

COMMUNITY MENTAL WELLNESS TRAINING OPPORTUNITIES

1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family. Take action today to help others as we fight stigma, provide support, educate the public and advocate for equal care. (1) The trainings below are your opportunity to become aware and are open to the community.

Register today at: <https://placercoe.gosignmeup.com/public/course/browse>



safeTALK safeTALK Training



WHAT IS IT? Four-hour suicide alertness training which includes: presentations and guidance from a LivingWorks registered trainer; simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe, hands-on skills practice and development.

WHO SHOULD ATTEND? SafeTALK is an excellent tool for people (age 15+), regardless of prior experience or training, who want to become alert to the dangers of suicide in a convenient timeframe. Although formal caregivers such as social workers and counselors employ SafeTALK skills, the program is also used by students, teachers, community volunteers, first responders, military personnel, police, public and private employees, and professional athletes—among many others. SafeTALK is a suicide alertness workshop. SafeTALK-trained helpers: can recognize warning signs (invitations) and take action by connecting people at risk with life-saving intervention resources; and are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Fee: \$25. Due at registration No refund of registration fee with less than a 14 day cancellation notice.



Date	Time	Location
October 3, 2017	8:00am-12:00pm	PCOE Main– Burns Room-360 Nevada St., Auburn, CA 95603
January 30, 2018	8:00am-12:00pm	PCOE - Seavey Center-655 Menlo Dr., Rocklin, CA 95765
March 15, 2018	8:00am-12:00pm	PCOE Annex– Nobili Room– 365 Nevada St., Auburn, CA 95603



Applied Suicide Intervention Skills Training

WHAT IS IT? A two-day suicide intervention skills workshop; participants learn to intervene and help prevent the immediate risk of suicide. Workshop features: presentations and guidance from two LivingWorks registered trainers; a scientifically proven intervention model; powerful audiovisual learning aids; group discussions; skills practice and development; a balance of challenge and safety.



WHO SHOULD ATTEND? Virtually anyone age 16 and older can learn the skills to intervene to save a life from suicide. Community members and agency staff are encouraged to attend. In many organizations, ASIST is a mandatory component of training. Nurses, physicians, mental health professionals, pharmacists, teachers, counselors, youth workers, police, first responders, correctional staff, school support staff, clergy, and volunteers have all found that ASIST complements their existing training and knowledge. Other people attend simply because they want to be able to help someone in need.

Fee: \$50. Due at registration. No refund of registration fee with less than a 14 day cancellation notice. **Please note: To maintain the fidelity of ASIST trainings, we cannot permit more than 3-5 participants from one organization/school district in each training.**



Date	Time	Location
September 25 & 26, 2017	8:00am-4:30pm	PCOE Main– Burns Room-360 Nevada St., Auburn, CA 95603
November 13 & 14, 2017	8:00am-4:30pm	Brandman University- #222– 400 Sunrise Ave, Suite 200, Roseville
January 25 & 26, 2018	8:00am-4:30pm	PCOE Annex– Nobili Room-365 Nevada St., Auburn, CA 95603
February 8 & 9, 2018	8:00am-4:30pm	Brandman University- #222– 400 Sunrise Ave, Suite 200, Roseville
April 3 & 4, 2018	8:00am-4:30pm	PCOE Annex– Nobili Room-365 Nevada St., Auburn, CA 95603