

FSL offers presentations on topics facing families today. Training classes are available for students, parents, and professionals.



EDUCATIONAL PROGRAMS & PRESENTATIONS

For Professionals*

- **Skills for Psychological Recovery** (single session) uses an evidence-informed approach, developed by the National Center for PTSD and the National Child Traumatic Stress Network, to help children and adults who are survivors of or witnesses to traumatic events. Includes demonstrations of key coping skills concepts.

For Students

- **Too Good for Drugs and Violence** (grades K-6, multiple sessions) is an evidence and research-based curriculum provided in classrooms once a week for ten weeks. Using role-play, games, and other age-appropriate activities, children look forward to Too Good lessons. Topics addressed are peer pressure, helpful resources, dangers of alcohol and drug use.
- **Gizmo 4 Mental Health** (grades 3-4, single session) presentation covers the issues of mental health, internal and external coping strategies, how to identify and connect with trusted adults, and daily activities to support mental health.
- **Support for Students Exposed to Trauma** (ages 10-17, multiple sessions) is taught in ten sessions and aims to reduce distress resulting from exposure to trauma. The program includes a wide variety of skill-building techniques geared toward changing maladaptive thoughts and promoting positive behaviors.
- **Preventure** (ages 12-17) is an evidence-based program for students that uses personality targeted interventions to promote mental health, skill development, and delay youth substance use.
- **Positive Action** (Middle and High School, multiple sessions) is a school-based program held once weekly for eleven weeks using role play, games, and interaction to address self-concept, bullying, conflict resolution, empathy, and drug and alcohol use.

For Parents, Students, and Professionals*

- **What You Should Know About Social Media** (single session) addresses the concerns about the impact of online activity on young people. The presentation covers potentially dangerous aspects of social media, recent trends, and age-appropriate use.
- **Suicide Awareness and Prevention** (single session) available to parents and professionals. Can include a concurrent, age-appropriate student presentation. Topics

include recent trends, warning signs, risk and protective factors, how to talk to children, building resilience, healthy coping skills, and resources.





For Parents

- **Triple P - Positive Parenting Program** (two sessions per topic) is an evidence-based parenting program using simple and practical strategies to help build strong, healthy relationships, confidently manage a child's behavior, and prevent problem development. Topics include disobedience, aggressive behaviors, bedtime routines, teen survival skills, reducing family conflict, and coping with teenager's emotions.

**For information please contact
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*Continuing Education Credits are available for social workers and mental health counselors.

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