

2024 UPCOMING WORKSHOPS

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES

Our life experiences can impact our health. Join us as we review the research on how Adverse Childhood Experiences (ACEs) play a tremendous role in developing potential physical, mental and behavioral problems later in life. Learn how you can not only work to reduce ACEs but also how to help foster individual and community resilience. Training is 3-hours.

- In-person: January 23, February 12, April 3, June 12, September 17, November 18, December 11 (hours vary by date)
- Virtual: To be determined

COMMUNITY RESILIENCE INITIATIVE COURSE 1 AND COURSE 2

The Community Resilience Initiative (CRI) has developed courses to teach any community member interested in learning more about toxic stress and how individuals and communities build resilience across the lifespan.

CRI Course 1: Trauma-Informed is a 6-hour course that covers NEAR Science (Neuroscience, Epigenetics, ACE Study, Resilience), Brain States, and ROLES strategies for individuals seeking a trauma-informed certification.

- January 30, April 25, September 12 (9:00 a.m. to 4:00 p.m.)

CRI Course 2: Trauma-Supportive is a 6-hour course that covers the science of resiliency and shares promising strategies to build culturally and contextually resilient individuals and communities. (You must complete CRI Course 1 in order to take Course 2.)

- March 19, May 21, October 10 (9:00 a.m. to 4:00 p.m.)

NALOXONE TRAINING/OPIOID OVERDOSE REVERSAL

A course that covers understanding opioids, how opioid overdoses happen, risk factors for opioid overdoses, and how to respond to an opioid overdose emergency with the administration of Naloxone. (1-hour virtual)

- Typically the first Thursday of the month at 6:30 p.m. and second Tuesday of the month at 10:30 a.m.

NALOXONE DISPENSING

Receive a free box of Naloxone following training or get trained at the same time.

- Typically first Monday and third Thursday of the month (1:00 p.m. to 4:00 p.m.)
- First Thursday of every month from 1:00 p.m. to 4:00 p.m. at the Spotsylvania Sheriff's Mass Substation located within the Spotsylvania Town Center
- First Friday of every month from 1:00 p.m. to 3:00 p.m. at the Fredericksburg Clinic (600 Jackson Street, Fredericksburg, VA 22401)



www.rappahannockareacsb.org

To learn more and register:
www.rappahannockareacsb.org/trainings

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ADULT MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders. The training introduces common mental health challenges and gives you the skills to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

- January 26, March 5, May 30, July 9, September 5, November 7 (8:30 a.m. to 5:00 p.m.)

YOUTH MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders in adolescents. The training introduces common mental health challenges for youth and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

- February 1, April 2, June 11, August 20, October 3, December 3 (8:30 a.m. to 5:00 p.m.)

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

The LivingWorks Applied Suicide Intervention Skills Training, commonly referred to as ASIST, is a 2-day interactive workshop in suicide first aid. Participants learn to recognize when someone may have thoughts of suicide and to work with the individual to create a plan that will support their immediate safety. ASIST can be learned and used by anyone ages 16 and older.

- May 9-10, August 1-2, September 26-27, November 21-22
(8:30 a.m. to 5:00 p.m. both days; must be fully present both days)

SAFETALK

The LivingWorks safeTALK course is a 3-hour face-to-face workshop that encourages participants to learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to community resources for additional support. It is appropriate for anyone age 16 and older.

- February 6, May 14, July 23, October 15 (9:00 a.m. to noon)

LOCK AND TALK

RACSB is a proud founder of the Lock and Talk Virginia suicide prevention initiative. Learn about lethal means safety, education opportunities, and community initiatives like The Gun Shop Project. Lock Meds. Lock Guns. Talk Safety. Learn more at www.lockandtalk.org.

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