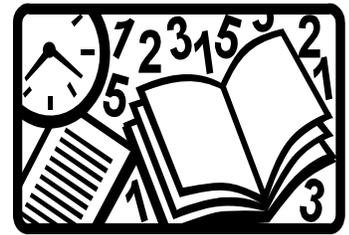


# LifeSkills

## Curriculum Training



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

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

***December 2 & 3, 2015***

***Volunteers of America, Sioux Falls, SD***

**LifeSkills** 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 & Professionals, School Nurses, after school programs & other Youth Workers.

### **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**

\$25.00 per participant. Please make **checks payable to Volunteers of America, Dakotas** or we can bill your school/agency after the training. The South Dakota Department of Health will reimburse for substitute teacher pay, mileage, hotel and meals for participants. More information will be provided at the training.

### **Credit**

Application will be made for continuing education units from the SD Board of Addiction and Prevention Professionals (BAPP), SD Board of Social Workers, and SD Board of Counselors Examiners at no extra charge. Application will be made for participants to receive 1 graduate and undergraduate credit through Augustana University for the cost of an additional \$50.00.

### **Curriculum**

Curriculum for the training will be provided for you. Following the program 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 December 2-3, 2015**

**8:00-4:45 p.m.**

**Volunteers of America-Dakotas  
1309 W 51st St., Sioux Falls, SD 57105**

Lunch will be on your own both days.

Travel expenses will be reimbursed (more information provided at training)

A block of 10 rooms has been reserved at the Hampton Inn 2417 S. Carolyn Ave. (phone: 362-1700) under the group name *Life Skills Training*. The rates is \$99.00. Participants are responsible for making their own reservations and for their room charges. SD Department of Health will reimburse for hotel rooms. The block rate ends November 18, 2015.

**ADA Disclaimer:** Notice is further given to individuals with disabilities that this workshop is being held in a physically accessible place. Please notify Michelle Majeres 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) 444-6342. 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 Social Services – Prevention Program  
Human Service Agency – NE Prevention Resource Center  
Volunteers of America—SE Prevention Resource Center

### **Return registration information to:**

Michelle Majeres, SE Prevention Resource Center, Volunteers of America, Dakotas  
PO Box 89306, Sioux Falls, SD 57109

Email: [m.majeres@voa-dakoas.org](mailto:m.majeres@voa-dakoas.org) Phone: (605) 444-6342 Fax: (605) 335-5514

Registration deadline is November 23, 2015

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

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

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

Email: \_\_\_\_\_ Work phone: \_\_\_\_\_

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

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

\_\_\_Elementary \_\_\_Middle School

**CANCELLATION NOTICE:** Your school/agency will be charged \$25/person unless cancellation is received by November 30, 2015