

NEWS RELEASE

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

Loudoun County offers ongoing mental health education and substance abuse prevention trainings. All trainings are free, but seats are limited and registration is required, with the exception of Rapid REVIVE! The schedule of upcoming classes for March 2024 is as follows:

Adverse Childhood Experiences Training

[Adverse Childhood Experiences \(ACEs\)](#) training aims to raise awareness of the impact of potentially traumatic events that occur in childhood. ACEs are linked to chronic health problems, mental illness and substance abuse in adulthood. The training teaches that ACEs 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:

- **Monday, March 18, 2024, 5:00 – 6:30 p.m.**
- **Monday, April 8, 2024, 12:00 – 1:30 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 trainings are usually held over a two-day period, with the class lasting for about three hours each day.

The next trainings will be held:

- **Adult Mental Health First Aid (In-Person): March 21 & 22, 2024, 9:00 a.m. – 1:30 p.m. each day.** The in-person training will be in the Community Room at the Loudoun County Animal Services Animal Shelter located at 42225 Adoption Drive, Leesburg, VA 20175.

- **Youth Mental Health First Aid (Virtual)** – For Adults Who Interact with Youth: **March 27, 2024, 10:00 a.m. – 3:30 p.m.** The training will include a lunch break from 12:15 – 12:45 p.m.

For details about the training and to register, visit 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 for Rapid REVIVE! in English.
- Visit loudoun.gov/reviveespanol for Rapid REVIVE! in Spanish.

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 training will be held:

- **Monday, March 18, 2024, 12:00 – 1:00 p.m.**

REVIVE! trainings can also be scheduled upon request. For details about the training and to register, visit loudoun.gov/revive.

Suicide Prevention Training

[Question Persuade Refer \(QPR\)](#) training helps 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:

- **Monday, March 25, 2024, 7:00 – 8:30 p.m.**

For details about the training and to register, visit 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 or send an email to prevention@loudoun.gov.

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