Youth Leadership Training Sessions

Tuesday, February 2, 2021
10–11:15 am Training Sessions

Empowering Youth with Brain Science: Four Neuroscientific Lessons to Increase Resiliency

**Presenter(s):** Dr. Ruben Baler, Health Scientist, Science Policy Branch, National Institute on Drug Abuse

This training session is delivered through four interrelated themes designed to empower the audience by providing a deeper understanding of the adolescent brain, its evolution, its development and how it works, with particular emphasis on what makes it robust and what makes it fragile. The lessons have been developed as a “metacognitive” intervention that gives the listener new knowledge and tools to “think about their thinking,” allowing them to become more mindful through their daily activities and decisions and more involved in their own development.

**Session Objectives:**
At the end of this session, participants will be able to:

- Understand basic neuroscientific concepts relevant to brain function and development
- Enhance metacognition/mindfulness/resilience
- Improve decision making/reduce automatic behaviors
- Engage in active Q&A and prepare attendees so they feel comfortable transmitting these lessons and their metacognitive message to secondary audiences

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Engaging Special Populations to Build Coalition Capacity

**Presenter(s):** Yvonne Stroman, CADCA Trainer

Peer-run mutual-aid support groups, such as Alcoholics Anonymous, have been in existence for more than 80 years. These groups play an important role in addiction recovery for millions of people. Scientific literature has identified mutual support groups as contributing factors that help individuals recover from addiction and maintain long-term recovery. Additionally, these groups lend to community improvement and prevention efforts. This workshop will
provide the participant an overview of mutual support group models, including their mission and the role they lend to coalitions in the development, administration and implementation of prevention strategies.

Session Objectives:
At the end of this session, participants will be able to:
- Understand the role of mutual support groups
- Identify mutual support groups in their communities
- Understand how to engage group members to participate in coalition work

Engaging Youth in Advocacy: Building a Statewide Task Force
Presenter(s): Vrushali Thakkar, CADCA Youth Trainer
Youth can be an impactful asset for coalitions through means of research and advocacy. By attending this session, you will gain insight on how to develop, maintain and direct a youth movement that impacts state-wide policy. After this presentation, you will have access to resources such as one-pagers, a sample cost study and a detailed presentation delivered by youth to important statewide audiences. Learn how to encourage youth to be involved in various steps of the Strategic Prevention Framework, including transitioning from research to advocacy in the public sphere by organizing press conferences and public forums. Every youth member brings a diverse skill set to a team; empower youth to make the most of their leadership!

Session Objectives:
At the end of this session, participants will be able to:
- Understand methods of recruiting and empowering youth into prevention work
- Practice sharing the actions and impact that youth have in statewide advocacy
- Maintain a sustainable youth movement

Substance Misuse During the COVID-19 Pandemic
Presenter(s): Ananya Pati, CADCA Youth Trainer
In this session, we will be learning about the ways in which substance misuse has changed during the COVID-19 pandemic. With more youth at home, the ways substance misuse occurs change as well. To fully understand how we can prevent substance misuse, we must have an understanding of how the problem occurs in our communities as they continue to change in the present day.
Session Objectives:
At the end of this session, participants will be able to:

- Discuss data and statistics that show the change in substance misuse after the COVID-19 pandemic started
- Discuss how the change in our current environment creates potential hurdles in prevention practices
- Discuss how social media can be used as a tool for current day prevention strategies

Key Essentials Express in Spanish: Part 1: 7 C's of Leadership
A condensed version of our flagship “Key Essentials” training offered in Spanish, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and inspires them to be change agents in their communities. The course trains young leaders through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.

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11:30 am–12:45 pm Training Sessions

Action Planning Follow-Up Sessions for:

- Empowering Youth with Brain Science: Four Neuroscientific Lessons to Increase Resiliency
- Engaging Special Populations to Build Coalition Capacity
- Engaging Youth in Advocacy: Building a Statewide Task Force
- Substance Misuse During the COVID-19 Pandemic
• Key Essentials Express and Key Essentials Express in Spanish

2:30 – 3:45 pm Training Sessions

BtheOne—Suicide Prevention Efforts Using the SPF
Presenter(s): Ben Stevenson II, MS, CPP
It is easy to get stuck in dark places while growing up. Maybe someone is in pain, and suicide looks like the only way out. Maybe they started drinking and using drugs, but those substances are taking over their life. This session will discuss risk and protective factors, prevention and what we can do to help someone feeling alone, experiencing anxiety or having negative thoughts. Participants will explore factors related to mental wellness to become more aware of themselves, their environment and the people around them.

Session Objectives:
At the end of this session, participants will be able to:
• Gain awareness of themselves and their environment and understand how this relates to mental wellness
• Discuss attitudes about suicide
• Identify risk and protective factors and warning signs
• Explore strategies to help those experiencing thoughts of suicide

Marketing Misery—The Opioid Epidemic and Youth
Presenter(s): Nigel Wrangham, CADC II, CPS, Former Instructor at the University of Oregon in Psychopharmacology and Community Organizing
OxyContin. Vicodin. Heroin. These powerful drugs mask pain, bring euphoria and eventually plunge the user into a desperate cycle of addiction while ravaging entire families and communities. How did this country allow such a deadly opioid epidemic to grow so out of control? The answer lies in money, politics, influence and power. Come learn the truth about who has profited from poison.

Session Objectives:
At the end of this session, participants will be able to:
• Understand the basics of how opioids work in the brain to block pain and bring pleasure
• Understand addiction, tolerance, withdrawal and overdose
• Understand how large pharmaceutical corporations misled the public about the dangers of opioids while profiting off their availability
Understand how the drug prevention and education fields have been complicit in distracting the public from the opioid epidemic by focusing mostly on marijuana and alcohol abuse.

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**Game-Based Prevention: The Secret to Educating Gen Z**

**Presenter(s):** Alison Hurayt & Alexandra Greenawalt

Burnout from PowerPoint presentations and webinars is a real issue. Gen Z predominantly learns by doing, and prefers fully immersive, active learning environments to test their knowledge. This session is designed to provide game-based substance use prevention ideas for youth across the continuum of care (for face-to-face or virtual learning). All game-based prevention ideas are easy to implement at little to no cost. Participants will receive digital handouts with tips/tricks to replicate the games, and resources to enhance their arsenal of prevention services. Now more than ever, educators/prevention specialists, youth leaders and coalition members are having to develop innovative, hybrid teaching styles to engage Gen Z on substance use prevention. Through game-based prevention services, outreach efforts will increase, and effectiveness outcomes will improve by increasing youth’s knowledge and perception of risk related to substance misuse.

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**Vaping...in a Pandemic?**

**Presenter(s):** Anaya Pati & Andrea Marquez, CADCA Youth Trainers

This session will aim to give youth the skills to understand and comprehend the current COVID-19 data that is available surrounding the vaping crisis. In addition, participants will gain skills to recognize what vaping looks like among friends and peers from afar. Alongside personal conversations, presenters will work with participants to create social media messages about the harms of vaping, especially during the pandemic.

**Session Objectives:**

At the end of this session, participants will be able to:

- Explain types of data
- Explain how COVID-19 has impacted the lives of youth in relation to substance use
- Explain how COVID-19 impacts the body of an electronic cigarette user
- Explain how to use different types of data to frame their message about the harmful effects of vaping
- Create a short plan for a conversation with peers or a social media message

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**Key Essentials Express in Spanish Part 2: Leadership Objectives**

A condensed version of our flagship “Key Essentials” training offered in Spanish, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and
inspires them to be change agents in their communities. The course trains young leaders through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.

Key Essentials Express Part 2: Leadership Objectives:
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4 – 5:15 pm Training Sessions

The Pandemic: How this Affects Teens
**Presenter(s):** Delainey Allen, CADCA Youth Trainer
This training session will explore how the pandemic has affected the mental health of teenagers, including how these mental health issues started and how students can help reduce the impact.

**Session Objectives:**
At the end of this session, participants will be able to:
- Understand and identify mental health issues,
- Understand why mental health issues are occurring
- Determine ways to help change the current situation

**Action Planning Follow-Up Sessions for:**
- bTheOne—Suicide Prevention Efforts Using the SPF
- Marketing Misery—The Opioid Epidemic & Youth
- Vaping...in a Pandemic?
- Key Essentials Express in Spanish Part 2: Leadership Objectives
- Key Essentials Express Part 2: Leadership Objectives
Wednesday, February 3
10 – 11:15 am Training Sessions

One Choice for Health: A Data-Informed, Youth-Driven Prevention Message
Presenter(s): Robert L. DuPont, MD & Caroline DuPont, MD
What if substance use disorders come down to a single choice? When a young person uses any one substance—alcohol, nicotine or marijuana—does it increase the likelihood of using the other substances? Does not using one substance decrease the likelihood of using others? The Institute for Behavior and Health analyzed national data on youth substance use behaviors and found that for young people, the use (and non-use) of all substances is closely related. Once the decision to use a substance is made, that individual is faced with many decisions about when and how much to use, with whom to use and whether or not to use other substances.

The adolescent brain continues to develop into the mid-20’s making it uniquely vulnerable to addiction: 9 in 10 adults with substance use disorders began smoking, drinking or using other drugs before age 18. Science supports a clear health standard for prevention: do not use any alcohol, nicotine, marijuana or other drugs under age 21. More than ever, American youth are already making this choice, and they are leading a movement for youth prevention coalitions across the country. Join us to learn how you can become a leader for your community.

Session Objectives:
At the end of this session, participants will be able to:

- Describe national youth drug trends and their implications for youth prevention messaging
- Articulate the One Choice prevention message and how it is rooted in the unique vulnerability of the adolescent brain to substance use.
- Identify how coalitions, communities and prevention leaders can integrate One Choice message into all other youth prevention efforts.

From a Leader to an Advocate
Presenter(s): Ananya Pati, CADCA Youth Trainer
This session will discuss how youth can get involved in public policy. Specifically, it will explore the basics of policy work, what youth can do and how they can do it. In addition, it provide ways for participants to improve upon their leadership skills in the context of advocacy and policy work.
Session Objectives:
At the end of this session, participants will be able to:
  • Develop the necessary skills to productively convey messages to different sectors of the community
  • Create and practice a highly impactful elevator pitch
  • Be knowledgeable about the cause they are advocating for and confident in public speaking
  • Connect with other people and politely challenge opposers

Marijuana: Facts vs. Feelings
Presenter(s): Sue Thau, CADCA; Dale Quigley, National Marijuana Initiative
Marijuana legalization continues to be one of the most misunderstood topics throughout the country. We will be delving into some common perceptions and misconceptions concerning marijuana’s impact on a wide variety of topics, in order to replace fantasy with facts.

Session Objectives:
At the end of this session, participants will be able to:
  • Understand data and findings of current marijuana-related research
  • Explain the adverse impacts that legalization of marijuana can have on public health, public safety and quality of life issues

I’m Good Bruh!
Presenter(s): Colber Prosper, Consultant & Trainer, CADCA
There are times when we don’t know what to do when somebody offers us drugs. This interactive session will cover the harmful effects of alcohol, tobacco and other drugs. Participants will then be placed in groups to discuss various strategies to reject drug use/misuse. Finally, the presenter will show attendees how to tailor strategies to their personalities, cultures and communities.

Session Objectives:
At the end of this session, participants will be able to:
  • Describe the harmful effects of ATOD
  • List different strategies of saying no to drugs
  • Execute strategies from role-playing activity during the session
**Key Essentials Express in Spanish Strategic Prevention Framework Part 3: Intro and Community Assessment**

A condensed version of our flagship “Key Essentials” training offered in Spanish, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and inspires them to be change agents in their communities. The course trains young leaders through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.

**Key Essentials Express Strategic Prevention Framework Part 3: Intro and Community Assessment**

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11:30 am – 12:45 pm Training Sessions

**Action Planning Follow-Up Sessions for:**

- One Choice for Health: A Data-Informed, Youth-Driven
- From a Leader to an Advocate
- Marijuana: Facts vs. Feelings
- I’m Good Bruh!
- Key Essentials Express in Spanish Strategic Prevention Framework Part 3: Intro and Community Assessment
- Key Essentials Express Strategic Prevention Framework Part 3: Intro and Community Assessment
2:30–3:45 pm Training Sessions

Making It Last!
**Presenter(s):** LaDerrick Smith, CADCA Youth Trainer
This session teaches youth how to make their coalition survive beyond the pandemic and why sustainability is important to the Strategic Prevention Framework. Participants will learn SAMHSA’s best practices for sustaining a youth coalition while following the CDC’s guidelines.

**Session Objectives:**
At the end of this session, participants will be able to:
- Understand the importance of sustainability
- Understand how to sustain their youth coalition and the key components needed
- Identify elements that cause a coalition to not be sustainable
- Make a 2021 plan to improve their coalitions’ success in membership and outreach

Public Speaking on Campus and Beyond
**Presenter(s):** Curtis Mark, CADCA Youth Trainer
This session will focus on developing participants’ public speaking skills to advocate for policy change in their respective school communities.

**Session Objectives:**
At the end of this session, participants will be able to:
- Answer the questions "who do I reach out to," “which policies need changing in my school” and “why should I be an advocate?"

Engaging Native American Youth
**Presenter(s):** Levi Horn
An introduction to basic cultural ceremonies with a focus on the difference between urban and Native populations and barriers to both populations.

Key Essentials Express in Spanish Strategic Prevention Framework Part 4: Logic Model
A condensed version of our flagship “Key Essentials” training offered in Spanish, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and inspires them to be change agents in their communities. The course trains young leaders
through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.

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**Key Essentials Express Strategic Prevention Framework Part 4: Logic Model**

A condensed version of our flagship “Key Essentials” training, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and inspires them to be change agents in their communities. The course trains young leaders through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.

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**4–5:15 pm Training Sessions**

**Coalition Work in the Age of COVID and Commercialization**

**Presenter(s):** Rebekah Jin & Carson Ezell, CADCA Youth Trainers

Members of the Catalyst coalition in the Chicago suburbs will share recent developments and long-term trends in their community. They will discuss how they had to adapt their coalition’s structure and strategies for outreach and policy change to ensure they were remaining efficient, sustainable, culturally competent and positive. Finally, recommendations for implementing some of these strategies in your own communities will be made.

**Session Objectives:**

At the end of this session, participants will be able to:

- Present data on recent and long-term trends of substance use in the Chicago suburbs and state of Illinois with an emphasis on the impact of flavored tobacco products and cannabis commercialization

- Share ideas for creating policy change, reaching out to different community stakeholders from a culturally competent perspective and maintaining sustainability and positivity through recruitment and engagement, particularly in the age of COVID-19
Action Planning Follow-Up Sessions for:
- Making it Last!
- Public Speaking on Campus and Beyond
- Key Essentials Express in Spanish Strategic Prevention Framework Part 4: Logic Model
- Key Essentials Express Strategic Prevention Framework Part 4: Logic Model

Thursday, February 4
11:30 am – 12:45 pm Training Sessions

Understanding Each Other Today for a Better Tomorrow
Presenter(s): Ananya Pati & Andrea Marquez, CADCA Youth Trainers
Coalition work thrives on the idea of bringing different sectors of our community together to work on one common goal. Without this level of collaboration, we cannot reach our highest potential as a group. In this session, we will discuss the importance of understanding and working with the different sectors of our community to ensure we create the positive change we need.

Session Objectives:
At the end of this session, participants will be able to:
- Discuss the different sectors of a coalition
- Present avenues of contact with each sector
- Discuss the importance of cultural humility as we approach different sectors of our community
- Work towards an open mindset that wants to understand others around the table

Working for Progress: Youth and Adults Advancing Collaboration
Presenter: Yvonne Stroman, CADCA Youth Trainer
Community coalitions exist to work collaboratively in the creation of drug-free communities. Strategies to create drug free communities include implementation of programs, projects and interventions that have foundation in evidence-based practices. This session will provide participants with actions that can be facilitated in their communities to reduce misuse of substances among youth.

Session Objectives:
At the end of this session, participants will be able to:
• Understand various approaches to prevention
• Identify community resources that support prevention efforts
• Understand the importance of community readiness to implement change

Mental Health & Substance Misuse Prevention: Passing Policies
Presenter: Vrushali Thakkar, CADCA Youth Trainer
This session focuses on current research on the correlation of mental health and substance misuse issues in youth. Peer pressure and risk factors are continuously affecting youth and have adverse effects on their well-being and education. Learn how to implement prevention policies and awareness techniques that decrease mental health issues and substance misuse disorders, based on community demographics.

Session Objectives:
At the end of this session, participants will be able to:
• Develop policies that address mental health and substance misuse issues
• Research the intersection between various public health issues in your community
• Interpret health risk factors and their relationship to the well-being and education of youth

Addressing Barriers to Retry: A Community Health Perspective
Presenter: Scott Astrada
This session will focus on policies for reducing recidivism rates for formerly incarcerated individuals who are seeking to re-enter the community. These individuals face persistent barriers for successful reentry, in large part due to lack of access to affordable housing, healthcare and employment opportunities. The session will specifically discuss the health and employment challenges faced by individuals who have drug dependency challenges, as well individuals prevented from entering the workforce due to prior convictions. This session will provide a comparative analysis of state and federal programs attempting to address these challenges, and the research they are using to gain new insights to form policy solutions.

Session Objectives:
At the end of this session, participants will be able to:
• Complete a research-based policy roadmap
• Understand recent research on the session topic
Key Essentials Express in Spanish Strategic Prevention Framework Part 5: Interventions & Action Planning

A condensed version of our flagship “Key Essentials” training offered in Spanish, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and inspires them to be change agents in their communities. The course trains young leaders through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.

Key Essentials Express Strategic Prevention Framework Part 5: Interventions & Action Planning

A condensed version of our flagship “Key Essentials” training, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and inspires them to be change agents in their communities. The course trains young leaders through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.

2:30–3:45 pm Training Sessions

Tackling Tobacco Trash: How do we Address Tobacco Product Pollution?
**Presenter:** Kyra Hill
This session will provide an overview of the commercial tobacco product pollution problem and discuss potential policy tools to address it. It will cover some of the upstream aspects of tobacco production and address the toxic and hazardous nature of both combustible and e-cigarette tobacco product waste. The presenter will provide an overview of policy solutions potentially available to address the negative impacts of tobacco product waste. Finally, the presentation will address the role that tobacco control policies have in reducing tobacco product waste, with a particular focus on K-12 policies.

STRONG! Building Community Strength by Taking Care of Yourself
**Presenter:** Angela Da Re, CADCA Trainer
Health and wellness have long been the pillars of prevention within communities, families and individuals. More than ever, prevention practitioners are being called upon to help establish health and wellness patterns that can bolster and support long-term individual and
community level strength. The challenges our communities faced last year and continue to face have highlighted our need to work purposefully to build resilience in ourselves, our coalitions and our communities. Building on SAMHSA’s Eight Dimensions of Wellness tools, we will explore ways to engage meaningfully in this sustaining work for ourselves, so we can better support our communities.

COVID 19: A Crash Course in Resilience
Presenter: Kym Laube, CADCA Trainer
Details to come!

Juuling Epidemic: Prevention for Middle Schoolers and Freshmen
Presenter: Vrushali Thakkar, CADCA Youth Trainer
Significantly more teens are beginning to Juul at higher rates, causing concerning health repercussions. Even worse, teens are starting to Juul at younger ages, an issue detrimental for the health and wellbeing of our future generation. Learn strategies and techniques to implement prevention campaigns for middle schoolers and high school freshmen to hinder use at young ages. Potential strategies include developing middle school prevention groups, creating focus groups and activities paired with Red Ribbon Week.

Session Objectives:
At the end of this session, participants will be able to:
- Develop an action plan of activities to engage middle schoolers during Prevention Week
- Conduct focus group to determine the risk factors affecting middle schoolers
- Create strategies to address substance misuse for middle schoolers

Key Essentials Express in Spanish Part 6: Model for Change
A condensed version of our flagship “Key Essentials” training offered in Spanish, this course takes youth through the fundamentals of the Strategic Prevention Framework (SPF) and inspires them to be change agents in their communities. The course trains young leaders through a peer-to-peer learning model on the fundamentals of the SPF and how to be effective change agents. Upon the conclusion of Key Essentials, youth will be equipped and inspired to address substance misuse in their communities. Youth must attend every session in this track in order to receive credit, and it is recommended that an adult advisor attend this track with youth from the coalition.
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