

A LIBRARY OF DIGITAL PROGRAMS ADDRESSING SUBSTANCE USE AND PREVENTION AMONG TEENS



With over 60 years of successfully treating addiction and behavioral health issues, Caron understands that prevention and early intervention are key to addressing problematic substance use among youth. Working with over 900 schools and child-serving organizations each year, we are well known for the quality of our education and prevention programs. We are excited to now offer a digital learning program allowing those unable to access our in-person programs to also benefit from our quality programming.

Course Structure and Offerings

Courses are designed to be interactive to engage participants and enhance their ability to learn and retain knowledge. Depending on the topic and the goal, courses may include video, animation, audio narration, and text, as well as interactive tools like pop-up screens and drag-and-drop questions.

Learners can expect to complete knowledge checks after each topic to ensure understanding of the material and receive a certificate upon completion for each course.

Courses are designed for:

- Teens
- Parents and caregivers
- School professionals
- Child-serving professionals
- Healthcare professionals

Caron's Digital Learning Program

Our Digital Learning Program is a comprehensive library of courses centered on substance use disorder prevention, intervention, treatment, and recovery. Through the Digital Learning Program, participants can:

- Complete programs at their location, eliminating the need to travel
- Finish the programs at a time and pace that works best for them
- Get the resources they need at no cost
- Obtain knowledge and skills that will increase their confidence and competence in addressing a variety of topics surrounding the continuum of substance use from prevention to recovery

Digital Learning Courses

FOR TEENS

CONNECT 5: Find the NicoTEEN-Free You!

Audience: Nicotine using youth - ages 13-18

Number of Modules: Five weekly modules

Estimated Completion Time: 30-60 minutes per weekly module

Course Description:

CONNECT 5 is a nicotine reduction and cessation digital experience designed to help youth make a positive impact on their health. This course motivates youth towards change and assists them in developing a personalized plan for success that is unique to their needs and situation. For schools, parents, and students, CONNECT 5 fills a critical need in addressing the widespread abuse of nicotine vaping and other tobacco products amongst youth.



FOR PARENTS AND CAREGIVERS

PREP: Prevention Resources & Education for Parents/Caregivers

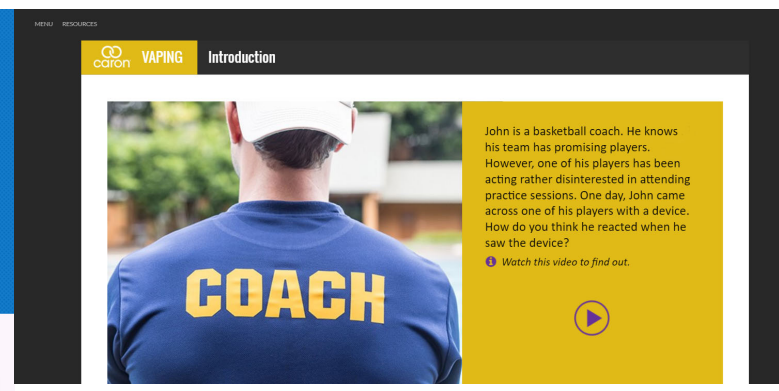
Audience: Parents/Caregivers

Number of Modules: Five

Estimated Completion Time: 55 minutes

Course Description:

Parents and caregivers are the most powerful influence in deterring their children from alcohol, nicotine, and other drug use. When parents/caregivers have the skills, knowledge, and resources regarding substance use and prevention, their influence on their children's actions and decisions increases. This program for parents, grandparents, and other caregivers provides information that research shows can reduce the chances that young people will engage in substance use.



FOR PROFESSIONALS

Vaping and Marijuana Trends Among Youth

Audience: School, child-serving, and healthcare professionals working with middle and high school youth

Number of Modules: Five

Estimated Completion Time: 45 minutes

Course Description:

As a school, child-serving, or healthcare professional you have the ability to impact the youth you serve and help them avoid substance use. To be effective in your efforts, you first need to understand the pressures and motives behind their decision to begin using. This program will help you understand the whys of use, employ proven prevention tactics, identify those already using through observable behaviors, and recognize marijuana and vaping trends and devices amongst youth.



Screening, Brief Intervention, and Referral to Treatment

Audience: School and healthcare professionals, with versions for each

Number of Modules: Three

Estimated Completion Time: 60 minutes

Course Description:

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. Caron's SBIRT modules will (1) highlight for school and healthcare professionals various screening tools available to assess for harmful and hazardous substance use patterns, (2) demonstrate motivational interviewing techniques to guide students and patients towards healthy change, and (3) identify resources should further assessment or treatment be needed.

Impact of Substance Use Disorders on the Family

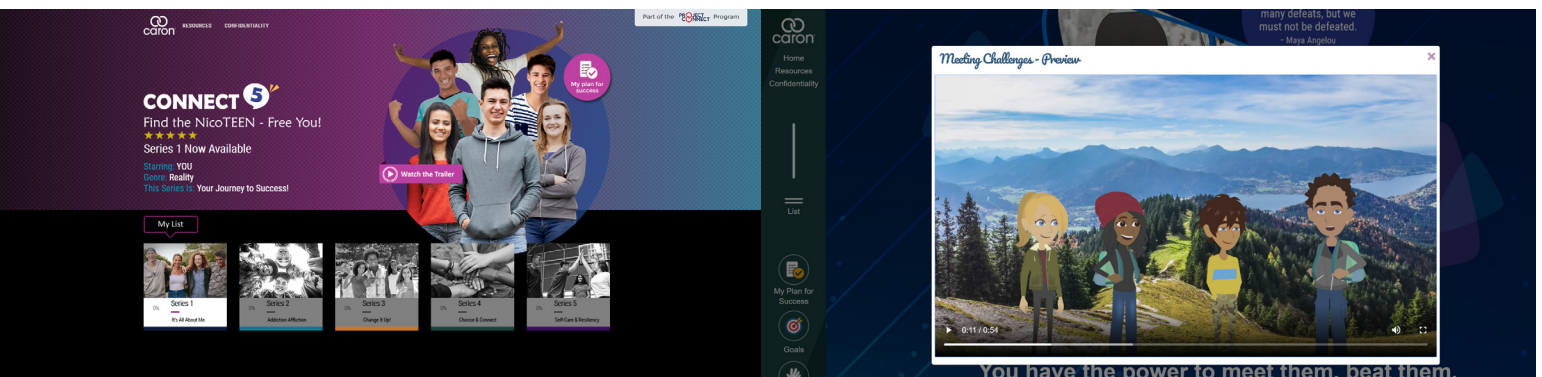
Audience: School, child-serving and healthcare professionals working with families impacted by addiction

Number of Modules: Five

Estimated Completion Time: 45 minutes

Course Description:

The National Institute on Drug Abuse estimates that 25 percent of American kids grow up in households where substance abuse is present. Without strong support, these children and teens are at an increased risk for the development of their own behavioral health disorders. This course will increase an understanding of how family members are impacted when addiction is present in their lives and how professionals can provide understanding, support, and resources to the children, teens, and families they serve.



Caron's Education Department Mission

Our department's mission is to provide comprehensive substance use education and supportive services along the full continuum of care, from prevention to recovery, for students, families, and professionals, using evidence-informed and innovative strategies.

In addition to Digital Learning, Caron's Education Department offers on-site Student Assistance Programs (SAP), and Campus Engagement Programs and Services.



Caron's Student Assistance Program (SAP) partners with schools, families, communities, and other organizations to provide contracted, fee-for-service, and grant-funded programs and services to over 120,000 students, professionals, and parents/caregivers each year.

For Students

- Substance use prevention education
- Behavioral health assessments
- Psycho-educational support groups
- Brief intervention services
- Peak Performance- Prevention education tailored specifically for student athletes

For Parents

- The dangers of current youth drug trends
- Effective communication
- Establishing rules and boundaries
- Promoting health and personal development in your children

For Professionals

- Psycho-educational support group facilitation
- SAP K-12 training
- SAP team maintenance
- Teen Intervene training
- Peak Performance for coaches

Caron's Campus Engagement Program is designed to support college students during the transition to young adulthood and give them the skills and knowledge they need to live healthy, substance-free lifestyles. We partner with campuses across the country to provide comprehensive campus assessments, trainings, intervention programs designed to combat high risk behavior on campus, individual student behavioral health assessments, and treatment recommendations.

For Students

- Behavioral health assessments
- Brief intervention services
- Classroom or large group educational presentations
- Leadership/Resident Advisor training

For Parents

- Educational programs targeting the risks and consequences of substance use among college-aged student and how to establish appropriate expectations

For Professionals

- Faculty in-services
- Residence life training
- Curriculum infusion support
- Consultation on drug and alcohol policy development
- Prevention strategies and consultation
- Campus-wide assessment of alcohol and other drug services

Learn more at [Caron.org](https://www.caron.org)

Caron Treatment Centers - A Leader in Education, Prevention, and Treatment of Substance Use and Behavioral Health

When the challenges a teen faces are bigger and more complex than a family can handle alone, Caron can help. Our comprehensive inpatient and outpatient programs for teens and young adults provides transformational treatment for substance abuse and mental health disorders.

