



MARYLAND FYI

Family & Youth Interventions for Substance Use

BOTVIN LIFESKILLS TRAINING (LST) – PROVIDER WORKSHOP

*** Adaptable for online implementation ***

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, and is adaptable for distance learning

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 6-9 hour training. Eligible participants will receive up to seven (7) continuing education credits.

This FREE professional learning opportunity is available to Maryland providers through a collaboration between the **Maryland State Department of Education (MSDE)**, the State of Maryland, Department of Health, **Behavioral Health Administration (BHA)**, and 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 substance use prevention and intervention training opportunities available through the NCSMH, please contact:

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