

Norwalk Training Inventory 2023

Topic	Training/Workshop	Description	Training Time	Audience	Cost	Training Orgs
Mental Health Promotion/ Substance Misuse Prevention	Freshmen Forum	An evening presentation for 9th graders and their parents to create awareness of important mental health & substance use issues, messages, and resources. Accompanied by a resource fair. Includes short student and expert presentations and showcasing the crisis supports at the schools.	2 hours	Parents/ Caregivers	FREE	The Norwalk Partnership
Mental Health Promotion	NAMI's "In Our Own Voice"	"In Our Own Voice" features 2 trained local speakers, accompanied by videos, sharing diverse mental health stories and answering questions.	1 hour	General Population	FREE	National Alliance on Mental Illness
Coping Skills Activity	Sensory Cafe	Interactive experience for youth where small groups cycle through different stations for different sensory experiences & are helped to process what helps them relax / cope.	1 hour	Youth	FREE	TurningPointCT.org
Mental Health Promotion/ Intervention	Mental Health First Aid (MHFA)	MHFA is a national, evidence-based course that teaches how to recognize & respond to a mental health crisis.	7 hours	Adults	Cost varies	Positive Directions , Norwalk Police Department
Mental Health Promotion/ Intervention	Youth Mental Health First Aid (YMHFA)	Youth Mental Health First Aid is for adults who work with youth on how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. This interactive course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.	7 hours	Any adult who work with youth	FREE	Norwalk ACTS
Positive Youth Development	Everyone's An Asset Builder	Everyone's An Asset Builder is designed to inform individuals about the Development Assets framework and motivate them to be effective asset builders.	1 hours	Any adult who work with youth	FREE	Norwalk ACTS
Positive Youth Development	Keep Connected Institute for Strengthening Family Relationships	Keep Connected is an interactive workshop series c for middle school parents and youth to help them prepare for the changes they will be facing as they enter into the teen years.	2 hours/ session	Middle school families (youth and parent/caregiver)	FREE	Norwalk ACTS

Data	Norwalk Youth: Survey Results	Dialogue and slideshow presentation of the most current results of the Norwalk youth data of 7th through 12th graders and actionable ways to support Norwalk youth.	1 hour	General Population, Parents/Caregivers, Community Providers	FREE	The Norwalk Partnership
Youth Marijuana Prevention	Johnny's Ambassadors	Johnny's Ambassadors educate parents, teens, and communities about the dangers of today's high-THC marijuana on adolescent brain development, psychosis, and suicide.	1 hour	Adult, Youth	FREE	Positive Directions
Substance Misuse Prevention	Parent Night Out	Slideshow presentation for parents to raise awareness about the importance of talking about alcohol with youth, what to say and how. Created by SAMHSA.gov as part of the Talk. They Hear You campaign.	1 hour	Parents/Caregivers	FREE	The Norwalk Partnership
Substance Misuse Prevention	Vaping	Presentation & discussion on current vaping trends including current Norwalk data.	1 hour	Adults, Parents/Caregivers	FREE	The Norwalk Partnership
Substance Misuse Prevention	Mixing alcohol & opioids: <i>If They Had Known</i> film	30 minute documentary film about the risks of combining prescription drugs and alcohol, created and told by the friends of Clay Soper, a 19 year old who died. Followed by facilitated discussion.	1 hour	Adults, Parents/Caregivers	FREE	Provided through Positive Directions' license.
Substance Misuse Prevention/ Intervention	Opioid Awareness & Naloxone (NARCAN) Training	A state-sponsored training about the opioid crisis including its connection to suicide and current trends (counterfeit pills, fentanyl). Includes how to recognize and overdose and administer Naloxone (Narcan) to save a life. Participants will receive a free Narcan kit. English or Spanish. <i>Note: Training can be combined with QPR suicide prevention in one 2-hour session.</i>	45 minutes	General Population	FREE	The Hub CT , Positive Directions , Human Services Council
Substance Misuse Prevention	Impaired Driving	Mothers Against Drunk Driving (MADD) offers a variety of short presentations for parents and youth, including Power of Parents, Power of YOU(th), and a Victim Panel.	Call for More Information	Youth, Adults, Parents/Caregivers	Cost varies	Mothers Against Drunk Driving (MADD)
Substance Misuse Prevention	Courageous Parenting 101	Courageous Parenting 101 is an educational program aimed at parents featuring Ian's story, told by his mother, Ginger Katz, founder of the Courage To Speak Foundation here in Norwalk, and a presentation on how to keep kids safe from drugs.	2 hours	Adults, Parents/Caregivers	FREE	Courage to Speak Foundation

Substance Misuse Prevention	Hidden in Plain Sight	Hidden in Plain Sight allows parents to identify signs that a teen may be using drugs, explore a teen's bedroom to see where drugs may be hiding, and learn what to do next.	1-1.5 hours.	Adults, Parents/Caregivers	FREE	Positive Directions
Suicide Prevention	Question, Persuade, Refer (QPR)	As a QPR-trained Gatekeeper you will learn to: Recognize the warning signs of suicide, Know how to offer hope, Know how to get help and save a life <i>Note: QPR can be combined with opioids training in one 2-hour session.</i>	1.5 hours	General Population, Youth over 14 (with parent consent), School Staff	FREE	The Hub CT , Positive Directions , Norwalk ACTS , Norwalk Health Department
Suicide Prevention	Talk Saves Lives: An Introduction to Suicide Prevention	Talk Saves Lives is an education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.	45 min-1 hour	General Population, Youth over 14 (with parent consent), School Staff	FREE	The Hub CT , The Norwalk Partnership , Norwalk ACTS
Suicide Prevention	safeTALK	safeTALK teaches steps to identify people with suicidal thoughts and connect them to resources for help and support.	4 hours	Anyone over age 15	Cost varies	Norwalk ACTS
LGBTQ+ Awareness	LGBTQ Training Institute	Triangle Community Center provides facilitated and engaging discussion surrounding LGBTQ identities, stereotypes, experiences, and allyship.	1.5 hours	General Population	Cost varies	Triangle Community Center
Resilience	Community Resilience Campaign (Silver Hill Hospital)	Silver Hill Hospital's Community Resilience campaign provides facilitated workshops both remotely and in person to local schools, community organizations, first responders, and hospitals. We cover individual and team resilience topics aimed at improving wellness and resilience during these difficult times.	1 hour (series)	General population	FREE	Silver Hill Hospital

Please email info@norwalkacts.org if you would like to add additional trainings to this resource.

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