

ABOUT US

The Alleghany Highlands Healthy Youth Coalition was founded in 2017. The coalition is supported by grant funding from the Virginia Department of Behavioral Health and Developmental Services. The coalition is composed of various members of the community with the common interest in the health of our youth. This includes but is not limited to parents, youth, community partners, etc.



OUR MISSION

To heighten awareness and educate our community to promote healthy choices among youth.



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Alleghany Highlands Community Services Board is committed to ensuring that no person is excluded from participation in or denied the benefits of its services based on race, color, or national origin as protected by Title VI of the Civil Rights Act of 1964.



Alleghany Highlands Healthy Youth Coalition



TRAININGS OFFERED

- **Adult MHFA**—is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need 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.
- **Youth MHFA**—is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis.
- **safeTALK**—equips people to be more alert to someone thinking of suicide and better able to connect them with further help. SafeTALK empowers everyone to make a difference.
- **ACE Interface**—for people who are committed to do everything necessary to accelerate the intergenerational changes that will improve health and quality of life.
- **REVIVE**—REVIVE! is the Opioid Overdose and Naloxone Education (OONE) program for the Commonwealth of Virginia. REVIVE! provides training on how to recognize and respond to an opioid overdose emergency using naloxone.

LOCK & TALK—is a suicide prevention initiative in the state of Virginia that strives to encourage community conversation around mental wellness and promote safe care of lethal means, including firearms and medications (lockandtalk.org).

- **LOCK**—A path to safety. Provide support and remove access to lethal means.
 - L**—Look for warning signs: warning signs of someone who may be at risk include changes in behavior, withdrawal from activities, giving away possessions, or expressing feelings of hopelessness.
 - O**—Offer support: offer space to talk, listen to how they are feeling, and show genuine empathy. Tell them they are not alone and people care about their well-being.
 - C**—Communicate concerns: express your concern. Ask directly about thoughts of suicide and encourage them to seek professional help.
 - K**—Keep safe from lethal means: remove access to lethal means by safely storing or removing firearms, medications, or dangerous objects.
- **TALK**—Can effectively help prevent suicide.
 - T**—Take it seriously: thoughts of suicide seriously shouldn't be dismissed or ignored. Recognize warning signs and seek help promptly.
 - A**—Ask directly: Ask, "Are you thinking about suicide?"
 - L**—Listen non-judgmentally: create a safe space where individuals can share their feelings and experiences openly, knowing that they will be heard and supported.
 - K**—Keep talking: say, "I understand you're struggling. Let's keep talking and connect with ongoing supports."

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

Encourages everyone to remove unneeded medications from their homes as a measure for preventing medication misuse and opioid addiction from ever starting.

988 SUICIDE & CRISIS LIFELINE

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org.

GAMBLING

For free confidential help, call 1-800-GAMBLER or text 800GAM.

PROJECT STICKER SHOCK

Project Sticker Shock aims to prevent underage youth from obtaining alcohol from adults 21 or older or using a fake ID to purchase alcohol by raising community awareness about Virginia laws.

RED RIBBON WEEK

Red Ribbon Week is an alcohol, tobacco, smoking, and other drug and violence prevention awareness campaign observed annually in October in the United States.

COUNTER TOOLS

Aims to reduce the detrimental impact of unhealthy substances such as tobacco and alcohol at the consumer's primary point of exposure and access in the retail environment.

MEDICATION PERMANENT DROP BOX

Unused medications can be placed in a Med-Return drop box located at the Covington Police Department, Alleghany County Sheriff's Office, and Clifton Forge Police Department 24/7.