



## Loudoun County, Virginia

[www.loudoun.gov](http://www.loudoun.gov)

## NEWS RELEASE

Office of the County Administrator, Public Affairs and Communications  
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### **Loudoun Offers Mental Health Education & Substance Abuse Prevention Programs in November and December**

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 November and December 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 classes will be held:

- **November 2, 2022**, 6:00 – 7:30 p.m.
- **November 16, 2022**, 6:00 – 7:30 p.m.
- **December 7, 2022**, 6:00 – 7:30 p.m.

For details about the training and to register, visit [loudoun.gov/childhoodadversitytraining](http://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 trainings are usually held over a two-day period, with the class lasting for about three hours each day.

The next trainings of Adult Mental Health First Aid will be held:

- **November 14 & 15, 2022**, 9:00 a.m. – 1:30 p.m. each day. The in-person training will be at the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services office at 21641 Ridgetop Circle, Sterling, Lucketts Room.
- **December 15 & 16, 2022**, 9:00 a.m. – 1:30 p.m. each day. The in-person training will be at the Loudoun County Department of Mental Health, Substance Abuse and

Developmental Services office at 906 Trailview Boulevard SE, Leesburg, Aspen Room.

The next training of Youth Mental Health First Aid will be held:

- **December 8 & 9, 2022**, 9:00 a.m. – 12:30 p.m. each day. The in-person training will be at the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services office at 21641 Ridgetop Circle, Sterling, Lucketts Room.

For details about the training and to register, visit [loudoun.gov/mhfirstaid](https://loudoun.gov/mhfirstaid).

## **Opioid Overdose Reversal**

[REVIVE!](#) is the opioid overdose and naloxone education program for the Commonwealth of Virginia. The training is free and anyone who uses opioids or knows someone who is using opioids is encouraged to attend a training. Loudoun County offers two versions of the program - Rapid REVIVE! and Virtual REVIVE!

Rapid REVIVE! is a shortened format that allows individuals to complete the training in six minutes. After watching a short video and then providing their contact information, participants receive free naloxone nasal spray. They may choose to receive naloxone by mail or arrange pickup. Rapid REVIVE! is available anytime. No registration is required. Visit [loudoun.gov/rapidrevive](https://loudoun.gov/rapidrevive) to start the training.

Virtual REVIVE! is a one-hour, scheduled training session that requires registration. Participants who complete the training are also eligible to receive free naloxone nasal spray. They may choose to receive naloxone by mail or arrange pickup.

The next scheduled trainings will be held:

- **November 18, 2022**, 12:00 – 1:00 p.m.
- **December 12, 2022**, 5:30 – 6:30 p.m.

REVIVE! trainings can also be scheduled upon request. For details about the training and to register, visit [loudoun.gov/revive](https://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 classes will be held:

- **November 17, 2022**, 7:00 – 8:30 p.m.
- **December 13, 2022**, 7:00 – 8:30 p.m.

For details about the training and to register, visit [loudoun.gov/suicidepreventiontraining](https://loudoun.gov/suicidepreventiontraining).

### **For More Information**

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](http://loudoun.gov/mhsadsprevention) or send an email to [prevention@loudoun.gov](mailto:prevention@loudoun.gov).

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