

## 9. Trauma Prevention Strategies for Families

- **Description:** This training educates families on trauma prevention and resilience-building strategies to safeguard children against traumatic experiences.
- **Training Requirements:**
  - **Hours:** 3 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** Trauma prevention resources and family engagement tools.
  - **Textbook:** "Understanding Trauma: A Family Guide" (Current Cost: \$30.00)
- **Cost:**
  - **Individual Rate:** \$75 (with textbook: \$105.00)
  - **Group Rate (5 or more):** \$60 per participant (with textbook: \$90.00)

## Summary

The **Prevention Trainings** offered by Amitie LLC are designed to empower individuals and professionals to effectively address health challenges within communities. Each training provides practical skills, applicable strategies, and essential knowledge to promote health, prevent disease, and enhance community wellness. By making these trainings accessible through various formats and pricing options, Amitie LLC aims to create inclusive opportunities for learning and professional development in public health and prevention.

Here's a comprehensive description and overview for each of the specified **Prevention Trainings** workshops offered by Amitie LLC. Each training focuses on critical areas related to prevention and is designed to be 1-3 hours long.

### 1. Preventing Substance Use in Communities

- **Description:** This workshop provides participants with effective strategies to raise awareness about substance use prevention in their communities through education and outreach efforts.
- **Focus:** Strategies for community awareness and prevention education, including promoting healthy lifestyles and providing resources for individuals at risk.
- **Duration:** 2 hours
- **Training Requirements:** None
- **Cost:** \$75

### 2. Suicide Prevention Training

- **Description:** This training equips participants with the knowledge to recognize signs of suicidal ideation and emphasizes the implementation of effective prevention strategies to support individuals in crisis.
- **Focus:** Recognizing signs and implementing prevention strategies, including communication techniques for engaging vulnerable individuals.
- **Duration:** 3 hours
- **Training Requirements:** None