



YOUTH
Trainings &
Programs

School-based Prevention Services

The **Prevention Services Division** is committed to its vision of preventing and reducing suicide and substance use disorders in Santa Clara County. The division's school-based prevention offerings include trainings, presentations and technical assistance to supplement school districts' efforts around prevention and awareness for staff, students and caregivers.

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COUNTY OF SANTA CLARA
Behavioral Health Services



Substance Use Offerings

Botvin Lifeskills Training (for elementary, middle, and high-school students)

A research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence. Participants learn personal self-management, general social skills, and drug resistance skills.

Presentations on Alcohol and Other Drugs (AOD)

Tailored presentations addressing AOD trends; addiction; prevention and intervention strategies; and review of general resources. *Also available: Resource fairs and outreach support for school-based events.*

Mental Health & Suicide

Be Sensitive, Be Brave (BSBB) Trainings (for high school students)

- **BSBB Suicide Prevention**
Learn to define suicide and identify warning signs. Participants will practice how to ask about suicide with compassion and how to connect individuals to supportive resources.
- **BSBB Mental Health**
Learn foundational information about mental health, mental illness, and examine how mental health challenges may look different across cultures. Participants will discuss and practice techniques for maintaining good mental health and combatting mental illness stigma.

Safe Messaging Training for Youth

Training developed to help student reporters, youth organizations, and general youth audiences to sensitively communicate about suicide with audiences and peers alike.

Postvention/Grief Support

In partnership with the Bill Wilson Center, on-site grief support services are available in the immediate aftermath of a critical incident or event.

Youth Leadership Program

Friday Night Live (for elementary, middle, and high-school students)

A statewide youth development program facilitated in a club format focused on engaging youth as active leaders in their community and building partnerships for positive and healthy youth development.

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