

ADOLESCENT HEALTH TRAINING INSTITUTE

The Adolescent Health Training Institute is a state-of-the-art training resource that develops and presents quality educational programs, which improve adult - adolescent relationships and promote the value of youth in today's society.

MISSION

To provide unique training programs for adults who parent or work with adolescents, which increase understanding of adolescent development and effectiveness in communicating with teens, for the purpose of reducing risk behaviors and building strengths in adolescents.

GOALS

- To develop research-based, developmentally appropriate and culturally sensitive curricula that promote resiliency and build developmental assets.
- To provide training that increases participants' knowledge of adolescents' physical, social, emotional, cognitive, and moral development, and to develop skills necessary to interact effectively with adolescents.
- To recruit, train, mentor, and evaluate Adolescent Health Training Institute Trainers to ensure a quality experience for all participants.



FOR INFORMATION ON HOW TO
SCHEDULE A TRAINING
PLEASE CALL:

BARB ASIMAKOPOULOS
DIRECTOR, ADOLESCENT
HEALTH TRAINING INSTITUTE
PHONE: (602) 354-2616

OR

**ARIZONA ADOLESCENT
HEALTH COALITION**
P.O. Box 36494
PHOENIX, AZ 85067-6494
PHONE: (602) 265-9686
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NOTE: Training fees depend on many factors, including the number of participants, training materials needed, and the degree of content development required.

The Adolescent Health Training Institute

STATE-OF-THE ART
TRAINING RESOURCE
FOR QUALITY EDUCATIONAL
PROGRAMS DESIGNED TO...

- INCREASE UNDERSTANDING OF ADOLESCENT DEVELOPMENT
- INCREASE EFFECTIVENESS IN COMMUNICATING WITH TEENS

A PROGRAM OF THE



"Healthy Adolescents for a Healthy Arizona"

~TRAINING PROGRAMS~

DEMYSTIFYING ADOLESCENCE

Demystifying Adolescence Trainings are composed of one or more of twelve curriculum modules, based on the unique needs of those requesting the training. Each module can be presented in **one to three hours**, depending on the depth and breadth of the content covered. A full *Demystifying Adolescence Training* is two days in length.

While the content of the modules serves as a foundation for the training, additional content can also be developed. Module topics include:

- Adolescent physical, social, and emotional development
- Adolescent cognitive and brain development
- Decision-making in adolescence
- Promoting resiliency in youth
- Assessing adolescent's social context
- Risk behaviors in adolescence
- Communicating effectively with teens
- Implications for prevention and intervention; and more!

Customized Demystifying Adolescence Trainings are presented as in-service training by request. These training use the *Demystifying Adolescence* modules as a foundation for the training, but also include a significant amount of new content developed specifically for the needs of the requestor.

Custom Content Trainings are also presented as in-service trainings by request. These trainings include some *Demystifying Adolescence* content, however, the majority of the training content consists of materials developed specifically for the needs of the requestor. The AHTI also sponsors statewide custom content training on relevant adolescent issues.

~TRAINING PROGRAMS~

TALKING WITH TEENS Curriculum-Based Training



Adult-Adolescent Communication Training is a **one-day** interactive training designed to increase participants' knowledge of the developmental process of adolescence, and use this knowledge to communicate more effectively with teens. Morning activities increase participants' understanding of adolescents' physical, social, and emotional development, and what motivates adolescents to behave in various ways, including engaging in risk behaviors. Afternoon activities enhance participants' communication skills. Teen consultants participate in discussions and structured role-plays that address common scenarios that challenge adult-adolescent communication. Application activities throughout the training help make the content meaningful and personally Relevant for the participants.

Adult-Adolescent Communication Training for Parents is a **three-hour** training to increase parents' knowledge of the developmental process of adolescence, and use this knowledge to communicate more effectively with their teens. Video clips of adult-adolescent interaction are used to generate discussion of what works and doesn't work when communicating with teens. Participants identify barriers that impede effective communication with teens, explore how to overcome the, and develop a personal plan of action to guide them in their progress in improving their adult-adolescent communication.

~TRAINING PROGRAMS~

Talking with Teens...About Depression and Suicide is a **one-day** training addressing the topic of adolescent depression and suicide in the context of a developmental framework. Life experiences of adolescents that relate to depression and suicide, and trends in the prevalence of adolescent suicide are addressed. Recognizing depression and strategies for more effective assessment of suicidal intention, are taught. Barriers that adults and teens may present in recognizing depressed or suicidal teens are explored. Participants are given opportunities to develop skills in responding effectively to depressed and suicidal teens through application activities.

Talking with Teens...About Depression and Suicide: Warning Signs and Symptoms is a **four-hour** training on recognizing adolescents struggling with depression or considering suicide. Adolescent depression and suicide are addressed in the context of a developmental framework. Trends in the prevalence of adolescent suicide, and factors that contribute to adolescent depression and suicide are explored. Training methods include presentation of information, small group work, and application activities.

~FACILITATOR/EDUCATOR TRAINING~

Positive Adolescent Choices Training (P.A.C.T.) Facilitator Training P.A.C.T. is a violence prevention program for youth ages 10-18 years of age with three components: anger management, violence risk education, and social skills development. The program is implemented in settings where youth can meet in small groups for eight to sixteen sessions. Participants who attend this **one-day** training will be prepared to effectively implement and facilitate a P.A.C.T. program.