



## **For School Nurses, Health Educators and Teams: Effectively Preventing Prescription Drug Misuse and Other Drug Use**

### **Evidence-Based Middle School Prevention Training**

#### **Five 1-day Training Options**

**9:00 (Registration) 9:30 AM-4:00PM (only one day required).**

CERTIFICATION IS GRANTED AFTER ATTENDING ONE OF THESE DAYS. Registration is separate for each training and **space is limited**. Although not required, teams from schools/districts are encouraged to attend. Free curricula will be available. Student materials will be provided.

#### **Locations for free trainings:**

- **August 8, 2016: TAUNTON** Holiday Inn 700 Myles Standish Boulevard  
Life Skills Training Level 1
- **August 9, 2016: MARLBOROUGH** Holiday Inn 265 Lakeside Ave  
Life Skills Training Level 2 for those who have completed Level 1.
- **August 10, 2016: MARLBOROUGH** Holiday Inn 265 Lakeside Ave  
All Stars Level 2 OR  
Life Skills Training Level 2 for those trained in Level 1
- **August 11, 2016: PEABODY** Holiday Inn 1 Newbury Street  
Life Skills Training Level 1

**Parking is free. Lunch is provided.**

(Registration materials will follow. Please Visit <http://www.cvent.com/d/74q78p/6T> in July for more information. Thanks)

6.0 hours per day of training will be awarded: **CEUs for nurses; PDPs for other educators; applying for Certified Prevention Specialists (CPS) Credits for Preventionists**

## **Brief Training Program Descriptions**

### **Life Skills Training Program Certification Training Description**

Life Skills Training Program (LST) is an interactive program based on the science of preventing substance use. Over 30 years of research have documented its' ability to affect youth rates of substance use when used with middle school youth. Recent literature has documented decreases in prescription drug misuse when it is implemented faithfully. LST consists of a series of Sessions in the 6<sup>th</sup> or 7<sup>th</sup> grade followed by a shorter series of Booster Sessions in the two subsequent grades. It can be implemented by adults who attend a one-day Certification Training that consistently receives positive reviews. **The Level 1 and Level 2 training and curriculum supplies are offered at no charge by the Massachusetts Department of Public Health.**

### **All Stars Certification Training Description**

All Stars is a research-based model program designed to prevent youthful use of alcohol, tobacco, and other drugs; violence; and early sexual activity among middle school age youth. All Stars is most effective in preventing prescription drug misuse when the parents of middle school-age students are also given the Strengthening Families Program, which is available on a home-use DVD. All Stars uses popular interactive teaching methods. These methods are modeled during a day-long certification training. Through mini-lectures and small and large group discussions and activities, training participants will also capture the scientific approach of each All Stars lesson. After the Level 1 Session Series is delivered in the 6<sup>th</sup> or 7<sup>th</sup> grade it is followed by a shorter series of Booster Sessions in the two subsequent grades. Level 2 Training for 7<sup>th</sup> or 8<sup>th</sup> Grade personnel or Teams is being offered. **The Level 2 training, curriculum supplies and DVDs are offered at no charge by the Massachusetts Department of Public Health.**

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