



**Strategies to
Overcome Obstacles
and Avoid Recidivism**

**Our team is committed
to working with the
community to make a
difference.**

2018-2019

COURSE/ WORKSHOP CATALOG

SOOAR

122 South Street

Belleville, MI 48111

734.697.9511

www.sooar-nonprofit.org

Info@Sooar-nonprofit.org

Trainings to help with...human trafficking, substance abuse, suicide prevention, and many more.

WELCOME TO THE 2018-2019 TRAINING /WORKSHOP CATALOG

SOOAR is an acronym for Strategies to Overcome Obstacles and Avoid Recidivism. We are a 501c3 nonprofit corporation and a licensed Community Awareness Information and Training (CAIT) Provider by the State of Michigan Department of Community Health Substance Abuse Division that provides substance abuse prevention, life skills coaching, and community mobilization services. We are a growing and dynamic community enrichment and learning center and we are proud of the many ways we bring meaning to communities and improve the quality of life for low income, at-risk individuals, and other families we serve.

Community Commitment

Communities need leaders that are trained to implement leadership strategies to encourage, enlighten, and empower low income and at-risk individuals, families, and communities stimulating positive personal change which leads to more productive lives.

Disclaimer

While every effort was made to ensure the accuracy of our information at the time of publication, we strongly recommend that you contact numbers and websites to verify the details of listings, including operations or fees for services. As we strive to continually improve and enhance our organization, we encourage your comments and suggestions for future editions.

Table of Contents

13 Reasons Why Not.....	4
ACE.....	5
CCAR Recover Coach Academy	6
Gilbert Botvin Life Skills Training	7
Human Trafficking Prevention Training	8
Naloxone Overdose Prevention Training.....	9
QPR Suicide Prevention Training.....	10
Strengthening Families Program.....	11

13 Reasons Why Not



Program Description

Media today has a huge influence on teenagers. Be it television, computers, video games, social networking sites – it hugely impacts all aspects of a teen's life. Thirteen Reasons Why Not is designed to combat the acceptance of suicide that is influenced by media and news outlets. Thirteen Reasons Why Not is a persuasive tool that allows one to see that they have a meaning/reason for living. But even more than that, it helps people understand that they were born for a purpose. We believe that Thirteen Reasons Why Not will not only help people to know they have a purpose, but it further guides them through the process of finding their own meaning to live.

Intended Audience

- Individuals & Families
- School & Youth Educators
- Health Professionals
- Social Service Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 90-minute workshop

Outcomes

Participants will have a greater insight into what resilience looks like, even in their own lives. This realization can offer hope, thus allowing the participant to see another view of life other than the one that seemed hopeless. We can dictate what each participant will gain, but with the offered tools, each participant has a chance to make a change in their thought process.

MI-ACE



Program Description

Adverse childhood experiences (ACEs): This training will provide information about the long-term impact of childhood experiences that include but are not limited to child abuse, neglect, parental mental illness, parental substance abuse, and witnessing domestic violence and/or other violent crimes in the home. Research shows the greater number of ACE's experienced, the greater the impact these experiences have on an individual over time. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan, including those associated with substance misuse. A prerequisite to this course is to watch the movie "Resilience".

Intended Audience

- Individuals & Families
- School & Youth Educators
- Health Professionals
- Social Service Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 90-minute workshop

Outcomes

ACEs are a good example of the types of complex issues that the prevention workforce often faces. The negative effects of ACEs are felt throughout the nation and can affect people of all backgrounds. Upon completion of this training, participants will be able to identify behaviors and other factors that can promote resilience.

CCAR Peer Recovery Coach Academy



Program Description

The CCAR Recovery Coach Academy© is a 5-day intensive training opportunity designed for those becoming a Recovery Coach. SOOAR provides this training through its affiliation with the Connecticut Community for Addiction Recovery. This training focuses on providing individuals with the skills needed to guide, mentor, and support anyone who would like to enter or sustain long-term recovery from an addiction to alcohol or other drugs.

Intended Audience

- Individuals & families in recovery
- Community leaders & Mentors
- Anyone in the recovery field
- Mental Health and Health Care Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- Training: 7 hours per day for 5 days

Outcomes

Upon completion, participants will receive 30 CEUs, certification through CCAR, and personal and professional understanding of the tools and resources needed to become an effective recovery coach.

Gilbert Botvin Life Skills Training (TOT)



Program Description

The program covers effective evidence-based implementation of prevention educational activities and teaching strategies for violence prevention and substance reducing including alcohol, tobacco, opioid and illicit drugs. These workshops include programs for elementary, middle, high school students, as well as transitional and parenting programs.

Intended Audience

- Teachers
- School Counselors
- Prevention Specialists
- Community Youth Educators
- Public Safety

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 1-day training

Outcomes

Completion of this training will establish knowledge in the theory, research, and rationale of the program. Participants will learn skills needed to successfully conduct the life skills program.

Human Trafficking Prevention Training



Program Description

Our Human Trafficking Prevention program trains you to make a lasting impact on potential victims lives by understanding the methods traffickers use and the multi-layered complexity of victim's circumstances.

Intended Audience

- Individuals & Families
- School & Youth Educators
- Health Professionals
- Social Service Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 90-minute workshop

Outcomes

Completion will prepare participants to identify, refer, and appropriately report victims, recognize risks factors that place people at greatest risks, and improve health and well-being for survivors of human trafficking.

Naloxone Overdose Prevention Training



Program Description

Naloxone Overdose Prevention training is a one-hour training to provide education and training in how to administer NARCAN® (naloxone HCl), the life-saving antidote for opioid-associated overdoses.

Intended Audience

- First Responders
- Family & Friends
- Business owners
- Community at large

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 1-hour workshop

Outcomes

Participants will attain knowledge and skills to respond effectively to an opioid-associated overdose emergency, increasing the number of lives saved.

QPR Suicide Prevention Training



Program Description

Question, Persuade, and Refer Suicide Prevention Training reduces suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us, thus this program empowers and educates individuals to become gatekeepers. In approximately one hour this concise format will train anyone the CPR of the Mental Health Crisis world.

Intended Audience

- First Responders
- Family & Friends
- Business owners
- Community at large

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 90-minute workshop

Outcomes

Participants will attain knowledge and skills to respond effectively to someone who may be suicidal, get help for yourself or learn more about preventing suicide, learn the common causes of suicidal behavior along with the warning signs, and how to get help for someone in crisis.

Strengthening Families Program (SPF)



Program Description

SFP is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families. Parents and youth ages 10-14 are provided with a seven-week program that consist of four parts: Families meet and have dinner together; Parents meet with facilitator; children meet with facilitator; and families come back together for a wrap-up and homework distribution.

Intended Audience

- Families with youth ages 10-14

Cost

- \$\$\$
- Free to those who qualify- restrictions apply
- Training: 2.5 hours per week/ 7 weeks

Outcomes

Participants will attain knowledge and skills to improve parenting techniques and family relationships, reduce problem behaviors, delinquency, and alcohol and drug abuse in children, as well as improve social competencies and school performance.