



Loudoun County, Virginia

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NEWS RELEASE

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Loudoun Offers Mental Health Education & Substance Abuse Prevention Programs in March

Loudoun County offers ongoing mental health education and substance abuse prevention programs. All programs are free, but registration is required, and seats are limited. The schedule of upcoming classes for March 2022 is as follows:

Adverse Childhood Experiences Training

The [Adverse Childhood Experiences](#) training is a one-hour educational program that aims to raise awareness of Adverse Childhood Experiences, or ACEs. ACEs are potentially traumatic events that occur in childhood. ACEs are linked to chronic health problems, mental illness and substance use problems in adulthood. The training teaches that ACE prevention is a key to improving a community's well-being. The virtual training presentation lasts about one hour. Discussion and a question-and-answer session will follow the presentation. The next class will be held:

- **March 15:** 6:00 – 7:30 p.m.

For details about the training and to register, visit loudoun.gov/childhoodadversitytraining.

Mental Health First Aid

[Mental Health First Aid](#) offers training that teaches people how to identify, understand and respond to signs of mental illness and substance use disorders. The training also teaches the skills that someone needs to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. There are two versions of the program, a general adult program and a program for adults who interact with youth. The virtual trainings are usually held over a two-day period, with the class lasting for about three hours each day. The next trainings are:

- Adult Mental Health First Aid: **March 16 & 17:** 1:00 – 4:00 p.m. each day.
- Youth Mental Health First Aid: **March 30 & 31:** 6:00 – 9:00 p.m. each day

For details about the training and to register, visit loudoun.gov/mhfirstaid.

Opioid Overdose Reversal

Loudoun County offers local training sessions of [REVIVE!](#), the opioid overdose and naloxone education program for the Commonwealth of Virginia. Anyone who uses opioids or knows someone who is using opioids is encouraged to attend. The virtual sessions last about one

hour. Upcoming classes are scheduled:

- **March 7:** 5:30 – 6: 30 p.m.
- **March 18:** 12:00 – 1:00 p.m.
- **March 21:** 5:30 – 6:30 p.m.

For details about the training and to register, visit loudoun.gov/revive.

Suicide Prevention Training

The [Question Persuade Refer](#) program offers training to help people recognize the warning signs of a suicide crisis and how to refer someone for professional help. The suicide prevention training teaches three simple steps that anyone can learn to help save a life from suicide; question, persuade and refer. The virtual training presentation lasts about one hour. Discussion and practice opportunities will follow the presentation. The next class will be held:

- **March 14:** 7:00 p.m.

For details about the training and to register, visit loudoun.gov/suicidepreventiontraining.

For more information on the prevention and intervention services offered by the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services, visit loudoun.gov/mhsadsprevention or send an email to prevention@loudoun.gov.

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