

# 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
- Removing the Shame & Stigma of Addiction
- The Brain & the Disease of Addiction
- Guide to Harm Reduction
- This is Not About Drugs



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
- Medications for the Treatment of SUD
- Social Determinants of Health
- Comprehensive Drug User Health Framework
- Stages of Change

### Time Commitment

60 - 90 minutes each



## GenerationRX

An evidence-informed prevention education and awareness program designed to educate people of all ages about safe medication practices and the potential dangers of misuse.

### Training Options

- Elementary
- Teens
- College-Aged
- Adult
- Older Adults

### Time Commitment

60 minute session



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# 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.

Now offering the  
Rural Population  
and Older Adult  
MHFA modules!

## 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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# 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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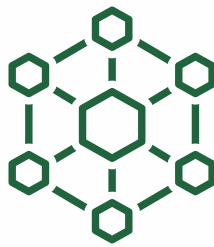
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## STAGES OF CHANGE

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.

## COMPREHENSIVE DRUG USER HEALTH FRAMEWORK

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.

### MEDICATIONS FOR THE TREATMENT OF SUD

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

# 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.