



Strategies to
Overcome Obstacles
and Avoid Recidivism

Our team is committed
to collaborating with
the community to
make a difference.

2023-2024

COURSE/ WORKSHOP CATALOG

SOOAR

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Trainings to help with...human trafficking, substance abuse, suicide prevention, recovery coaching, harm reduction, and many more.

WELCOME TO THE 2023-2024 TRAINING /WORKSHOP CATALOG

SOOAR is an acronym for Strategies to Overcome Obstacles and Avoid Recidivism. We are a 501c3 nonprofit corporation and a licensed Community Awareness Information and Training (CAIT) Provider by the State of Michigan Department of Community Health Substance Abuse Division that provides substance abuse prevention, life skills coaching, and community mobilization services. We are a growing and dynamic community enrichment and learning center and we are proud of the many ways we bring meaning to communities and improve the quality of life for low income, at-risk individuals, and other families we serve.

All training courses are certified through the Michigan Certification Board of Addiction Professionals.

Community Commitment

Communities need leaders that are trained to implement leadership strategies to encourage, enlighten, and empower low income and at-risk individuals, families, and communities stimulating positive personal change which leads to more productive lives.

Disclaimer

While every effort was made to ensure the accuracy of our information at the time of publication, we strongly recommend that you contact numbers and websites to verify the details of listings, including operations or fees for services. As we strive to continually improve and enhance our organization, we encourage your comments and suggestions for future editions.

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13 Reasons Why Not



Program Description

Media today has a huge influence on teenagers. Be it television, computers, video games, social networking sites – it hugely impacts all aspects of a teen's life. Thirteen Reasons Why Not is designed to combat the acceptance of suicide that is influenced by media and news outlets. Thirteen Reasons Why Not is a persuasive tool that allows one to see that they have a meaning/reason for living. But even more than that, it helps people understand that they were born for a purpose. We believe that Thirteen Reasons Why Not will not only help people to know they have a purpose, but it further guides them through the process of finding their own meaning to live.

Intended Audience

- Individuals & Families
- School & Youth Educators
- Health Professionals
- Social Service Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 90-minute workshop

Outcomes

Participants will have a greater insight into what resilience looks like, even in their own lives. This realization can offer hope, thus allowing the participant to see another view of life other than the one that seemed hopeless. We can dictate what each participant will gain, but with the offered tools, each participant has a chance to make a change in their thought process.

MI-ACE



HOPE
FOR THE FUTURE

SAVE
OUR YOUTH

HELP
THOSE IN NEED

Program Description

Adverse childhood experiences (ACEs): This training will provide information about the long-term impact of childhood experiences that include but are not limited to child abuse, neglect, parental mental illness, parental substance abuse, and witnessing domestic violence and/or other violent crimes in the home. Research shows the greater number of ACE's experienced, the greater the impact these experiences have on an individual over time. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan, including those associated with substance misuse. A prerequisite to this course is to watch the movie "Resilience".

Intended Audience

- Individuals & Families
- School & Youth Educators
- Health Professionals
- Social Service Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 120-minute workshop

Outcomes

ACEs are a good example of the types of complex issues that the prevention workforce often faces. The negative effects of ACEs are felt throughout the nation and can affect people of all backgrounds. Upon completion of this training, participants will be able to identify behaviors and other factors that can promote resilience.

CCAR Peer CCAR Recovery Coach



Program Description

The CCAR Recovery Coach Academy® is a 5-day intensive training opportunity designed for those becoming a Recovery Coach. SOOAR provides this training through its affiliation with the Connecticut Community for Addiction Recovery. This training focuses on providing individuals with the skills needed to guide, mentor, and support anyone who would like to enter or sustain long-term recovery from an addiction to alcohol or other drugs.

Intended Audience

- Individuals & families in recovery
- Community leaders & Mentors
- Anyone in the recovery field
- Mental Health and Health Care Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- Training: seven hours per day for 5 days

Outcomes

Upon completion, participants will receive 30 CEUs, certification through CCAR, and personal and professional understanding of the tools and resources needed to become an effective recovery coach.

Gilbert Botvin Life Skills Training (TOT)



HOPE
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Program Description

The program covers effective evidence-based implementation of prevention educational activities and teaching strategies for violence prevention and substance reducing including alcohol, tobacco, opioid, and illicit drugs. These workshops include programs for elementary, middle, high school students, as well as transitional and parenting programs.

Intended Audience

- Teachers
- School Counselors
- Prevention Specialists
- Community Youth Educators
- Public Safety

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 1-day / 8 hour training

Outcomes

Completion of this training will establish knowledge in the theory, research, and rationale of the program. Participants will learn skills needed to successfully conduct the life skills program.

Human Trafficking Prevention Training



Program Description

Our Human Trafficking Prevention program trains you to make a lasting impact on potential victims lives by understanding the methods traffickers use and the multi-layered complexity of victim's circumstances.

Intended Audience

- Individuals & Families
- School & Youth Educators
- Health Professionals
- Social Service Professionals

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 120-minute workshop

Outcomes

Completion will prepare participants to identify, refer, and appropriately report victims, recognize risks factors that place people at greatest risks, and improve health and well-being for survivors of human trafficking.

Naloxone Overdose Prevention Training



Program Description

Naloxone Overdose Prevention training is a one-hour training to provide education and training in how to administer NARCAN® (naloxone HCl), the life-saving antidote for opioid-associated overdoses.

Intended Audience

- First Responders
- Family & Friends
- Business owners
- Community at large

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 1-hour workshop

Outcomes

Participants will attain knowledge and skills to respond effectively to an opioid-associated overdose emergency, increasing the number of lives saved.

QPR Suicide Prevention Training



Program Description

Question, Persuade, and Refer Suicide Prevention Training reduces suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us, thus this program empowers and educates individuals to become gatekeepers. In approximately one hour this concise format will train anyone the CPR of the Mental Health Crisis world.

Intended Audience

- First Responders
- Family & Friends
- Business owners
- Community at large

Cost/Time

- \$\$\$
- Free to those who qualify- restrictions apply
- 90-minute workshop

Outcomes

Participants will attain knowledge and skills to respond effectively to someone who may be suicidal, get help for yourself or learn more about preventing suicide, learn the common causes of suicidal behavior along with the warning signs, and how to get help for someone in crisis.

Strengthening Families Program (SPF)



Program Description

SFP is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families. Parents and youth ages 10-14 are provided with a seven-week program that consist of four parts: Families meet and have dinner together; Parents meet with facilitator; children meet with facilitator; and families come back together for a wrap-up and homework distribution.

Intended Audience

- Families with youth ages 10-14

Cost

- \$\$\$
- Free to those who qualify- restrictions apply
- Training: 2.5 hours per week/ 7 weeks

Outcomes

Participants will attain knowledge and skills to improve parenting techniques and family relationships, reduce problem behaviors, delinquency, and alcohol and drug abuse in children, as well as improve social competencies and school performance.

Harm Reduction Academy



Program Description

SOOAR's programs and services are centered on community engagement. Community members with expertise in substance use, homelessness, and sex work were sought to advise program design and service delivery through project participation and committee work.

SOOAR maintains a priority focus on the most marginalized and disadvantaged sections of the drug-using community and as such offers important advantages in engaging hard-to-reach individuals who do not typically access mainstream health services. We also have a strong focus on people who inject drugs due to the increased risks associated with injecting drug use, including the transmission of viral hepatitis, HIV, and other blood-borne viruses.

Harm Reduction Academy is a global learning, dialogue and skills building course established with the vision to end AIDS and Hepatitis C among people who inject drugs.

Inspired by the successes in response to HIV epidemic in some of the most challenging settings, contrasted by the emergence of injecting use-driven epidemic in new settings, the course combines decades of practical experience and most recent developments in effective and impactful responses.

We have formed a partnership of leading program developers and lecturers, individuals from inside the drug using community, clinical experts to conduct a practical learning course on harm reduction – Harm Reduction Academy – in diverse drug using contexts and response modalities.

Intended Audience

- People who use drugs

Cost

- \$\$\$
- Free to those who qualify- restrictions apply

Outcomes

We aim to reduce the negative health, social, and economic consequences that may result from the use of both legal and illegal drugs, without necessarily reducing drug use. Our cornerstones of Harm Reduction are public health, human rights, and social justice:

- Reducing the number of drug overdoses
- Reducing the risk factors leading to infectious diseases such as HIV and hepatitis
- Enabling access to & increasing the use of detox and drug treatment services (if desired)
- Connecting people with other health and social services; and
- Reducing the number of publicly discarded needles

We want to ensure that people who use substances are treated with respect and without stigma and that substance-related problems and issues are addressed systemically.

FAITH AND HARM REDUCTION

"Called 2 Care Ministry" is dedicated to building capacity and mobilizing communities at the intersection of harm reduction and faith-based organizing. Born from conversations with communities of faith, harm reduction organizations, and people who use drugs, this program fills a unique role as a connector, community mobilizer, and capacity builder:

- It is the expression of radical welcome, the welcoming of all stories and paths. It calls people by name and attends to and cherishes the particularities.
- It is a hospitality that seeks people out, meets them where they are, and invites them into a loving community.
- It is love that stands with awe at the hardships that people carry, rather than stands in judgment at how they carry it.

We are spearheading a movement, in Metro-Detroit, encouraging faith communities to finally wake up and understand the true nature of addiction, and its impact on us all. We want to rejoice in seeing people reduce harm, choose recovery, sharing their stories, giving them permission to open their hearts, and share their own struggles in life. We see a transformation of faith communities becoming a place that fully welcomes "All God's

Children". A place where all are welcome and are surrounded by people who have an educated understanding and can offer hope, encouragement, and healing for all. Outreach takes our services to the community, going where our target populations are geographically and philosophically), and listening to consumers. Outreach acts as a bridge between street-level users, mainstream drug treatment, allied health agencies, and policymakers. Our programs are built from the bottom up on evolutionary principles and continue to adapt to changing trends.

The outreach team:

- Recruits, trains, and supports opioid users and community members to respond to drug overdoses as peer-educators and/or with naloxone for peer- administration.
- Provides training, education, and consultation to treatment or harm reduction providers and a wide variety of health and other agencies and tertiary education and research institutions.
- Represents Peer Based Harm Reduction on several committees and reference groups.
- Provides education to drug users and service providers, and supports community and workforce development activities, in Wayne's County and surrounding areas.
 - Primary training provided on the following evidence-based programs:
 - CCAR Peer Recovery Coach Certification
 - QPR Suicide Prevention Gatekeeper certification
 - Project ASSERT (Alcohol & Substance Abuse Services, Education, & Referral to Treatment)
 - Prime For Life
 - Drug User Union
 - Know Your Rights

Intended Audience

Clergy, Pastors, and/or anyone in leadership

HIV and HEP C Prevention



Program Description

SOOAR has partnered with two clinics (Belleville and Inkster) to provide HIV and HEP C testing and referral to treatment. This training diucces HIV and Hep C 101

Intended Audience

- Individuals at risk for HIV or HEP C
- Sex Workers/People who use drugs.
- Prevention staff
- Community members

Cost

- \$\$\$
- Free to those who qualify-
restrictions apply.

Outcomes

HIV disparities are not inevitable. With effective prevention and treatment tools at our disposal, the nation has a decades-in-the-making opportunity to end the domestic HIV epidemic and erase glaring disparities in HIV prevention and care.

Recovery Coach Academy



Program Description

Intended Audience

- People in recovery
- Community members
- Clergy

Cost

- \$\$\$
- Free to those who qualify-
restrictions apply

Outcomes

SOOAR believes in the concept, "nothing for them, without them". the concept of Peer-led, Peer-ran, and Peer-driven. With our roots founded in Peer Practices the heart of our organization and services are based on being able to support members in our community with their recovery journey by connecting them with individuals that share that lived experience. Our peers range from 2 years to 32 years clean. Our Certified Peer Recovery Mentors will support individuals on their recovery journey to find and maintain long term recovery. A Certified Coach can help with an array of services:

- Pro-social support building
- Safe and sober events and activities
- Achieving stable housing
- Employment

- Connecting with 12-step community
- Emotional, mental, physical and spiritual support
- Groups to address topics common for early Recovery (such as relationships, anger, emotional maturity, and grief)
- Smoking Cessation

**Recovery
Coach
Academy**