

## **FREE TRAINING & FAMILY SUPPORT**

*You are invited* to register for FREE upcoming training events and family support opportunities for evidence-based adolescent substance use prevention and intervention strategies. The National Center for School Mental Health (NCSMH), with support from the Maryland Behavioral Health Administration and the Maryland State Department of Education, offers an array of training and support opportunities for school-based staff and community providers serving school-aged children and youth in Maryland.

All events are **FREE** to Maryland providers/families and all interventions are adaptable for virtual implementation. *Continuing education credits available for most events.*

**Click on a training below to view details!**

Visit us at [Maryland FYI](https://MarylandFYI.org) to see the training schedule

[bit.ly/SubstanceUseTraining](https://bit.ly/SubstanceUseTraining)

## **BEHAVIORAL HEALTH PROVIDER TRAININGS**

### **[Botvin LifeSkills Training \(LST\) – Provider Workshop](#)**

*for all Maryland teachers, health educators, counselors, psychologists, social workers, and nurses!*

**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. Participants will receive one (1) leader manual and one (1) student workbook for the level of their choosing: elementary, middle, or high school.

### **[Kognito Screening & Brief Intervention \(SBI\) Online Training Simulation](#)**

*for all Maryland school counselors, social workers, psychologists, and nurses!*

**Kognito SBI** online training is a unique self-paced learning experience that uses avatars to teach and reinforce SBI skills. In this 60-minute interactive training, school health and behavioral health providers learn how to identify, support, and provide referrals for youth who display behaviors indicating potential substance use. Participants then apply SBI skills in three engaging simulated interactions with an adolescent student. Each training component can be revisited and practiced as often as desired.

### **[Screening, Brief Intervention, & Referral to Treatment \(SBIRT\)](#)**

*for all Maryland counselors, social workers, psychologists, and nurses!*

**Screening, Brief Intervention, & Referral to Treatment (SBIRT)** provider training is a live training in which participants learn about SBIRT as a public health approach to supporting adolescents. Using SBIRT as a systems-change initiative, providers learn how to screen for substance use, reinforce healthy lifestyle choices, utilize the steps of the brief intervention, and facilitate referrals to appropriate treatment. SBIRT is evidence-based, brief, highly accepted among providers, and benefits individuals at all levels of substance use (including abstinence).

**TWO TRAINING OPTIONS:** SBIRT with Adolescents and SBIRT in Schools

*(continued on next page)*

**For more information on training and family support opportunities available through Maryland FYI:**

[Melissa Ambrose, LCSW-C](#) | Maryland FYI Training Director, National Center for School Mental Health

## [Adolescent Community Reinforcement Approach \(A-CRA\)](#)

*for all mental and behavioral health providers serving Maryland youth!*

**Adolescent Community Reinforcement Approach (A-CRA)** is an evidence-based behavioral intervention that seeks to reduce environmental factors that promote substance use and build resilience with pro-social behaviors. Clinicians assume a flexible approach to reduce adolescent substance use by choosing from a menu of 19 different A-CRA procedures that address areas such as problem-solving skills, communication skills, and relapse prevention.

**TWO TRAINING OPTIONS:** Introduction to A-CRA and Intensive A-CRA Training

## [Jordan Peer Recovery's ASK Model for Cultural Responsiveness](#)

*for all Maryland peer recovery specialists and behavioral health workers serving youth and families!*

Jordan Peer Recovery's **ASK Model** self-paced online training course focuses on the process of delivering culturally responsive behavioral health services to youth and families. The **ASK Model** is introduced through a series of activities where participants are asked to look internally at their own biases in order to increase cultural responsiveness in service delivery. The ASK Model can be utilized to build awareness, skills and knowledge to facilitate culturally responsive one-on-one and group sessions. This course focuses on person-centered interventions when working with youth and families, including motivational interviewing, active listening and setting SMART goals. The ASK Model incorporates the 8 systems of influence, 5 stages of learning, 3 learning styles and 2 types of instruction to deliver a culturally responsive workforce.

### **ADDITIONAL DETAILS AND INFORMATION:**

[Contact Stephanie Strianse](#)

*Jordan Peer Recovery Director of Operations*

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## **PARENT & CAREGIVER SUPPORT**

### [Parent CRAFT Self-Paced Online Training Course](#)

*for all Maryland parents and caregivers!*

**Parent CRAFT** is a self-paced online video course that teaches parents skills to address adolescent and young adult substance abuse and to motivate the young person to enter treatment. **Parent CRAFT** uses highly engaging video segments both for teaching and practicing skills. Each of the course's five sections build on the previous skills learned. The video portion of each section is less than one hour. Parents are encouraged to complete the sections over a period of several weeks and practice the skills before moving onto a new section.

*This resource is available to all Maryland parents and caregivers for FREE (a \$200 value) through Maryland FYI.*

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### [Strengthening Families Program \(SFP\)](#)

*for all Maryland parents and caregivers!*

The **Strengthening Families Program (SFP)** is a group-based parenting and youth skills program that aims to promote good parenting skills and positive family relationships, reduce child and adolescent aggression and hostility, and prevent adolescent initiation of substance use. The program can be offered by any youth-serving organization that has the ability to work directly with parents and youth. The Strengthening Families Program is suitable for all youth ages 7-17 and also for those youth who may be at higher risk of developing a substance misuse disorder (e.g., those already receiving services for substance misuse).

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**For more information on training and family support opportunities available through Maryland FYI:**

[Melissa Ambrose, LCSW-C](#) | Maryland FYI Training Director, National Center for School Mental Health