

REBOUND & RECOVERY

OPIOID PREVENTION AND WELL-BEING



DEVELOPED AND DISTRIBUTED BY THE SOUTHEAST RURAL
OPIOID TECHNICAL ASSISTANCE CENTER (ROTA-RC)

OVERVIEW

ROTA-RC's **Rebound & Recovery Opioid Prevention & Well-Being Certification** aims to bolster the resilience of middle and high-school-aged youth by building protective factors and equipping them with cognitive-behavioral skills to manage their emotions, thoughts, and actions effectively. Simultaneously, it empowers them to adopt healthier lifestyle habits and provides education on opioids, their misuse, and their impact on thoughts, emotions, and the brain. The curriculum also teaches youth peer-to-peer support, preparing them to support their peers and better cope with stress and mental health challenges themselves. The program can be completed in a single one-hour lesson for quick implementation or spread across seven one-hour lessons, with the condensed one-hour lesson consolidating all key concepts.

The certification offers seven continuing education units.

PROGRAM HIGHLIGHTS

- **FREE training for those who work with middle and high-school aged youth in any capacity!**
- Training is online and self-paced
- A digital download manual and all materials needed will be provided to implement the program.
- One-hour lesson with main concepts OR seven one-hour lessons. Easily fits into your scheduled time in any setting.

WANT TO GET CERTIFIED?

Access the certification by scanning the QR code or using the following link:

[ROTA-RCcourses](https://www.rotarcourses.com)



For more information each out to Savannah Collier at ssmith24@fsu.edu