



## **FREE TRAINING**

### **BOTVIN LIFE SKILLS TRAINING (LST) – PROVIDER WORKSHOP**

**Botvin *LifeSkills Training* (LST)** is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that influence the initiation of substance use and other risky behaviors. The curriculum provides adolescents with the confidence and skills necessary to handle challenging situations.

Rather than merely teaching information about drugs, the *Botvin LifeSkills Training* program consists of three major components that cover the critical domains found to promote drug use. Research has shown that students who develop skills in these three domains are far less likely to engage in a wide range of high-risk behaviors.

#### **The three components of Botvin LifeSkills Training are:**

- Drug resistance skills
- Personal self-management skills
- General social skills

#### **Who can teach Botvin LifeSkills Training?**

- Classroom teachers, health educators, counselors, and nurses
- Curriculum can be taught in a classroom or small group setting

Trainees will each receive 1 leader manual and 1 student workbook for the school level of their choosing: elementary, middle or high school.

Training will be delivered by two Certified Botvin Trainers. This is a full day training.

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The State of Maryland, Department of Health, Behavioral Health Administration (BHA) has expanded its capacity to prevent, treat, and help youth recover from Opioid Use Disorder and other Substance Use Disorders via the use of prevention, early identification and intervention, and recovery support for children and adolescents in schools. To help enhance knowledge, skills, and resources of school-based staff, evidenced-based trainings and consultation are being offered to help prevent and reduce student substance use, and to identify, intervene, and refer students with Substance Use Disorders.

BHA is working in collaboration with the National Center for School Mental Health (NCSMH), a national resource center at the University of Maryland for advancing school mental health research, training, policy, and practice. The NCSMH is facilitating evidence-based trainings related to substance use prevention, screening, support, and referral to treatment.

#### **For more information on LST provider workshops available through the NCSMH, please contact:**

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