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The Rainbow Connection: Working with LGBTQ+ Youth

Don't Get Vaped In

Action Planning for Your Community Alliance or Coalition

Action Planning with Youth

Eating Disorder Awareness/Prevention

\*Programs are evidence-based, participants receive a certificate of completion, fixed cost.

## ATOD

### Access & Attitudes:

Did you ever stop to think about how youth and adults in your community perceive youth alcohol, tobacco, and other drug use? Do they know it's happening? Do they pretend it's not or look the other way? In this workshop, we will explore the relationship between community perceptions and attitudes towards youth substance use and youth access to substances. Participants will be guided through several experiential activities and discussions that will enable them to identify challenges and create positive solutions.

### Community Change:

It's important for young leaders to be excited and motivated about the work they want to do for their school and community. It's equally as important for young leaders to have a good understanding of WHY prevention works. Using CADCA's 7 Strategies for Community Change as a guide, this workshop aims at helping young leaders decipher the difference between individual strategies and environmental strategies so that their prevention plans are comprehensive and effective.

### Natural Highs:

Here at LMTI, we've committed to teaching students about how to maintain a healthy lifestyle and avoid alcohol, tobacco, and other drugs. But we're also committed to having tons fun! In this workshop we will explore what the differences between synthetic and natural highs are. Students will learn LMTI's 4 rules to achieve natural highs and play different games and activities that demonstrate each rule.

### Pressure Consequences & Benefits:

Every day, we face different kinds of pressure. This pressure can come from many different places and it's up to us to learn whether the consequences will be beneficial or harmful. In this interactive workshop, students will identify several different sources of pressure to use alcohol, tobacco, and other drugs. Working in small groups, students will identify negative consequences of using alcohol, tobacco, and other drugs and will also identify the positive benefits of not using these substances.

### Smoke & Mirrors: Vaping & Marijuana:

There are a lot of conflicting statements about vaping and marijuana use today which can make it difficult to figure out what the facts really are. In this workshop, participants will have a chance to join in discussions and activities that break down the myths about vaping and marijuana. Together, we will look past the smoke and mirrors to learn the facts about these substances.

### ATOD Trends and Trivia:

Want to learn the latest info about alcohol, tobacco, and other drugs? This gameshow style session is for you. Students will get the real facts on how these substances affect people, and how they can use this information to help make a difference in their school.

### Community Snapshots: Environmental Scanning:

Look around, look around! The communities we live in are full of physical representations of both positive and negative factors related to alcohol, tobacco, and other drug use. In this workshop, we'll learn how to utilize "photovoice" to gather data about risk and protective factors in your community and organize them into a meaningful narrative to promote public health, specifically abstaining from alcohol, tobacco, and other drugs.

## **Mental Health**

### Mental Health 101:

In this Mental Health 101 presentation we provide participants an informative and accessible introduction to the fundamentals of mental health, helping participants develop a comprehensive understanding of common mental health conditions, self-care strategies, and available resources. Through interactive discussions and practical tips, attendees will gain valuable insights that promote mental well-being, reduce stigma, and foster a supportive environment for individuals facing mental health challenges.

### Self Care:Filling Up Your Cup:

Self-care is an essential component of every individual's mental well-being. Through this workshop, participants will learn about positive psychology concepts, the importance of attitude in relation to wellness, techniques for managing stress, and ways to incorporate practices of self-care in their everyday life.

### Self Care & Healthy Relationships:

Understanding how to help yourself is one of the most important things a young leader can learn. In this workshop, participants will learn more about taking care of themselves as well as understanding the difference between healthy and unhealthy relationships and how to improve or maintain them.

### Mental Health & Mindfulness:

In recent years, the importance of mental health has become even more important. In this workshop, participants will learn about mental health and mindfulness. Mindfulness can help individuals feel more centered and begin looking at the world in a more positive way.

### Suicide Prevention:

Suicide prevention is a topic that is continuing to rise in importance. Our workshop is designed to equip individuals with the necessary skills and knowledge to identify warning signs, offer support, and foster resilience in themselves and their peers. Through interactive activities, open discussions, and expert guidance, participants will gain valuable insights and tools to promote mental health and prevent suicide.

## **Leadership**

### Action Planning 101:

When we get excited about doing something, we have a tendency to want to jump right in and get going- which is awesome! But, chances are, you've been involved in a situation where a lack of planning left you or someone else feeling frustrated or confused. Action planning is sometimes a skill that seems tedious or bothersome, so many people skip right over it. In this workshop, however, we break it down step by step to truly give students a firsthand look at the value of this important skill- both as an asset in their groups and clubs, and also in their daily life

#### Just SPF-y!:

Action planning is at the heart of preventing alcohol, tobacco, and other drug use among young people. This workshop breaks down the SAMHSA's Strategic Prevention Workshop- the "SPF" so that young leaders understand how each step fits into their Action Planning process. This workshop takes Action Planning 101 to the next level and presents a more technical and advanced perspective on the process. Students will leave this workshop as SPF experts!

#### Building Assets, Building Leaders:

The Developmental Assets, developed by the Search Institute, are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. This workshop will guide participants through an introduction to the Assets and will explore ways to incorporate these qualities into your group!

#### The Leader in You:

When you hear the word leadership, what comes to mind? People define leadership in so many ways that even experts can't agree on a single meaning. Leadership—and leaders—comes in all shapes and sizes with all kinds of attitudes and abilities. In this interactive workshop, we will debunk the idea of "born leaders" and will engage in activities designed to help students define important elements of leadership and identify those elements in themselves. Students will learn about how to utilize their own strengths as leaders in their respective clubs.

#### Leader Lingo & Actions:

Everyone has a different leadership style. Some leaders are the first to raise their hands and the first to give an answer. Some leaders are quiet observers who give input when asked. Other leaders step back and let other people lead. No matter what your style, leadership definitely has its own language or "lingo." In this workshop, students will learn to that language. Leadership Lingo is respectful, responsible, motivated, encouraging, and goaloriented. Additionally, there are certain actions that, when used in combination with Leadership Lingo, will put you on the path to success!

### **Knowledge & Skills**

#### ABCs of LGBTQ+:

This workshop will focus on understanding sexuality as more than just sexual orientation. We will explore gender identity, sexual orientation, biological sex, and gender expression to better understand the distinction between each. Participants will have an opportunity to discuss ways they can act as allies to the LGBTQ+ community.

### Diversity 101:

Diversity is an important subject that people often avoid talking about. In our workshop we offer an engaging and inclusive space for young individuals to explore the importance of diversity, equity, and inclusion. Through interactive activities, thought-provoking discussions, and real-life examples, participants will gain a deeper understanding of different cultures, identities, and perspectives, enabling them to become advocates for social justice and create inclusive communities.

### Conflict Resolution:

Bullying and violence is something that way too many high school students are familiar with. In this workshop, participants will discover the roots of conflict and learn the difference between conflict and violence. They will learn personal prevention skills as well as ways to create a peaceful school environment through creative programming.

### Cross Age Teaching:

When you were younger, was there someone a few years old that you thought was just AWESOME? Right now, there are young children who are looking up to our middle and high school students. You can utilize this natural occurrence for good and create a positive influence that can help strengthen your prevention efforts. Are you interested in starting your own cross-age teaching program but you don't know where to begin? This workshop will take you through the process of creating and implementing your own age-appropriate cross-age teaching programs.

### Mentoring 101:

Whether it's a freshmen mentoring program or a mentoring program designed to help students cope with the everyday challenges of life in high school, there is no doubt that mentoring programs are a great addition to any high school. This workshop stresses that when working as a mentor, your job is to coach and teach mentees. The impression that you make with your mentee and the way that you approach your sessions will be critical to the success of the mentoring program. From group facilitation skills to developing positive behavior to teaching responsibility and problem solving, this workshop covers the basics of being part of a successful mentoring program!

### Positive-ly Me:

Youth are bombarded every day with messages about how they should look, feel, and act. It is essential that young people be given the opportunity to learn, grow, and develop as unique individuals and that they receive as much positive support as possible- starting with the way they think, speak, and feel about themselves! This workshop seeks to help young people identify strong guiding values, having high standards for personal character, and believing in protecting and honoring their own well-being.

### R-E-S-P-E-C-T:

When you are working in a club or group, one of the great things is that, right off the bat, you have something in common with everyone there. But, beyond that commonality, may be a ton of differences- some that we can see and many more that we cannot. This workshop will engage students in the process of not only understanding diversity, but of also appreciating and embracing it. Students will learn to connect with one another because of the things that they share in common, and to respect each other for the things that are different.

#### We Like to Party: Celebrating Diversity:

Diversity is what makes no two people the same. Some differences are not noticeable, while others may be the first thing you notice. Those differences aren't bad, but rather should be celebrated! Start planning your celebrating of diversity by learning how to be inclusive with your words and actions.

#### Games, Games, & More Games!:

Games and icebreakers are fun and easy ways to get people excited to work together. In this workshop, participants will learn as many creative, new, and helpful icebreakers and games as the LMTI staff can fit into one hour! If you're looking for fresh ideas to raise excitement, to increase participation, or to just have some plain old fun, this is the workshop for you!

#### Maintaining Your Motivation:

All groups have ebbs and flows. Sometimes, your group is unstoppable! Everything you do is on point, everyone works together, and everyone remains committed to your cause. Other times, though, you hit a roadblock or you can't seem to get everyone on the same page. Sometimes it feels like group members aren't as committed as they once were. This workshop is designed to refocus and reenergize participants- and to reconnect them with the reasons they joined the group in the first place.

#### Music & Communication:

Music is a powerful means of communication. It allows individuals to share emotions, intentions, and meanings without using spoken language. In this workshop, facilitated by a board certified music therapist, we'll explore how music can help us improve the communication skills that we use on a daily basis. No previous musical experience is necessary to attend this workshop.

#### Teambuilding:

Working together as a team is an essential part of any group's success. In this workshop, participants will be guided through a series of fun and challenging activities designed to help identify group strengths and weaknesses. Students will learn and practice important skills such as listening, problem-solving, and support. This workshop is a must for any new group- or any group that needs to reconnect or revisit their purpose!

### **Adult Programs**

#### \*Youth Mental Health First Aid:

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

#### \*Question, Persuade, Refer:

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

#### Creating a Trauma Informed Classroom:

This workshop is perfect for teachers who are working in classrooms today. We all want to do our best for students but it can be difficult to know the best classroom policies to follow. In this workshop, participants will learn more about how to build and maintain a trauma-informed classroom.

#### Working & Growing Together: The Power of Relationships in Youth Development:

Utilizing the youth in your community is essential to making sustainable changes. Not only do they offer a unique perspective, they are also capable of energetically working towards their goals and enthusiastically problem-solving. However, engaging youth and keeping them interested in the work they are doing is not always simple. We'll explore theories behind youth engagement and development and better understand how youth-adult relationships work. We'll also learn some new techniques to make engaging youth fun for all!

#### Building Youth Leaders:

At LMTI, we do not believe in the concept of "Born Leaders." Instead, we believe that there are core skills you can learn and practice to become a more effective leader in a variety of settings. We'll explain some key skills you use to help build the youth leaders you work with. We'll also learn about the Search Institute's 40 Developmental Assets Framework, which can be considered a foundation of understanding how youth develop.

#### Facilitation Nation!:

Effective facilitators need to be able to juggle a lot of things while facilitating – group dynamics, maintaining focus, building consensus, and more- all while guiding everyone towards the goal. In this session, we'll talk about the differences and similarities between facilitation and teaching,



and you'll learn how to combine the two techniques to be a more effective presenter. You'll also leave this workshop with a few LMTI tricks and tips in your pocket that you can incorporate with your group.

#### Mental Health 101:

In this Mental Health 101 presentation we provide participants an informative and accessible introduction to the fundamentals of mental health, helping participants develop a comprehensive understanding of common mental health conditions, self-care strategies, and available resources. Through interactive discussions and practical tips, attendees will gain valuable insights that promote mental well-being, reduce stigma, and foster a supportive environment for individuals facing mental health challenges.

#### Self-Care: Filling Your Cup:

Self-care is an essential component of every individual's mental well-being. Through this workshop, participants will learn about positive psychology concepts, the importance of attitude in relation to wellness, techniques for managing stress, and ways to incorporate practices of self-care in their everyday life.

#### The Rainbow Connection: Working with LGBTQ+ Youth:

This workshop will take us from understanding the basics of sexual orientation, gender identity, romantic orientation, gender expression (and more) to how to be a good ally. We will discuss risk and protective factors, how to create a safe space, and more. We'll cover just about everything from Gay to Z!

#### Don't Get Vaped In:

This workshop, developed by the NJ Department of Health through Tobacco Free for a Healthy NJ, focuses on the newest and upcoming trends in youth vaping and tobacco use. Utilizing a consistently updated Powerpoint presentation, we look to provide information to help better understand how vaping affects youth. This information is beneficial for all school personnel and adults as we look to better address the vaping epidemic in New Jersey.

#### Action Planning for Your Community Alliance or Coalition:

All coalitions and alliances want to make their communities safer places to live. However, in order to be as effective as possible, it is important for these groups to go through a strategic process that allows for thoughtful and collaborative assessment, planning, implementation, and evaluation. In this informative workshop, participants will learn about SAMHSA's Strategic Prevention Framework, as well as CADCA's 7 Strategies for Community Change, which can, together, create powerful and sustainable community change.

#### Action Planning with Youth:

If you are wondering how you can possibly guide youth through a strategic action planning process, this is the workshop for you! We will take a topic that sounds less than exciting, and help you understand how to understand how to make action planning work for youth. It's not

about simplifying the process, it's all about learning how you can empower youth so that they know they have the capacity to do this work!

Eating Disorder Awareness/Prevention:

The goal is for the target audience to become familiar with eating disorders in hopes of increasing consciousness and empathy for those who are struggling while also decreasing the stigma that is often associated with mental health.

*\*Circulumed course with certifications provided, fixed cost.\**