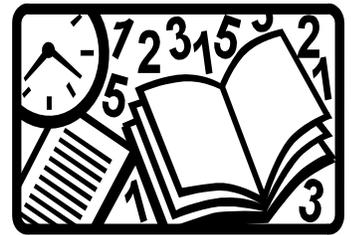




# LifeSkills

## Curriculum Training



**Elementary School Level – Grades 3-4-5 or 4-5-6**

**Middle School Level – Grades 6-7-8 or 7-8-9**

**July 14-15, 2011 – Youth & Family Services, Rapid City**

**LifeSkills Training** is a proven, highly effective, substance abuse prevention program designed to: provide students with the necessary skills to resist social pressures to smoke, drink and use drugs; to help them develop greater self-esteem, self-mastery, and self-confidence; to enable children to effectively cope with social anxiety; to increase their knowledge of the immediate consequences of substance use.

The **Elementary level** is for implementation in grades 3-4-5 or 4-5-6 and it consists of 8 lessons for each of the three years. The **Middle School level** is for implementation in grades 6-7-8 or 7-8-9 and it consists of 15 lessons the first year, 10 lessons the second year and 5 lessons the third year. A **High School Level** manual is also available.

### **Target Audience**

Teachers & School Counselors, Prevention Advocates, Safe & Drug-Free School Coordinators, School Nurses

### **Workshop Goals**

The goal of the teacher-training workshop is to provide participants with: an understanding of how and why the *LifeSkills Training* (LST) program works; an overview of the theory and research supporting the program; an exploration of the curriculum; modeling of key teaching skills; and increased confidence in teaching the LST prevention education curriculum

### **Cost**

\$20.00 per participant. Your District's Title IV funds or school tobacco prevention grant may be used to cover expenses such as substitute teacher pay, mileage, etc. We do accept purchase orders and **checks payable to Human Service Agency** or we can bill your school/agency after the training.

### **Credit**

Application has been made for participants to receive 1 graduate or undergraduate credit through Augustana College which will cost an additional \$50.00 (please make checks payable to Augustana College). Application has been made for Teacher Renewal Credit through the Department of Education at no extra charge. CCBT credit is available at no charge through the Certification Board of Alcohol and Drug Professionals (CBADP), SD Board of Social Workers, and SD Board of Counselors Examiners.

### **Curriculum**

Prior to the training, participants will be sent an email in which they will be asked to decide which level of the *LifeSkills Training* Curriculum they would like to receive. The SD Tobacco Program will provide additional *LifeSkills* material, including teacher manuals and student guides to schools who commit to implementing the curriculum for at least one full school year at no charge. More information about this opportunity will be available at the training.

**Registration Information on back of page.**

# ***LifeSkills Curriculum Training***

***July 14-15, 2011 8:00-4:45 p.m. each day***

***Youth & Family Services***

***202 E. Adams Street, Rapid City***

This workshop includes lunch on site both days. A block of **10 rooms** has been reserved at *Microtel Inn & Suites-1740 Rapp St. (348-2523)*. The block is reserved under *Life Skills Training*. There are 4 single rooms at a rate of \$119 and 6 double rooms at a rate of \$129. The rooms will be released on June 14. Participants are responsible for making their own motel reservations and for their room charges.

**ADA Disclaimer:** Notice is further given to individuals with disabilities that this workshop is being held in a physically accessible place. Please notify Shari Wirkus within two weeks of the workshop if you have special needs for which this agency will need to make arrangements. The telephone number for making special arrangements is (605) 884-3524. Request of alternative formats and/or interpreters may include:

- Disk
- Braille
- Large Print
- Interpreter
- Other Access Request
- Special dietary concern

## **SPONSORS**

Departments of Education and Health - Coordinated School Health Program  
Department of Health – Tobacco Control Program,  
Department of Human Services – Division of Alcohol and Drug Abuse  
Human Service Agency – NE Prevention Resource Center  
Volunteers of America—SE Prevention Resource Center  
Youth & Family Services – W Prevention Resource Center

## **Life Skills Training Registration Information**

Register on-line at

<https://apps.sd.gov/Applications/DE49TrnTracker/Secure/AvailableClasses.aspx>

OR return registration information by **June 30, 2011** to: Shari Wirkus, NE Prevention Resource Center,  
Human Service Agency, PO Box 1030, Watertown SD 57201

Email: [shariw@humanserviceagency.org](mailto:shariw@humanserviceagency.org) Phone: (605) 884-3524 Fax: (605) 884-3522

Name: \_\_\_\_\_

Address: \_\_\_\_\_

School/Agency: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Home Phone (in case of weather cancellation): \_\_\_\_\_

Please check which curriculum level you would like to be trained:

\_\_\_\_ Elementary (Grades 3-6)    \_\_\_\_ Middle School (Grades 6-9)    \_\_\_\_ High School (Grades 9-12)

**CANCELLATION NOTICE:** Your school/agency will be charged \$20/person unless cancellation is received by July 8, 2011