

Social Media First Aid

Tuesday, June 2, 2026

1:00 pm – 5:00 pm

Location: Abbeville County Library
1407 North Main Street Abbeville, SC 29620



Purpose: Social Media First Aid is a program designed and created to equip the social media user with insight on how to cultivate a healthy balance with social media use. It is intended to assist social media users with the identification of challenges that may be caused by social media use, while sharing evidence-based research and best practice recommendations for social media consumption to youth, adults, parents, caregivers, and helping professionals.

The goal of this training is to equip youth and adults with the knowledge and skills necessary to understand, identify, and respond to social media harms by reducing stigma and the negative effect of social media use by promoting help-seeking behavior, bystander intervention and community-based support services.

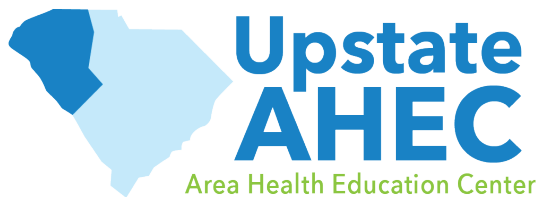
Target Audience: Anyone interested in the topic, nurses, social workers, therapists, prevention specialists, counselors.

At the conclusion of this program, each participant will be able to:

- Learn to recognize signs of social media harm.
- Understand the impact of social media on youth mental health
- Gain practical tools to respond and support youth that are in need.
- Promote healthy digital habits, set boundaries, and create safer online environments for young people.

Program Fee: \$60 for non-members // Free for Upstate AHEC Members Scholarships available! Email Karla at kgolpe@upstateahec.org to see if there are spots open.

To register: <https://www.scahec.net/learn/programs/4857>



Social Media First Aid

Program Instructors:

Rachael Snow, RIZE Prevention | Community Engagement | Parent & Caregiver Liaison, Trainer.
Martine Helou-Allen, Founder and Executive Director RIZE Prevention Inc.

Continuing Education Credit:

Licensed Nurses: This nursing continuing education activity awards **4.0 contact hours** upon successful completion. Upstate AHEC is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. www.nursecredentialing.org/accreditation.aspx.

Licensed Professional Counselors and Therapists: This program has been approved for **4.0 hours** of continuing education by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

Social Workers: This program has been approved for **4.0 clock hours** of social work continuing education by Upstate AHEC, as part of the SC AHEC system, under its accreditation by the SC Board of Social Work Examiners.

Others: This program is approved for **0.4 CEUs (4.0 clock hours)** by Upstate AHEC and meets the SC AHEC Best Practice Standards.

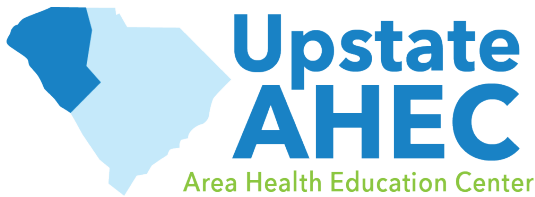
Please Note: Licensees should verify with their state licensing board for acceptance of continuing education units.

ANCC Disclosure Statement: Upstate AHEC's conflict of interest policy requires faculty to disclose any real or apparent commercial financial affiliations related to the content of their presentations/materials. The speaker has signed a vested interest form declaring no conflict of interest in education activity. Provisions of this educational activity by Upstate AHEC does not imply endorsement by Upstate AHEC or ANCC of any commercial products displayed in conjunction with this activity.

Americans with Disabilities Act (ADA): Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran's status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity.

Successful completion of the program requires attendance for 90% percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit available.

Cancellation and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) and our staff will be in touch with refund details— refunds are typically processed within 10-15 business days after that. Registrations for online modules and on-demand video programs are not eligible for refunds.



Social Media First Aid

Instructor Bios:

Rachael Snow, RIZE Prevention | Community Engagement | Parent & Caregiver Liaison, Trainer.

Rachael focuses on building trust-centered relationships with parents, caregivers, schools, and community partners to expand prevention education and strengthen community investment in youth well-being. Expertly trained in cultivating meaningful connections, she leads with heart, bringing both strategy and compassion to every space she serves. She facilitates trainings on substance use prevention and social media safety, and serves as an Adolescent and Addictions Life Coach, guiding youth and families toward resilience, awareness, and healthy decision-making. Known for her ability to connect and inspire action, Rachael creates environments where people feel seen, heard, and empowered to take meaningful steps forward.

Before joining RIZE Prevention, Rachael spent nearly a decade with Girl Scouts of South Carolina Mountains to Midlands, leading community engagement efforts and delivering prevention and mental health programming for girls across the region. Rachael KNOW'S prevention is the cure, and that RIZE Prevention is more than a program; it's a call to action for communities to come together and protect the next generation. Her greatest inspiration is her two sons, who fuel her passion to help create safer, healthier communities where every young person can thrive.

Martine Helou-Allen, Founder and Executive Director RIZE Prevention Inc.

Martine is the founder and executive director of RIZE Prevention, a nonprofit in South Carolina that focuses on early prevention and intervention related to substance abuse and addiction. A Political Science and Health and Exercise Science graduate of Furman University, Martine's passion for saving teens from the destructive and increasingly fatal consequences of drug use has enabled her to create innovative, evidence-based prevention programming that is delivered to middle schools, community organizations, and houses of worship. Prior to founding RIZE Prevention, Martine was the Community Relations Director at the Greenville County Sheriff's Office, an experience that sparked her vision to create and deliver her first drug prevention program "Anything But Free" to teens throughout the state. Martine is an internationally certified adolescent addiction and motivation coach and is a member of the South Carolina Opioid Recovery Fund Board. She currently lives in Greenville with her husband Scott and her two sons, Sami and Michael.