

**L** Learning Matters  
Professional Development

**W** We Matter  
School and Community Health

**U** You Matter  
Mental Health

**I** I Matter  
Personal Health & Safety

To Register for any of our Trainings visit our website [www.healthandlearning.org](http://www.healthandlearning.org)

Coming this summer and fall:  
*ATOD Training of Trainers*  
*ACT 91 Harassment Overview*

Ask about our curriculum-based trainings:

- LifeSkills Training*
- Know Your Body*
- HIV: Positive Prevention*
- Puberty: The Wonder Years*
- Dynamic PE*
- Michigan Model*

Call 802.254.6590 to set up an on-site training in your school or community.

Visit our CHL web site for information on:

- *WalkSmart / BikeSmart Vermont!* curriculum
- *BikeSmart—On-Bike!* curriculum
- *Umatter Youth Suicide Prevention* web sites
- Pedestrian & Bicycle Safety resources
- Addressing Harassment Toolkit for Schools
- Addressing School Climate
- N-O-T (Not On Tobacco) Facilitators Training
- Additional trainings—watch our web site for updates!

**Center for Health & Learning**

who we are

**Board**

- Dan MacArthur, *Chair*
- Sue Gower, *Vice Chair*
- Richard Paul, *Treasurer*
- Lauck Parke, *Secretary*
- Rebecca Barwood
- Marie Frohlich
- Geneva Humdy
- Valerie Levitan
- Kate Link

**Staff**

- JoEllen Tarallo Falk
- Brian Remer
- Martha Moravec
- Bob Crego
- Bob Tucker



**Our Vision**

Optimal health for all through research-based practice, education and collaboration.

**Our Mission**

To promote safe and healthy schools and communities by providing the training, technical assistance and resources to carry out strategic health initiatives.

**Our Values**

We define health as a balance between the mental, emotional, physical, social, environmental and spiritual dimensions of one's life and community.

For more information call (802) 246-6590 or visit our [website](http://www.healthandlearning.org)

To register for Trainings [click here](#)

**Trainings Winter/Spring 2010**

Register at our website: [www.healthandlearning.org](http://www.healthandlearning.org)



**N-O-T (Not On Tobacco) New Facilitator Training**

**N-O-T** This ten-session curriculum, which is appropriate for either a school or community setting, is a gender-sensitive, teen-tested tobacco cessation program that trains young people in self-management and stimulus control, social skills and social influence, stress management, relapse prevention, techniques to manage nicotine withdrawal, weight control and peer pressure. If you wish to become a N-O-T facilitator in your school or community, you must attend this training. There is no charge. Curriculum, materials and lunch will be provided.

**Date:** January 12 **Location:** Randolph **Trainer:** Terri Daniels

**Promoting Personal Health and Safety Through the Prevention of Injury and Violence: Online Course**

Unintentional injury, sexual abuse, violence, suicide and cyberbullying are examined, from understanding their causes to identifying curricula, print resources and web sites that could be used in instructional and prevention activities. This online course satisfies the Personal Health, Disease and Intentional and Unintentional Injury content areas for Health Education Endorsement. Course: \$500. Two academic credits are available through the University of Vermont for an additional \$365. A non-credit/audit option is available.

**Dates:** January 11-March 12 **Instructor:** JoEllen Tarallo-Falk

**Lifeskills Training Refresher**

**Life Skills Training** If you have been implementing the LST curriculum and are finding yourself in an "implementation dip", this one-day refresher is for you. You can review the lessons and model interactive techniques around the needs of your students as well as try out your own ideas and determine whether they fit within the program guidelines. Made possible through a contract from the VT Dept of Education, there is no charge for this training. A continental breakfast and lunch will be provided.

**Date:** January 20 **Location:** Montpelier **Trainer:** Casey Boyle Eldridge

**Know Your Body**

**KYB** Know Your Body emphasizes individual responsibility for health and lays a firm foundation for children, grades K-6, to make health-promoting decisions. Each grade level has 12 modules with the same subject focus, but different lessons, which enables scaffolding of concepts, knowledge and skills across grade levels. Behavioral goals are geared toward outcomes that children this age can realistically achieve, such as breakfast and snack choices and asking adults to not smoke in their presence. Made possible through a contract from the VT Dept of Education, there is no charge. A continental breakfast and lunch will be provided.

**Date:** February 3 **Location:** Springfield **Trainer:** JoEllen Tarallo-Falk

**Alcohol, Tobacco and Other Drug Education**

This two-day prevention training covers: pharmacology; the continuum of chemical use; chemical dependency in the family; societal and personal attitudes, policy and legal issues; support and referral for students in distress; curriculum development; school climate; and drinking and driving. A fee of \$250 includes breakfast, lunch and materials. One graduate credit is available for an additional \$250.

**Date:** March 26 **Location:** Montpelier **Trainer:** Margo Austin

**Bike Smart—On-Bike!**

**SafeRoutes** Vermont Safe Routes to School This workshop offers the knowledge and skills for teaching bicycle safety to students aged 5-13 in your school or community—either as a bicycle safety fair or as a series of lessons. Learn essential concepts in instruction, lesson content and approach as well as the equipment challenges and logistics involved in setting up a bike safety fair. Bring a bicycle and be prepared to ride. A fee of \$35 includes the *BikeSmart—On-Bike!* curriculum, breakfast and lunch.

**Date:** April 6 **Location:** Burlington **Trainers:** Becka Roof & Alice Charke

**Puberty: the Wonder Years**

Designed to increase the personal comfort and skills helpful in teaching sexuality education to grades 4-7. With great teacher resources and student materials, this is the best puberty education curriculum we've seen. A fee of \$150 covers the training, curriculum, a continental breakfast and lunch.

**Date:** April 1 **Location:** Lebanon, NH **Trainer:** JoEllen Tarallo-Falk

**Umatter for Schools: Youth Suicide Prevention The Lifelines Curriculum**

**Umatter** An introduction to the *Lifelines* curriculum, a research-based, field-tested program that encourages middle and high school students to understand the crucial role they play in identifying suicidal behavior in others (or themselves), providing an appropriate response and knowing how to get help. Developed by Hazelden Press, the curriculum also provides information for faculty and staff on identifying and referring students who might be at risk. A fee of \$150 per school covers the *Lifelines* curriculum, CD-ROM and two DVDs. A fee of \$35 per person includes materials, a continental breakfast and lunch. Prerequisite: participation in a Umatter for Schools Gatekeeper and Protocol Development Training. Participants should have their protocols in place or be in the process of implementing them. **Trainer:** Brian Remer

**Date:** January 22 **Location:** White River Junction  
**Date:** March 30 **Location:** Montpelier  
**Date:** TBD **Location:** Montpelier

**Umatter for Schools: Youth Suicide Prevention**

**Umatter** A comprehensive school-wide program for youth suicide prevention. Bring a team from your school of Administrative Sponsor, School Liaison, Community Liaison and Health Educator. Learn the facts about suicide, update your school's protocols, get resources for teaching parents and students about warning signs and how to get help. A fee of \$35 per person includes a continental breakfast, lunch and materials. The *Lifelines* curriculum will be available for \$150 per school. **Trainer:** Brian Remer

**Date:** February 17-18 **Location:** Montpelier  
**Date:** March 9-10 **Location:** White River Junction

**Umatter for Professionals Youth Suicide Prevention Gatekeeper Training (Umatter Professionals\*)**

**Umatter** In the belief that broad-based, community-wide awareness results in the most effective approach to youth suicide prevention, the Umatter initiative offers Gatekeeper training to professionals who may be called upon to intervene with a youth who is considering suicide. Know what to look for and learn the protocols appropriate to your profession. The trainer for all professional trainings is Ann Duckless. Although the locations are still to be determined, each professional group will have a training in northern and southern Vermont.

- Umatter for Mental Health and Substance Abuse Providers**  
April 6 (North) and April 14 (South)
- Umatter for Primary Care Physicians**  
April 7 (North) and April 13 (South)
- Umatter for Law Enforcement Personnel and First Responders**  
April 27 (North) and May 5 (South)
- Umatter for Social Service Professionals**  
April 28 (North) and May 4 (South)
- Umatter for Faith Leaders and Funeral Directors**  
May 11 (North) and May 12 (South)

**Prevention Trainings**

**VERMONT** DEPARTMENT OF HEALTH and Education Workshops in "Best Practice" for Prevention Training

*Offered under a grant from the VT Dept of Health, Division of Alcohol and Drug Abuse Programs* These trainings are designed for the Vermont prevention workforce: prevention consultants; community and youth development workers; health educators; counselors; school nurses; and coalition and school health advisory council members. A \$35 fee covers materials and a continental breakfast. Participants should bring a bag lunch. CEUs are available up to 6 contact hours.

**ADDICTION 101**

For the beginner who wants a better understanding of the continuum of care. Topics include the classes of drugs, routes of administration, types of addiction, the differences between the adolescent and the adult brain and the treatment available in Vermont.

**Date:** January 29 **Location:** Montpelier **Trainer:** Debby Haskins

**PREVENTION 101**

An introduction to current substance abuse prevention practice. You will examine the culture of drug use in Vermont, explore attitudes toward substance use, learn the public health and community development models of prevention, review a comprehensive prevention plan and become familiar with prevention resources.

**Date:** TBD **Location:** Rutland **Trainers:** Michelle Salvador & Sarah Roy

**ARTS IN PREVENTION**

Learn how to integrate arts activities into your strategic prevention plans and how to consider special policy issues when implementing art-based prevention activity or strategy. Discover the different arts resources available throughout Vermont and hear how other coalitions have successfully used the arts in their prevention work.

**Date:** March 31 **Location:** Montpelier **Trainers:** Dayna Scott

**RESILIENCY 101**

An introduction to resiliency as it fits into the prevention field. You will hear about the research base that supports resiliency strategies, explore your own resiliency and learn how to nurture it in others.

**Date:** April 8 **Location:** Rutland **Trainer:** Sue Mahoney

**CONFLICT RESOLUTION**

This training teaches key skills and a theoretical framework that will foster healthy and productive conversations, relieve the stress of conflict and break the cycle of misunderstanding.

**Date:** TBD **Location:** Montpelier **Trainer:** Susanne Terry

**ESSENTIAL GRANT SKILLS**

Topics include: developing an effective program plan and identifying the grant makers that would support it; the key elements of a clear and compelling proposal; talking about your organization; structuring your grant-seeking plan; foundations and why they give money; government grants; and research tools and strategies.

**Date:** May 25 **Location:** Burlington **Trainer:** Chuck Putney