

AVAILABLE WORKSHOPS



HENRICO PREVENTION SERVICES COMMUNITY TRAININGS

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.

Length: 1-3 hours (In person or virtual)

MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Length: 7.5 hours OR Blended 2 hours self paced+4.5-5.5 hours instruction (In person or virtual)

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.

Length: 6.5 hours OR Blended 2 hours self paced+4.5-5.5 hours instruction (In person or virtual)

TALK SAVES LIVES

Talk Saves Lives is an introduction to suicide prevention. It is a standardized 45-60 minute presentation that covers the scope of this leading cause of death, what the research has found to be the warning signs and risk factors of suicide, and strategies to prevent it.

The content is intended for the general public and is appropriate for those 18 and older.

Length: 1 hour (In person only or virtual)

REVIVE: OPIOID OVERDOSE & NALOXONE ADMINISTRATION

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.

Length: 1-1.5 hours (In person or virtual)

SAFE DATES: ADOLESCENT DATING ABUSE PREVENTION PROGRAM

An evidence-based program that educates youth and adolescents on how to identify and prevent dating violence. Students will learn and discuss the causes of dating violence, how they can help a friend in an abusive relationship, common gender stereotypes regarding dating violence, and important prevention techniques.

Length: Varies (In Person Only)

For any questions or to request a training, contact us at henricoprevention@henrico.us

Find us on:



@HenricoAreaPrevention

OTHER OFFERINGS



5 BRIDGES TO WELLNESS

A holistic and systematic approach to your wellness. This workshop provides a set of ideas, tools, and activities designed to help you make sense of your overall health and learn how to thrive through the process. The framework will help you start developing your wellness plan.

Length: Length varies (In person or virtual)

HIDDEN IN PLAIN SIGHT

An educational and interactive experience that offers adults insights into current trends in youth substance abuse, drug paraphernalia, concealment of illicit drugs & alcohol that may be hidden within a teenager's bedroom.

Length: 1-4 hours (In person or virtual)

TOPICAL PRESENTATIONS

If you have a topic of interest that is not included on this list, please feel free to reach out to us.

Length: 30min.-1 hour (In person or virtual)

COMMUNITY CONVERSATIONS

Offered at multiple times throughout the year to bring light to a variety of topics. Community conversations can be held in the form of a single speaker, a panel of speakers, to a town hall format.

Length: Length varies

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