

Us Helping Us Capacity Building & Training Catalogue

Training	Length	Format
<i>Cultural Humility</i>	45-60 min	In person, virtual
<i>De-escalation and Bystander Intervention</i>	45-60 min	In person, virtual
<i>Drug Safety 101</i>	30–45 min	In person, virtual
<i>Hip-Hop 2 Prevent Substance Abuse and HIV (H2P)</i> (Middle and High-school students)	7-10 week program (60 min per session)	In person
<i>LGBTQ+ Violence Prevention</i>	60-90 min	In person, virtual
<i>Opioid Overdose Prevention</i> (Certificate-bearing)	60-90 min	In person, virtual
<i>Opioid Use Disorder & Treatment</i>	45-60 min	In person, virtual
<i>Safe Sex Review</i>	30 min	In person, virtual
<i>Substance Use & Safety</i>	10 min	Outreach and tabling
<i>The Rise of Xylazine</i>	45 min	In person, virtual

See training descriptions below

Cultural Humility Training

The *Cultural Humility Training* is a 45-minute professional development session designed to promote lifelong self-reflection on culture and identity, interpersonal growth, and institutional accountability. The training introduces seven core attributes of cultural humility—including openness, empathy, self-awareness, and power-sharing—relevant to any environment.

The curriculum is grounded in a broader understanding of equity and inclusion and compares cultural humility to other frameworks including cultural competence and DEI. By exploring these approaches, participants better understand how cultural humility complements institutional diversity efforts and contrasts with knowledge-based models like cultural competence.

Participants engage with the content through group dialogue and an interactive scenario-based activity called *Step Into Their Shoes*. The training equips them with practical tools to navigate bias, strengthen relationships, and foster more inclusive, equitable environments across health, education, and community settings.

De-escalation and Bystander Intervention Training

The *De-escalation and Bystander Intervention* training is a 45–60 minute session designed to equip participants with practical, nonviolent strategies to prevent conflict or violence, interrupt harm, and support individuals experiencing conflict, harassment, or substance-related crises, particularly those involving opioids, during high-traffic events or at local venues. Grounded in de-escalation and bystander intervention theory, the training emphasizes the importance of recognizing early signs of tension, preventing escalation, and cultivating safer, more supportive environments.

Participants explore how third-party intervention and harm reduction approaches can disrupt violence, harassment, and medical emergencies in real time. The session covers key skills including de-escalation techniques, the 5Ds of bystander intervention (Direct, Distract, Delegate, Delay, Document), recognizing opioid overdose, administering naloxone, and engaging individuals under the influence of drugs and alcohol with stigma-free, trauma-informed communication. It also addresses the impact of systemic bias and discrimination on substance use and public safety within LGBTQ+ communities. Through interactive scenarios and group dialogue, participants leave better prepared to act quickly, safely, and compassionately to protect community health and well-being.

Drug Safety 101

The 30–45 minute *Drug Safety 101 presentation* offers a foundational introduction to harm reduction and drug safety. Participants learn about different substances, their effects, and risks—including overdose and long-term health consequences. The session focuses on non-judgmental, practical strategies for safer drug use, recognizing medical emergencies, and understanding the dangers of combining substances. It also addresses coping mechanisms, risk factors for substance misuse, and setting personal boundaries. Additionally, the training highlights relevant harm reduction laws and community-based resources to support informed, safer choices.

Hip-Hop 2 Prevent Substance Abuse and HIV (H2P)

The ten-week *Hip-Hop 2 Prevent Substance Abuse and HIV (H2P) program* is an evidence-based intervention designed to educate adolescents about the risks associated with substance use and HIV/AIDS, with a particular focus on opioid misuse prevention. By integrating elements of Hip-Hop culture the program creates a relatable framework to address these critical health issues. Us Helping Us, People Into Living, Inc. plays a vital role in harm reduction across the DMV by providing community-based interventions, making it an ideal implementer of H2P. The program seeks to empower youth with the knowledge and skills to make healthier choices, reinforcing harm reduction principles while fostering cultural engagement and self-efficacy.

Conducted in in-school settings, the H2P curriculum comprises 10 modules, referred to as "ciphers," each lasting approximately one hour. These sessions are designed to employ interactive multimedia and a blend of traditional and non-traditional teaching methods, engaging participants through the lens of youth culture and Hip-Hop to make the content more relevant and impactful.

Proven outcomes among participants include:

- Increased perception of drug-related risks
- Enhanced knowledge about HIV/AIDS
- Improved understanding of alcohol, marijuana, and opioid-related information
- Strengthened self-efficacy and knowledge about safe sex options

LGBTQ+ Violence Prevention Training

The *LGBTQ+ Violence Prevention* training is a 60-90 minute, peer-led curriculum designed to raise awareness, encourage allyship, and build safety strategies for LGBTQIA+ individuals—particularly Black LGBTQ+ communities disproportionately impacted by violence and discrimination. Developed and delivered by the Peer Education Department at Us Helping Us, the training introduces participants to eight core types of violence, including physical, emotional, sexual, economic, and structural violence, with an emphasis on how identity-based bias and systemic oppression manifest in real life.

The curriculum blends education, reflection, and peer engagement, using interactive activities like “*Step In, Step Back*” and scenario-based learning to explore the roots of transphobia, hate crimes, and community-specific barriers to safety. Participants also learn prevention strategies, warning signs, and legal rights related to self-defense and reporting violence in Washington, D.C. The training prioritizes culturally responsive and trauma-informed approaches to address the unique challenges faced by Black LGBTQ+ individuals and promotes solidarity, advocacy, and community care.

Opioid Overdose Prevention

The 45–60 minute *Opioid Overdose Prevention* training provides essential knowledge on opioid use, overdose recognition, and naloxone administration. It covers the types of opioids, their effects, and the growing impact of the opioid crisis in Washington, DC. Participants learn how to identify and respond to an overdose and safely administer naloxone. The training also emphasizes harm reduction strategies, such as syringe service programs (SSPs) and the use of drug testing strips to detect fentanyl and xylazine. In addition, it addresses substance use disorders and highlights pathways to treatment and recovery services. DC’s Good Samaritan Law is also reviewed to ensure participants understand their legal protections when responding to an overdose. This certificate-bearing training equips individuals with life-saving tools to prevent opioid-related deaths and promote community well-being.

Opioid Use Disorder & Treatment

The 45-60 minute *Opioid Use Disorder & Treatment* training provides a foundational understanding of opioid addiction and its treatment. Participants learn how chronic opioid use alters the brain, leading to dependence and addiction, and are introduced to a range of treatment options including detox, medication-assisted treatment (MAT), and behavioral therapies like CBT and mindfulness-based approaches. Key medications are also discussed for their effectiveness in recovery. The session also highlights barriers to treatment access, such as

stigma and regulatory limits, and proposes solutions like mobile clinics, telehealth, and culturally competent care. Attendees are guided through local and national resources, including harm reduction tools and support services available in Washington, DC.

Safe Sex Review

The *Sex Review* is an engaging and informative 30-minute workshop designed to promote sexual health awareness through the lens of sexual networks, STI prevention, and online dating safety. It encourages participants to better understand how sexual relationships connect individuals within broader networks, which can impact the spread of infections. The workshop also provides practical tools and strategies for navigating online dating safely, making informed choices, and reducing stigma around sexual health. Perfect for youth and community-based audiences, this session fosters open, judgment-free dialogue about sex, relationships, and self-care.

Substance Use and Safety

The *Substance Use and Safety* training is a 10 minute session, offering a quick, practical overview of opioids, fentanyl, xylazine, and overdose prevention strategies ideal for outreach and tabling events. Participants learn about the different types of opioids, including natural, semi-synthetic, and synthetic varieties, and explore how substances like fentanyl and xylazine are contributing to rising overdose rates. The training covers practical harm reduction tools such as using fentanyl and xylazine test strips, recognizing signs of overdose, and administering NARCAN (naloxone) to reverse opioid overdoses. Designed for community members, volunteers, and frontline staff, this session equips participants with essential knowledge to reduce harm and respond to substance-related emergencies safely and effectively.

The Rise of Xylazine

The Rise of Xylazine: Understanding the “Zombie Drug” Crisis is a 45-minute training that introduces participants to xylazine, a veterinary sedative increasingly found in the illicit drug supply—especially in fentanyl-laced opioids. Often called “Tranq” or the “Zombie Drug,” xylazine causes severe health complications, including necrotic skin wounds, respiratory depression, and cardiovascular instability. This session explains why xylazine is being added to street drugs, the limits of naloxone in reversing its effects, and the challenges of identifying and treating xylazine exposure. Participants also learn about withdrawal complexities, harm

reduction strategies, and emerging public health recommendations. The training equips harm reduction workers, healthcare providers, and community responders with the knowledge to recognize and respond to xylazine-related risks.