

LifeSkills Training (LST) – Training Information

The cost for the LST Middle School Program training varies according to the format used for training. You can refer to the LifeSkills Training website for the most up-to-date cost information:

<https://www.lifeskillstraining.com/training-overview/>

On-site Training Workshops: On-site training may occur over a 1-2-day schedule, for up to 20 participants. It is noted that for PCCD grant applicants, it is highly recommended that the in-person training option is the preferred method of training delivery.

Training Workshops in Pennsylvania: The EPISCenter works to connect sites who are interested in hosting training workshops in PA to reduce costs. Please contact the EPISCenter LST Implementation Specialist at 814-863-2568 or EPISCenter@psu.edu to see if there is scheduled training workshops in PA that would fit your needs.

On-line training Workshops: On-line training is available in an asynchronous format, meaning the training is self-paced, with a certified, NHPA trainer guiding participants through modules and discussions. If your site has 5 or more people wishing to train at the same time, please contact NHPA to set this up. **Again, please note that the online format is not endorsed by PCCD or the EPISCenter as the preferred method of LST training for grantees.

Training of Trainers (TOT) Workshops: This two (2)-day advanced training provides participants the skills and training to become certified as an Agency Trainer. To be eligible, you must have completed the LST training as well as have implemented a full cycle of the LST curriculum to youth.

For LST training coordination and planning, please contact the EPISCenter's LST Implementation Specialist at 814-863-2568 or EPISCenter@psu.edu