

# Sidekicks Train-the-Trainer Course

# Memorandum of Understanding

You enrolled in MaineHealth's Sidekicks Train-the-Trainer course. Sidekicks gives youth and young adults the skills and confidence to hold respectful conversations about commercial tobacco use to support their peers who use commercial tobacco, as well as provide youth/peers with connections to a network of Adult Advisors and Ambassadors\* as a resource for questions and additional support. This project is a partnership between MaineHealth and District Tobacco Prevention Partners (DTPP) across Maine.

**All trained Sidekicks Adult Advisors will review, sign, and return this Memo of Understanding (MOU) to MaineHealth following the completion of the Sidekicks Train-the-Trainer course.**

**To become a Sidekicks Adult Advisor, individuals must meet the following requirements:**

1. Prior experience working as a Trainer, Educator, Teacher, etc.;
2. Successful completion of a Sidekicks Train-the-Trainer course;
3. Demonstrate ability to train other adults and youth in Sidekicks.

**MaineHealth in partnership with the DTPPs will provide:**

- Sidekicks Train-the-Trainer course;
- All materials from the one-day Train-the-Trainer course (which include a training manual, PowerPoint slides, and supplemental training resources in hard copy and electronic versions);
- On-going updates and revised teaching materials in electronic form to all trainers/Sidekicks website access and via email communication from MaineHealth as needed (we will communicate with you via the email address you include below);
- Technical assistance-upon request.

**In order for recognized Sidekicks Adult Advisors to maintain their status, you will:**

1. Agree to be available to participate as a co-trainer or training team member for a minimum of one Sidekicks training in Maine and continue to engage with your local DTPP about future Sidekick offerings for youth and young adults.
2. Agree to a minimum of one check-in with Master Trainer which will include a request for participation in a voluntary online survey.
3. When conducting any Sidekicks Training, adhere to the training curriculums recognized as meeting the MaineHealth Sidekicks standardized training requirements. The materials contained in the Sidekicks manual will be under copyright and you may use, distribute, copy, and share provided that such material is not altered or modified. All materials used in Sidekicks trainings will be credited to MaineHealth.
4. Anyone (adult and/or youth) associated with the Sidekicks program is restricted from selling the training materials or profiting from their use or from conducting trainings with these materials. Sidekicks trainers may charge a fee to deliver Sidekicks trainings to cover items such as trainer's time, travel, facility, and audio visual costs.
5. Complete the required forms (electronic or paper) to ensure MaineHealth receives important training and implementation data (i.e. location, number trained, etc.).
6. Participate in Sidekicks refresher training courses if and when offered.

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

Organization: \_\_\_\_\_ Title: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Return this form to MaineHealth Tobacco Services Program via email at [tobaccopreventionservices@mainehealth.org](mailto:tobaccopreventionservices@mainehealth.org). You may bring completed form with you to the training and/or mail it to 110 Free Street, Portland, ME 04101

**\*To become a Sidekicks Adult Ambassador, individuals must meet the following requirements:**

1. Prior experience working with and supporting youth in a community setting;
2. Establish and maintain a working relationship with Sidekicks Adult Advisor and/or youth Sidekicks at their designated site;
3. Demonstrate ability to maintain the integrity of the Sidekicks concepts and methods in a supportive role.

**Sidekicks Adult Ambassador Example:**

*A troop of middle school-age Girl Scouts attends a Sidekicks training to become Youth Sidekicks and the adult Troop Leaders accompany the Girl Scouts and sit-in during the Sidekicks training; the Troop Leaders are not being trained in Sidekicks and have no plans to return to their community to train other adults/youth in the Sidekicks program. The Troop Leader will have an understanding of the Sidekicks curriculum and concepts and will be able to be an additional support person to the Youth Sidekicks and Adult Advisors in their respective community/school setting.*