



2020 REGIONAL TRAINING WORKSHOPS

Virtual Workshop

Effective Tobacco Use Prevention & Cessation Strategies for Youth and Young Adults - Alejandro Garcia Barbon

May 13 & 14, 2020, 10:00am – 11:30 am (This is a virtual 2-part series workshop delivered using the WebEX platform. Each session is 90 mins and you must complete both sessions to receive a Certificate of Completion.)

REGISTER FOR THE EFFECTIVE TOBACCO USE PREVENTION WORKSHOP AT

<https://forms.gle/dW2oiWiNyW1PFban7>

Once registered you will receive Webex links to join. A reminder email will be sent 30 minutes before the sessions begins.

Limited to 35 attendees.



This workshop will provide participants an opportunity to learn about effective tobacco cessation strategies among youth and young adults. This will include interactive activities on the framework of tobacco addiction, a detailed look at tobacco cessation strategies on schools and college campuses, and marketing and prevention strategies. The workshop will also provide an opportunity to strategize with other colleagues on this issue.

Key Learning Objectives

- Review evidence on youth and young adults and tobacco use
- Understand that addiction is rapid for many people, and that there is no “experimental” use of “safe” exposure
- Discuss prevention and cessation strategies that are effective with youth and young adults
- Understand role of media in promoting tobacco prevention and cessation to youth and young adults

ALEJANDRO GARCIA-BARBON'S BIO:

Alejandro Garcia-Barbon has over seventeen years of experience in the management, administration, planning and development of public health and behavioral health services. He is currently the Program Director for the Behavioral Health Service Line with Health-First, Inc, which provides behavioral health services to senior adult population. Some of his professional experience includes the management of behavioral acute care services and the management of the national Latino Tobacco Prevention and Control Network. He collaborates and provides guidance to state, county and community policy makers regarding the development and implementation of effective prevention/wellness policies and practices.

Virtual Workshop



The New Epidemic: JUUL Use Among Youth and Young Adults - Jim Martin

May 13 & 14, 2020, 1:00pm – 2:30 pm (This is a virtual 2-part series workshop delivered using the WebEX platform. Each session is 90 mins. You must complete both sessions to receive a Certificate of Completion.)

This training session will focus on the new landscape of tobacco products and the emergence of JUUL, the e-cigarette product that has become extremely popular among kids and young adults. The session will discuss how they work and what they look like. The session will discuss the latest prevalence data among youth and young adults as well as the current research on e-liquid aerosols. The training will discuss steps that the FDA has taken to regulate JUUL and other e-cigarette products, as well as options for state and local governments to supplement and enhance federal regulation.

Key Learning Objectives:

- Describe the new flash-drive design of e-cigarettes
- Learn about characteristics and common chemicals found in the aerosol of e-cigarette devices
- Discuss the health impacts of using these devices
- Describe the health risks of exposure of secondhand aerosol, especially among various vulnerable population groups
- Discuss the issues of "cessation and harm reduction" related to these new tobacco products

REGISTER FOR THE NEW EPIDEMIC WORKSHOP AT

<https://forms.gle/N9MbMu9qvW2cmN727>

Once registered you will receive Webex links to join. A reminder email will be sent 30 minutes before the sessions begins.

Limited to 35 attendees.

JIM MARTIN'S BIO

Jim Martin, a Virginia native, is the Director of Policy and Programs with the NC Tobacco Prevention and Control Branch at the NC Department of Health and Human Services. With over 25 years of experience in tobacco use prevention and control at the state and local level Jim's current responsibilities include providing statewide leadership and expertise on tobacco use prevention and control policy and programmatic solutions. Positions held by Jim include Field Director for Policy and Programs with Project ASSIST, staff member with the National Cancer Institute's COMMIT Project in Raleigh, NC, committee member on multiple national committees including the ASSIST National Strategic Planning Subcommittee and the Association of State and Territorial Health Officers (ASTHO) Tobacco Control Network and Director of Worksite Health Promotion with the Virginia Department of Health. Jim has published several articles on tobacco use prevention and control and has conducted numerous local, state, and national level presentations on policies and programs to prevent and reduce tobacco use. Jim received his Master's and Bachelor's degrees in Community Health Education from Virginia Tech.

Virtual Workshop



What Are They Smoking Now???: An Update on Teen Vaping & Marijuana Use - Barbara Burke

REGISTER FOR THE WHAT ARE THEY SMOKING NOW?? WORKSHOP AT

<https://forms.gle/bt7dnXhMRBrs6jvy9>

Once registered you will receive Webex links to join. A reminder email will be sent 30 minutes before the sessions begins.

Limited to 35 attendees.

May 18 (2:00 - 4:00pm) & May 20, 2020, (2:00 - 3:30pm) (This is a virtual 2-part series workshop delivered using the WebEX platform. Part one is 120 mins and Part two is 90 mins. You must complete both sessions to receive a Certificate of Completion.)

This workshop is an overview of the evolution of e-cigarettes, usage trends among teens and young adults and the risks and concerns related to these trends. There will be some discussion of adolescent development and why any substance use is concerning for the young brain. We will look at how advertising and social media have contributed to the problem and what can be done at various levels of intervention, including treatment and cessation tools. The program invites schools and communities to develop their own protocols to address this growing problem. The discussion will also address Marijuana use in young people as there is an overlap and continuum of use that often involves Cannabis.

Key Learning Objectives:

- Gain an understanding of the risks of substance use during adolescence and the young adult years.
- Learn what type of electronic smoking devices are available, the differences and be able to recognize them.
- Gain information about the health risks and trends in use among adolescents and young adults.
- Address myths, trends and concerns related to Marijuana use in young people and the connection to vaping.
- Provide opportunities for interaction and collaboration – to begin to brainstorm ways to address these issues in our own school or community

BARBARA BURKE'S BIO

Barbara Burke received her MSW from the VCU School of Social Work in 1978 and most of her work over the past 40 years has been with Substance Use Disorders. She recently retired from clinical practice, where she specialized in the assessment, early and treatment of Adolescents and Young Adults. Barbara believes in the importance of family involvement and meeting folks where they are. Her focus has been on helping young people understand their relationship with substances and their risk factors for dependence so they can make informed decisions. She is the co-founder of "Rams in Recovery", a Collegiate Recovery Program at VCU where she remains part of the project team and a member of its advisory board. She is currently adjunct faculty in the VCU School of Kinesiology and Health Sciences where she teaches courses in Substance Abuse and Coping and Adaptation. She also contracts with the University of Richmond to provide early intervention groups and is a consultant to area schools

Virtual Workshop



Building Protective Factors for Safe and Happy Youth and Families - Markella Maschas

May 19 & 20, 2020, 9:00 -11:00am (This is a virtual 2-part series workshop delivered using the WebEX platform. Each session is 120 mins. You must complete both sessions to receive a Certificate of Completion.)

The training covers a description of each of the 5 protective factors: Parental Resilience, Social Connections, Knowledge of Parent/Child Development, Concrete Support for Parents and Social/Emotional Competence of Children. Staff will learn more about each protective factor and how they can build them with youth and families they serve. There are connections throughout the training relating to how protective factors can be used in strength-based (honest) work and trauma informed practice with youth and families.

Key Learning Objectives:

- Understand the 5 protective factors and their meaning.
- Understand the role one plays in building protective factors in children and families.
- Explain how strength-based work relates to protective factors.
- Explain how trauma informed care relates to protective factors.

MARKELLA MASCHAS'S BIO

Markella Maschas has been in the child welfare field for over 25 years. She has her MS in Family and Consumer Sciences with an emphasis on Child Development and Family Studies. She started her career managing the Healthy Families (a maternal and child health home visiting program) program in Maryland. In Virginia, she worked for many years at Prevent Child Abuse Virginia with the Healthy Families program providing technical assistance and quality assurance help to area programs. Her last role at PCAV was the Coordinator of Training where she created and presented many trainings and workshops for professionals in the field of child welfare. She is a certified Healthy Families America trainer. She lives locally in the Richmond area with her family.

REGISTER FOR THE BUILDING PROTECTIVE FACTORS WORKSHOP AT

<https://forms.gle/ArDQiSoKHPfmbNhYA>

Once registered you will receive Webex links to join. A reminder email will be sent 30 minutes before the sessions begins.

Limited to 20 attendees.

Virtual Workshop



Grant Writing: It's a Process - Valerie Liggins Law

May 21, 2020, 10:00 am -
12:00pm (This virtual

workshop delivered using the WebEX platform is designed for individuals with limited experience in grant writing.

In this workshop, you will learn what to emphasize when seeking funding for your project with state and local funders. Learn how the history of the organization, leadership and staff responsibilities and data of the community can play a significant role in funding decisions. This workshop will address how establishing a network and rapport with partners is important in positioning your grant request. Classroom discussions will discuss the importance of determining realistic costs for proposed projects, ideas for finding data and other tips to ensure attention to detail for presenting the best argument and scenario for funding. This workshop will help you to understand the bigger picture behind the submission of a grant and the common mistakes grantees make when they do not perform their due diligence prior to putting pen to paper.

Key Learning Objectives:

- Provide insight to participants on how to approach funders
- To understand the importance of utilizing data and community stakeholder expertise to document the need on which the request is based
- Increase the capacity of the organization to develop a strategy for seeking funding
- To assist organizations in assessing their capacity to manage a grant
- Explore what contributes to a successful submission

VALERIE LIGGINS LAW'S BIO

Valerie Liggins Law has 30 years of experience working in the Human Service field in the area of Juvenile Justice, Behavioral Health and Philanthropy. Locally and nationally, Valerie has facilitated numerous sessions, workshops, and trainings in the area of Substance Abuse Prevention and Treatment, Social Skills Development, Coalition Building, Board Governance, Strategic Planning, Program Implementation and Sustainability and Trauma Informed Care (ACEs). Currently, Valerie is a Program Officer at a place-based Health Legacy Foundation where she has the primary responsibility of grant review, grant management, and special initiatives in the program area of Health and Human Services. She is a consultant in her spare time on the content areas of coalition building, strategic planning, board governance, grant writing and community health needs assessments. She is a 2013 Hull Fellow and a 2018 Initiatives of Change Community Trust Building Fellow. She has reviewed grants for Housing and Urban and Development (HUD), Department of Housing and Community Development (DHCD), Susan G. Komen Richmond affiliate, and the United Way of Greater Richmond and Petersburg, Southside Action Council. She is a Licensed Clinical Social Worker and a graduate of Virginia Commonwealth University, with a Masters of Social Work Degree and a Bachelor of Science Degree in Psychology. Valerie is a member of the Culture, Race and Health Transdisciplinary Core, which addresses the impact of culture and race/ethnicity on health and overall well-being. The Culture, Health and Race Core is under the umbrella of The Inclusion, Inquiry and Innovation (ICUBED) Institute, at Virginia Commonwealth University, a cutting edge institute focused on catalyzing collaborative connections between the university and the community at large through innovative academic and research programs.

REGISTER FOR THE GRANT WRITING WORKSHOP AT

<https://forms.gle/1528hsQM6ce2dN9r7>

Once registered you will receive Webex links to join. A reminder email will be sent 30 minutes before the sessions begins.

Limited to 20 attendees.

VFHY REGIONAL TRAINING INFORMATION

Contact Charlie McLaughlin (VFHY), (804) 786-2279 or cmclaughlin@vfhy.org for details regarding registering for this workshop or for information on how to bring future workshops to your organization. Visit the Virginia Foundation for Healthy Youth training website at www.vfhy.org/training often to register for any of the listed workshops and to view our catalog of workshops.

