



Educational Services Packet

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TN Department of
**Mental Health &
Substance Abuse Services**

Collegiate
Recovery Initiative





This educational service packet includes typical events, presentations, and trainings that are provided, without cost, through the Tennessee Department of Mental Health and Substance Abuse Services, Tennessee Collegiate Recovery Initiative, Although, this is not an exhaustive list, it establishes an opportunity for colleges to begin or continue the needed work of offering help and support to individuals so they can begin their recovery journey and become a part of something amazing!

Current Outcomes

As of January 2024, approximately 2000 Recovery Allies have been trained, 4 campuses have been certified as “Recovery Friendly”, and over 30 campuses are partnering with the initiative on outreach. The following information was provided by attendees of the TNCRI's events, presentations, and trainings. The data was collected over the previous 12 months via pre- and post-training surveys which offer the following results:

94% of participants in the Recovery Ally training report a reduction in perceived stigma post training.

94% of individuals reported that, because of taking the training they were more likely to feel comfortable providing a safe place for those in recovery.

What is most impactful about the training? **“The reminder that I can make an impact, even if it is just by listening”.**

INITIAL EVENTS AVAILABLE FOR CAMPUSES

Recovery Ally Training: A 1 hour training designed to equip participants with the appropriate knowledge needed to better address problems with substance misuse that may exist on campus. Our primary purpose is to raise awareness, increase understanding, and build confidence in those eager to help people who may be struggling on campus.

Mental Health Ally: A 1 hour training designed to give the participants a better understanding of common mental health struggles that young adults face and how to better cope with them. The primary purpose of this training is to shed light on the topic of mental health and allow individuals to walk away with a greater understanding of how to support those struggling.

What is a Certified Recovery Friendly Campus? A 1-hour intro to what it takes to become a Certified Recovery Friendly Campus. Participants will walk away from this training with a clearly defined understanding and procedure for initiating the process.

FOLLOW UP EVENTS

Collegiate Recovery Academy: A 2 or 3-hour evidence based/informed event partnering with individuals on and off campus to provide training including, but not limited to, any of those listed below.

Collegiate Recovery Roundtable Discussion: A 2-hour event, this event while facilitated by the initiative, relies heavily on the engagement of the campus community and potential stakeholders within that community. Participants will engage in a roundtable style discussion to discuss what **their** campus needs to support students. The Director of the initiative will moderate.

“The presenter’s willingness to talk about lived experiences made the training very enjoyable” – Participant Response

INDIVIDUAL FOLLOW-UP TRAININGS

Suicide Prevention

Question, Persuade, Refer (QPR): A 1 hour basic or 2-hour Behavioral Health Focused, evidence-based, basic training for suicide prevention covering how to ask someone if they are thinking about suicide, how to persuade the individual to live, and how to refer the individual to the appropriate help. Individuals will become certified as a Gatekeeper. 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.
- *What is a Gatekeeper?*

According to the Surgeon General’s National Strategy for Suicide Prevention (2001), a gatekeeper is someone able to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Adverse Childhood Experiences (ACEs)

Building Strong Brains: A 1 hour introduction or 3-hour evidence-based training that aids in building a knowledge around early childhood brain development. The training helps individuals see how ACEs negatively impact the architecture of the developing brain but how a safe, stable, and nurturing environment can help a child to thrive.

This training aids in building a knowledge mobilization movement around early childhood brain development.

This knowledge mobilization means developing a common understanding about early childhood through a shared, up-to-date, clear storyline based on science, including the following:

*“The training and its content were very relatable and helpful”-
Training Participant*

- The architecture of a young child's brain is shaped by the interaction between genes and experiences, and this can have either a positive or negative result.
- Science makes it clear that Adverse Childhood Experiences negatively impact the architecture of the developing brain.
- Children thrive in a safe, stable, nurturing environment of supportive families, caregivers, neighborhoods, and communities.

Addiction

The Addicted Mind: A 1-hour presentation discussing the impact of addiction on the brain and the importance of connection in recovery.

During this training, attendees will learn:

- Why people use, abuse, and become addicted to patterns, objects, mood- or mind-altering substances.
- How this misuse impacts perception, decision-making, and self-control
- The beginning steps to initiating recovery from misuse and what the data shows regarding long term needs.

Being an Ally: A 1-hour presentation on signs someone may be using, and what the research shows in how to best approach this topic as well as resources for that individual.

Training Objectives:

- *Participants will learn to recognize common signs of use, abuse, and addiction.*
- *Participants will understand how to have a conversation and provide resources for individuals seeking help.*
- *Participants will learn what can be done to create an environment of prevention and recovery.*

All-Recovery Support Group Facilitation Workshops:

A 5-hour workshop allowing individuals in recovery with group experience the understanding of how to effectively chair/facilitate 12-step support groups for individuals with behavioral health challenges and/or life-controlling issues.

or

An 8-hour workshop allowing individuals in recovery without group experience the understanding of how to effectively chair/facilitate 12-step support groups for individuals with behavioral health challenges and/or life-controlling issues.

Self-Care

Practical Self-Care Strategies: A 1-hour presentation on overcoming self-imposed barriers to self-care and how to overcome them as well as common self-care practices and the research to support their efficacy.

- Participants will learn how culture and self-perception influence our ability to care for ourselves.
- Participants will understand common physical, mental and emotional symptoms of neglecting the self.
- Participants will learn three quick and easy self-care routines and how to implement them in their daily lives.

Mindfulness Workshop: A 1-hour walkthrough providing mindfulness practices such as breathing techniques, grounding techniques, and creating your own daily grounding statement as well as basic Cognitive Behavioral Techniques to establish and maintain change in one's own life.

During the workshop, participants will learn to:

- Utilize mindful breathing and grounding techniques.
- Recognize and acknowledge negative automatic thoughts.
- Turn negative "self-statements" into positive thoughts and actions.

Resiliency 101: A 1 hour training on what resiliency means, how to recognize resiliency in your self as well as others, and how resiliency is cultivated.

Participants will learn to:

- Define and recognize resiliency in one's own life.
- Help others recognize when they are practicing resiliency.
- Cultivate belief systems that build resiliency.

Harm Reduction:

Overview: (Provided by ROPS): A 1 – 2-hour evidence-based training that establishes harm reduction as being a way of preventing disease and promoting health that meets people where they are rather than making judgments about where they should be. This includes scientifically proven methods of mitigating risks associated with use and the distribution of the lifesaving opioid overdose antidote: Naloxone.

Training Objectives:

- *Introduction to key terms*
 - *Review overdose trends in Tennessee and your county/region*
 - *Discuss the science of addiction.*
 - *Understand stigma and harm reduction.*
 - *Recognize the signs and symptoms of opioid and stimulant overdoses.*
 - *Learn how to respond to a drug overdose with naloxone Understand compassion fatigue and burnout.*
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**The listed events, trainings, presentations, and workshops are provided as a service of The Tennessee Collegiate Recovery Initiative or in conjunction with other partnering agencies to offer the highest standard of quality for your community.

Certificates are available upon request

To schedule a training or to become a Certified Recovery Friendly Campus, contact the Director.



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