

SUPPORT GROUPS

Facilitator Training



Learn how to provide a safe and productive environment for your support group! We periodically offer this half-day training for new or experienced leaders of mutual-aid, non-therapeutic support groups. And if you are interested in starting a support group, we have resources to help you!

Cost: \$25 per person

Audience: Current & potential support group leaders.

Length: 3 hours

FOR ALL AGES

Presentations

Topics:

- Overview of Mental Health & Wellness
- Depression and Suicide
- Anxiety and Stress Management
- Conflict Resolution
- Healthy Relationships (for youth)

Cost: Free (some may require materials)

Audience: Any organization, school or group in Niagara County, NY

Length: Varies

Our Community Education program & resources benefit youth, families, professionals, consumers of mental health services and the general public. Through our Community Education program, you can request a topical presentation for your organization or school, schedule a professional training, receive free informational brochures and access our lending library, request an MHA representative to attend a health fair or other event.



Mission Statement

The Mental Health Association in Niagara County, Inc. will offer programs and services aimed at promoting mental health while advocating for individuals with mental illnesses and working toward dispelling commonly held misunderstandings regarding mental illnesses.



MENTAL HEALTH ASSOCIATION
in Niagara County

716.433.3780 www.MHANC.com

36 Pine St. Lockport, NY 14094



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TRAINING WORKSHOPS



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FIRST AID

Mental Health First Aid



MENTAL
HEALTH
FIRST AID

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Mental Health First Aiders are teachers, first responders and veterans. They're neighbors, parents and friends. They're people in recovery, and those supporting a family member. They're First Ladies and Mayors. Mental Health First Aiders are anyone who wants to make their community healthier, happier and safer for all.

Our certified trainers provide both Mental Health First Aid for adults and Mental Health First Aid for youth. Trainings are provided by request for groups and occasionally, we hold trainings at our office with open sign-ups available to the general public.

Cost: \$125 per person

Audience: Anyone who wants to learn to identify, understand, and respond to signs of mental illness in order to better help and serve their community.

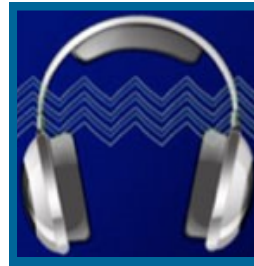
Length: 8 hours (can be done in one day, or split up into two 4-hour sessions)

TRAININGS & WORKSHOPS

SUPPORTING MENTAL WELLNESS IN OUR COMMUNITY

WORKPLACE AND COMMUNITY

Hearing Distressing Voices



This unique 2-hour simulation training allows individuals to understand more clearly the challenges that people with psychiatric disabilities face. It is particularly helpful for those in health care and law enforcement. Participants in this training are asked to wear headphones that allow them to hear voices, and then asked to perform unrelated tasks. Other distractions are introduced as well, all in an attempt to simulate the confusion that a psychotic episode may cause. Participants in the training are struck by how difficult it is to focus and listen during the training, and as a result they develop a new attitude about how to deal with mental illness in others.

Cost: \$20 per participant to cover materials

Audience: Anyone who interacts with mentally ill individuals (healthcare workers, law enforcement officials, social workers).

Length: 2 hours

Live Your Life Well

This presentation increases mental health awareness, provides tips for recognizing and managing stress, and shares information about how to get professional help when you need it.

Cost: \$200 plus cost of materials per person

Audience: Workplace or other community groups. Recommended for groups of 8-15 people.

Length: 2 hours

Working Well Together

This presentation is especially designed for increasing wellness in the workplace through a combination of communication, personal insight, awareness and empathy, problem solving and emotional intelligence.

Cost: \$200 plus cost of materials per person

Audience: Workplace groups. Recommended for groups of 8-15 people.

Length: 2 hours

FOR BOOKINGS OR INFORMATION CALL 716.433.3780

WWW.MHANC.COM