

# **Substance Abuse Prevention Skills Training (SAPST)**

## ***Building Our Behavioral Health Workforce***

American Red Cross of Central Oklahoma

601 NE 6th Street

Oklahoma City, OK 73104

## **DAY 1**

**Monday, August 11<sup>th</sup>**

**8:30am – 9:00am      Registration**

**9:00am – 5:00pm      Training**

### **Agenda:**

An Introduction to the SAPST

- Training Overview and Logistics

Setting the Foundation: From Theory to Practice

- Behavioral Health
- Continuum of Care
- Public Health Approach
- Risk and Protective Factors
- Developmental Perspective
- Introduction to the Strategic Prevention Framework

### **Learning Objectives:**

By the end of this session, you will be able to:

- Define behavioral health
- Explain the continuum of care
- Identify key characteristics of the public health approach
- Describe risk and protective factors in multiple contexts and from the developmental perspective
- Summarize the Strategic Prevention Framework

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## **DAY 2**

**Tuesday, August 12<sup>th</sup>**

**8:00am – 5:00pm**

### **Agenda:**

Review Key Concepts from Session 1

Strategic Prevention Framework

- Step 1: Assessment
- Step 2: Capacity

### **Learning Objectives:**

By the end of this session, participants will be able to:

- Describe how to assess substance use problems and related behaviors
- Explain how health disparities relate to prevention
- Describe how to assess the risk and protective factors that influence (or contribute to) the problems
- Explain how to assess a community's readiness and resources to address its problems

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### **DAY 3**

**Wednesday, August 13<sup>th</sup>**

**8:00am – 5:00pm**

#### **Agenda:**

Review Key Concepts from Session 2

- Step 1: Assessment
- Step 2: Capacity (Assessing Capacity)

Strategic Prevention Framework

- Step 2: Capacity (Building Capacity)
- Building Capacity: The Role of Cultural Competence
- Step 3: Planning

#### **Learning Objectives:**

By the end of this session, participants will be able to:

- Explain how a community can build its capacity to prevent the problems identified in its assessment
- Describe culture and how to apply cultural competence to prevention and promotion
- Explain how to prioritize risk and protective factors
- List different types of interventions and describe the criteria for selecting an intervention

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## **DAY 4**

**Thursday, August 14<sup>th</sup>**

**8:00am – 5:00pm**

### Agenda:

Strategic Prevention Framework

- Sustainability
- Step 4: Implementation
- Step 5: Evaluation

Bringing It All Together

### Learning Objectives:

By the end of this session, participants will be able to:

- Recognize the keys to sustainability and how they are integrated into the SPF
- Describe high-quality implementation and why it's important
- Explain the purpose of evaluation, and what to consider when reporting the results
- Identify ways to apply the training material to your work