



FREE PREVENTION TRAININGS

Prevention Science for Community Members

5-day training (January 30, February 6, 13, 17, 20, 2026) 9:30 am to 3:30pm

Total of 25 CEUs

Registration Link: <https://us06web.zoom.us/meeting/register/3YfYu6vFT3y3kYvkDjoMqw>

Must attend all 5 sessions

This training is designed with you in mind. You won't be sitting in front of your screen for six hours a day—we promise. Instead, you'll experience a thoughtful mix of learning activities, conversation, reflection, and movement. Our goal is to build your confidence and skills in prevention without overwhelming you, and to support you as you move closer to earning your Ohio Certified Prevention Specialist Assistant (OCPSA) credential.

What Is Prevention Science?

Prevention science focuses on developing and applying evidence-based strategies that reduce risk factors and strengthen protective factors for individuals, families, and communities. It brings together insights from epidemiology, psychology, social and behavioral sciences, medicine, and neurobiology to better understand the challenges that affect wellbeing—from trauma to poverty—and to identify effective paths forward.

What You Can Expect

Over five days, we will explore proven programs, policies, and strategies rooted in data and research. Together, we'll practice skills that foster resilience and positive development, including self-regulation, self-efficacy, goal setting, and relationship building. We'll also focus on strengthening protective factors such as communication skills, conflict management, and positive problem-solving—tools that benefit both individuals and the communities they serve.

This training is hands-on, supportive, and intentionally engaging. We invite you to join us as we learn, connect, and work toward healthier futures for Appalachian Ohio youth and families.

Why People Engage in Ineffective Prevention Strategies and How Prevention Professionals Can Advocate for Change

Friday, March 27, 2026, 9:00 am to 1:00 pm

4-hour Training, 3.75 CEUs

Zoom Registration: <https://us06web.zoom.us/meeting/register/OCGkwwp-QAaxdVeXtH7aBw>

Ineffective prevention too often relies on information-only sessions, scare tactics, or one-time events. These approaches may raise awareness, but they rarely build skills or strengthen the positive connections that truly support change.

Effective prevention looks different. It is comprehensive, grounded in evidence, and focused on building skills through interactive, engaging strategies. It emphasizes positive reinforcement, addresses the root risk and protective factors that shape behavior, and uses well-designed programs that help people grow, connect, and thrive.

This four-hour virtual training will help you understand the difference and learn how to advocate for prevention approaches that genuinely support the health and well-being of individuals, families, and communities.

How to Create Comprehensive Prevention Programs Utilizing the Six CSAP Strategies

Monday, May 11, 2026, noon to 4:00 pm

4-hour training, 3.75 CEUs

Zoom Registration: <https://us06web.zoom.us/meeting/register/G9QicR-qSQmcHy6il6QOew>

The six CSAP (Center for Substance Abuse Prevention) strategies offer a practical framework for designing and implementing prevention efforts. They help communities understand the range of approaches available—what they can do, why it matters, and how to begin.

This training introduces strategies that any community can use. It is designed to help you move from concerns about behavioral health challenges toward meaningful, actionable solutions that strengthen wellbeing and support long-term change.

Trainings will be conducted by our partners at PreventionFIRST!