

OPERATION SNOWBALL

EMPOWERING YOUTH TO CREATE A POSITIVE IMPACT

2021 training catalog



**OPERATION
SNOWBALL** is a nonprofit international youth program that empowers student leaders through prevention education, community advocacy, and leadership development to create a positive impact.

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery a grant from the Substance Abuse and Mental Health Services Administration and the Lillian and Larry Goodman Foundation.

WE ENVISION

A world where adults support, encourage, and challenge youth to become strong leaders in their communities.

WE DEVELOP

Youth leaders by providing diverse education on:

Alcohol, Tobacco, and Other Drug Prevention
Healthy Decision-Making
Mental Health Awareness
Community Advocacy

WE EMPOWER

Students to use their knowledge, motivation, and passion as a driving force to create a positive impact at both the local and international level.



Schedule at a glance

January 12 **Weekly Wellness Lunch Break**

January 19 **Weekly Wellness Lunch Break**

January 26 **Weekly Wellness Lunch Break**

January 27 **Activate the Leader in You**

February 2 **Weekly Wellness Lunch Break**

February 9 **Weekly Wellness Lunch Break**

February 11 **FOCUS! Info Session**



Schedule at a glance

February 16 **Weekly Wellness Lunch Break**

February 17 **FOCUS! Info Session**

February 22 **Virtual Team Building**

February 23 **Weekly Wellness Lunch Break**

March 4 **QPR: Ask a Question, Save a Life**

March 10 **A Cultural Approach to Affirming Language
and Empowering Wellness**

March 16 **The Truth About Underage Drinking
and Fake IDs**

Schedule at a Glance

March 25 **Diversity & Inclusion - Why Is It Crucial to Your Organization**

April 1 **Stress Management**

April 28 **Facilitation Beyond Basics**

May 11 **Social Culture & Addictive Behaviors**

May 24 **How To Use Emotional Intelligence To Lead & Adapt to Change**

June 8 **Leadership, Job Readiness, & Career Workforce**

March 16 **Take a Leap, It Will be Worth It**



January 2021

11:30am - 12:00pm

Tuesday, January 12

Weekly Wellness Lunch Break - Mindfulness

Beginning in January, we will be starting our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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11:30am - 12:00pm

Tuesday, January 19

Weekly Wellness Lunch Break - Journaling

Beginning in January, we will be starting our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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January 2021

11:30am - 12:00pm

Tuesday, January 26

Weekly Wellness Lunch Break - Yoga

Beginning in January, we will be starting our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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6:00 - 7:00pm

Tuesday, January 27

Activate the Leader in You (Goal Setting)

Written goals can serve as a wonderful visual reminder of what it is that you are working to achieve, whether they are individual or group goals. This workshop will focus on the steps involved in the goal-setting process and evaluating your progress toward achieving those goals. We will also identify and discuss potential obstacles you may encounter in achieving goals, and ways to overcome them.

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February 2021

11:30am - 12:00pm

Tuesday, February 2

Weekly Wellness Lunch Break - Mental Health Awareness

Beginning in January, we will be starting our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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11:30am - 12:00pm

Tuesday, February 9

Weekly Wellness Lunch Break - Journaling

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February 2021

6:00 - 8:00pm

Thursday, February 11

FOCUS! Info Session

Focus! Gambling Prevention is a statewide program that has been designed to bring awareness to gambling prevention amongst youth. This approach to community change-making places youth, particularly those who are motivated to see positive change within their community, at the center of community change. Photovoice encourages youth to document how they are directly impacted by issues and conditions in their community. This method will allow youth to share their thoughts and opinions with others and speak to decision makers about what they think needs to change about their community. These info sessions are curated to learn more about youth problem gambling and how to implement the Photovoice project into your schools and communities.

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11:30am - 12:00pm

Tuesday, February 16

Weekly Wellness Lunch Break - Mindfulness

Beginning in January, we will be starting our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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February 2021

6:00 - 8:00pm

Wednesday, February 17

FOCUS! Info Session

Focus! Gambling Prevention is a statewide program that has been designed to bring awareness to gambling prevention amongst youth. This approach to community change-making places youth, particularly those who are motivated to see positive change within their community, at the center of community change. Photovoice encourages youth to document how they are directly impacted by issues and conditions in their community. This method will allow youth to share their thoughts and opinions with others and speak to decision makers about what they think needs to change about their community. These info sessions are curated to learn more about youth problem gambling and how to implement the Photovoice project into your schools and communities.

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6:00 - 7:30pm

Monday, February 22

Virtual Team Building

During this session we will discuss how virtual team-building exercises can help remote teams to overcome difficulties, how they can build rapport, improve communication, and increase group member's understanding of one another's strengths and weaknesses. Session speaker will demonstrate virtual team building exercises that groups can bring back to their communities.

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February 2021

11:30am - 12:00pm

Tuesday, February 23

Weekly Wellness Lunch Break - Stretching

Beginning in January, we will be starting our Weekly Wellness Lunch Break initiative. Every Tuesday during the months of January and February we will hold a 30 minute session at 11:30am CST via zoom, to spend time together increasing our self-care toolkit and to serve as a good reminder to re-center ourselves. Topics will include mental health awareness activities, journaling, mindfulness, yoga, stretching & more.

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March 2021

7:00 - 8:30pm

Thursday, March 4

QPR: Ask a Question, Save a Life

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is an educational program designed for the average individual/professional (non-clinically trained) to recognize the warning signs of a suicidal individual and how to respond. Gatekeepers can be anyone who are strategically positioned to recognize someone at risk of suicide, and work with them to receive help (e.g. parents, friends, neighbors, teachers, coaches, coworkers, etc.). This presentation will eliminate the myth that only someone who is clinically trained can prevent someone from completing suicide.

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6:00 - 7:00pm

Wednesday, March 10

A Cultural Approach to Affirming Language and Empowering Wellness

Provider bias in stigmatic language and other microaggressions affect a patient's capacity to respond to clinical interventions and are identified in research, as components of poor care outcomes. This interactive webinar will provide professionals with an overview of implicit (i.e. unconscious) bias and its negative effects on interactions, decision-making and service outcomes, approaches to address and mitigate the effects of unconscious bias in practice, as well as how person-first language enhances the provider-client communications and collectively effects equitable outcomes for marginalized communities.

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March 2021

6:00 - 7:30pm

Tuesday, March 16

The Truth About Underage Drinking and Fake IDs

This underage drinking prevention training will cover:

- An overview and trends of Fake IDs
- Considerations & Statistics in Fake ID use, during COVID
- What to look for with underage drinking (pre-pandemic and during)
- Popular alcohol products among youth
- Over-the-Counter drugs that enhance alcohol use and abuse
- Products to “get around” a breathalyzer

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7:00 - 9:00pm

Thursday, March 25

Diversity & Inclusion - Why Is It Crucial to Your Organization?

Diversity is a ‘hot button’ topic in America right now. However, this subject is mostly being approached from the perspective of fear about our differences instead of from the opportunities brought forth by the same. Fearing what we don’t understand only promotes limitations in our growth. What we must remember is that the very strength of our nation is reflected on the writing of our National Seal, “E Pluribus Unum” – Out of Many, One.

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April 2021

6:30 - 7:30pm

Thursday, April 1

Stress Management

Do you feel that your time is not your own? Are the pressures of balancing your work/school and personal responsibilities causing stress in your life? You are not alone. Managing your priorities and minimizing the stress in your life are the two most significant issues facing people today. Having too much to do in too little time is a reality for all of us. However, the stress caused by this situation can affect your performance. This workshop will provide the participants with the key skills of managing both their stress and their time. It will provide them with skills that will help them feel more in control of their lives and give them greater satisfaction.

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6:00 - 7:00pm

Wednesday, April 28

Facilitation Beyond Basics

This session provides participants with advanced tools and techniques for facilitating small groups. The workshop will guide participants through an assessment of leadership styles and provide tips for using your strengths to improve your skills as a facilitator and to support the members of your leadership team. This interactive training incorporates role play scenarios, discussions and feedback. Participants will leave this training with tips on how to structure the small group experience, an understanding of different types of leadership styles, tips on how to manage small groups and keep the conversation on track, ideas for incorporating appropriate activities into small group experiences, a guide to the stages of group development, and an increased confidence in your ability to be an effective Snowball leader.

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May 2021

7:00 - 8:00pm

Tuesday, May 11

Social Culture & Addictive Behaviors

Addiction can occur in many forms. Often, it is assumed that physical dependence characterized by withdrawal symptoms is required in order for someone to be diagnosed with an addiction disorder, but the fact is that behavioral addiction can occur with all the negative consequences in a person's life minus the physical issues faced by people who compulsively engage in drug and alcohol abuse.

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6:00 - 7:30pm

Monday, May 24

How To Use Emotional Intelligence To Lead And Adapt To Change

There are several different kinds of intelligence, and yet we focus so much on just IQ. Research shows that emotional intelligence (EQ) is the best predictor of long-term success in the workplace. So, why aren't we as leaders doing more to hone this powerful skill set for ourselves—and to transfer this knowledge? We will break down the qualities of an emotionally intelligent leader and learn clear, actionable ideas on how to integrate these into our lives for maximum impact.

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June 2021

6:00 - 7:30pm

Tuesday, June 8

Leadership, Job Readiness & Career Workforce

Early youth employment experiences are critical to preparing young people to access living-wage careers when they finish their education. Both employers and youth serving providers want to know that young people are prepared when they enter these first jobs or internships, and while most people have a general understanding that “soft skills” are critical to preparation, there has been little consensus on which soft skills are most important, and how to talk about them.

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6:00 - 7:00pm

Thursday, June 17

Take a Leap, It Will be Worth It

As human beings, it is part of our inherent nature to ensure that we are safe and secure. When man first roamed the earth there were dangers everywhere from wild animals to poisonous berries and part of our brain was programmed to make us avoid danger or discomfort. Instead we sought safety and comfort wherever possible. That survival strategy is still very valid today and every perceived "danger" takes a different form which is why we often sit in our comfort zone(s). In our comfort zone we can operate in an anxiety neutral and risk free way and we know we can be, deliver or perform in a "steady" way. Some people are quite content to stay in that zone, for others they seem to go to the extreme of risk by throwing themselves over that boundary again and again. Each of these behaviours has a cost and a benefit.

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