

Dimensions of Substance Prevention In-Service Presentation Topics – Hancock County

Healthy Acadia is a not for profit organization serving Hancock and Washington counties. We engage in a broad range of initiatives that build healthier communities and make it easier for people to lead healthy lives. These initiatives include: [Strong Beginnings](#), [Healthy Food for All](#), [Active and Healthy Environments](#), [Healthy Aging](#), [Substance Prevention and Recovery](#), and [Health Promotion & Management](#).

Our substance prevention team can offer a variety of free educational opportunities for communities. Our “Dimensions of Substance Prevention” discussion series and presentations are outlined below. The length and content of each session may be adjusted to suit your needs and schedule.

For more information, or to schedule an event for your group, please contact Tara Young at tara@healthyacadia.org or Mia Petrini at mia@healthyacadia.org or call 667-7171.

Applied Suicide Intervention Skills Training (ASIST) 2-day, Interactive Training Workshop

ASIST is the world’s leading evidence-based suicide intervention workshop. ASIST helps participants become more willing, ready and able to intervene with people who are at risk for suicide. ASIST offers resources for the whole community, helping people apply suicide first-aid in many settings. ASIST methods are also very useful for helpers to provide support in other non-suicide crises.



SuicideTALK 1-2-Hour, Interactive Training Workshop

Deaths and injuries due to suicide can be reduced, and community awareness that suicide is a serious community health problem is the first step toward prevention. This 1-2hour *suicide*TALK program is designed to help our community become more aware that there are many activities we can do to prevent suicide. This presentation is appropriate for the general public, including youth 15 years and older.



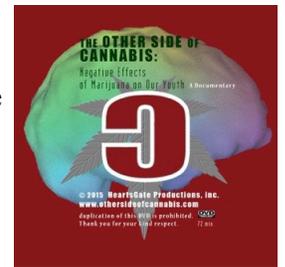
Maine Integrated Youth Health Survey (MIYHS) Data Presentation PowerPoint Data Presentation and Facilitated Discussion

The bi-annual MIYHS survey is given to middle and high school student to track health, nutrition, behavioral health and substance use data over time. This presentation will display data in easy to read graphs to show trends and how the school compares to the county and state with regard to various metrics. Facilitated discussion about what the data means and how to use it for planning, grant writing and prevention programs and activities can be included. It is best to review the data with a small group, such as school administrators and discuss how to engage teachers, parents and community in follow-on presentations.



The Other Side of Cannabis Film and Discussion

This documentary is an independent film project created by ordinary citizens with no political or economic affiliations or interests, other than bringing attention to the negative effects of marijuana on our youth whose brains are still forming. In order to make informed decisions regarding marijuana, it is important to know the potential risks. This film is neither about legalization nor medical marijuana treatments. This film helps teens weigh the evidence of associated risks against pervasive messaging that marijuana is safe, natural and harmless as a recreational substance. Following the film, there will be a facilitated discussion. This program can be delivered in 45-90 minutes over 1-2 sessions.



Marijuana in the New Millennium Presentation and Discussion

This is an educational presentation about new marijuana products, trends, and issues. We will talk about the concerns and risks of marijuana use, legalization, and the impact on the health and wellness of youth, families and communities. Discussion and questions are encouraged during and after the presentation. Presentation length ranges from 30 to 90 minutes and can be customized based on audience and time available.



Get the Facts on Prescription Drugs PowerPoint Presentation and Discussion

This educational presentation provides information about the classes of prescription medication most commonly misused and the risks of abuse. The presentation will also include information on the risks and concerns of youth use, safe storage and disposal, local data, and research on how various prescription medications can affect teens' developing brains, bodies and behaviors. Presentation length ranges from 30 to 90 minutes and can be customized based on audience and time available.



University of Pennsylvania Resilience Training PowerPoint Presentation and Activities

This program gives teachers and administrators an overview of the benefits of resilience training for children, particularly how resilience training can mitigate substance misuse risk factors in the student population, as well as evidence supporting how it improves classroom management, peer relationships, academic and athletic performance and overall well-being. The Penn Resilience Program has demonstrated effectiveness in more than 25 years of research, development, and large-scale implementation. Empirical studies have shown the program reduces problems associated with stress, including anxiety and depression. Presentation length ranges from 45 to 120 minutes and can be customized based on audience and time available.



Bounce, not break.

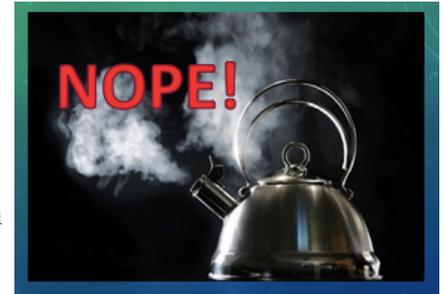
Leading the Classroom with Emotional Intelligence PowerPoint Presentation, Facilitated Discussion and Activities

This program builds skills in “Resonant Classroom Leadership” and its importance, discusses emotional intelligence (EI) domains and competencies, builds skills in incorporating EI skills to enhance students’ emotional development and academic performance. This presentation respects the expertise that teachers and administrators have and provides a facilitated forum to work collaboratively to share knowledge with each other.



Vaping: What Parents and Educators Need to Know PowerPoint Presentation and Facilitated Discussion

This 1-2 hour program increases awareness of what a “vaping” device may be or look like, what may be in the device - nicotine and marijuana – along with other harmful chemicals, potency, the risks to youth health, physical, mental and emotional, posed by these substances, as well as marketing tricks used by Big Tobacco and Big Marijuana to addict youth to their products.



Brain Development PowerPoint Presentation and Facilitated Discussion

This 1-2 hour program gives a basic overview of brain development, with a focus on what is happening at different ages and stages, with a focus on understanding what benefits and challenges each new stage brings, so parents and caregivers can understand what will happen next, and how they can best support the young people in their lives to meet each new opportunity for growth and development. Understanding what is going on in the brain of young people can help parents manage behavior and even prevent issues from coming to a head.

