

Substance Abuse Prevention Skills Training

WHEN & WHERE

November 12-15, 2019
Crown Choice Inn & Suites Lakeview
722 South Huron
Mackinaw City, MI 49701

- & -

Online Course

*You must complete the online course prior to attending the in-person portion. Instructions will be sent to you in your confirmation email. **The online course must be completed by November 11th.***

REGISTRATION COST:

\$50 and includes coffee, lunch and materials.

WHO SHOULD ATTEND?

Prevention professionals and coalition members form the publicly funded prevention system.

QUESTIONS?

Contact Alexandra Risher at arisher@cmham.org or 517.374.6848.

This event is sponsored by the Michigan Department of Health and Human Services, Behavioural Health & Developmental Disabilities Administration, Office of Recovery Oriented Systems of Care, and facilitated by Community Mental Health Association of Michigan.

COURSE DESCRIPTION

SAPST is a highly interactive, 4-day face-to-face workshop, in addition to a **several hour online course that must be completed prior to the face-to-face workshop**. It is **required** that **you bring your certificate of completion for the online portion to the face-to-face training in order to participate**. Participants are required to attend the training from beginning to end, so please be mindful of your ability to be in attendance for the full training before you register. (a link for the online training will be provided 1-2 weeks prior to training dates for those registered.)

The SAPST provides an introduction to the fundamentals of substance abuse prevention based on the current knowledge and practice in the field. This training is designed to prepare practitioners to reduce the likelihood of substance abuse and promote well-being among individuals, and within families, workplaces, schools, and communities. While the focus is primarily on preventing alcohol, tobacco, and drug abuse, the approach to prevention presented in this training is applicable to other behavioral health issues as well.

The SAPST is a 4-day training that addresses the following primary prevention topics: behavioral health, continuum of care, public health approach, risk and protective factors, developmental perspective, and the Strategic Prevention Framework (SPF). Various interactive activities will help participants to understand the foundation of prevention and the SPF five steps (assessment, capacity, planning, implementation and evaluation plus cultural competence and sustainability) and a community case study will help participants apply the framework components to a community situation.

COURSE OBJECTIVES

1. Define behavioral health.
2. Explain the continuum of care.
3. Identify the key characteristics of the public health approach.
4. Describe risk and protective factors in multiple contexts and from the developmental perspective.
5. Summarize the Strategic Prevention Framework.
6. Describe how to assess substance use problems and related behaviors.
7. Explain how health disparities relate to prevention.
8. Describe how to assess the risk and protective factors that influence (or contribute to) the problems.
9. Explain how to assess a community's readiness and resources to address its substance use problems.
10. Explain how a community can build its capacity to prevent the problems identified in its assessment.
11. Describe culture and how to apply cultural competence to prevention and promotion.
12. Explain how to prioritize risk and protective factors.
13. List different types of interventions and describe criteria for selecting an intervention.
14. Describe high-quality implementation and why it is important.
15. Explain the purpose and types of evaluation and what to consider when reporting results.
16. Apply the five basic steps of a logic model.
17. Describe the relationship between sustainability and achieving outcomes.
18. List the keys to sustainability and how they are integrated into the SPF.

PRESENTERS

Lisa Fockler, BAA, CPC, MCHES

Program Director

Remedy Exchange

Gery Shelafae

Prevention Coordinator

NorthCare Network

Day 1 Agenda

8:00-8:30	Registration and Coffee
8:30-9:00	Introduction to SAPST; Participant Introductions
9:00-9:45	Agenda, Training Overview & Logistics
9:45-10:45	Section Introduction; Behavioral Health; Eight Dimensions of Wellness
10:45-11:00	Break
11:00-12:00	Continuum of Care
12:00-1:00	Lunch
1:00-1:20	Introduction to Public Health Characteristics
1:20-2:35	Risk and Protective Factors
2:35-2:50	Break
2:50-3:10	Shared Risk and Protective Factors & Developmental Perspective
3:10-3:30	Conclude Risk and Protective Factors & Review Public Health Questions
3:30-3:50	Intro to the SPF
3:50-4:30	Session Wrap-up

Day 2 Agenda

8:30-8:40	Session 2 Introduction, Agenda & Objectives
8:40-8:50	Review – Public Health Questions
8:50-8:55	Step 1: Assessment, Section Introduction
8:55-9:05	What to Assess
9:05-9:20	Introduction to Behaviors and Related Problems
9:20-9:35	Break
9:35-10:15	Understanding the Problem – Epidemiology & Health Disparities
10:15-11:15	Examining Data – Types of Data & Data Sources
11:15-12:15	Lunch
12:15-12:55	Problem Prioritization
12:55-1:50	Risk & Protective Factors
1:50-2:05	Break
2:05-2:20	Step 2: Capacity, Capacity Introduction
2:20-2:55	Assessing Resources
2:55-3:25	Assessing Readiness
3:25-3:55	Applying the ideas of resources and readiness to the case study
3:55-4:30	Session Wrap-up

Day 3 Agenda

8:30-8:40	Session 3 Introduction
8:40-9:00	Review of Step 1 and 2
9:00-9:07	Building Capacity, Introduction to Capacity Building
9:07-9:47	Building Capacity: Engage Stakeholders, Levels of Involvement, Strengthen Collaborative Groups, Raise Awareness
9:47-10:02	Break
10:02-10:37	Improving Readiness
10:37-11:50	Building Capacity: The Role of Cultural Competence, Introduction to Cultural Competency
11:50-12:50	Lunch
12:50-1:25	Culture; Culturally Competent Professionals and Organizations
1:25-1:45	Step 3: Planning, Overview
1:45-2:00	Break
2:00-3:15	Prioritizing Risk & Protective Factors
3:15-3:35	Introduction to Interventions; Multiple Contexts
3:35-4:20	Selecting Interventions: Effectiveness, Conceptual Fit & Practical Fit; Data Driven Decision-Making
4:20-4:30	Session Wrap-up

Day 4 Agenda

8:30-8:40	Session 4 Introduction
8:40-9:00	Step 3: Planning (Continued), Examples of interventions; Interventions in multiple contexts
9:00-10:00	Things to consider; Effectiveness Conceptual fit; Practical fit; Best fit; Case study Review data driven decision making
10:00-10:15	Break
10:15-11:20	Step 4: Implementation, Introduction to Implementation; What Does Implementation Involve – Mobilize Support; Fidelity & Adaptation; Case Studies
11:20-12:10	Step 5: Evaluation, Introduction to Evaluation; Process and Outcome Evaluation
12:10-1:10	Lunch
1:10-1:50	Short- and Long-term Outcomes
1:50-1:55	Sustainability, Introduction to Sustainability
1:55-2:35	Thinking About Sustainability; (Sustaining Successful Outcomes); Adapting or Phasing Out Strategies; Reporting Evaluation Results
2:35-2:50	Break
2:50-3:10	Thinking About Sustainability (Sustaining the SPF Process); Implementing the SPF Process with Fidelity; The SPF and Keys to Sustainability; SPF at a Glance
3:10-3:40	Bringing It All Together –Curriculum Summary; Assess Your Learning Experience
3:40-3:45	Training Wrap-up
3:45-4:00	Evaluation

Registration & Overnight Accommodations

November 12-15, 2019 | Mackinaw City

Location: Hamilton Inn Select, 701 South Huron, Mackinaw City, MI 49701 – *across the street from the Crown Choice where the meeting is being held.*

Room Block: Call 1-800-410-5302 and mention code "CMHA" and the dates for the \$85 + tax rate. *Deadline is November 8 to receive this rate, and a full breakfast is included in your stay.*

Click here to register for November 12-15 – SAPST

Continuing Education & Policies

Social Workers: This course qualifies for a maximum of **18 Continuing Education hours**. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818.

Certificate Awarded: At the conclusion of this training, turn in your Certificate of Attendance form to the CMHA Staff to be approved. You will turn in the top sheet & retain the bottom sheet which serves as your certificate. No other certificate will be given.

Certificate Issued By: Christina Ward, Director of Education & Training, cward@cmham.org, 517.374.6848

Evaluation/Grievance: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation or you may contact CMHA at 517-374-6848 or through our webpage at www.cmham.org for resolution.

Substance Abuse Professionals: CMHA is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHA maintains the responsibility for the program and content. Substance Abuse Professionals participating in this training may receive a maximum of **26 specific contact hours**. Some "Related" workshops may meet MCBAP/IC&RC educational requirements for focused topics in addiction certification domains, such as for Peer Recovery or Supervisor credentials. It is important that attendees keep a copy of the training program brochure containing the workshop description.

National Accreditation Rules: National Accreditation rules indicate that **if you are over five (5) minutes late or depart early, you forfeit your continuing education hours for the entire training. Please note that this is a National rule that CMHA must enforce or we could lose our provider status to provide continuing education hours in the future. This rule will be strictly followed.**

Cancellation Policy: If you do not cancel and do not attend, you are still responsible for the full registration fee. Substitutions are permitted at any time. Cancellations must be received in writing at least 10 business days prior to the training for a full refund less a \$15 administrative fee. If cancellation is received less than 10 business days prior to the training, no refund will be given. **Cancellation and Substitution Process: Simply sign into your account, click "View My Registrations," click the event and click, "Edit" for a substitution, or "Cancel Order" and follow the prompts.**

Special Needs: Arrangements for special needs will be honored for those written requests received 10 business days prior to the training. Clearly state your specific needs for mobility assistance, interpreters, etc. Attempts for on-site requests will be made.

Payment MUST be received by the date of event. **If payment has not been received prior to the event, fees will be collected at the registration the day of the event unless alternate arrangements are preapproved by CMHA.**

Purchase Orders are NOT considered payment.

All no shows will be invoiced the full registration amount.