

Great Rivers Regional Sytem for Addiction Care Educational Trainings

Education Type	Description	Target Audience	Lenth of Training	Requirements
ACE's 101 (Adverse Childhood Experiences)	<p>During this presentation, participants will learn about adverse childhood experiences and scores which includes all types of abuse, neglect, and other traumatic experiences that occur to people under the age of 18. "ACEs" is evidence based and comes from the CDC-Kaiser Adverse Childhood Experiences Study, a groundbreaking public health study that discovered that childhood trauma leads to the adult onset of chronic diseases, depression and other mental illness, violence and being a victim of violence, as well as financial and social problems.</p>	General	1 Hour	
Chronic Pain Self-Management Program (CPSMP)	<p>This is an evidence based program provided by Stanford University. This is a six week program designed for individuals to better manage their chronic pain. Techniques are taught to deal with problems such as: frustration, fatigue, isolation and poor sleep; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition; pacing activity and rest; how to evaluate new treatments.</p>	Individuals experiencing chronic pain	6 Week Course	<p>Participants will meet weekly for six weeks. Each class is 2.5 hours. Participants must attend 4 classes in order to get certificate.</p>

Gentle Yoga	Gentle Yoga For All is a chair exercise program that provides an enjoyable fitness program for anyone whose physical activity is limited due to age, disability, or any chronic condition including substance abuse. The emphasis of the program is proper breathing, stretching and relaxation techniques. Gentle Yoga would give those who are in recovery the skills to sit quietly and calm the body and mind with the breath, therefore reducing anxiety, stress and depression while also learning a series of stretches that are simple enough for people who probably have not taken good care of their bodies. People who participate in the program at least once a week are able to improve their mobility and in many cases can begin a “normal” exercise routine after participating consistently over time.	General		
Meth 360	This is an evidence based program developed by the Arizona HIDTA (High Intensity Drug Trafficking Area). Meth360 is a unique nationally accredited educational program that is designed to deliver information about meth from a Law Enforcement, Prevention, and Treatment perspective directly to community members. The program’s title comes from the fact that meth has an impact beyond the user. It affects families, children, the environment, and entire communities.	General	45 Minutes	
Naloxone	Participants will understand the signs and symptoms of an overdose, strategies to prevent overdose, and how to administer naloxone properly if an overdose occurs.	General	1 Hour	
PAX Tools	This is an evidence-based, trauma-informed program from the PAXIS Institute. A collection of evidence based, trauma informed strategies to improve cooperation and self-regulation with you.	Families and communities who deal with youth	2.5 Hours	

This is (NOT) About Drugs	<p>Overdose Lifeline, Inc. (ODL) has created the first youth-focused educational program addressing the opioid public health crisis. "This is (Not) About Drugs" (TINAD) is an in-class, universal program designed to raise awareness to substance misuse, with a special emphasis on prescription opioids. The brief intervention is a complement to foundational evidence-based programs such as Botvin Lifeskills and Too Good for Drugs. The outcome-driven, science-based program incorporates NIDA principles, risk and protective factors, is designed to fit within school time constraints, and aligns with the most common health curriculums. This program is designed for students grades 6-12th as an effective lesson for helping raise awareness to the risks of misusing prescription opioids. How misusing prescription opioids can lead to addiction, heroin use and overdose. The lesson encourages students to make good choices and alternatives to using substances in dealing with life stresses. How to ask for help and gain support and the available information and resources for making decisions about their own body and health.</p>	6th-12th graders	1 Hour	
Too Good For Drugs	<p>This is an evidence-based program by the Mendez Foundation. Too Good For Drugs puts social and emotional learning to work through fun and interactive lessons, building the self-confidence young people need to make healthy choices and achieve success. The program promotes positive, pro-social attitudes and behavior, while fostering healthy relationships, resistance to substance abuse and conflict, and resistance to negative peer pressure and influence.</p>	K-12		10-week class; 1 hour each session
Words Matter	<p>Participants will understand what stigma is, the different types of stigma, the effect stigma has, and how to prevent and change our language surrounding it.</p>	General	45 Minutes	