



YOUTH SUBSTANCE USE WORKSHOPS

Available Workshops

- Marijuana: Where We Were and Where We Are - 2 hours
- Underage Substance Use: Culture Shock - 2 hours
- What Are You Puffing? Vaping and Our Youth - 2 hours
- Youth Vaping: A Public Health Approach - 2 hours
- Harm Reduction In Substance Use - 3 hours
- Stages of Change and Motivational Interviewing - 2 hours *
- Youth Substance Use: Resources and Interventions - 2 hours *
- A-CRA: Substance Use Treatment for Youth & Young Adults - 2 hours *
- Screening & Assessment of Substance Use Disorders - 2 ½ hours *
- The Harm Reduction Model and Restorative Practices: A School Leadership Workshop - 2 hours *

* = workshops are intended for specific audiences, see below

Consulting

- Districts can request, in lieu of a free workshop, up to 5 hours of case specific consultation on students struggling with substance use issues in their schools. This is intended to be provided in small group consultation model.



Details at www.nsedu.org/professionals

Additional Information

- Thanks to a grant from ECCF, each NEC member district is entitled to one free workshop.
- To request a free workshop, please fill out the online form at bit.ly/3oKg12E.
- All workshops are intended to be in person, unless a specific request for virtual is made. We will make every effort to find a trainer able to provide the workshop at your preferred date/time/location. If your district/school is interested in more than one workshop, the cost will be established based on remaining grant funding and trainer availability.

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SY23-24 FREE PROFESSIONAL DEVELOPMENT WORKSHOPS

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The following Workshops are intended FOR GENERAL AUDIENCE

1. Marijuana: Where We Were and Where We Are

This workshop details the truth about the alarming effects of marijuana on the developing adolescent brain and how marijuana use may negatively impact concentration, attention, motivation and mood. In addition, this workshop highlights the legalities of marijuana and the role of school policies. 2 hours

2. Underage Substance Use: Culture Shock

Teen substance use, including alcohol, marijuana, and illegal use of prescription drugs, impacts our schools and communities. The dangers of substance use and abuse, including how the opioid and heroin epidemic is affecting Massachusetts, will be highlighted. 2 hours

3. What Are You Puffing? Vaping and Our Youth

Vaping has recently become a troubling trend in our schools and communities. This workshop focuses on how to recognize vaping devices and products and the physical impact vaping has on the body. 2 hours

4. Youth Vaping: A Public Health Approach

This workshop examines the facts, myths, and trends related to e-cigarette use (vaping) with special focus on students who use nicotine and marijuana products. Participants will analyze arguments for vaping as a public health concern as well as a harm reduction strategy. Participants will consider strategies for engaging students in effective, non-judgmental discussion about their vaping behaviors. 2 hours

5. Harm Reduction In Substance Use

This workshop explores Harm Reduction (HR) as a philosophy and a strategic approach to working with people who use drugs, with group discussions focused on students and school settings. Participants will learn about the history of anti-drug policies, the evolution of HR as a movement for social justice, stigma associated with HR, global and local HR programs, and an examination of the research behind HR as an evidence-based practice. Participants will consider common strategies aimed at reducing negative consequences associated with substance use and how they might apply in an educational environment. 3 hours

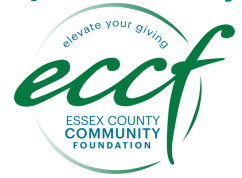


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The following Workshops are intended for SPECIFIC AUDIENCES: SEE NOTE IN DESCRIPTION

1. Stages of Change and Motivational Interviewing

We know the critical impact of connection! This workshop will focus on the developmentally appropriate Stages of Change Model and Motivational Interviewing techniques to enhance this connection. These evidence-based practices are critical when working with adolescents struggling with substance use and mental health concerns. 2 hours

** This workshop is best when tailored to a specific audience, but is available to all*

2. Youth Substance Use: Resources and Interventions

This workshop will review the signs and symptoms of adolescents in various stages of substance misuse. We will discuss evidence-based strategies and interventions as well as how to access community-based resources available in our area. 2 hours

** For School Counselors/Social Workers*

3. A-CRA: Substance Use Treatment for Youth & Young Adults

Adolescent Community Reinforcement Approach (A-CRA) is an evidence-based treatment tailored to the needs of 12-24 year olds who use drugs. While A-CRA is most often encountered in outpatient treatment settings, educators and collaborators play an important role in supporting and applying the foundations of A-CRA. This workshop will present several A-CRA skills and interventions that school-based counselors can utilize to establish positive working relationships with students who use drugs. Participants of this workshop will learn about the goals and mechanics of A-CRA as well as how to make a referral for treatment. 2 hours

** For School Counselors/Social Workers*

4. Screening & Assessment of Substance Use Disorders

Screening and Assessment of Substance Use Disorders (SUDs) provides school-based counselors with a step-by-step approach to evaluating risks and behaviors related to substance use by adolescents. Participants will identify validated screening tools and classify clinical information through a dimensional framework. Participants will build on the screening process by assessing the dimensions of addiction and using Functional Analysis and Decisional Matrix tools to gather clinical information. 2 ½ hours

** For School Counselors/Social Workers*



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The following is intended for LEADERSHIP/SMALL GROUP AUDIENCES:

1. The Harm Reduction Model and Restorative Practices: A School Leadership Workshop

This workshop will encourage brave conversations amongst school leaders about how schools can, and should, embrace the harm reduction/restorative practice models while working with youth who are engaged in substance use and its co-occurring issues. This consequently means challenging current substance related discipline policies and procedures typically used in our local schools. 2 hours

** For School and District Leaders*

2. Consulting

Districts can request, in lieu of a free training, up to five hours of case specific consultation on students struggling with substance use issues in their schools. This is intended to be provided in small group consultation model.

To request a free workshop, please fill out the online form bit.ly/3oKg12E.

To inquire or for further questions please contact:

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