

Project HOPE Training Descriptions

1. Ages and Stages: This two-session training provides information about typical development in various stages from young to late adolescence. Participants will learn appropriate strategies to engage with youth for healthy development.
2. Empowerment in Youth Programming: This training provides participants with an overview of characteristics and the importance of using empowerment in youth programming. Participants will learn various strategies to incorporate empowerment into programs and how to use them effectively.
3. Online Programming for Early Adolescents: This training provides participants with various developmentally appropriate strategies, tools, and activities for engaging early adolescents in online learning. Participants will gain a deeper understanding of common behaviors online and how these align with typical adolescent development.
4. Real Tools for Real Challenges: This training provides participants with an overview of adolescent brain development as well as strategies and tools adults can use to aid in the cognitive, social, and emotional development of adolescents.
5. SUD 101: This training provides participants with an overview of substance use disorder including brain mechanisms, various drug classifications, and problems associated with SUD. Participants will review data and prevention strategies specific to opioid use disorder.
6. Brain Development for Young People: This training is designed for youth workers and provides participants with information on brain development and how adverse childhood experiences (ACE's) impact development. Participants will also learn strategies to help build trauma-informed resilience in youth.
7. Recruitment for Youth Programs: This training provides information about how to effectively recruit for youth programs including volunteers, parents, and youth themselves. Participants will learn how to identify their recruitment objectives, how to create and distribute recruitment materials, and strategies for in-person and online recruitment.