



## **Substance Abuse Prevention Skills Training (SAPST) - Phase 1 July 21st and 22nd**

### **Date / Time**

Fri, Jul 22, 2022

8:00am - 4:00pm

### **Location**

Virtual

The Iowa Department of Public Health (IDPH), in collaboration with Midwest Counterdrug Training Center (MCTC), is offering Substance Abuse Prevention Skills Training (SAPST). This training was created by the Center for the Application of Prevention Technologies (CAPT) through the Substance Abuse and Mental Health Services Administration (SAMHSA).

SAPST provides the most current information available on evidence-based prevention practices and programs. This training will enable participants to gain the ability to enhance their efforts and design prevention programs that create real, long term results.

SAPST is for substance abuse prevention specialists, public health professionals, educators, coalition leaders, and professionals working in related fields.

### **Training Requirements**

This tuition-free training has several components: a five-hour online course (pre-requisite), entitled Introduction to Substance Abuse Prevention: Understanding the Basics, followed by separate training sessions. Participants must complete all parts and attend all training sessions completely to receive credit. Partial attendance credit will not be given.

When the training is offered in person, Phase 1 requirements include completing the online training and the first two-day resident training session. Participants that complete Phase 1 will be auto-enrolled into Phase 2 for the remaining two-day resident block. Participants must be able to complete all three parts.

*PRIORITY for this course will be given to professionals currently working in Iowa's Substance Abuse Prevention field and need the course for Prevention Specialist certification requirements. SAPST Phase 2 will take place virtually: 3-4 August 2022. Once Phase 1 is completed, students will be placed automatically in the Phase 2 course and sent a confirmation email*

## **What is the Substance Abuse Prevention Skills Training (SAPST)?**

SAPST is a foundational course of study in substance abuse prevention. This innovative training is grounded in current research and SAMHSA's Strategic Prevention Framework (SPF).

Provides knowledge and skills to implement effective, data-driven prevention programs, practices, and policies that reduce behavioral health disparities and improve wellness. SAPST includes the following topics:

- Introduction to substance abuse prevention
- Basic terminology and facts
- History of substance abuse and substance abuse prevention in the United States
- Addiction and the brain
- Effects and health risks of alcohol, tobacco, and other drugs use
- Behavioral health
- Institute of Medicine's Continuum of Care
- The Public Health Approach
- Risk and Protective Factors
- Developmental perspective
- Application of SAMHSA's Strategic Prevention Framework (SPF) model which includes Assessment, Capacity, Planning, Implementation, Evaluation, Cultural Competence, Sustainability

## **Are continuing education hours available?**

The International Certification & Reciprocity Consortium (IC&RC) has endorsed SAPST as an IC&RC-approved curriculum. This endorsement ensures that SAPST is applicable to IC&RC's prevention specialist domains and can be used toward the IC&RC's Prevention Specialist credential requirements. SAPST has also been approved by NAADAC, the Association for Addiction Professionals.

Participants completing SAPST will receive a certificate for 31 hours of training. Certificates can be submitted to credentialing authority toward certification or recertification. This training meets the SAPST training requirement for Prevention Specialist Certification through the Iowa Board of Certification.

## **FAQ's**

### **What are the online pre-requisite requirements?**

Participants will receive the online pre-requisite course details via email two weeks before the training is scheduled to start.

### **How often is the SAPST offered in Iowa?**

This course is offered two to three times per year. The course dates are set 3-6 months before the training occurs and once confirmed, are posted on the MCTC website.

### **Who can tell me more?**

Julie Hibben from IDPH is the POC for this course and may be contacted for additional information at 515-326-5703 or [Julie.Hibben@idph.iowa.gov](mailto:Julie.Hibben@idph.iowa.gov).

[Register](#)

For more information about this YLI Calendar Event, please email [yli@hhs.iowa.gov](mailto:yli@hhs.iowa.gov)