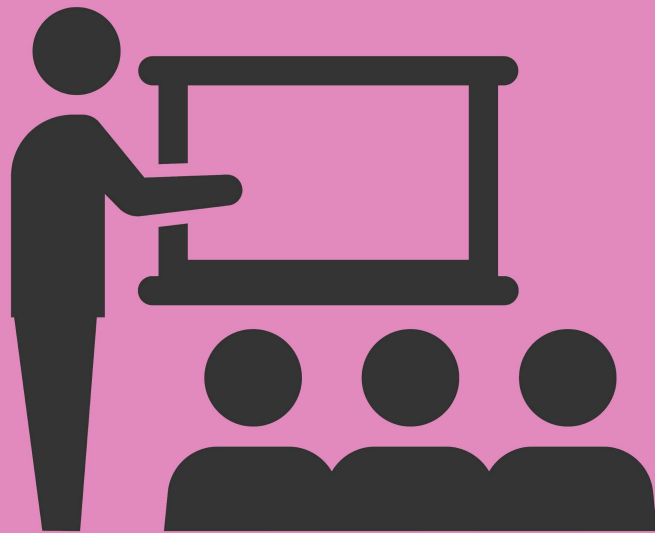


surrycountycares.com

TRAINING CATALOG

**PROFESSIONAL
DEVELOPMENT**

**Surry County
Office of
Substance
Abuse
Recovery**



Introduction

As Director of the Surry County Office of Substance Abuse Recovery (SCOSAR), I am deeply committed to ensuring that our community has access not only to services, but also to the education and tools needed to understand substance use and recovery. Substance use disorder (SUD) is not an individual issue — it is a family and community issue.

Our recent Substance Use and Its Impact on Families survey makes this clear: nearly half of families told us they had little to no knowledge of SUD when their loved one began struggling. Families emphasized that what they need most is education, training, and guidance — not just on addiction itself, but on how to set boundaries, support recovery, access services, and care for themselves.

The community's voice is direct. Families asked us for help in reducing stigma, breaking generational cycles of addiction, and understanding how to intervene early and effectively. They want education that is practical and accessible — training on what addiction really is, what to expect in treatment and recovery, and how to raise children impacted by a loved one's substance use. They also want professionals — educators, law enforcement, healthcare providers, and faith leaders — to be trained in recognizing and responding to addiction with compassion rather than judgment.

Providing training and technical assistance is one of the most important things we can do to answer that call. By equipping families, professionals, and community members with knowledge and skills, we are closing the gap between struggle and support. Education builds resilience, reduces stigma, and ensures that no family has to navigate the challenges of substance use alone or uninformed.

This catalog represents SCOSAR's commitment to transforming survey findings into action. Each training offering is designed to meet the real needs expressed by our community — from early prevention for youth, to equipping employers with recovery-friendly practices, to training recovery coaches in specialized settings. Together, through education and collaboration, we can create a more informed, compassionate, and recovery-oriented Surry County.

The opportunities provided in the catalog are only the beginning of an intentional effort to provide research, education and training opportunities to Surry County.

With gratitude and determination,

C. Jamie Edwards, MA, M.Ed, LCAS, LSATP, CCS, CPS
Director, Surry County Office of Substance Abuse Recovery
September 2025

Training Manual – Table of Contents

Training Title	Description / Duration
Addiction Awareness & Response	
APF encompass	Comprehensive overview of addiction science, early intervention, treatment options, and recovery support (8 hrs.)
APF Responding to Addiction	Increase awareness, reduces stigma, and teaches compassionate engagement strategies (4 hrs.)
CCAR Recovery Basics for Employers	Helps organizations build recovery-friendly workplaces (12 hrs.)
Recovery Ally Training	Increase a community's recovery capital, decrease stigma and grow intervention skills (3 hrs.)
Resist the Influence	Equips individuals with the skills to recognize, analyze, and counter various forms of social pressure and manipulation to build critical thinking and refusal skills.
Recovery Coaching	
CCAR Recovery Coach Academy	Foundational training to prepare participants for peer recovery coaching roles (30 hrs.)
CCAR Recovery Coach Academy for Young People	Specialized version for those working with or mentoring young adults (30 hrs.)
CCAR Recovery Coaching and Professionalism	Skills for working in structured settings like hospitals, courts, or treatment facilities (12 hrs.)
CCAR Recovery in Justice Settings	Focus on recovery coaching in jails, prisons, and reentry programs (12 hrs.)
CCAR Recovery Coaching in an Emergency Department	Equips coaches to provide crisis support and connections in healthcare environments (12 hrs.)
CCAR Ethical Considerations for Recovery	Strengthens ethical decision-making and boundaries (16 hrs.)
CCAR Coachervision: Supervision for recovery Coaches	A model for mentoring and supervising recovery coaches (6 hrs.)
Youth Prevention & Empowerment	
Catch My Breath	Evidence-based vaping prevention program for grades 5-12 (10 sessions)
Girls Circle	Support groups fostering empowerment, resilience, and healthy relationships for girls ages 9-18 (8-12 weeks)

Media Detective	Media literacy and substance use prevention program for grades 3-5 (10 sessions)
PaCES: Positive Childhood Experiences	Strengthening protective factors for youth through family and community connections (2 hrs. + ongoing support)
HOPE Framework	Focus on Positive Childhood Experiences to build resilience and prevent trauma-related risks (1-4 hrs.)
Mental Health & Crisis Response	
Mental Health First Aid (Adult)	Teaches how to identify and respond to mental health and substance use challenges in adults (7.5 hrs.)
Mental Health First Aid (Youth)	Equips adults who work with youth to recognize and respond to signs and struggle (8 hrs., coming soon)
Teen Mental Health First Aid	Provides high school students with tools to support peers experiencing mental health challenges (4.5 hrs., coming soon)
CPI Nonviolent Crisis Intervention	Trauma-informed training in de-escalation crisis prevention, and safe interventions (12 hrs.)

Delivery Options

- Formats: In-person, online, or blended
- Audience: Community members, educators, professionals, youth, employers, justice partners, and faith-based organizations
- Age Range: Youth programs (8–18), Adult programs (18+)
- Skill Levels: Novice to advanced, depending on the course



enCompass: A Comprehensive Course on Navigating Addiction

Duration: 8 hours

Summary:

The *enCompass* training program teaches participants about the science of addiction, early warning signs, treatment options, and the best ways to initiate recovery conversations. The course is modeled after CPR and equips participants with the tools to recognize and respond to substance use disorders. It aligns with our office's goals by enhancing early intervention skills, improving treatment awareness, and promoting recovery centered conversations in the community.

Objectives:

- Identify the common signs and symptoms of addiction
- Understand the importance of getting an assessment
- Review evidence-based treatment options, including medications to treat addiction
- Learn tools to for supporting recovery and preventing relapse
- Practice starting open conversations with someone in need of support
- Emphasize the importance of personal boundaries and self-care

Audience:

Community members, families, educators, first responders, and professionals who want to better support individuals affected by substance use

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & online



Responding to Addiction

Duration: 3 hours

Summary:

The *Responding to Addiction* training focuses on increasing awareness, reducing stigma, improving community behaviors toward individuals with substance use disorders, and correcting misconceptions about addiction. This training reinforces our office's goals of promoting compassionate, evidence-based support to individuals affected by substance use.

Objectives:

- Recognize signs and symptoms of addiction
- Understand evidence-based treatment options
- Explore medications available to treat addiction
- Support recovery and relapse prevention
- Practice starting open conversations with someone in need of support
- Use engagement strategies to build trust

Audience:

Community members, families, educators, professionals, and anyone interested in supporting individuals impacted by substance use

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & online



CATCH Global Foundation Catch My Breath

Duration: 10 sessions (45 minutes each)

Summary:

Catch My Breath is a peer-reviewed, evidence-based vaping prevention program for youth in grades 5-12. The program addresses the growing epidemic of youth vaping through an interactive curriculum involving activities, videos, and discussions. It focuses on educating students about the risk of nicotine addiction and the impact vaping has on brain development. *Catch My Breath* empowers students to make informed decisions and resist peer pressure. The program has demonstrated effectiveness in reducing youth vaping behaviors and shifting perceptions on vaping. This program supports our office's commitment to prevention, youth wellness, and reducing substance use through education.

Objectives:

- Prevent initiation of e-cigarette use among youth
- Increase student knowledge about health risks and ingredients in e-cigarettes
- Correct misperceptions about peer vaping prevalence
- Develop refusal skills to resist peer pressure and marketing
- Empower students to make healthy, informed decisions
- Encourage positive peer influence and a vape-free culture

Audience:

Students in grades 5–12; adaptable for middle and high school classrooms, after-school programs, or youth groups.

Age:

10-18

Skill Level:

Novice

Delivery Format:

Face to face



Connecticut Center for Addiction and Recovery (CCAR) Recovery Basics for Employers

Duration: 12 hours

Summary:

The *CCAR Recovery Basics for Employers* training is designed to help employers, staff, and leadership professionals create a more supportive and recovery-friendly workplace. It focuses on shifting the workplace culture to one that's more understanding, less judgmental, and better equipped to support employees who are seeking recovery or in recovery from substance use. By building recovery-friendly workplaces, we're modeling the empathy, understanding, and support we want to see across the entire community.

Objectives:

- Understand and use recovery focused language with more confidence
- Strengthen your ability to understand, support, and advocate for recovery
- Build skills to better support those navigating recovery
- Connect with others to create a community that recognizes and supports recovery

Audience:

Employers, HR professionals, supervisors, organizational leaders, and workplace teams interested in fostering a recovery-friendly environment

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & online



Connecticut Center for Addiction and Recovery (CCAR) Recovery Coaching Basics: An Introduction for All

Duration: 7.5 hours

Summary:

The *CCAR Recovery Coaching Basics: An Introduction for All* training was created in response to the number of parents and loved ones interested in understanding and supporting someone in recovery. Whether you are hoping to strengthen your relationship with a family member or apply these insights to your own recovery journey, this course offers a meaningful experience. This training supports our office's mission by meeting families and community members where they are. It gives us the chance to empower others with the tools and understanding to support their loved ones and become part of a broader recovery-friendly community.

Objectives:

- Become more comfortable using recovery focused language
- Strengthen your ability to understand, support and advocate for recovery
- Learn practical skills to help support someone in recovery
- Connect with others to build a community that embraces and supports recovery

Audience:

Community members, families, professionals

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & online



Connecticut Center for Addiction and Recovery (CCAR) Recovery Coach Academy

Duration: 30 hours

Summary:

The *CCAR Recovery Coach Academy* training is designed to guide, mentor, and support anyone looking to enter or sustain long-term recovery from an addiction. Held in a retreat-like environment, the *Academy* helps participants build active listening skills, learn how to ask thoughtful questions, and work through their own personal challenges. This training aligns with our office's goals of helping individuals navigate their recovery journeys and stay on track for long-term success by improving recovery success.

Objectives:

- Describe the roles and functions of a recovery coach
- Learn the core principles of recovery coaching
- Explore different pathways and definitions of recovery
- Reflect on self-disclosure and how to share personal stories appropriately
- Understand stages of change and how to apply them
- Gain knowledge about the stages of recovery
- Increase awareness of culture, power, and privilege in recovery work
- Address ethical and boundary issues
- Create and implement recovery wellness plans
- Practice newly acquired skills

Audience:

Individuals in or supportive of recovery, peer mentors, community members, behavioral health staff, families, professionals and anyone interested in becoming a recovery coach

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & online



Connecticut Center for Addiction and Recovery (CCAR) CCAR Recovery Coach Academy for Young People

Duration: 30 hours

Summary:

This unique version of the *CCAR Recovery Coach Academy for Young Adults* is designed specifically for those supporting young adults in their recovery journey. Whether you are in recovery yourself, a family member, a friend, or just someone in the community who wants to make a difference, this training gives you the knowledge to help guide and mentor others through their recovery journey.

Objectives:

- Understand the roles and responsibilities of a recovery coach
- List the core principles of recovery coaching
- Explore different definitions and pathways of recovery
- Strengthen communication skills to enhance relationships
- Reflect on self-disclosure and how to share your story wisely
- Explore how belief systems and values shape coaching relationships
- Recognize the many ways recovery coaching can be applied
- Increase cultural awareness around power and privilege
- Address ethical and boundary issues
- Build a personalized recovery wellness plan
- Practice newly acquired skills

Audience:

Young adults in or supportive of recovery, peer mentors, youth-serving professionals, and community members committed to youth recovery

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & online



Connecticut Center for Addiction and Recovery (CCAR) CCAR Recovery Coaching and Professionalism

Duration: 12 hours

Summary:

As recovery coaching becomes more common in professional settings like hospitals, treatment facilities, police stations, and court systems, it's more important than ever for coaches to act with professionalism and confidence. The *CCAR Recovery Coaching and Professionalism* training was developed in response to that need, providing the tools for coaches to succeed in structured environments while staying true to the heart of recovery work. This training helps our office respond to the growing need for skilled recovery coaches in professional settings across our community and become more effective.

Objectives:

- Understand what professionalism means in the context of recovery coaching
- Develop the key traits and behaviors of a recovery coach
- Recognize your responsibilities and accountabilities in a coaching role
- Learn what it means to “stay in their lane” when it comes to working in a complex system
- Revisit the roles of a recovery coach in order to maintain good boundaries in a professional setting
- Practice and apply newly acquired skills

Audience:

Recovery coaches, peer support specialists, and professionals working in recovery-oriented or behavioral health settings

Age:

18 and above

Skill Level:

Intermediate; recommended for individuals who have completed the *Recovery Coach Academy* or have some experience in peer support

Delivery Format:

Face to face & online



Connecticut Center for Addiction and Recovery (CCAR) Recovery in Justice Settings

Duration: 12 hours

Summary:

The *CCAR Recovery in Justice Settings* training was designed for recovery coaches working within a justice setting such as jails, prisons, or reentry programs. People who have faced jail time or incarceration often face many barriers, this training equips coaches to walk alongside them. Coaches will gain the skills to offer support, guidance, and connection during one of the most critical times of the recovery journey. This training directly supports our office's goals to promote recovery and reduce recidivism. By equipping others with these skills, we're strengthening the bridge between recovery and successful reentry.

Objectives:

- Support and promote recovery
- Help remove barriers to successful reentry and long-term recovery
- Connect individuals with meaningful recovery support services
- Encourage hope, resilience, and healthy choices

Audience:

Recovery coaches, peer support specialists, reentry professionals, correctional staff, and others supporting justice-involved individuals in recovery

Age:

18 and above

Skill Level:

Intermediate; recommended for individuals who have completed *Recovery Coach Academy* or have experience supporting individuals involved within the justice system

Delivery Format: Face to face



Connecticut Center for Addiction and Recovery (CCAR) Recovery Coaching in an Emergency Department

Duration: 12 hours

Summary:

Emergency Departments are fast paced and often the first place people seek help during a crisis. The training *CCAR Recovery Coaching in an Emergency Department* is designed to equip recovery coaches with the skills necessary to make a meaningful difference by connecting those in the Emergency Department to pathways of recovery that can be sustained long term. This training aligns with our office's goals to provide timely, compassionate support to individuals during critical moments. By equipping coaches that work in Emergency Departments, we can help connect people with recovery resources right when they need them the most and improve their long term chances of wellness and success.

Objectives:

- Understand the roles and functions of a recovery coach working in an Emergency Department
- Learn how to stay within your role while working in a complex system
- Develop skills to advocate and educate staff, patients, as a way to demonstrate accountability within the role
- Practice motivational interviewing to guide people through the stages of change into recovery
- Expand your recovery coaching skills to meet the demands of the Emergency Department

Audience:

Recovery coaches, peer support specialists, behavioral health professionals, and those working in healthcare or emergency response settings

Age:

18 and above

Skill Level:

Intermediate; recommended for individuals who have completed *Recovery Coach Academy* or have experience in healthcare or emergency response settings

Delivery Format:

Face to face & online



Connecticut Center for Addiction and Recovery (CCAR) Ethical Considerations for Recovery Coaches

Duration: 16 hours

Summary:

The *CCAR Ethical Considerations for Recovery Coaches* training helps coaches understand why ethics matter so much in peer-to-peer recovery support. Ethics are the foundation of trust and effectiveness in everything we do. This training uses presentations, group-work, and roleplay to cover topics like defining coaching roles, standards, vulnerability, ethical decision making, and legal issues. This ensures that people feel respected, safe, and supported. By strengthening ethical practices, we reinforce our commitment to integrity and quality within the communities we serve.

Objectives:

- Understand what ethics means and why it is essential in recovery
- Learn how to “stay in your lane” to maintain professional boundaries
- Understand the decision-making process
- Develop practical guidelines for making ethical decisions
- Apply ethical principles to your everyday work as a recovery coach

Audience:

Recovery coaches, peer support specialists, and others providing recovery support in professional, community, or peer settings

Age:

18 and above

Skill Level:

Intermediate; recommended for individuals who have completed *Recovery Coach Academy* or have peer support experience

Delivery Format:

Face to face & online



Connecticut Center for Addiction and Recovery (CCAR) Coachervision: A Model for Recovery Coach Supervision

Duration: 6 hours

Summary:

The *CCAR Coachervision: A Model for Recovery Coach Supervision* is a training ideal for those supervising recovery coaches, whether formally or informally, and is focused on long-term development and everyday support. This model is all about “coaching the coaches,” providing oversight that reflects the spirit of recovery work while still holding space for structure, growth, and accountability. This training supports our office’s goals of delivering high-quality recovery services with integrity. By equipping supervisors with the tools to guide and grow their coaches, we’re building a more sustainable recovery workforce.

Objectives:

- Define what effective oversight for recovery coaches looks like
- Understand the complexity of the recovery coach model
- Understand how an organization’s culture can support a coachervision model
- Learn the importance of accountability for both the coachervisor and recovery coach
- Learn how to support recovery coaches in professional settings

Audience:

Supervisors, program managers, team leads, senior recovery coaches, and others who oversee or mentor recovery coaches

Age:

18 and above

Skill Level:

Advanced; recommended for those with prior recovery coach training and experience, especially *Recovery Coach Academy*

Delivery Format:

Face to face & online



Nonviolent Crisis Intervention Training

(Only available to SCOSAR Partners)

Duration: 12 hours

Summary:

CPI's Nonviolent Crisis Intervention training equips individuals with the tools to safely and effectively respond to challenging situations through a person-centered, trauma-informed approach. *CPI's Nonviolent Crisis Intervention* emphasizes preventing crises before they escalate, de-escalating situations when they arise, and responding in a way that prioritizes dignity and safety for everyone involved. Participants learn how to assess risk, manage their own emotional responses, and apply appropriate interventions when necessary. This training directly supports our office's goals of creating a safer and more supportive environment for individuals facing mental health or substance use challenges. It strengthens our ability to reduce harm, prevent escalation, and foster a culture of respect and care in every interaction.

Objectives

- Apply trauma-informed, person-centered responses to crisis behaviors
- Interpret behaviors in distress and use de-escalation techniques
- Assess and mitigate risk using CPI's Decision-Making Matrix
- Identify and respond appropriately to various levels of crisis behaviors
- Manage your own emotional responses to distress behavior
- Strengthen communication and support skills during interventions
- Use safe, least-restrictive physical interventions only when absolutely necessary
- Use safety intervention strategies to maximize safety and minimize harm in situations where behavior presents an imminent or immediate risk of harm to self or others
- Apply a process for support and learning at the end of a crisis situation
- Review the legal, ethical, and practical implications of physical interventions
- Apply reflective support practices following a crisis

Audience:

Professionals working in behavioral health, education, social services, healthcare, law enforcement, or any role supporting individuals at risk of crisis

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face



Girls Circle

Duration:

Typically 8-12 weeks with weekly sessions (40-60 minutes each). Evidence suggests participating in Girls Circle consistently over 2 years leads to long-term improvements in self-confidence, empowerment, and healthy relationships.

Summary:

Girls Circle is a structured, evidence-based support group program for girls aged 9-18. Through open discussions, creative expressions, and guided activities, the program helps girls build confidence, strengthen relationships, and explore their identities in a safe, supportive environment. It encourages girls to speak openly, connect with others, and develop tools for emotional and social growth. *Girls Circle* aligns with our goal of building a stronger and healthier community by focusing on prevention and empowerment. By providing girls with a safe place to grow we help set the foundation for long-term wellbeing and resilience by reducing risk factors for substance use and mental health struggles.

Objectives:

- Increase positive connections: Foster strong, trusting bonds between other girls and facilitators
- Build strengths: Identify and grow personal and group strengths.
- Promote competence: Practice communication, decision-making, and social navigation skills
- Enhance self-esteem: Encourage self-awareness and appreciation of one's unique qualities
- Develop resiliency: Equip girls with coping strategies for real-life challenges
- Discussion: Provide space for girls to share their thoughts, experiences, and concerns
- Encourage creativity: Use art, writing, drama, and other forms to promote self-expression
- Structured Format: Guided by a trained facilitator, sessions offer consistency while encouraging girls to lead and support each other

Audience:

Girls ages 9–18 in schools, after-school programs, community centers, or youth-serving organizations.

Age:

9–18 years old

Skill Level:

Novice

Delivery Format:

Face to face



HOPE Framework

Duration: 1-4 hours

Summary:

The *HOPE Framework* highlights the vital role of Positive Childhood Experiences (PCEs) in promoting healthy development and long-term wellbeing. Rather than focusing solely on reducing Adverse Childhood Experiences (ACEs) *HOPE* promotes a strength-based, trauma-informed approach that centers on building resilience through positive relationships and safe environments. This framework considers biological, genetic, social, and environmental influences on child health and supports families and communities in fostering positive experiences. The *HOPE Framework* aligns with our office's goals by emphasizing prevention, supporting family and community resilience, and promoting protective factors that reduce the risk of youth substance use and mental health challenges.

Objectives:

- Increase awareness and implementation of the four building blocks of HOPE
- Prevent ACEs by promoting PCEs
- Promote equitable, healthy child development and long-term wellbeing
- Shift the narrative from treating trauma to actively fostering resilience and positive growth
- Equip individuals, families, and communities to create and sustain environments where PCEs thrive.

Audience:

Professionals working with children and families, including educators, healthcare providers, social workers, law enforcement, faith leaders

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face, online, blended (face to face & online components)



Innovation Research and Training

Media Detective

Duration: 10 sessions (45 minutes each)

Summary: *Media Detective* is a media literacy and substance use prevention program designed primarily for students in grades 3-5. Through a fun, detective themed curriculum led by mascots Snoop and Scoop, students learn to analyze media messages, particularly those that promote alcohol and tobacco products. The program teaches critical thinking and media deconstruction skills that help students resist persuasive advertising and develop healthy beliefs about substance use. This aligns with our office's commitment to early intervention and prevention by equipping students with the tools to think critically, make positive choices, and reduce the likelihood of future substance use.

Objectives:

- Prevent or delay underage use of alcohol and tobacco
- Enhance critical thinking and media analysis skills
- Help students deconstruct advertisements and identify hidden messages
- Promote healthy attitudes towards abstaining from substance use
- Increase student confidence in refusing alcohol and tobacco products

Audience:

Elementary school students in grades 3–5; ideal for classroom, after-school, or community-based prevention settings.

Age:

8-11

Skill Level:

Novice

Delivery Format:

Face to face



National Council for Mental Wellbeing Mental Health First Aid (Adult)

Duration: 7.5 hours

Summary:

Mental Health First Aid teaches you how to recognize and respond to signs and symptoms of mental health and substance use challenges. Whether someone is experiencing a crisis or just showing early signs of struggle, this course helps you step in with support and connect them to the help they need. You will learn risk factors, warning signs, and strategies for offering care in both everyday situations and emergencies. This training focuses on the belief that people can and do recover. This course helps our team create a more responsive community by increasing mental health literacy and reducing stigma.

Objectives:

- Identify and understand common mental health challenges
- Recognize and respond to a crisis
- Provide initial support to someone in need
- Help reduce the stigma around mental health and addiction
- Build mental health literacy
- Encourage seeking professional support
- Improve long-term mental health outcomes

Audience:

Adults in any professional or community setting; ideal for educators, social service providers, first responders, workplace teams, and community leaders

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & blended (face to face & online components)



National Council for Mental Wellbeing Mental Health First Aid (Teen)

Duration: 4.5 hours

Summary:

Teen Mental Health First Aid (TMHFA) is an evidence based training program designed to teach highschool students in grades 10-12 how to identify, understand, and respond to signs of mental health and substance use challenges in their peers. The course empowers teens to recognize warning signs in friends, respond appropriately, and seek help from a trusted adult. This training promotes mental health awareness, reduces stigma, and equips teens with the practical skills to support one another. *TMHFA* supports SCOSAR's goal to promote youth wellness, reduce substance use, and strengthen community resilience.

Objectives:

- Identify common signs and symptoms of mental health and substance use challenges in peers
- Recognize the warning signs of a mental health crisis
- Understand how factors like bullying, school violence, and trauma can impact mental well-being
- Confidently start conversations with peers about mental health concerns
- Demonstrate how to seek help from a trusted adult or connect peers to appropriate support
- Promote a supportive, stigma-free environment

Audience:

High school students, primarily grades 10-12

Age:

15-18

Skill Level:

Novice

Delivery Format:

Face to face & blended (face to face & online components)



National Council for Mental Wellbeing Mental Health First Aid (Youth)

Duration: 8 hours

Summary:

Youth Mental Health First Aid (YMHFA) is an evidence based program that equips adults who regularly interact with youth ages 12-18 with the knowledge and skills necessary to identify, understand, and respond to the signs of mental health and substance use challenges. Participants will learn how to provide initial support and help connect young people with the appropriate care using a five-step action plan, known as ALGEE. This training aims to improve mental health literacy, reduce stigma, and promote early intervention. *YMHFA* aligns with SCOSAR's goal of supporting youth wellbeing by equipping community members with the tools to recognize early warning signs, respond with care, and foster safe environments for adolescents.

Objectives:

- Recognize risk factors and warning signs of common mental health conditions in youth such as anxiety, depression, eating disorders, and substance use.
- Understand the importance of early intervention in supporting youth mental health
- Learn and apply the five-step ALGEE action plan
- Connect youth with resources such as professional help, peer support, and social support
- Promote self-care practices for those providing support
- Reduce stigma and misconceptions surrounding youth mental health

Audience:

Teachers, coaches, school staff, youth group leaders, parents, mentors, social workers, and other adults who work or volunteer with adolescents.

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Face to face & blended (face to face & online components)



Surry County Office of Substance Abuse Recovery Positive Adverse Childhood Experiences (PaCES)

Duration:

Initial 2-hour training with ongoing technical assistance provided to community organizations as needed.

Summary:

PaCES is a community-based training designed to promote Positive Childhood experiences (PCEs) by helping participants understand the root causes of substance use, including the breakdown of family and community support systems. Through education, connection, and collaboration *PaCES* seeks to restore a sense of togetherness, strengthen community ties, and ensure youth in Surry County grow up with stable, caring, and supportive adult relationships. This training introduces practical skills for fostering connection, social support, and nonviolent problem-solving skills among youth. *PaCES* focuses on equipping adults and organizations in Surry County to create positive, nurturing environments where youth can thrive. A key component includes guiding organizations through the process of planning and hosting child-focused community events that foster connection, safety, and a sense of belonging. This training aligns with SCOSAR's goal to reduce youth substance use in Surry County by identifying and addressing shared risk and protective factors.

Objectives:

- Define and distinguish Positive Childhood Experiences (PCEs) from Adverse Childhood Experiences (ACEs) and their long-term impacts
- Explore how family and community breakdown contributes to youth anger, isolation, and substance use
- Emphasize the importance of caring adult relationships in positive youth development
- Provide resources to help youth build emotional regulation and nonviolent problem-solving skills
- Train and support organizations to host youth-centered events that foster connection
- Promote lasting community engagement to create a Surry County where children thrive

Audience:

Grassroots community organizations, including faith-based organizations and volunteer-led organizations such as rescue squads, Ruritan clubs, and parent groups

Age:

18 and above

Skill Level:

Novice

Delivery Format:

Preferably face to face; online option available as needed



Virginia Commonwealth University Recovery Ally

Duration: 3 to 8 hours

Summary:

The Recovery Ally Training developed by Virginia Commonwealth University equips participants with the knowledge, skills, and perspectives needed to support individuals in recovery from substance use disorder. This training focuses on reducing stigma, fostering inclusive environments, and building practical strategies to provide meaningful support to those navigating recovery. Participants will learn how to recognize barriers faced by people in recovery, utilize respectful and non-stigmatizing language, and connect individuals with resources that encourage long-term wellness. The goal is to cultivate a community of allies who actively promote recovery as a healthy, valued lifestyle.

Objectives:

Understanding Recovery

- Participants will gain an overview of substance use disorders as chronic health conditions, the recovery process, and the importance of hope and social support in promoting sustained recovery.

Sigma Reduction

- Attendees will examine the impact of stigma on individuals with substance use disorders and learn strategies to foster empathy acceptance, and respect.

Language Matters

- Participants will explore how language influences perception and will practice using person-first, recovery-affirming language to promote dignity and reduce bias.

Allyship Skills

- Through interactive discussion and scenarios, participants will identify concrete ways to serve as effective recovery allies-whether in the workplace, classroom, or community.

Resource Connection

- Participants will learn to identify and connect individuals to local and national recovery resources, peer support networks, and treatment options.

Audience:

College students, faculty, staff, community leaders, community members.

Age:

Adults

Skill Level:

Novice

Delivery Format:

Workshop (in-person or virtual)



Surry County Office of Substance Abuse Recovery

Resist the Influence

Duration: (4) 90-minute classes

Summary:

These lessons will provide ninth graders with the knowledge and practical skills needed to make healthy decisions regarding drug and alcohol use. By fostering an understanding of the risks and effects of substances, students will learn to identify and resist peer pressure through assertive communication. The curriculum will also emphasize developing positive coping strategies and pursuing personal passions, allowing students to achieve a "natural high" through healthy activities, which can serve as a strong protective factor against substance abuse. The ultimate goal is to empower students to build confidence and make informed choices that support their health and well-being throughout their lives.

Objectives:

Drug Awareness Skills

- Students will learn about mental health, alcohol, and to identify various types of drugs, understand the reasons and risks associated with substance use and misuse, and recognize the negative consequences for their health, relationships, and future.

Prevention Skills:

- Students will identify personal and environmental risk factors for substance abuse and learn protective factors, such as developing positive behaviors and pursuing passions, that build resilience.

Refusal Skills:

- Students will be able to define and apply effective communication strategies, like the STOP strategy (Say no; Tell why; Offer another option; Promptly leave), to refuse offers of drugs or alcohol and navigate peer pressure.

Coping Skills:

- Students will explore and practice healthy alternatives to substance use for dealing with stress, negative emotions, and challenges, focusing on positive coping mechanisms that promote overall health.

Audience:

High School Ninth Grade Health Class

Age:

14-15 years old

Skill Level:

Novice

Delivery Format:

Classroom Settings