



# WTCSB PREVENTION PROGRAMS

WTCSB offers prevention programs designed to reduce the risk of mental health and substance use disorders in our community and to increase the overall wellness and quality of life for all community members.

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[WWW.WTCSB.ORG](http://WWW.WTCSB.ORG)

# ACES (ADVERSE CHILDHOOD EXPERIENCES)

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Adverse childhood experiences are potentially traumatic events that occur in childhood (ages 0-17). These experiences include witnessing violence in the home or community, substance abuse by someone in the home, abuse, neglect, having a family member attempt or die by suicide, having a family member with a mental health condition or who's been incarcerated, and more. Anything can be an adverse experience for a child, but most ACEs involve violence, mental health or substance abuse.

**ABOUT 61% OF ADULTS SURVEYED ACROSS 25 STATES REPORTED THEY HAD EXPERIENCED AT LEAST ONE TYPE OF ACE BEFORE AGE 18, AND NEARLY 1 IN 6 REPORTED THEY HAD EXPERIENCED FOUR OR MORE TYPES OF ACES.**

The negative impact of ACEs on both our nation as a whole and our local community is immense. However, ACEs are preventable.

We offer regular ACEs training to our community that will:

- Help you to understand what Adverse Childhood Experiences (ACEs) are; plus, the impact and consequences they have on individuals and communities.
- Recognize the symptoms and behaviors of toxic stress.
- Learn strategies that build resilience in trauma-impacted individuals.

**VIEW THE WTCSB ACES TRAINING CALENDAR**

# MENTAL HEALTH FIRST AID

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Mental health first aid is just what it sounds like - first aid for mental health. Most of us would know how to help if we saw someone having a heart attack - we'd start CPR, or at the very least, call 911. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend might be showing signs of alcoholism.

**THIS TRAINING GIVES YOU THE SKILLS YOU NEED TO REACH OUT AND PROVIDE INITIAL HELP AND SUPPORT TO SOMEONE WHO MAY BE DEVELOPING A PROBLEM OR EXPERIENCING A CRISIS.**

For adults who regularly interact with young people, we offer a specialized training - Youth Mental Health First Aid. If you're a parent, teacher, camp counselor, community or church leader, etc., who wants to be able to help youth who are struggling, this course is for you.

TOPICS COVERED in MHFA and YMHA Include:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use disorders
- Disruptive behavior disorders
- Eating disorders

**VIEW THE WTCSB MHFA TRAINING CALENDAR**

# REVIVE! OPIOID OVERDOSE AND NALOXONE EDUCATION (OONE)

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As deaths due to opioid overdose continue to rise, prevention measures like our REVIVE! Program are crucial. Since 2013, fatal drug overdose has been the leading method of unnatural death in Virginia, surpassing all other forms of unnatural death including homicide, suicide, motor vehicle accidents, and undetermined deaths. Opioids have been the driving force behind the large increases in fatal overdoses since 2013. In 2019, there were 1,289 deaths statewide from all opioids, which includes all versions of fentanyl, heroin, prescription opioids and U-47700 (an illicitly manufactured synthetic opioid).

## REVIVE! PROVIDES TRAINING ON HOW TO RECOGNIZE AND RESPOND TO AN OPIOID OVERDOSE EMERGENCY USING NALOXONE.

This training covers:

- Understanding opioids
- How opioid overdoses happen
- Risk factors for opioid overdoses
- How to respond to an opioid overdose emergency with the administration of Naloxone

Could you, your family, or your organization benefit from any of these trainings? Take a look at our calendar to register for upcoming courses.

## VIEW THE WTCSB REVIVE TRAINING CALENDAR