

# CARON'S DIGITAL LEARNING: FREQUENTLY ASKED QUESTIONS



Caron Treatment Centers has been a leader in addiction and behavioral health treatment for over 60 years. Since we first began providing prevention and education services in 1990 as part of our continuum of care, our efforts have expanded to serve over 100,000 students yearly with programming in 18 states.

Because not everyone is able to access our on-site programming, we created the Digital Learning platform. In addition to reaching larger audiences, the new platform eliminates travel costs and time, and can be completed at each participant's own pace.

## Who is the intended audience for the courses?

Programs are available for teens, parents/caregivers, and child-serving professionals. This includes school staff, administrators, school nurses, pediatricians, counselors, etc.

## What courses are available?

The library includes:

### For Teens

*CONNECT 5: Find the NicoTEEN-Free You!*

### For Parents/Caregivers

*PREP: Prevention Resources & Education for Parents/Caregivers*

### For Professionals

*Vaping and Marijuana Trends Among Youth*

*Screening, Brief Intervention, and Referral to Treatment*

*Impact of Substance Use Disorders on the Family*

Additional course topics are being planned.

## What is the cost per program?

Because of a generous grant, we are able to offer these programs at no charge.

## How long will each course take to complete, and can it be done over a few sessions?

Each course has a different estimated completion time. The courses are designed to be completed at each participant's own pace, usually in one hour or less, but can be completed over multiple sessions. The nicotine cessation program for youth is structured as a weekly program for five weeks.

## What are the expected outcomes?

Each program has a clearly defined set of outcomes/goals. Please visit [Caron.org/Digital-Learning](http://Caron.org/Digital-Learning) for a complete list of each course and the learning objectives.

## Can the courses be taken on any type of computer or mobile device? Is an internet connection necessary?

All courses are compatible with personal computers as well as mobile devices. Most courses are accessed through an internet browser, but *CONNECT 5* is also available on Apple Store and Google Play. An internet connection is necessary for the courses to function.

# Caron's Digital Learning

## Can I print copies of the program descriptions? Can I add your program to our website?

We have built a complete Digital Learning Information Kit to provide you and your team with a comprehensive overview of the digital learning program along with other valuable resources. This kit includes links to downloadable/printable information sheets. We invite you to add a link to our kit ([www.Caron.org/Digital-Learning-Information-Kit](http://www.Caron.org/Digital-Learning-Information-Kit)) to your website and employee newsletters.

## Do you have speakers/representatives who can come to our next event?

Please contact our **Education Department at 610-743-6117** to discuss your event, location, and goals.

## I have a suggestion/specific need for a future course. Who should I speak to about my idea?

Please contact our **Education Department at 610-743-6117** to discuss your ideas, suggestions for improving our program, and any other questions you may have.


DIGITAL LEARNING  
Digital Programs Addressing Substance Use Among Teens


**PREP: PREVENTION  
RESOURCES & EDUCATION  
FOR PARENTS/  
CAREGIVERS**



**Audience: Parents/Caregivers**  
**Number of Modules: Five**  
**Estimated Completion Time: 55 minutes**

**Course Description**

Parents and caregivers are the most powerful influence in steering their children from alcohol, nicotine, and other drug use. When parents/caregivers have skills, knowledge, and resources regarding substance use and prevention, their influence on their children's choices and decisions increases. This program for parents, grandparents, and other caregivers provides information that research shows can reduce the chances that young people will engage in substance use.

**After completing the course, participants will be able to:**

- Identify the signs and symptoms of substance use and prevention resources that are available to them.
- Identify the different types of substances, their appearance, signs, and common trends.
- Describe the importance of taking early and often, having clear and consistent rules against substance use and enforcing a strong consistency with your children.
- List additional resources for the prevention of youth substance use and get tips on how to talk to your child about substance use, nicotine, or other drugs.

**Caron's Digital Learning Program**

Our Digital Learning Program is a comprehensive library of courses centered on substance use disorder prevention, intervention, treatment, and recovery. Through the Digital Learning Program, participants can:

- Complete programs at their location, eliminating the need to travel.
- Finish the programs at a time and pace that works best for them.
- Gain the resources they need at no cost.
- Obtain knowledge and skills that will increase their confidence and competence in addressing a variety of topics surrounding the continuum of substance use from prevention to recovery.

**Visit Caron.org/Digital-Learning or contact Caron's Education Department at 610-743-6117 for more information about course offerings.**


DIGITAL LEARNING  
Digital Programs Addressing Substance Use Among Teens


**CONNECT 5:  
FIND THE  
NICOTINE-FREE  
YOU!**



**Audience: Middle-aging youth - ages 13-18**  
**Number of Modules: Five weekly modules**  
**Estimated Completion Time: 30-40 minutes per weekly module**

**Course Description**

CONNECT 5 is a sensitive and creative digital experience designed to help youth make a positive impact on their health. This course motivates youth to change and create their own behavior patterns to reduce their risk for future health complications. For adults, parents, and grandparents, CONNECT 5 is a great model of addressing the substance use of their teenage offspring and other tobacco products among youth.

**After completing the course, participants will be able to:**

- Demonstrate an understanding of the consequences of nicotine and tobacco use.
- Recognize where they are in the quit process.
- Establish personal goals and create a personal plan to support their quit plan.
- Identify the nicotine triggers, quitting methods that might work for them, and people in their support network.
- Practice assertiveness and deal with social situations.
- Recognize personal roadblocks throughout the quitting process and alternative tools to deal with these roadblocks.

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Digital Programs Addressing Substance Use Among Teens


**CARON'S SCREENING,  
BRIEF INTERVENTION,  
AND REFERRAL TO  
TREATMENT**



**Audience: School and healthcare professionals, with versions for each**  
**Number of Modules: Three**  
**Estimated Completion Time: 60 minutes**

**Course Description**

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice to identify, reduce, and prevent substance use, alcohol and drug use, and other substance use disorders. Caron's SBIRT modules will highlight for school and healthcare professionals various screening, brief intervention, and referral to treatment techniques to improve outcomes and patients' health. Caron's SBIRT modules will identify resources that further assessment or treatment be needed.

**After completing the course, participants will be able to:**

- Define each step of Screening, Brief Intervention, and Referral to Treatment.
- Understand the progression nature of substance use disorders and the impact of each intervention.
- Describe the efficacy of SBIRT as a strategy in addressing alcohol and other substance use disorders among patients.
- Identify effective screening tools to use with students, patients, and clients.
- Understand additional screening techniques to use people based on their unique background and information.
- Identify appropriate school-based and community resources of referral for further assessment or treatment.

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DIGITAL LEARNING  
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**VAPING AND  
MARIJUANA  
TRENDS AMONG  
YOUTH**



**Audience: School, child-serving, and healthcare professionals working with middle and high school youth**  
**Number of Modules: Five**  
**Estimated Completion Time: 45 minutes**

**Course Description**

As a school, child-serving, or healthcare professional, you have the ability to help the youth in your care and their loved ones understand the progression and various related their choices to keep using. This program will help you understand the why of use, employment and academic choices, identify those already using through observable behaviors, and recognize how to prevent and respond to use.

**After completing the course, school, child-serving, and healthcare professionals will be able to:**

- Identify nicotine and marijuana using devices, their components, and related to youth.
- Describe the unique impact of nicotine and marijuana on the developing brain and body.
- Recognize strategies for building resilience in youth that will minimize risk factors and boost protective factors.

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DIGITAL LEARNING  
Digital Programs Addressing Substance Use Among Teens


**IMPACT OF SUBSTANCE  
USE DISORDERS ON  
THE FAMILY: HOPE FOR  
RECOVERY**



**Audience: School, child-serving, and healthcare professionals working with families impacted by addiction**  
**Number of Modules: Five**  
**Estimated Completion Time: 45 minutes**

**Course Description**

The National Institute on Drug Abuse estimates that 25 percent of households have at least one family member who is a parent. Without strong support, these children and teens are at an increased risk for the development of their own substance use disorders. This course will provide an understanding of how family members are impacted when addiction is present at home and how professionals can provide understanding, support and resources to the children, teens, and families they serve.

**After completing the course, participants will be able to:**

- Describe the characteristics of the typical family dealing with substance use disorders based on research.
- Recognize observable signs that might indicate a child is impacted by the substance use disorder of a loved one.
- Explain the impact substance use disorders have on the family internally, financially, emotionally, physically, and spiritually.
- Identify how own attitudes and values when working with parents who may have a substance use disorder.
- Assess and use resources and tools to help support children impacted by substance use disorders in the family.

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DIGITAL LEARNING PROGRAM



DIGITAL LEARNING INFORMATION KIT FOR PROFESSIONALS

