



OPERATION SNOWBALL

EMPOWERING YOUTH TO CREATE A POSITIVE IMPACT

Fy22 training catalog



**OPERATION
SNOWBALL** is a nonprofit international youth program that empowers student leaders through prevention education, community advocacy, and leadership development to create a positive impact.

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery a grant from the Substance Abuse and Mental Health Services Administration and the Lillian and Larry Goodman Foundation.

WE ENVISION

A world where adults support, encourage, and challenge youth to become strong leaders in their communities.

WE DEVELOP

Youth leaders by providing diverse education on:

Alcohol, Tobacco, and Other Drug Prevention
Healthy Decision-Making
Mental Health Awareness
Community Advocacy

WE EMPOWER

Students to use their knowledge, motivation, and passion as a driving force to create a positive impact at both the local and international level.

Schedule at a glance

January 4 Weekly Wellness Lunch Break

January 11 Weekly Wellness Lunch Break

January 18 Weekly Wellness Lunch Break

January 19 Game On Snowball Showcase!

January 25 Weekly Wellness Lunch Break

February 1 Weekly Wellness Lunch Break

February 8 Weekly Wellness Lunch Break

February 9 Trauma-Informed Peer Approach to
Substance Use Prevention

Schedule at a glance

February 15 **Weekly Wellness Lunch Break**

February 17 **Don't Leave it to Chance**

February 22 **Weekly Wellness Lunch Break**

February 24 **The Three-Layered Approach to Successful Team Action Planning**

March 22 **Culture is Prevention! Youth Prevention Strategies for Diverse Communities (LGBTQ, POC, etc.)**

April 13 **Giving Effective Feedback**

April 20 **QPR: Ask a Question, Save a Life!**



January 2022

11:30am - 12:00pm

Tuesday, January 4

Weekly Wellness Lunch Break - Mindfulness Techniques

LOCATION: [Virtual](#)

Beginning in January, we will be bringing back our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

[REGISTER HERE](#)

11:30am - 12:00pm

Wednesday, January 11

Weekly Wellness Lunch Break - Yoga

LOCATION: [Virtual](#)

Beginning in January, we will be bringing back our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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January 2022

11:30am - 12:00pm

Tuesday, January 18

Weekly Wellness Lunch Break - Reboot, Refresh, Restore

LOCATION: [Virtual](#)

Beginning in January, we will be bringing back our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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12:00pm - 3:00pm

Wednesday, January 19

Game On Snowball Showcase!

LOCATION: [NIU Naperville](#) (1120 E Diehl Rd, Naperville, IL 60563)

Join Operation Snowball, Inc. for this fast paced, hands on, and tool-filled INTERACTIVE, FUN, and MUSIC-FILLED training experience! Don't miss this opportunity to learn more than TWENTY new activities, games, apps, and resources that you can put into immediate use with your Snowball chapters. Bring your competitive energy and imaginative spirit - because this GAME ON ShowCase will be the BEST way to kick off the new year!

[REGISTER HERE](#)



January 2022

11:30am - 12:00pm

Tuesday, January 25

Weekly Wellness Lunch Break - Journaling

LOCATION: [Virtual](#)

Beginning in January, we will be bringing back our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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February 2022

11:30am - 12:00pm

Tuesday, February 1

Weekly Wellness Lunch Break - Yoga

LOCATION: [Virtual](#)

Beginning in January, we will be bringing back our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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11:30am - 12:00pm

Tuesday, February 8

Weekly Wellness Lunch Break - Centering yourself Through Breath Work

LOCATION: [Virtual](#)

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February 2022

11:30am - 2:30pm

Wednesday, February 9

Trauma-Informed Peer Approach to Substance Use Prevention

LOCATION: [Libertyville High School](#) (708 W Park Ave, Libertyville, IL 60048)

Participants who attend will be able to: 1) define “Trauma” and its impact on the developing brain 2) understand new research on social and historical contributing factors that contribute to Adverse Childhood Experiences (ACEs) 3) demonstrate an understanding of risk and protective factors 4) identify how to apply trauma-informed strategies to their day-to-day prevention efforts.

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11:30am - 12:00pm

Tuesday, February 15

Weekly Wellness Lunch Break - Reboot, Refresh, Restore

LOCATION: [Virtual](#)

Beginning in January, we will be bringing back our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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February 2022

6:00pm - 7:30pm

Thursday, February 17

Don't Leave It To Chance

LOCATION: [Elk Grove High School](#) (500 W Elk Grove Blvd, Elk Grove Village, IL 60007)

Do you enjoy watching sports? Have you seen advertisements for DraftKings, FanDuel, or other sports betting books? Find out in this training the impact of sports betting and these companies! Sports betting recently became legal in Illinois and the first bets were placed in March of 2020. With football and other sports starting, students may be participating in fantasy sports, so it is important to understand the risks associated with participating. In this training, participants will learn what sports betting is, what the misconceptions of winning are, and how early exposure could have an effect later in life.

[REGISTER HERE](#)

6:00 - 7:00pm

Tuesday, February 22

Weekly Wellness Lunch Break - Self-Care

LOCATION: [Virtual](#)

Beginning in January, we will be bringing back our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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February 2022

4:00pm - 6:00pm

Thursday, February 24

The Three-Layered Approach to Successful Team Action Planning

LOCATION: [West Leyden High School](#) (1000 Wolf Rd, Northlake, IL 60164)

Making a positive impact in your community takes time, drive, and passion, among so many other things. When we sit down with the Strategic Prevention Framework and move through the steps of creating an effective and efficient action plan that will make a difference, we give ourselves the space to think about every single piece of the puzzle – what makes this plan happen and work, in both the short and long term. But when we're thinking about changing lives, educating others, updating policy and more, it goes beyond those five simple steps. This training will take a deeper dive into the many facets of action planning and what helps a team find success! We'll look at a three-layered approach to action planning and how our strategies, mindsets and more can play into the goals we achieve.

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March 2022

4:00pm - 7:00pm

Tuesday, March 22

Culture is Prevention! Youth Prevention Strategies for Diverse Communities (LGBTQ, POC, etc.)

LOCATION: [Izaak Walton Center and Reserve](#) (899 S Jay Street Elgin, IL 60120)

In this session participants will: 1) review data that identify populations at higher risk for Adverse Childhood Experiences (ACEs) 2) understand how certain groups have been historically marginalized in public health and how that has impacted communities today 3) identify culturally-appropriate strategies addressing youth substance use.

[REGISTER HERE](#)



April 2022

10:30am - 12:30pm

Wednesday, April 13

Giving Effective Feedback

LOCATION: [Virtual](#)

Feedback. We've all given it; we've all received it...and we know that how we do it makes a difference in how it is received. In this small-group-based and highly interactive virtual session, participants will learn the "SBI" method of providing feedback. The "SBI" method will teach participants "Situation - Behavior - Impact" as the keys to effective and meaningful feedback. Participants will be given the fundamentals of this tool, will practice how to use the tool and get a "take-home" reminder of the SBI methodology. Participants should plan to be able to turn their cameras on, use their microphones and engage with both large and small groups!

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6:00 - 7:00pm

Wednesday, April 20

QPR: Ask a Question, Save a Life!

LOCATION: [Streator High School](#) (202 W Lincoln Ave, Streator, IL 61364)

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is an educational program designed for the average individual/professional (non-clinically trained) to recognize the warning signs of a suicidal individual and how to respond. Gatekeepers can be anyone who are strategically positioned to recognize someone at risk of suicide, and work with them to receive help (e.g. parents, friends, neighbors, teachers, coaches, coworkers, etc.). This presentation will eliminate the myth that only someone who is clinically trained can prevent someone from completing suicide.

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