



MARYLAND FYI

Family & Youth Interventions for Substance Use

BOTVIN LIFESKILLS TRAINING (LST) – PROVIDER WORKSHOP

***** Adaptable for online implementation *****

DATE: Thursday, July 22, 2021

TIME: 8:30 A.M. – 3:30 P.M.

LOCATION: Virtual workshop delivered via Zoom

Botvin Life Skills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.

Life Skills Training promotes healthy alternatives to risky behavior through activities designed to:

- Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- Help students to develop greater self-esteem and self-confidence
- Enable students to effectively cope with anxiety
- Increase their knowledge of the immediate consequences of substance abuse
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

We Provide FREE to Each Participant:

- Botvin *LifeSkills* teacher manual, student guide, training folder, and handouts
- Certificate of Completion
- CEUs for counselors, psychologists, social workers, and substance abuse/addiction counselors
- Consultation and implementation planning support

Participants MUST Agree To:

- Implement one full round of Botvin *Lifeskills* within the next year
- Join at least one of our monthly Collaborative Learning Consultation Calls
- Respond to monthly email surveys (< 5 min) about your use of Botvin *LifeSkills*

**** PLEASE NOTE ** Registration is REQUIRED. No partial credits will be issued.**

Register [HERE](#)

Or type the following into your internet browser:

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_56008GduHG77mzr

For more information on substance use prevention and intervention training opportunities available through the NCSMH, please contact:

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Training Director for Substance Use Initiatives | National Center for School Mental Health