



**OCCTAC EMOTIONAL EDUCATION WORKSHOPS AVAILABLE AS OF  
4/20/22**

**Risky Behaviors: Prevention and Substance Use Disorder Awareness**

Discussion of risky behaviors with examples that can harm youth, particularly substance use. It is a workshop from a prevention approach that provides information on how addictions work in a young person's brain, mentions which substances are the most common for misuse and abuse, and suggests strategies for how to effectively communicate with youth. Participants can share experiences, connect with others and be linked with resources.

Topics include:

- Addiction and Drugs of Abuse
- The Effect of Drugs on the Teen Brain
- Current Drug Trends
- How to Get Help for Yourself or a Friend
- Overdose Signs and Overdose Reversal
- Medication Assisted Treatment

\*Referrals available if an individual needs services

Audience: Parents, Caregivers, Teachers

Or youth 13+

Duration: 1 hour

### **Emotional Well-being in Early Childhood**

Provides information about the importance of considering children's emotions. It focuses on supporting children's social and emotional development. We discuss stigma, adverse experiences in childhood, emotional distress and strategies to cope. Participants can share experiences, connect with others and be linked with resources.

\*A list of resources is also provided.

Audience: Parents, Caregivers, Teachers

Duration: 1 or 2 hours (can be adapted)

### **Emotional Well-being for Youth**

Provides information on the importance of speaking about the emotions as a normal component of every human being. This workshop focuses on social and emotional development. There is dialogue about stigma, adverse

experiences in childhood, and emotional conditions. Participants can share experiences, connect with others, and be linked with resources.

\*A list of resources is also provided.

Audience: Youth 13+

Duration: 1 hour

### **Parenting during times of COVID-19**

Strategies are provided to parents on how to communicate with their children during pandemic times. Some self-care strategies are suggested. Participants can share experiences, connect with others and be linked with resources.

\*Resources such as a storybook about COVID-19, etc. are sent to the participants.

Audience: Parents and Caregivers

Duration: 1 or 2 hours (can be adapted)

## **Breaking The Stigma: Multicultural Approach to Emotional Well-being**

Dialogue about stigma related to issues of social and emotional well-being. Information is provided on social, psychological, and biological factors that affect people. Effective recovery is promoted to feel better and enjoy life to the fullest.

Some topics include Suicide Prevention, Mental Health First Aid, Mental Health 101, Teacher-Child Interaction Training, Strong Families/Strong Children Military Program, Understanding Adverse Childhood Experiences, Preventing Homelessness in LGBTQ+ Youth.

\* Has discussion activities

Audience: General Community

Duration: 4 hours

(divided into two days)

\* This workshop is also adapted for Latino Population and Older Adults.

## **Mental Health First Aid**

Strategies are provided to manage an emergency related to a highly distressed person. Provides information on different conditions and how to communicate with that person in a sensible and appropriate manner.

Audience: General Community

Duration: 1.5 hour

### **Family Wellness**

Participants will receive information on the basics of mental health and how family dynamics impacts the emotional wellness of each other. Strategies are provided and a series of questions as exercises are developed during training.

Audience: Families

Duration: 1.5-2 hours

### **Emotions and Arts**

An artistic activity (photography, drawing) is coordinated with participants to perform while talking about the emotions the person may be feeling. Artistic skills are not required, as the main focus is not on the product but on the process itself.

\*Requires previous coordination. Because workshops are conducted remotely due to coronavirus, the participants are required to have materials.

Audience: Children between ages 10-13

Youth between 14-17

Youth 18+

Duration: 1 hour

### **Grief During Disasters**

Information about the emotional process of losing a loved one or a drastic change in routines that can impact the wellness of a person. The workshop will provide strategies on how to manage those situations in every moment but particularly during disastrous times.

Audience: General population

Duration: 1 hour