



CHL Professional Development & Technical Assistance

ALCOHOL, TOBACCO AND OTHER DRUG EDUCATION SERVICES

*Backed by 20 years of experience implementing ATOD Education in Vermont,
our staff and consultants provide training and technical assistance at the state and local level.*

At the Center for Health and Learning (CHL) we believe that the multiple causes of substance abuse call for multiple solutions in the community and school setting. Our staff and seasoned consultants employ a number of strategies with a strong risk management approach. These strategies include:

- ATOD education of *school staff, community professionals and parents* to engender preventive norms and attitudes and appropriate responses within the school, the community and at home;
- Development and implementation of school, work site and community policies and protocols;
- Establishment of key norms in the school climate and assets in the school community to foster healthy kids and support learning;
- Implementation of research-based ATOD education with pre-K-12 students;
- Community-based ATOD prevention and early intervention programming with community-based coalitions, organizations and groups that serve youth inside and outside the school environment;
- Implementation of effective support, referral and deterrence systems;
- Development of comprehensive and coordinated prevention services and systems;
- Evaluation design for assessing ATOD program development.

Services Customized To Your Specific Needs

You choose delivery options, content and type of service

1. TRAINING

All CHL training events are facilitated by ATOD Education Expert Trainers. For more information about the ATOD Education Certification program, see www.healthandlearning.org.

Delivery Options

- On-site/Regional
CHL conducts on-site and regional training for school staff, key community leaders and parents. CHL Expert Trainers use participant materials, training strategies and online resources.

- An on-site training can be designed to suit your situation as an in-service event, a two-day intensive or as several afternoon sessions scheduled over a period of weeks.
 - Regional trainings are scheduled throughout the year in rotating geographic locations throughout the state. For a list of current regional offerings, see *Trainings* at www.healthandlearning.org.
- **Online**
We offer staff development through customized online modules that convey essential ATOD education concepts and skills

2. CONTENT

Training content can be developed to address your individual interests

- Pharmacology: the properties and actions of substances currently used by youth, their effect on brain development and their relationship to risky behaviors
- Continuum of Chemical Use, Abuse, and Dependence: the effect on the family and impact on school performance
- Signs and Symptoms of Students in Distress: intervention, referral and support systems
- School and Community Climate: the importance of adult norms and attitudes in promoting or preventing youth substance use. Asset Development: cultivating assets in the community to foster healthy kids and support learning
- School Policy and Legal Issues
- ATOD Curriculum: design, methods and materials
- Program Design and Evaluation

3. SERVICES

I. Staff Orientations

Every staff member needs an orientation at the beginning of the school year to review the ATOD policy, prevention and intervention strategies recommended by the school or community. CHL provides a set of Orientation Objectives and works with local staff to develop Power Point materials that incorporate local data. We help staff customize the Orientation for either face-to-face or online delivery.

II. Online ATOD Mini-Modules (1-3 hours)

CEU Credits Available

This module is an overview of current knowledge, practice and policy related to ATOD Education in school settings outlined in the Content section above. It consists of readings and short learning tasks that apply the concepts to your setting and assessments. Pre-post assessments are required and include multiple choice, true-false and constructed response items. Participation in these assessments will contribute to an evaluation of the efficacy of this approach to ATOD education.

Coming soon -- Separate modules tailored to:

- Administrators
- Educators
- Athletic Coaches
- Support Staff- Paraprofessionals, Bus Drivers, etc.

III. Comprehensive ATOD Education Training (12-16 hours)

On-site, Regional or Online

One Graduate Level Credit Available

This is a survey course that covers all the Content outlined above for educators or community members seeking the full range of information that fulfills their responsibility to implement ATOD education or programs in their schools or community settings. The online course is composed of units and organized into segments. The units are composed of readings and short learning tasks that require application of the concepts.

The graduate credit is earned by full attendance at the training sessions, implementation of a personal curriculum or community project and submission of a final report. The syllabus for this course can be found at our web site.

IV. Training of Trainers for ATOD Education Certification Program

Participants receive training and certification in delivering the ATOD workshop within their school district or supervisory union using current curriculum objectives and best practice approaches.

Through this program a school or community can build local capacity to offer ATOD education training by identifying a staff member who meets the competencies and requirements to become an *ATOD Education Trainer*. Staff who qualify attend a two-day Training of Trainers, receive unlimited telephone and email technical assistance by an Expert Trainer, participate in an annual update session and complete an evaluation process. This system has been carefully crafted to ensure the delivery of high quality ATOD education in Vermont. In order to maintain certification standards, applicants must meet basic qualifications and be sponsored by a school administrator. To view ATOD Education Trainer Continuum and Trainer Competencies, obtain an application or learn about upcoming training dates for this program, visit our web-site.

V. Health Education Curriculum Development

CHL assists schools in developing pre-K-12 Health Education Curriculum Frameworks and Local Comprehensive Assessment Plans that include ATOD Education and can be implemented using research-based curricula.

VI. Research-Based Curricula Training

CHL provides teacher training in the implementation of research-based curricula and programs that support ATOD Education, including: *Know Your Body; Life Skills Training; Michigan Model, Positive Prevention, etc.*

Research has identified a number of curricula that are particularly effective in reducing the use of alcohol, tobacco and other drugs and curtailing other risk-taking behavior among youth. Research-based curricula:

- Are based on sound scientific principles and strategies;
- Present relative and developmentally appropriate information and skills at each grade level;
- Resonate with the cultural values of students in relation to age, ethnicity, community situation, etc.;

- Address the context in which students are likely to encounter drugs, conflicts or decisions regarding sexual activity;
- Are taught by educators well trained in the curriculum;
- Are based on behavioral or cognitive-behavioral principles, such as modeling, behavioral and cognitive rehearsal, goal setting, coaching and feedback;
- Provide opportunities for practice and rehearsal of skills in realistic situations.

To learn more about these curricula visit our website or to request a training, contact us.

VII. Community-Based ATOD Prevention

Community-based ATOD prevention and early intervention strategies are an important complement to school-based programming. CHL works with community-based coalitions, organizations and groups serving youth outside of the school environment.

VIII. Updates and Continuing Education (By Design)

CHL will design training for educators, health services professionals and/or those in the prevention workforce interested in:

- Sharing successful strategies
- Updates on special topics: e.g., inhalants, methamphetamines, etc.
- Gaining more in-depth knowledge and skills of ATOD policy, prevention and intervention strategies

For more information

Visit our web site

www.healthandlearning.org

or contact us at

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