

Spring 2019

Rowan County Trainings

March 14, 2019, 5:30 p.m.-7:30 p.m.

Prime for Life- Part 1

Prime for Life® is an evidence-based motivational prevention, intervention and pre-treatment program specifically designed for people who might be making high-risk choices. This includes but is not limited to impaired driving offenders, college students, and young people charged with alcohol and/or drug offenses. It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations, and the knowledge of how to reduce their risk of alcohol and drug related problems throughout their lives.

Rowan County Health Department- 1811 East Innes St, Salisbury, NC 28146

Register at: <https://cardinalinnovations-extcommregistration.sabacloud.com>

Contact person: Monica Johnson, monicaf.johnson@cardinalinnovations.org; 704-305-1628

March 28, 2019, 5:30 p.m.-7:30 p.m.

Prime for Life- Part 2

Prime for Life® is an evidence-based motivational prevention, intervention and pre-treatment program specifically designed for people who might be making high-risk choices. This includes but is not limited to impaired driving offenders, college students, and young people charged with alcohol and/or drug offenses. It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations, and the knowledge of how to reduce their risk of alcohol and drug related problems throughout their lives.

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April 11, 2019, 5:30 p.m. to 7:30 p.m.

Opioid 101

At the conclusion of class participants will:

- Understanding the opioid crisis and the nature of addictive disease
- Prevention, Intervention, Treatment and Recovery
- Reducing the Stigma and Community Resources

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April 25, 2019, 5:30 p.m. to 7:30 p.m.

Recovery

At the conclusion of class participants will:

- Define Recovery
- Discuss 10 Fundamental Components of Recovery
- Discuss 14 Dimensions of Recovery
- Discuss Recovery Supports

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May 9, 2019, 5:30 p.m. to 7:30 p.m.

Suicide Prevention Training: Question, Persuade, Refer (QPR)

Anyone can save a life. Question, Persuade, Refer (QPR) is an emergency response to someone in crisis. It teaches participants how to ask the right questions about suicide, how to persuade a person to get help and how to refer an individual to the right resource.

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May 23, 2019, 5:30 p.m. to 7:30 p.m.

Opioid 101

At the conclusion of class participants will:

- Understanding the opioid crisis and the nature of addictive disease
- Prevention, Intervention, Treatment and Recovery
- Reducing the Stigma and Community Resources

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June 13, 2019, 5:30 p.m. to 7:30 p.m.

Trauma

Trauma and other adverse life events significantly impact mental health and well-being. Increase your understanding of trauma and learn about resources for those experiencing trauma-related difficulties with this training.

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June 27, 2019, 5:30 p.m. to 7:30 p.m.

Stigma

The brain, like all other organs, is vulnerable to disease. People with mental illness, intellectual/developmental disabilities or substance use issues often exhibit behaviors which others may not understand. Instead of receiving compassion and acceptance, people with disabilities may experience hostility, discrimination and stigma. The people experiencing the issues often label and stigmatize themselves. They may put up barriers which can prevent proper attention and treatment. This presentation explores issues of stigma and ways to overcome it.

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