:](#) As millions of children are displaced from their schools due to the coronavirus, a sub-crisis has risen for American parents: What will the kids do all day? The widespread school closures have sent a ripple effect into parent communities as many scramble to find ways to smoothly transition kids into at-home life. Kids are used to following a schedule, so making a

blueprint for the day will help everything fall into place. This article offers some tips on how to create a helpful routine for your kids while they are stuck at home.

[Using Technology to Support Learning at Home](#): This tip sheet provides parents or adults taking care of children with a guide for how to best utilize technology to improve the home learning experience.

[Family Conversation Starters](#): The RI Regional Coalitions have created daily conversation starters aimed at parents of teens. These conversation starters will be posted to the Regional Coalitions facebook page daily around 4:00 pm so that families can use them over dinner!

Wellness

The COVID-19 pandemic is affecting everyone in different ways, but on a collective level, it is safe to say that these are exceptionally stressful and abnormal times. With constant and sometimes overwhelming news updates, unprecedented feelings of isolation, and worries about the health and safety of our loved ones, we are all bound to be experiencing increased levels of stress and anxiety. Now more than ever, it is important that we all take a bit of extra time to consider our own mental health needs. This section includes a number of resources to help you practice self care and support mental wellness; access activities such as yoga, dance, and meditation; support children in coping with a global pandemic; and even stay entertained through virtual tours of museums, zoos, and theme parks! We hope that the resources listed in this section will help to alleviate some of the added stress that you might be feeling during these times.

[Resources to Support Mental Health and Coping with the Coronavirus \(COVID-19\)](#): The Suicide Prevention Resource Center has compiled a list of web pages and information sheets on mental health and coping with the effects of COVID-19. Check it out by clicking this link.

[Manage Anxiety and Stress](#): The outbreak of COVID-19 is likely to be very stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. But coping with stress will make you, the people you care about, and your community stronger. This CDC webpage offers some guidance on how to cope with the stress you might currently be experiencing.

[Coping with Stress During the 2019-nCoV Outbreak](#): It is normal to feel sad, stressed, confused, scared or angry during a crisis. This info sheet developed by the World Health Organization provides readers with some tips for managing stress during the COVID-19 outbreak. This fact sheet is also available in the following languages: [Arabic](#), [Chinese](#), [French](#), [Russian](#), [Spanish](#).

[15 Ways to Practice Self-Care in the Time of Coronavirus](#): Unfortunately, it's easy to start feeling a little overwhelmed when you are cooped up. So what can you do to stay sane while keeping yourself and others safe during the virus outbreak? Here are a couple of suggestions on how to stay occupied and practice self care!

[Talkspace](#): Talkspace offers options for online and mobile therapy. Get matched with a licensed therapist in your state!

[Luna You](#): This maternal wellbeing program is being piloted with 25 women in Rhode Island on Medicaid, and it is built to be quickly scalable. In the wake of the COVID-19 pandemic, Luna You is offering free online support to all pregnant Rhode Island residents on Rite Care.

[5 Ways to Help Children Cope with Coronavirus Anxiety](#): If you are experiencing feelings of distress or anxiety during the COVID-19 pandemic, you certainly are not alone. It is important to think about how we can support each other and ourselves during this stressful time. Children in particular are likely to be experiencing a great deal of fear and anxiety around this pandemic, and this resource provides adults with some strategies to help children cope with their anxieties during this especially overwhelming time.

[Helping Children Cope with Stress During the 2019-nCoV Outbreak](#): Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry, or agitated. This info sheet developed by the World Health Organization provides readers with tips on how to support children in coping with stress during the COVID-19 outbreak.

[Talking With Children - Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#): When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious. This is true even if they live far from where the outbreak is taking place and are at little to no actual risk of getting sick. Young people react to anxiety and stress differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help. This tip sheet created by SAMHSA will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support.

[Raising Healthy Teens: Coronavirus Special Edition](#): The Kent and South County Prevention Coalitions created this special edition newsletter to help parents and kids navigate this trying situation with information, tips, and resources, including how to talk with your kids about what they are hearing, tips to manage stress and ways to stay healthy during these days of social distancing, and information on school closures and cancelled recreational activities.

[Edge Fitness Clubs Livestream Fitness Classes](#): Edge Fitness Clubs is offering fitness classes for members and non-members! Check out their facebook page to access an archive of workouts, including some workouts incorporating children (HIIT with kids). This link will bring you to their facebook page, but you can also livestream classes through their instagram!

[25+ Fitness Studios and Gyms Offering Live-Stream Workouts During the Coronavirus Outbreak](#): This article provides links to several live stream workouts from gyms and fitness professionals. These workouts include high intensity interval training, yoga, toning, dance classes, and celebrity trainer classes!

[Planet Fitness Home Workouts](#): Planet Fitness is doing live online workout classes everyday through facebook at 7pm. Check them out by clicking this link!

[Calm](#) and [Headspace](#): The “Calm” app and “Headspace” app are helpful and easy-to-use tools that help to reduce stress and anxiety. The apps offer breathing practices, meditation and sleeping guides, exercise videos, and mindfulness exercises!

[The Free Mindfulness Project](#): The Free Mindfulness Project offers mindfulness resources as practiced in mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), and other closely related approaches. This site catalogues a collection of free mindfulness resources, including guided meditations, poetry, and COVID-19 mindfulness activities.

[Bored at Home? Here's a Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours](#): You can see Frida Kahlo at the MoMA or visit the Shedd Aquarium without leaving the couch!

[COVID-19 Resources](#): Click here to view a list of COVID-19 resources gathered by the Mental Health Association of Rhode Island. This list offers information on health insurance, financial, food, and housing resources, behavioral health support services, wellness tools, resources for mental health providers, and resources for parents and caregivers.

[It's Time to Make Your Own Face Mask](#): The world is running out of face masks for health care workers, which is one reason why American officials have warned members of the public against buying their own masks for protection against the coronavirus. But that does not mean face masks for the public are a bad idea, if we had enough masks. Many studies show that widespread mask-wearing might be a very effective complement to hand-washing, social-distancing and other measures to mitigate the pandemic. But how to get your hands on a mask, when there are no masks? You can make your own! This article shares some tips on how to make your own face mask at home.

Prevention and Recovery Support Resources

As we continue to practice social distancing, it is important that we consider the ways in which we need to adapt our prevention work. Work plans may need to be adjusted, but this certainly does not mean that prevention efforts need to be postponed. This section catalogues a number of resources which offer information, tips, and tools to help prevention providers adapt their work during the pandemic. Additionally, this section lists a selection of resources which address the ways in which the pandemic has affected and will continue to affect people living with behavioral health disorders. These resources also provide guidance on how we can continue to support recovery throughout the pandemic.

[Prevention During a Pandemic - Responding to the Coronavirus](#): This is the first episode of a weekly podcast by Kathy Sullivan and Bob Houghtaling. In this episode, Kathy and Bob discuss how issues like stress and Substance Use Disorder, along with other mental health conditions, are impacted by the Coronavirus epidemic. Special emphasis is placed on providing resources as well as recognizing how the youth population responds to stressful situations (i.e. substance use).

[Prevention During a Pandemic - Stress and Mindfulness](#): In this episode of their weekly podcast, Kathy Sullivan and Bob Houghtaling welcome Student Assistance Counselor, Dianne Ferrara, CSAC, LICSW, to discuss how people can handle stress during difficult times. By listening you will also be able to take part in a most relaxing mindfulness exercise.

[Prevention Practitioner's Role in Disaster Response](#): The purpose of this checklist is to prepare the prevention practitioner for their role before and after disasters. They have unique skills that can assist and align with disaster response efforts.

[Mental Health and Psychosocial Considerations During the COVID-19 Outbreak](#): WHO and public health authorities around the world are acting to contain the COVID-19 outbreak. However, this time of crisis is generating stress throughout the population. The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak. Arabic, French, and Spanish versions of this document are also available.

[Don't Let One Disaster Lead to Another](#): This toolkit was developed by prevention providers in Missouri following the Joplin Tornadoes of 2011. The purpose of this toolkit is to provide a foundation of knowledge for preparing for and responding to future major disasters. We hope it

will help you better understand the unique prevention needs a community faces following a disaster and how to collaborate in the community to address those needs, thus reducing the risk of substance misuse and violence-related consequences. While treatment is a critical component to recovery after a disaster, this toolkit focuses only on prevention strategies.

[Developing a Social Media Plan to Support Substance Misuse Prevention Efforts](#): This is CAPT-developed tool which offers guidance on ways to effectively use social media in support of prevention. While the rapid pace of technology may make the thought of jumping on board the social media train feel daunting, a well-conceived plan can help ensure a smooth ride. To develop this plan, you will need to take a step back and think through why and how you intend to use social media to support your prevention efforts. Once you have a solid plan in place, you can board that train and feel confident that it will take you where you want to go! This tool will provide you with the information you need to develop or revamp a social media communications plan for prevention.

[Empowering Teens - NIDA Toolkit for Out of School Time](#): This toolkit offers science-based activities and resources on drug use and addiction for educating teens during out of school time (OST). The OST setting—before and after school, in the summer, or any time teens attend a supervised program outside of the typical school time—offers a unique opportunity for STEM (science, technology, engineering, and math) learning. The activities in this toolkit inspire learning and empower teens with the information they need to make informed decisions about drug use and their health.

[NIDA For Teens - Social Media Campaign](#): Help students SHATTER THE MYTHS® about drug and alcohol use by sharing your school's (or community's) NDAFW event on Instagram, Twitter, Facebook, or other social platforms. This resource provides guidance on how to effectively choose and use a social media platform to promote National Drug and Alcohol Facts Week.

[Social Media Cards](#): Check out these COVID-19 social media cards created by the World Health Organization. These cards can be used to help spread tips and information on dealing with the COVID-19 outbreak.

[Social Media and Outreach Toolkit](#): April is National Minority Health Month. With most states under a stay at home advisory, the U.S. Department of Health and Human Services Office of Minority Health chose the theme Active & Healthy to promote physical activity and mental and emotional wellness during this time of social distancing. This toolkit is available in both Spanish and English and provides resources for communities to promote National Minority Health Month.

[The Impact of COVID-19 on the LGBTQ+ Community](#): This recorded webinar was held on Thursday, March 26th and discussed the impact of COVID-19 on the LGBTQ+ community. It covered unique issues for the community, innovative practices in responding to needs, how traditional programming is modified to meet community needs, and other challenges impacting LGBTQ+ health.

[Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic](#): COVID-19 is a novel coronavirus spread by the respiratory route and contact with contaminated surfaces. It appears to be highly contagious and has a significant morbidity and mortality rate. Because these attributes are known and because this agent has been identified as responsible for a global pandemic, it is essential that behavioral healthcare facilities implement plans to protect patients and staff from infection to the greatest extent possible. This document offers guidance on decreasing the likelihood of infection and viral transmission and providing for the behavioral health needs of patients.

[Your Recovery is Important - Virtual Recovery Resources](#): SAMHSA created a pdf that provides virtual resources to support mental health/substance use disorder recovery. In an infectious disease outbreak, when social distancing and self-quarantine are needed to limit and control the spread of the disease, continued social connectedness to maintain recovery is critically important. Virtual resources can and should be used during this time. This tip sheet created by SAMHSA describes resources that can be used to virtually support recovery from mental/substance use disorders . It also provides resources to help local recovery programs create virtual meetings.

Online Training and Technical Assistance

Unfortunately, the RIPRC has had to postpone our upcoming training for prevention providers due to COVID-19. We are continuing to think about how to most effectively offer virtual learning opportunities, but in the meantime, we wanted to offer some suggestions for web-based training resources! This section lists various online trainings, recorded webinars, and eLearnings that we hope will enable you to continue to expand your prevention skills and knowledge while practicing social distancing. Please keep in mind that some of these trainings require participants to register in advance. The RIPRC will regularly update this list with new prevention-focused training opportunities, and if you find a training that you think others would enjoy, please feel free to add it to the list!

[Webinar: Community Engagement Strategies - Best Practices for Preventing Substance Misuse at the Grassroots Level \(April 15, 2020 12:30 PM EST\)](#): Many agencies and organizations are struggling to engage members of affected communities with opioid prevention, recovery and treatment messaging, due to stigma related to addiction, ineffective outreach and engagement strategies, low levels of trust in government institutions and other challenges. During this webinar, MEE will share how Coalitions or Collaborations in any size community can enhance their outreach, engagement and prevention efforts, with a focus on hard-to-reach audiences. These strategies and tactics will help them grow their presence in both digital (online) and grassroots (off-line) spheres to educate communities and to mobilize partners and stakeholders, increasing both impact and effectiveness of their opioid prevention and reduction efforts.

[Motivational Interviewing Learning Collaborative](#): The Great Lakes MHTTC and PTTC will host a series of interactive calls via Zoom for people who want to enhance their MI skills. This learning opportunity provides practitioners with a no-cost, easy to access opportunity to continue to build their practice skills towards fidelity.

- All sessions will be geared towards multiple levels of learning.
- Attend all sessions or select from the menu (see list of dates and topics below).
- Calls last for 45 minutes

Upcoming Dates:

- April 15th, 2020 10:00 AM EST: WHY Not Ask WHY And Other Things to Think About With Open Questions
- May 20th, 2020 10:00 AM EST: Taming Your Inner Cheerleader: Be Proud Of You and How Well You Can Use Affirmations
- June 17th, 2020 10:00 AM EST: Gold Star Things to Say (Genuinely!)

[Talking about Sex as Prevention - A Novel Use of Motivational Interviewing \(April 15th, 2020 1:00 PM EST\)](#): For persons with behavioral health conditions, sexuality and intimacy are inextricably tied to mental health recovery and quality of life. Unfortunately, the provider workforce is not presently equipped to routinely engage in productive and guiding discussions about sexuality and intimacy with persons living with behavioral health conditions. Missed opportunities have great implications for prevention with a population more likely to be infected with HIV, hepatitis B and C, experience intimate partner violence, and contend with co-morbid substance use disorders. Research suggests brief education programs about sexual issues can result in sustained practice change if skills are integrated more deliberately to the extent that providers gain more confidence to skillfully engage in conversations about sexuality as a part of holistic care. Motivational Interviewing (MI) is a recovery-oriented evidence-based practice broadly useful in all health disciplines, applicable in a wide variety of contexts, with a variety of populations, and related to a vast typology of behavioral conversations. In response to research and advocacy, a training toolkit was published that employs the use of MI in experientially teaching providers the skills of MI and the practice of having conversations about sexuality and intimacy. This free webinar highlights the contents of this training toolkit and underscores relevant skills for prevention activities.

[Applying Prevention Science to Practice: A Collaborative Opportunity \(April 21st, 2020 3:00 PM EST\)](#): While evidence-based approaches to prevention are being strongly supported by policy makers of late, it isn't always clear what this means and how it might relate to your own work in the field. This webinar will provide an overview of prevention science and how it has brought about the development not only of effective prevention programs but also to the planning and implementation of these. Evidence-based programs have been shown through rigorous research to be successful at reducing risky and unhealthy behaviors across the life span. This course will describe how the science contributes to our understanding of the etiology and prevention of substance use and related behaviors, examples of some of the most effective interventions and policies.

[Examining the Social Determinants of Health - A Prevention Perspective Part 1 \(April 22nd, 2020 1:00 PM EST\)](#): Participants will understand the basic tenets of the social determinants of health and its impact on behavioral health, prevention, and wellness efforts. Participants will critically examine the role of neighborhood conditions, education, socio-economic, and

socio-political climate. This training will strengthen participants understanding of the social determinants of health and their role in shaping prevention efforts of diverse populations.

[Webinar - Laughing Matters, A Conversation about Natural Highs and Coping with Stress: An Interview with Dr. Matt Bellace \(April 23rd, 2020 1:30 PM EST\)](#): Join Scott Gagnon, Director of the New England PTTC as he interviews Dr. Matt Bellace during this one-hour special. This engaging hour-long discussion will involve comedy and inspiring stories, in addition to demonstrating Matt's style when presenting to and communication with youth, especially during a time of social distancing and self-isolation.

[Webinar: Keeping Kids Safe in Schools - Associations between School Safety and Behavioral Health \(May 20th, 2020 12:30 PM EST\)](#): School safety is at the forefront of educators' minds in light of recent high profile school shootings. Academic achievement and social thriving are reduced when students do not perceive they are safe. Research shows that the perception of safety is a better predictor of student success than the presence of physical safety measures. Feeling safe in school is necessary for learning, and for physical, emotional and social development. Students who use substances are more likely to report their school is unsafe and to be fearful at school. However, schools don't always include prevention strategies as a component of their school safety plans. Prevention professionals play an important role in educating schools on the role of behavioral health issues in the perception of school safety, and supporting the inclusion of prevention education to students and their parents, and the implementation of policies and procedures that create a pathway for connecting students to appropriate resources. In this webinar, participants will learn about the findings from a recent Kentucky study that looked at the association between substance use, mental health issues, interpersonal violence, and problem behaviors and the perception of safety of students. We will review specific prevention strategies that schools should consider, and will provide talking points to create dialogue with educational systems around the inclusions of behavioral health prevention components in school safety plans.

[Recorded Webinar - Leveraging a Health Equity Approach to Improve Prevention Efforts](#): As health disparities continue to persist throughout our community, the prevention field has an important role in the advancement of health equity. The session will help leaders identify practical strategies to act individually and collectively to address significant challenges and barriers for the achievement of optimal health and wellness.

[Crisis Counseling Assistance and Training Program \(CCP\) Trainings](#) This training catalog provides paraprofessional crisis counselors with basic crisis counseling skills through a series of online and in-person training modules. These trainings are best suited for counselors employed by a Federal Emergency Management Agency CCP grant, but may also be useful for crisis counselors in other settings.

[A Strategic Planning Approach to Suicide Prevention](#): If you have been called on to develop or expand a suicide prevention program in a state or community, and you want it to have maximum impact, then this online course may be for you. A Strategic Planning Approach to Suicide Prevention can help you identify activities that will be effective in addressing the problem of suicide and help you prioritize your efforts.

[NIDA Notes Online Course on Adolescent Marijuana Use](#): Assessment and Treatment of Adolescent Marijuana Abuse and Dependence is a self-paced online course presented jointly by NIDA Notes and IRETA. The activities should take about one hour to complete. As you navigate the course, you will learn to identify the relationship between adolescents and sensation seeking/impulsivity. This connection is associated with the escalation of substance use. Students will become familiar with the screening tools that can detect and assess teens' marijuana use, then explore new approaches to interventions and aftercare.

[Certified Wellness Coach, Level 1](#): Certified Wellness Coaches model the fundamental philosophy that all change is self-change and that change is a process and a journey, not a single event. Behavior change is unique for each person, so Wellness Coaches help people explore their own readiness; strengths, skills, and resources; and process of change.

[Connecting the Continuum - How Prevention & Recovery Models Fit Together](#): This webinar is for anyone with a personal or professional connection to the recovery and prevention communities (such as family members, recovery coaches, therapists, peer support specialists, health educators and prevention specialists) on effective and evidenced-based prevention approaches and how they correlate to recovery. Recorded webinar coming soon!

[Psychological First Aid](#): This is a free online course which has been used by community level prevention practitioners in the past to work with their coalitions following disasters. This is a 6-hour interactive course that puts the participant in the role of a provider in a post-disaster scene. This course is for individuals new to disaster response who want to learn the core goals of PFA, as well as for seasoned practitioners who want a review. It features innovative activities, video demonstrations, and mentor tips from the nation's trauma experts and survivors. PFA online also offers a Learning Community where participants can share about experiences using PFA in the field, receive guidance during times of disaster, and obtain additional resources and training.

[Peer Recovery Support Series, Section I: Building a Successful Culture in Your Organization \(Recording Available\)](#): Peer recovery support services are increasingly becoming an important part of the behavioral healthcare workforce. So much so, the growth in opportunity is outpacing the field's ability to define best practices in how to integrate peer services into organizational practice. Nationally, there are various levels of experience and expertise. A continuous area of interest is utilizing peer support across the continuum of care. An important take away from

those who do it well is that implementing an effective peer support program often requires a shift in the organizational culture. Engaging all stakeholders is crucial in developing peer recovery support service programming. Buy-in and support of senior leadership will contribute to the successful integration. This is the first in a 5 part series. CE's available upon completion of online quizzes.

[Facing Addiction in America: Tutorial on the Surgeon General's Report on Alcohol, Drugs, and Health](#): This 1-hour tutorial offers detailed discussion of Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. This Tutorial on Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health is presented by H. Westley Clark, MD, JD, MPH, CAS, FASAM, currently the Dean's Executive Professor of Public Health at Santa Clara University in Santa Clara, CA. Video commentary on each chapter by Dr. Clark is included alongside downloadable and printable chapters of the report, with the opportunity to take notes and check your knowledge along the way.

[Introduction to Substance Abuse Prevention - Understanding the Basics](#): Welcome to the online course Introduction to Substance Abuse Prevention: Understanding the Basics. This course provides a useful context for professionals new to substance abuse prevention and mental health promotion or in related fields. Regardless of the settings where you work, this information will help to prepare you to prevent substance abuse and promote wellness.

[Girls and Substance Use: Trends, Challenges and Opportunities](#): Girls' abuse of substances has been increasing. Among youth ages 12-17, girls' non-medical use of prescription painkillers, alcohol, methamphetamine, and most other illicit drugs matches or exceeds that of boys. This webinar will discuss current trends in adolescent girls' substance use as well as effective strategies for intervention, treatment, and support for girls to age 18.

[The Evolution of State Cannabis Policies - Where Prevention Fits In](#): Cannabis laws and policies are rapidly changing in states. Various decriminalization, medical marijuana, and adult-use marijuana policies are being debated and moving through state legislatures and ballot boxes. Amid all of this change, where does prevention fit in? This course shows participants how these policies can evolve, the implications for public health and safety, and how and where prevention fits in. Participants will learn from a presenter with hands-on experience both in prevention and shaping marijuana policies. Additionally, participants will learn about the marijuana prevention training and technical assistance services from the New England PTTC.

[Intro to 508 Compliance - Understanding the Importance of Accessibility in Prevention](#): In this 1-hour webinar, Carlos Morales will discuss Section 508 of the Rehabilitation Act of 1973 and the importance of providing accessible educational materials to the prevention work force. By the end of this presentation, participants will be able to: Define Section 508 of the Rehabilitation

Act of 1973; Identify audiences impacted by Section 508; Define accessibility of information; and, Identify ways to increase Section 508 compliance within own work.

[Minecraft, not Ms. Pac-Man - Transforming Prevention Presentations for Today's Audience:](#)

Hey, the 90s called ... they want their slide deck AND presentation back! Coalitions use presentations as a primary strategy to disseminate information, build skills, ignite calls to action and influence change. However most of us never receive any formal training in presentation design – despite all we expect them to do for us. Consequently, our presentations are as dated as dial-up Internet. In this session, you will learn a framework based in brain science to develop and deliver exceptional presentations – every time – using the tools and resources you already have. Get ready to transform your audience with modern and powerful presentations.