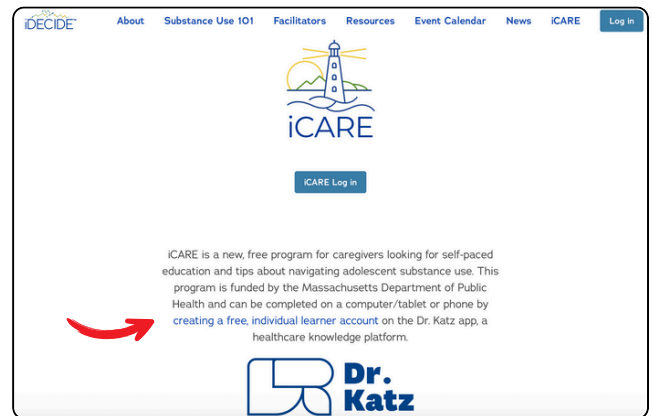
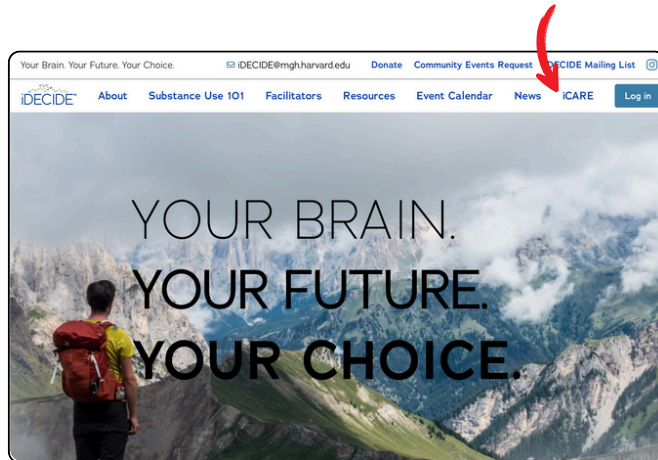


# Create Account


- 1 Go to iCARE ([idecidemyfuture.org/icare](http://idecidemyfuture.org/icare)) and click on the link to create a free, individual learner account on the Dr. Katz app.



- 2 **Sign up** for an individual account. Check your email to confirm.




**Pro Tip! Bookmark this page**  
[mydrkatz.com/#/login/csbh](http://mydrkatz.com/#/login/csbh)



CSBH helps schools support student mental health through training, resources, and evidence-based practices. In iCARE, caregivers learn about substance use and how to support their youth.

Sign up and create a Dr. Katz account for ongoing learning and resources.



Welcome!


Username

Password

[Forgot username?](#) [Forgot password?](#)

[Continue](#)

or

 [Log in with organization](#)


Need an individual account? [Sign up](#)

- 3 Create your profile in just a minute. **Select topics** that interest you in order to receive a more personalized app experience.

Tell us about yourself

2 of 4

- ☒ Basic Info
- ☒ Job & Location

 **Interests**

Select at least three health topics you are interested in learning more about. [Who can see this?](#)

Interests \*

Substance Use x

Alcohol Use x

Drug Abuse x

Child or Adolescent x

Family x

Internal Family Systems x

Patient-Child Interaction x

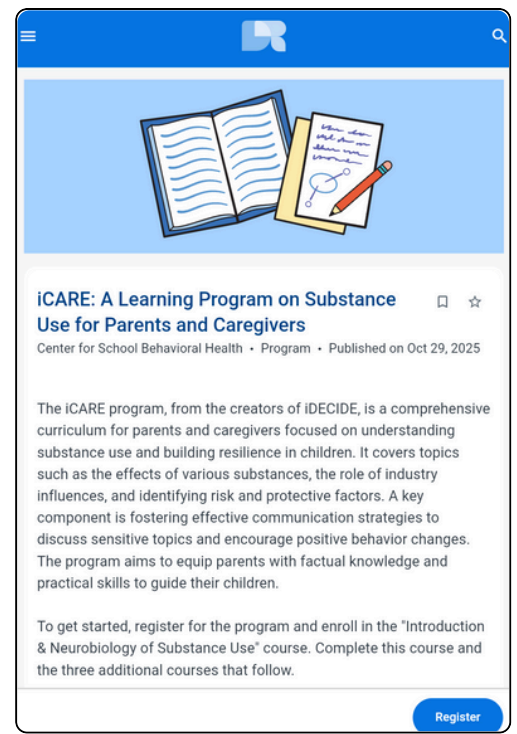
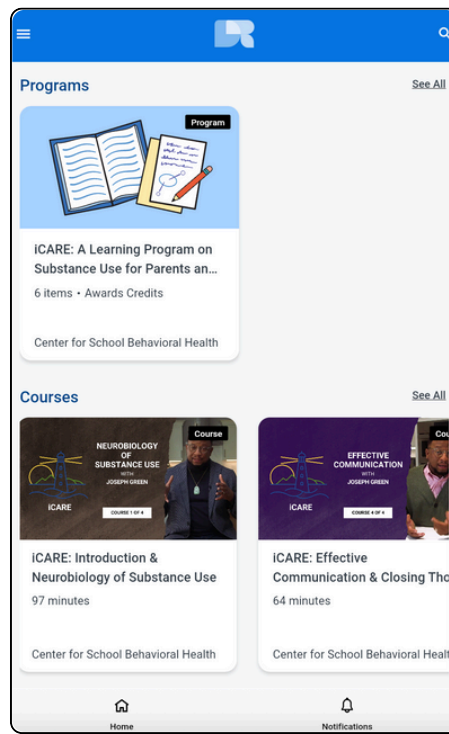
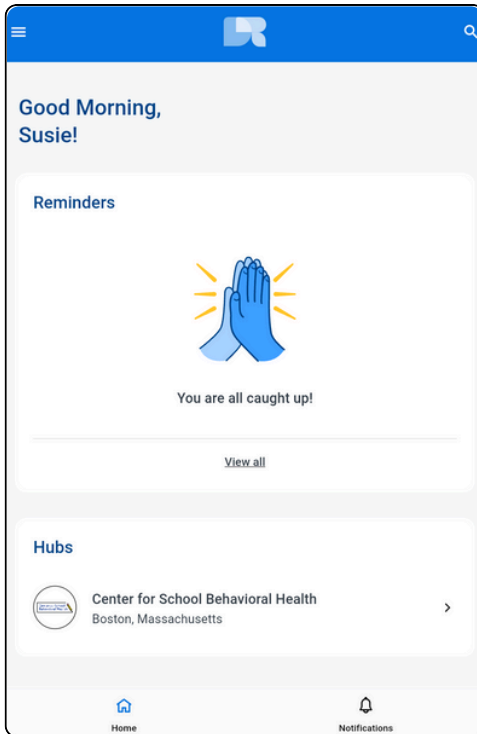
Prevention x

School Issues x

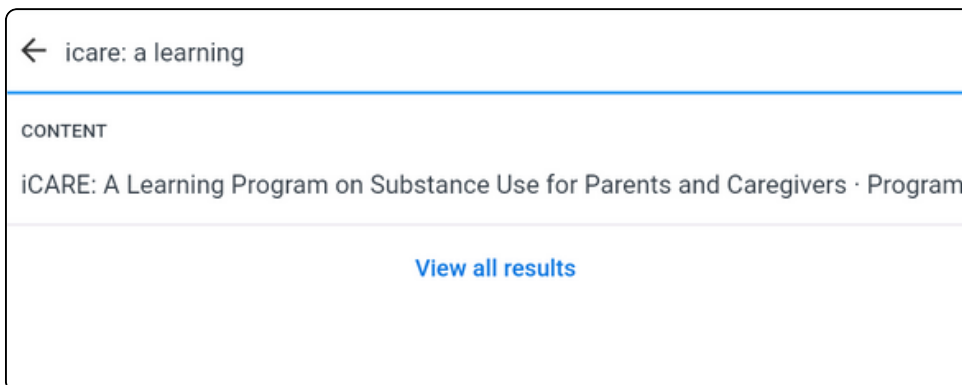
Social Media x

# Register for iCARE

- 4** Access **iCARE: A Learning Program** by visiting the Center for School Behavioral Health hub. **Register** for the program.



Search "iCARE: A Learning Program"




# Enroll in Courses. Dive In!

5 Click on the **iCARE program** to register.




Enroll in courses one at a time, or all at once!






**Congratulations!**  
You have registered for the program

[Enroll now](#)

☰  🔍

📄 iCARE Certificate (Inactive)  
\$ Free  
👤 Caregiver [More](#)

**Presenters**

 **Joseph Green**  
Poet, Motivator, Educator, Narrative Disruptor, and CEO, LMSvoice

**Learning Experiences**

☐ Course • 0 of 4 completed

| <input checked="" type="checkbox"/> Status ↓                           | Title  |
|--|--|
| <input checked="" type="checkbox"/> <input type="radio"/> Not Enrolled | iCARE: Introduction & Neurobiology of Substance... |
| <input checked="" type="checkbox"/> <input type="radio"/> Not Enrolled | iCARE: Industry Tactics and Media Literacy         |
| <input checked="" type="checkbox"/> <input type="radio"/> Not Enrolled | iCARE: Risk and Protective Factors                 |
| <input checked="" type="checkbox"/> <input type="radio"/> Not Enrolled | iCARE: Effective Communication & Closing T...      |

[Enroll](#)

6 Complete the **Getting to Know You** questionnaire in the first course “Introduction and Neurobiology of Substance Use.”

7 of 7

☒ Demographics

☒ Learning Goals

**About**  
The feedback from this survey will be utilized by the Center for School Behavioral Health to identify effective strategies for enhancing services and support for its audience and learners.

6. Which topic are you most interested in learning about? \*

☐ Effects of drugs on teen brain

☒ How to talk to my kids about alcohol and other drugs

☐ Health, media, and scientific literacy

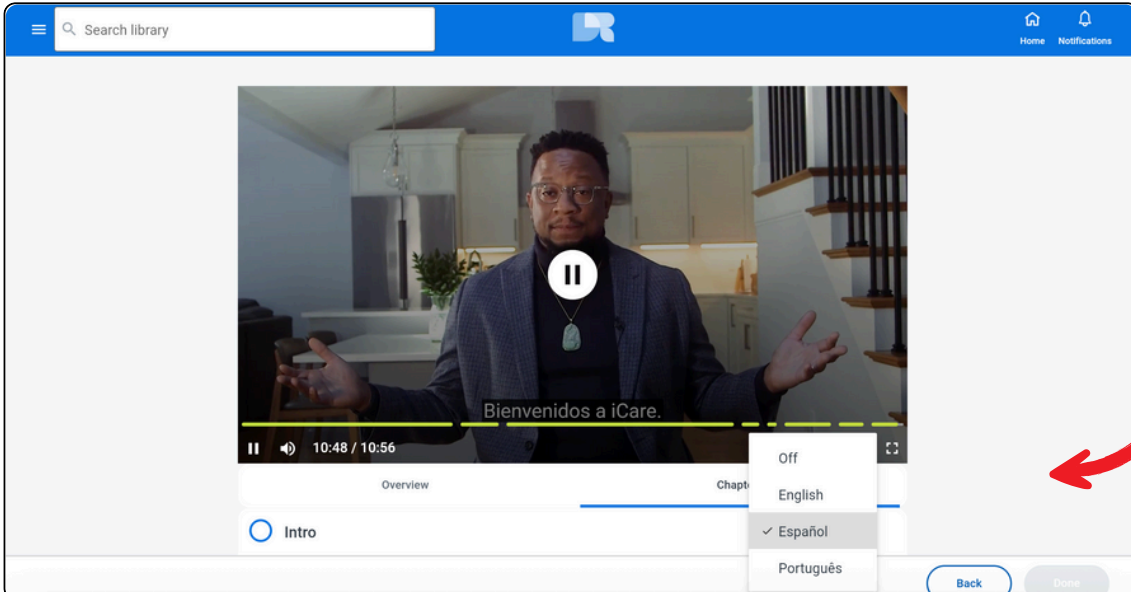
☐ Risk and protective factors

7. What are your learning goals for this experience?

I want to learn the facts about the risks of substance use in adolescence, and how to have open communication with my kids about those risks.

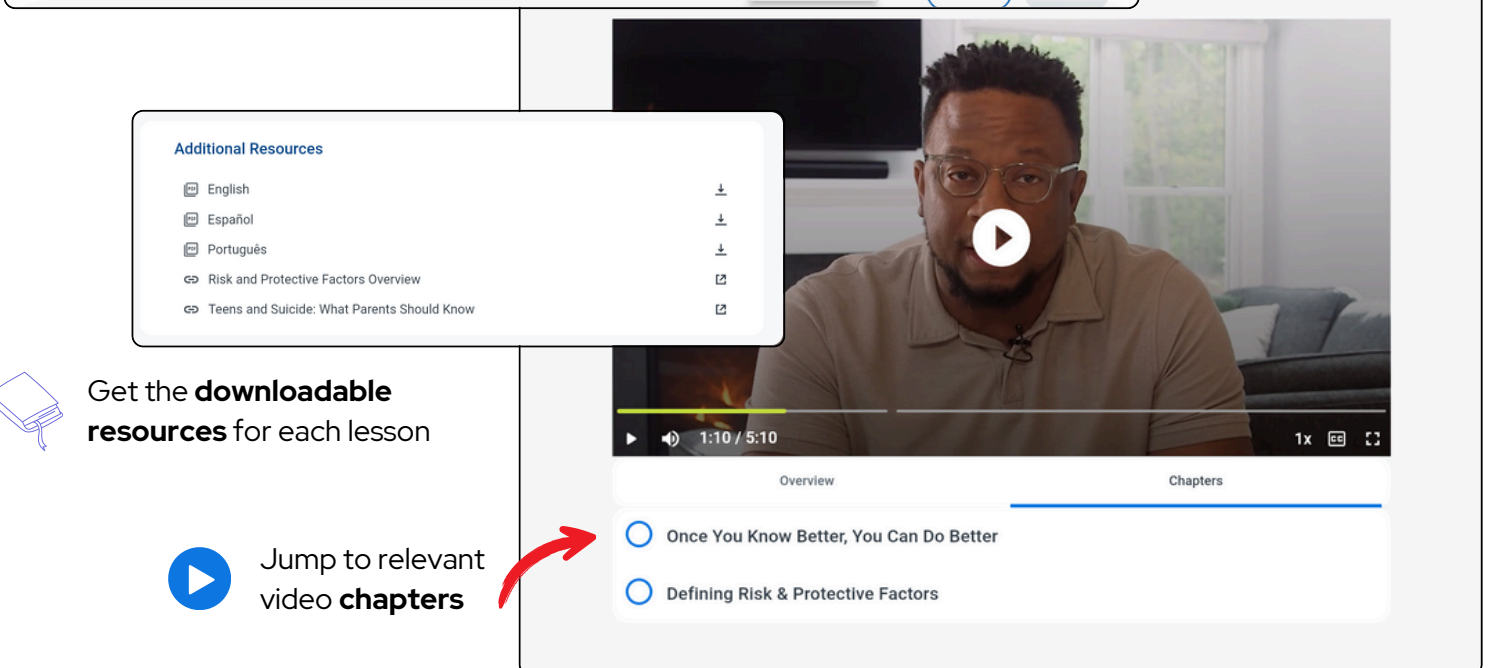
# Make the Most of Your Learning

**7** When you get to the end of each video lesson, press **Done** to continue.



The screenshot shows a video player with a man speaking. A menu for closed captions is open, showing options: Off, English, Español (selected), and Português. A red arrow points to the 'CC' icon with the text 'Turn on closed captions'.

**CC**  
Turn on **closed captions**



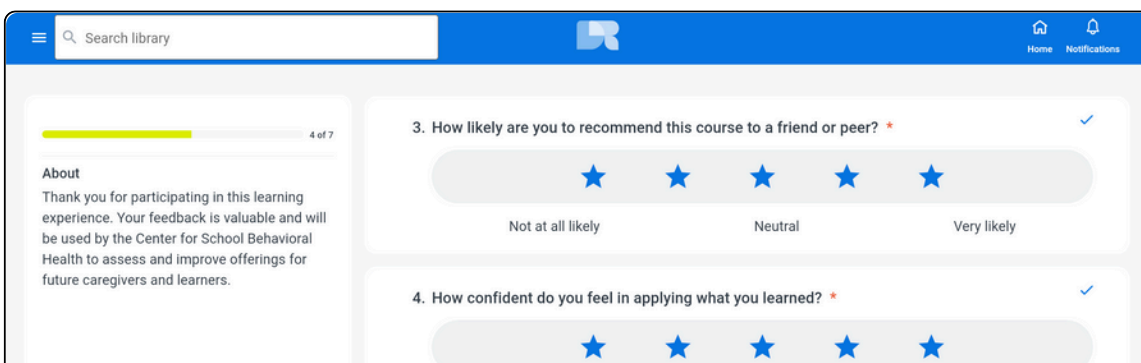
The screenshot shows a video player with a man speaking. A list of chapters is open, showing options: Once You Know Better, You Can Do Better and Defining Risk & Protective Factors. A red arrow points to the 'Chapters' tab.

**Additional Resources**

- English
- Español
- Portugués
- Risk and Protective Factors Overview
- Teens and Suicide: What Parents Should Know

Get the **downloadable resources** for each lesson

**Jump to relevant video chapters**



The screenshot shows a feedback form with two questions. The first question is '3. How likely are you to recommend this course to a friend or peer?' with a star rating from 1 to 5. The second question is '4. How confident do you feel in applying what you learned?' with a star rating from 1 to 5. A progress bar at the top shows '4 of 7'.

**3. How likely are you to recommend this course to a friend or peer? \***

Not at all likely Neutral Very likely

**4. How confident do you feel in applying what you learned? \***



At the end of the program, please leave **feedback!**

# Download the App

- 8 Search **Dr. Katz** in the App Store or Google Play store. Download and use your username and password to log in.

Scan to download the app

