

ROPTA PROGRAM PACKET



Mental Health First Aid

A universal, evidence-based training which teaches the public how to recognize, respond, and provide resources to people experiencing mental health or substance use challenges.

Training Options

- MHFA for Rural and Older Populations
- Adult MHFA
- Youth MHFA
- Instructor Certification
- Virtual and In-Person

Time Commitment

2 Hour Pre-Work + 6 Hour Live Instruction



Mental Health
FIRST AID
from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Regrounding our Response

A series developed by the Maryland Department of Health to promote awareness, resources, and evidence-based strategies for reducing overdose and substance misuse.

Training Options

- Adverse Childhood Experiences
- Medication-Assisted Treatment
- Social Determinants of Health
- Stages of Change

Time Commitment

60 - 90 minutes each



Overdose Lifeline

An evidence-informed training series aimed at raising overdose awareness, teaching prevention strategies, and educating about local and national resources.

Training Options

- The Opioid Public Health Crisis
- Removing the Shame & Stigma of Addiction
- The Brain & the Disease of Addiction
- Guide to Harm Reduction
- This is Not About Drugs

Time Commitment

Option of 45 / 60 / 90 minutes each



MarylandROPTA.org | MarylandROPTA@umd.edu



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

ROPTA PROGRAM PACKET



MarylandROPTA
REINFORCING OVERDOSE PREVENTION THROUGH TRAINING & ADVOCACY

UNIVERSITY OF
MARYLAND
EXTENSION

GenerationRX

An evidence-informed prevention education and awareness program designed to educate people of all ages about safe medication practices and the potential dangers of misuse.

Training Options

- Elementary
- Teens
- College-Aged
- Adult
- Older Adults

Time Commitment

60 minute session



What A Pain!

Learn to identify the factors that cause pain, an overview of the different types of pain, some strategies for managing pain, and resources to help with your journey.

Training Options

- Elementary
- Teens
- College-Aged
- Adult
- Older Adults
- Virtual

Time Commitment

50/60 minute session



Health Insurance Literacy

This program teaches the basics of planning for mental health care expenses. Participants learn how to identify their health insurance benefits, when to consider in- vs. out-of-network providers, and how to ensure your billing is accurate after receiving services.

Training Options

- Smart Choice Health Insurance
- Smart Choice.Smart Use Health Insurance (older adults)
- Smart use Health insurance (managing insurance and resolving conflicts, estimating costs, and insurance benefits)

Time Commitment

60 / 90 minutes each



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ADULT MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

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MENTAL WELLBEING



WHY MENTAL HEALTH FIRST AID?

Adult Mental Health First Aid (MHFA) teaches how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

Cost: Free with ROPTA.

Now offering the
Rural Population
and Older Adult
MHFA modules!

WHAT DOES ADULT MENTAL HEALTH FIRST AID COVER?

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

WHO SHOULD TAKE ADULT MENTAL HEALTH FIRST AID?

- Employers
- Police Officers
- Hospital Staff
- First Responders
- Faith Leaders
- Friends & Family
- Volunteers
- Caring Individuals

HOW DO YOU LEARN MENTAL HEALTH FIRST AID?

- **IN-PERSON** - Learners receive their training during a 6.5-hour, instructor-led in-person session.
- **VIRTUAL** - Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, instructor-led virtual training.

107,000

PEOPLE DIED OF
A DRUG
OVERDOSE IN
2022



1 IN 5

ADULTS
LIVE WITH A MENTAL
HEALTH CONDITION



CONNECT WITH ROPTA
TO LEARN MORE!

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YOUTH MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



WHY MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid (YMHFA) teaches how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. **Cost:** Free with ROPTA.



WHAT DOES YOUTH MENTAL HEALTH FIRST AID COVER?

- Common signs and symptoms of mental health challenges in youth, including anxiety, depression, eating disorders, and ADHD.
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect youth with help.
- Expanded content on trauma, substance use, self-care, and the impact of social media and bullying.

WHO SHOULD TAKE YOUTH MENTAL HEALTH FIRST AID?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who interact with Youth

HOW DO YOU LEARN MENTAL HEALTH FIRST AID?

- **IN-PERSON** - Learners receive their training during a 6.5-hour, instructor-led in-person session.
- **VIRTUAL** - Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, instructor-led virtual training.

10.2%

OF YOUTH WILL BE
DIAGNOSED WITH A
SUBSTANCE USE
DISORDER
IN THEIR LIFETIME.



1 IN 5

TEENS AND YOUNG
ADULTS
LIVE WITH A MENTAL
HEALTH CONDITION.



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TO LEARN MORE!

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OVERDOSE LIFELINE



OverdoseLifeline



MarylandROPTA

Overdose Lifeline offers evidence-based programs for developing overdose prevention strategies that seek to address underlying problems, raise awareness and develop crucial support networks.

GUIDE TO HARM REDUCTION



Understand the advantages of harm reduction and how it can prevent further complications of drug use.

THE BRAIN & THE DISEASE OF ADDICTION



Explore how addiction develops and the role that neuroplasticity plays in addiction and recovery.

THE OPIOID PUBLIC HEALTH CRISIS



Learn about the three waves of the opioid epidemic, its risk factors and causes, and multifaceted solutions.

THIS IS NOT ABOUT DRUGS



An evidence-based, universal program by youth for youth to educate about opioids and other substances.

REMOVING THE SHAME & STIGMA OF ADDICTION



Explore the effects that shame and stigma have on addiction and learn new solutions for combatting it.



www.MarylandROPTA.org



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A collaborative series developed by The Maryland Department of Health to increase the public's understanding of the opioid overdose crisis and to remove the stigma associated with substance use.

STAGES OF CHANGE

Understand the Transtheoretical Model of Change to understand how intentional behavioral change happens, and how to support people through the process of change in relation to which stage the person is in.

SOCIAL DETERMINANTS OF HEALTH



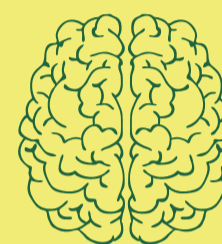
Identify the determining factors that can affect an individual and community's wellness, and explore what can be done to improve health outcomes, health equity, support, and anti-stigma at all levels.

COMPREHENSIVE CARE FRAMEWORK FOR PWUD (CCF)

Understand the effects of stigma on health while looking at harm reduction strategies, infectious disease prevention, and how to implement a drug user health framework in your community.

REGROUNDING OUR RESPONSE

ADVERSE CHILDHOOD EXPERIENCES



Recognize how toxic stress alters the physiology of early brain development, contributing to the relationship between trauma and substance use, as well as the role of protective factors and community resilience.

MAT AS OVERDOSE PREVENTION

Examine the data behind medication-assisted treatment (MAT) for those with opioid use disorders and learn how it can decrease stigma and numbers of overdose deaths.

GenerationRx

Safe medication practices for life.



Generation Rx is an evidence-informed prevention education and awareness program designed to educate people of all ages about safe medication practices and the potential dangers of misusing prescription medications.



LEARNING OBJECTIVES

- Understand the history of the prescription drug use epidemic, including the overprescribing, normalization, and advertising of prescription drugs.
- Understand the importance of taking medication exactly as prescribed, and alternatives to pain management.
- Learn how to securely store and dispose of prescription medications.
- Learn how to employ safe medication practices and teach others to do the same.



AUDIENCE

All Ages - Elementary, Teens, College-Aged, Adult, Older Adults



PROGRAM LENGTH

1 Hour



IDEAL FOR

Schools. Health Classes. Teen and Afterschool Programs. Workplaces.

What a Pain!



Understanding and Managing Chronic Pain to Stay Active in Life

What is it?

What a Pain! is a new program that ROPTA is offering, that educates participants in:

- What pain is
- What causes pain
- Pain classifications
- Acute to chronic pain
- Thoughts, behaviors, feelings on pain
- Pain treatment and management strategies
- Seeking professional care and resources

Public, virtual webinar, everyone is welcome!



Join us on our journey towards enhancing overall well-being and alleviating discomfort. If you're grappling with chronic or severe pain stemming from previous injuries or exposure to hazardous working conditions, this opportunity could be precisely what you need!



OSTEOARTHRITIS
ACTION ALLIANCE



Health Insurance Literacy

For Mental Health Care

LEARN HOW TO MAKE THE MOST EFFECTIVE USE OF YOUR HEALTH INSURANCE TO PAY FOR MENTAL HEALTH CARE.

WE WILL COVER HEALTH INSURANCE TERMS, CONSIDERATIONS WHEN CHOOSING A PROVIDER, AND THE IMPORTANCE OF PLANNING AHEAD FINANCIALLY.



Smart Choice Health Insurance- Basics

- Understand why health insurance helps prevent large unexpected health care expenses
- What to compare to understand health insurance costs and cover coverage

Smart Choice/Smart Use- Health Insurance in your Senior years

- Where to go for information about Medicare and supplemental insurance options
- Strategies and use tools to help you estimate healthcare costs

Smart Use Health Insurance- Managing Health Insurance and resolving conflicts

- Use and manage health insurance to protect your health and your finances

Smart Use Health Insurance

- Smart Actions
- Understanding and estimating care costs
- Health Insurance Benefits