



Beacon Prevention Department's Training and Presentation Offerings for Adults & Communities

Beacon's certified Prevention Specialists are available to provide the following trainings and presentations to adults in Clay, Platte and Ray Counties. Sessions are catered to the specific audience on various topics related to preventing youth substance use or suicide, and promoting youth mental wellness.

Inquire at prevention@beaconmh.org for additional information or to schedule a training or presentation.

Trainings

Youth Mental Health First Aid* **6 hours (+2 Hrs Pre-Work)**

In this training **non-clinicians** learn how to identify, understand, and respond to signs of mental illness and substance use disorder in youth. The 6-hour evidence-based training gives adults the skills they need to reach out and provide initial support to youth ages 6 to 18 and help connect them to appropriate care. Training is offered throughout the year, or private training for schools of 15 or more are available by request. Pre-registration required and a certificate is provided upon completion.

Question Persuade Refer (QPR) Gatekeeper Suicide Prevention Training* **+/- 1 hour**

Question Persuade Refer (or QPR) Gatekeeper Training is for anyone (adults or youth) who want to learn how to help someone struggling with thoughts of suicide. This training covers the QPR steps, dispels common myths about suicide, and is followed by a Q&A session and an opportunity to practice the steps with a roleplay exercise, if time permits. Training is available by request for groups of 10-30. A certificate is provided upon completion.

Signs of Suicide (SOS) Program Trainings* **+/- 1 hour**

For schools that are implementing the SOS Program, we have three training options available as support. SOS Implementer Training is intended for the school staff responsible for planning and organizing SOS program implementation with students. This training covers core components such as the ACT message, school suicide crisis policy and protocol, and screening and referrals for students identified as at risk for suicide, as well as strategies and tips for increasing student engagement and ensuring the privacy and safety of all students. SOS Trusted Adult Staff and SOS Overview for Parents and Caregivers teach adults about the warning signs of suicide, how to use the ACT message, and what implementation of the SOS program looks like.

Presentations

The Power of Prevention **+/- 1 hour**

As an agency, organization, parent, caring adult or friend, there is a lot you can do to prevent substance use and promote well-being in youth. This presentation explores the science of youth substance use prevention, current trends, and risk and protective factors related to youth substance use. You'll also receive an overview of the local and statewide prevention efforts.

The Brain Explained**+/- 1 hour**

Using fun analogies and simple models, learn more about what's going on in a child's brain as they develop. This presentation empowers and equips adults with tangible tools and language to protect and promote healthy lifestyles for their youth.

Gather Around: Coming to the Table to Promote Youth Well-being**+/- 1 hour**

Life is busy, but protecting your child's well-being doesn't necessarily require a major overhaul. Study after study shows that ordinary time spent together, like gathering around the table, creates extraordinary outcomes: lower risk of depression, better friendships, and higher academic success. Discover how meals together can truly make all the difference for our kids!

Parent Up**+/- 1 hour**

As parents, we invest a lot of energy into safeguarding our children—through baby gates, seat belts, sunscreen, and more. But as our kids grow from age 8 to age 18, and their risks evolve, so too must our strategies and boundaries. This engaging presentation is designed to equip parents of 8-18 years old with the latest knowledge, effective communication strategies, and supportive resources to help children avoid substance use and other risky behaviors.

Preventing a New Generation of Addiction**+/- 1 hour**

Amid the buzz of misinformation and the influence of vaping, ultra-potent THC, and the silent dangers of fentanyl, the need for informed and proactive approaches to substance use prevention has never been more critical. This workshop delves into the specifics of these dangerous products, offering parents and caring adults the knowledge and tools necessary to safeguard our children and communities.

In the Driver's Seat: Taking Control of your Mental Wellness**+/- 1 hour**

This program was designed for middle and high schoolers, but is full of helpful tools for even adults. Participants explore the five dimensions of self-care and create a personalized wellness plan. They will learn practical coping strategies for managing stress and difficult emotions while building resilience. The lesson emphasizes the importance of seeking support from trusted adults, using 988 as a mental health resource, and supports overall well-being.

Roots of Resilience**+/- 1****hour**

Resilience is the ability to prepare for, cope with, and grow through hardships. Building the resilience and strength of our youth and families is one of the most impactful investments we can make in our community. This presentation explores the science of stress and adversity, both the positive and the toxic, and equips attendees with actions so we can build resilient children, families and communities.

Catch My Breath* for Parents**45 mins.**

Catch My Breath's parent presentation is a 45-minute presentation for parents of children in grades 5-12 addressing the problem of youth vaping. Participating adults will be provided information about current vaping trends, what signs of vaping to watch for, and will leave with a starting point to begin the discussion of youth vaping with their children.

**Denotes programs that are evidence-based*