

2021 Trainings Offered by MHAW

TRAINING	LEARNING OBJECTIVES	COST	TIME
Mental Health & Wellness 101 (MHW 101)	MHW 101 reframes the conversation about mental health-teaching that we ALL have mental health; it's not just about the presence or absence of an illness. The training will help participants understand mental health as an integral part of overall health, prevalence of mental illness, and risk & protective factors; promote help-seeking behavior, recovery and self-care	\$450	1 HOUR
Stress and Anxiety: Building Resiliency and Coping Strategies	Participants will have an opportunity to explore self-care and wellness from a strengths-based perspective, including understanding stressors, building resiliency and self-compassion, and managing change.	\$450	1 HOUR
Mental Health First Aid (MHFA) <i>Versions Available:</i> -Adult -Youth -Public Safety -Veterans	MHFA is an evidence-based public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hours course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia.	\$3,000 For up to 30 participants	8 HOURS
Virtual MHFA <i>Versions Available:</i> -Adult -Youth	This is an online version of MHFA. After completing 2 hour of self-paced online course, First Aiders will participate in a 6 hour, instructor led videoconference. This course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia	\$3,500 For up to 20 participants	6 HOURS

See page 2 for more training offerings

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Issues in Adolescent Behavioral Health	Adolescence is that awkward time period between childhood and adulthood and with it comes many different physical and emotional changes. How do we negotiate what is “typical” adolescent behavior from behavior that could potentially lead to the need to seek help. Participants will have the opportunity to learn about some of the multiple aspects of mental health in adolescents.	\$1,200	2.5 HOURS
Behavioral Health and the Aging Process	The aging process varies greatly from one person to the next and often depends upon one physical and behavioral health history. Participants will learn about the aging process, prevalence of behavioral health concerns and how they manifest in people as well as how to engage those that might be facing a behavioral health concern.	\$1,200	2.5 HOURS
Introduction to Creating a Trauma-Informed Setting	To ensure the best possible health outcomes, all care — in all organizational settings — must address trauma in a safe and sensitive way. A trauma-informed approach can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions.	\$1,200	2.5 HOURS
Cultural Humility and the Therapeutic Relationship	Sometimes relationships; which serve as one of the most crucial elements in not only addressing Diversity, Equity, Inclusion and Belonging (DEIB) but also Social Justice Work and the therapeutic bond. Engagement and connection with individuals is the key to developing the therapeutic relationship. When someone doesn’t look, sound, love like you do it can create a chasm. How does one cross that chasm? We are taught that we are supposed to treat everyone the same, but actually that is not what we do. Participants will gain an enhanced understanding of implicit bias and micro-aggressions as well as the impact that each has on the provision of behavioral health services.	\$1,200	2.5 HOURS
Building a Foundation for Cultural Humility	A general workshop designed to introduce key concepts as the building blocks of cultural humility. Learning the key concepts will assist in developing a sense of self-awareness and the systems which have been designed to discriminate and oppress, either intentionally or unintentionally.	\$1,200	2.5 HOURS

Contact MHAW for more information, to schedule a training or find out about other MHAW services.

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FILL OUT OUR TRAINING REQUEST FORM: <https://forms.office.com/r/u251RatVB6>

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