



Workshops & Capacity Building

BEHAVIORAL HEALTH



Primary Audience:
Youth & young adults



Recommended Length:
90 minutes

1. Bystander Intervention

This workshop teaches individuals strategies to intervene in various situations that require an intervention, including, but not limited to, bullying, harassment, mental health crises, and substance use. It includes an interactive module where participants practice applying the skills covered in the presentation.



Primary Audience:
Anyone interested in the drug landscape on Staten Island, including youth as early as middle school.



Recommended Length:
60 minutes

2. Drug Awareness

This workshop provides an overview of the drug landscape on Staten Island and gives a deep dive into the facts behind the most prevalent substances used among youth.



Primary Audience:
Anyone interested in drug advertising media literacy, including youth as early as middle school.



Recommended Length:
60 minutes

3. Media Literacy

This workshop provides an overview of the tactics that companies use to target children when marketing vaping, tobacco, alcohol, and cannabis products.



Primary Audience:
Parents and caregivers



Recommended Length:
90 minutes

4. Parents You Matter (PYM)

This workshop offers suggestions for how parents and caregivers can initiate conversations about mental health and substance use issues with their children. This workshop includes an interactive component where participants can apply the conversation tips they learned in the workshop modules to mock conversations with their children.



Primary Audience:
Anyone interested in helping, as early as age 14.



Recommended Length:
120 minutes

5. Question, Persuade, Refer (QPR)



IMPORTANT NOTE: Due to the seriousness of this topic and the density of the content, we highly recommend that this workshop be facilitated in person and allocated the full recommended time.

This groundbreaking workshop equips participants with skills for helping somebody who is thinking of suicide and becoming a "suicide gatekeeper" in the community. This workshop walks participants through how to use the evidence-based "Question, Persuade, Refer" method to guide conversations with people who are suicidal and direct them to the appropriate help. It includes an interactive component where participants practice utilizing the QPR suicide gatekeeping method in a mock scenario where someone is indicating suicidal thoughts or gestures.



Primary Audience:
Any staff in clinics or community-based organizations who provide direct services to individuals or families.



Recommended Length:
120 minutes



Accreditation:
Approved by OASAS to offer Continuing Education credits to CASACs and CRPAs.

6. Trauma and Anti-Racist Practice in Organizations

This workshop provides historical context for how systemic racism is embedded in institutions and the numerous types of shared trauma that impact individuals and groups in our communities today. This workshop includes several interactive components, including a section at the end where participants engage in a role-play scenario that generates a problem-solving activity for how to apply anti-racist practice to organizational protocols.



Primary Audience:
Anyone interested in youth mental health.



Recommended Length:
60 minutes

7. Youth & Emotional Wellness

This presentation provides an overview of the most prevalent mental health issues that youth are currently facing. It provides a specific focus on depression, anxiety, and suicidal ideation, as these are the three most common mental health concerns reported by youth both locally and nationally. This presentation will cover how to recognize warning signs that a youth might be struggling and how to intervene and direct them to the appropriate care and support system.



Primary Audience:
General community and organizations



Recommended Length:
60 minutes

8. Harm Reduction and Naloxone

An essential overview of harm reduction strategies, community awareness, and practical guidance.

MATERNAL & CHILD HEALTH



Primary Audience:
Clinicians



Recommended Length:
2 hours

1. Black Maternal Health – Ensuring Dignity & Wellbeing for Expectant Mothers

Maternal mortality rates in the US have significantly increased over the years, with Black birthing individuals facing the worst rates. This workshop digs into the data, looks at potential factors contributing to the mortality rates, and provides best practices for serving pregnant individuals during and postpartum.



Primary Audience:
Birthing individuals & support systems



Recommended Length:
1 hour

2. Standards of Care for Respectful Birth

The Standard of Care presentation outlines human rights during pregnancy, labor, and after childbirth. During this presentation, the presenter will discuss the six (6) standards of care and how they may present in a clinical setting.



Primary Audience:
Birthing individuals & support systems



Recommended Length:
1 hour

3. Healthy Mommy, Happy Families

Untreated behavioral and chronic health issues during and post-pregnancy can have major impacts on the baby and mommy. This presentation provides education on common chronic and behavioral health conditions that birthing individuals may experience and their impact on pregnancy.



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