

# The Rice County Chemical Health Coalition

is pleased to offer

**F R E E T R A I N I N G S**

for local groups on topics related to youth drug and alcohol use.  
Coalition partners will customize trainings to meet  
the interests and needs of your group.

## Recent training topics have included:

**Drugs 101** – drugs frequently used, local trends, what drugs look like

**How to Help** – what to do if you are worried about a young person using drugs/alcohol (signs for concern, community resources & what you can do)

**The Treatment Experience** – what happens in treatment, life after treatment

**Life in Recovery** – experiences recovering from substance use dependence & how groups and the community can be supportive

**Prescription Drug Abuse** – scope of the problem, dangers involved, how to identify, how to dispose of medicines, how to respond

**Data on Local Substance Use** – scope of local youth substance use, trends in use, presence of risk and protective factors

### Parent Education Series:

Why Teens and Chemicals Don't Mix

Staying Connected to Your Teenager

What Good Discipline Looks Like

What Is Intentional Parenting?

Trainings can be as short as an hour or longer to meet your needs. The Rice County Chemical Health Coalition has presented to parent groups, faith communities, businesses, medical professionals, educators, youth, law enforcement, retirement centers, and concerned citizens.

The Rice County Chemical Health Coalition will cover the costs of the speakers, light refreshments, and room rental (if needed). You assist with selecting the topic(s), suggesting a possible location, and publicizing the event.



For more information or to arrange a training, contact  
the Rice County Chemical Health Coalition staff at:

**Northfield Healthy Community Initiative**  
call: 507-664-3524 or email: [info@northfieldhci.org](mailto:info@northfieldhci.org)

**Rice County Family Services Collaborative**  
call: 507-333-6813 or email: [Kathy\\_Sandberg@faribault.k12.mn.us](mailto:Kathy_Sandberg@faribault.k12.mn.us)