

ROPTA PROGRAM PACKET



MarylandROPTA
REINFORCING OVERDOSE PREVENTION THROUGH TRAINING & ADVOCACY

UNIVERSITY OF
MARYLAND
EXTENSION

Mental Health First Aid

A universal, evidence-based training which teaches the public how to recognize, respond, and provide resources to people experiencing mental health or substance use challenges.

Training Options

- MHFA for Rural and Older Populations
- Adult MHFA
- Youth MHFA
- Instructor Certification
- Virtual and In-Person



Time Commitment

2 Hour Pre-Work + 6 Hour Live Instruction

Overdose Lifeline

An evidence-informed training series aimed at raising overdose awareness, teaching prevention strategies, and educating about local and national resources.

Training Options

- The Opioid Public Health Crisis
- The Brain & the Disease of Addiction
- Guide to Harm Reduction
- This is Not About Drugs
- GenerationRX



OverdoseLifeline

Time Commitment

Option of 45 / 60 / 90 minutes each

Regrounding our Response

A series developed by the Maryland Department of Health to promote awareness, resources, and evidence-based strategies for reducing overdose and substance misuse.

Training Options

- Adverse Childhood Experiences
- Medication-Assisted Treatment
- Social Determinants of Health
- Drug User Health Framework
- Stages of Change

Time Commitment

60 - 90 minutes each



Botvin Lifeskills

An evidence-based, five-week training program to help adolescents and teens develop skills in substance use resistance and social-emotional development.

Training Options

- Train-the-Trainer Certification for Middle or High School Instructors
- Limited to Caroline, Dorchester, Garrett, Talbot, and Kent Counties

Time Commitment

10 to 15 sessions

45 to 60 minutes each



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OVERDOSE LIFELINE



OverdoseLifeline



MarylandROPTA

Overdose Lifeline offers evidence-based programs for developing overdose prevention strategies that seek to address underlying problems, raise awareness and develop crucial support networks.

GUIDE TO HARM REDUCTION



Understand the advantages of harm reduction and how it can prevent further complications of drug use.

THE BRAIN & THE DISEASE OF ADDICTION



Explore how addiction develops and the role that neuroplasticity plays in addiction and recovery.

THE OPIOID PUBLIC HEALTH CRISIS



Learn about the three waves of the opioid epidemic, its risk factors and causes, and multifaceted solutions.

THIS IS NOT ABOUT DRUGS



An evidence-based, universal program by youth for youth to educate about opioids and other substances.

REMOVING THE SHAME & STIGMA OF ADDICTION



Explore the effects that shame and stigma have on addiction and learn new solutions for combatting it.



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STAGES OF CHANGE

Understand the Transtheoretical Model of Change to understand how intentional behavioral change happens, and how to support people through the process of change in relation to which stage the person is in.

SOCIAL DETERMINANTS OF HEALTH



Identify the determining factors that can affect an individual and community's wellness, and explore what can be done to improve health outcomes, health equity, support, and anti-stigma at all levels.

HEALTH FRAMEWORK FOR PEOPLE WHO USE DRUGS

Understand the effects of stigma on health while looking at harm reduction strategies, infectious disease prevention, and how to implement a drug user health framework in your community.

REGROUNDING OUR RESPONSE

ADVERSE CHILDHOOD EXPERIENCES



Recognize how toxic stress alters the physiology of early brain development, contributing to the relationship between trauma and substance use, as well as the role of protective factors and community resilience.

MAT AS OVERDOSE PREVENTION

Examine the data behind medication-assisted treatment (MAT) for those with opioid use disorders and learn how it can decrease stigma and numbers of overdose deaths.

BOTVIN LIFESKILLS TRAINING



Botvin LifeSkills Training is backed by over 30 scientific studies and recognized as a model of exemplary program by the U.S. Department of Education and the Center for Substance Abuse Prevention. It is proven to:

REDUCE TOBACCO USE BY
87%

REDUCE DRUG USE BY
75%

REDUCE ALCOHOL USE BY
60%

REDUCE VIOLENCE BY
50%

LEARNING OBJECTIVES

- Teach skills to resist social pressures to smoke, drink, and use drugs.
- Help develop greater self-esteem and self-confidence.
- Enable effective coping mechanisms to deal with anxiety and stress.
- Increase knowledge about the immediate and long-term consequences of substance use.
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors.

AUDIENCE

Foundational Level 1
Grades 6-9

PROGRAM LENGTH

Flexible - 15 to 18 class sessions
45-60 minutes / 2 to 3 times a week

IDEAL FOR

Schools. Health Classes. Afterschool Programs. Faith and Mentorship Programs.



MarylandROPTA can cover Botvin instructor training expenses for eligible candidates from Caroline, Kent, Dorchester, Garrett, and Talbot counties. Email MarylandROPTA@umd.edu for more information.

GenerationRx

Safe medication practices for life.



Generation Rx is an evidence-informed prevention education and awareness program designed to educate people of all ages about safe medication practices and the potential dangers of misusing prescription medications.



More than
6 MILLION AMERICANS
age 12 and older have used a prescription drug nonmedically in the past month.



Nearly
51%
of those who misuse prescription pain relievers get them from family or friends.
(2019 National Survey on Drug Use and Health)



Every day, more than
128 PEOPLE
die from an opioid overdose (including prescription medications and heroin).
(2019 Centers for Disease Control)



Every day, more than
4,300 AMERICANS
misuse a prescription pain reliever for the first time.
(2019 National Survey on Drug Use and Health)

LEARNING OBJECTIVES

- Understand the history of the prescription drug use epidemic, including the overprescribing, normalization, and advertising of prescription drugs.
- Understand the importance of taking medication exactly as prescribed, and alternatives to pain management.
- Learn how to securely store and dispose of prescription medications.
- Learn how to employ safe medication practices and teach others to do the same.



AUDIENCE

All Ages - Elementary, Teens, College-Aged, Adult, Older Adults



PROGRAM LENGTH

1 Hour



IDEAL FOR

Schools. Health Classes. Teen and Afterschool Programs. Workplaces.

ADULT MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

WHY MENTAL HEALTH FIRST AID?

Adult Mental Health First Aid (MHFA) teaches how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

Cost: Free with ROPTA.

WHAT DOES ADULT MENTAL HEALTH FIRST AID COVER?

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

WHO SHOULD TAKE ADULT MENTAL HEALTH FIRST AID?

- Employers
- Police Officers
- Hospital Staff
- First Responders
- Faith Leaders
- Friends & Family
- Volunteers
- Caring Individuals

HOW DO YOU LEARN MENTAL HEALTH FIRST AID?

- **IN-PERSON** - Learners receive their training during a 6.5-hour, instructor-led in-person session.
- **VIRTUAL** - Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, instructor-led virtual training.

107,000

PEOPLE DIED OF
A DRUG
OVERDOSE IN
2022



1 IN 5

ADULTS
LIVE WITH A MENTAL
HEALTH CONDITION



**CONNECT WITH ROPTA
TO LEARN MORE!**



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YOUTH MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

WHY MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid (YMHFA) teaches how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. **Cost:** Free with ROPTA.



WHAT DOES YOUTH MENTAL HEALTH FIRST AID COVER?

- Common signs and symptoms of mental health challenges in youth, including anxiety, depression, eating disorders, and ADHD.
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect youth with help.
- Expanded content on trauma, substance use, self-care, and the impact of social media and bullying.

WHO SHOULD TAKE YOUTH MENTAL HEALTH FIRST AID?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who interact with Youth

HOW DO YOU LEARN MENTAL HEALTH FIRST AID?

- **IN-PERSON** - Learners receive their training during a 6.5-hour, instructor-led in-person session.
- **VIRTUAL** - Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, instructor-led virtual training.

10.2%

OF YOUTH WILL BE
DIAGNOSED WITH A
SUBSTANCE USE
DISORDER
IN THEIR LIFETIME.

1 IN 5

TEENS AND YOUNG
ADULTS
LIVE WITH A MENTAL
HEALTH CONDITION.



**CONNECT WITH ROPTA
TO LEARN MORE!**



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4 YEARS OF ROPTA



MarylandROPTA
REINFORCING OVERDOSE PREVENTION THROUGH TRAINING & ADVOCACY

12K+

Total training attendees



96%

Recommend the training



676

Total trainings and events offered



IMPACT BY THE NUMBERS

1,230

Mental Health First Aiders Trained

79

Mental Health First Aid Instructors Certified

1,239

Youth Participants

18

Botvin Lifeskills Instructors Certified

151

Community Partners throughout Maryland

6,908

Training & Webinar Participants

4,008

Unique Newsletter Contacts

ROTPA TRAINING GUIDE

Overdose Lifeline, Inc.

- Removing the Shame & Stigma of Addiction
- Brain & the Disease of Addiction
- Guide to Harm Reduction
- Opioid Public Health Crisis

Regrounding Our Response

- Adverse Childhood Experiences
- MAT as Overdose Prevention
- Social Determinants of Health
- Stages of Change
- Drug User Health Framework

For Youth & Adolescents

- Botvin Lifeskills - Train the Trainer
- This is Not About Drugs
- Generation RX

Mental Health First Aid

- Youth and Adult MHFA
- Instructor Certification
- For Rural Communities & Older Adults

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"Excellent training! I was familiar with the topic but I learned fresh information about DEI resources and how ACEs affect Marylanders."

"The presentation gave me so much insight and information. I feel like my perspective has also changed considerably - less judgment and more empathy."

"This training was phenomenal and the ROPTA instructor was excellent. She was very open with her own experiences and she cultivated a safe space for participants to do the same."



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