

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.



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, 2018	8:30am-12:00pm	PCOE - Main- Burns Room-360 Nevada St., Auburn, CA 95603
January 30, 2019	8:30am-12:00pm	PCOE - Main- Burns Room-360 Nevada St., Auburn, CA 95603
March 11, 2019	8:30am-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 20 & 21, 2018	8:00am-4:30pm	PCOE Main- Burns Room- 360 Nevada St., Auburn, CA 95603
November 1 & 2, 2018	8:00am-4:30pm	PCOE Annex - Nobili Room - 365 Nevada St., Auburn, CA 95603
February 6 & 7, 2019	8:00am-4:30pm	PCOE Annex- Nobili Room- 365 Nevada St., Auburn, CA 95603
April 1 & 2, 2019	8:00am-4:30pm	PCOE Annex - Nobili Room - 365 Nevada St., Auburn, CA 95603
June 12 & 13, 2019	8:00am-4:30pm	PCOE - Seavey Center - 655 Menlo Drive, Rocklin, CA 95765



Adult- Mental Health First Aid (MHFA)

WHAT IS IT? The 8-hour interactive course introduces common mental health challenges of adults and teaches a 5-step action plan for how to help people in both crisis and non-crisis situations. Topics covered include: anxiety, depression, trauma, substance use, addictions and disorders in which psychosis may occur. Community resources are also discussed throughout the training.



WHO SHOULD ATTEND? The Adult Mental Health First Aid course is appropriate for anyone 16 years and older who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. Educators/school staff, health care workers, public safety and first responders, members of the faith community, health and human services workers, CASA/Mentor volunteers, and other interested organizations and community members are all encouraged to attend.

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

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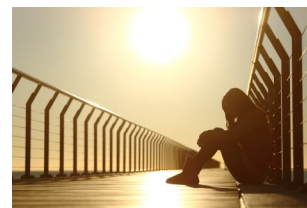


Date	Time	Location
September 17, 2018	8:00am-4:30 pm	PCOE -Annex - Nobili Room 365 Nevada St., Auburn, CA 95603
October 9 & 10, 2018	8:00am-12:00pm	PCOE -Annex - Nobili Room 365 Nevada St., Auburn, CA 95603
November 14, 2018	8:00am-4:30pm	PCOE - Seavey Center - 655 Menlo Dr., Rocklin, CA 95765
February 12 & 13, 2019	8:00am-12:00pm	PCOE - Seavey Center - 655 Menlo Dr., Rocklin, CA 95765
March 7, 2019	8:00am - 4:30pm	PCOE- Seavey Center - 655 Menlo Dr., Rocklin , CA 95765
April 9, 2019	8:00am - 4:30 pm	PCOE - Annex - Nobili Room 365 Nevada Street, Auburn, CA 95603



Youth- Mental Health First Aid (MHFA)

WHAT IS IT? The 8-hour interactive course reviews the unique risk factors and warning signs of mental health problems in adolescents while emphasizing the importance of early intervention and how to help an adolescent in crisis or experiencing a mental health challenge. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, and disruptive behavior disorders (including AD/HD), and eating disorders. Adult participants will learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional help and/or community resources.



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WHO SHOULD ATTEND? Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people: parents, family members, caregivers, educators/school staff (including front office staff, coaches, bus drivers), health and human services workers, public safety and first responders, CASA/mentor volunteers, and other caring citizens.

FEE: \$25. Due at registration.

No refund of registration fee with less than a 14 day cancellation notice.

Date	Time	Location
January 9, 2019	8:00am-4:30pm	PCOE - Annex - Nobili Room - 365 Nevada Street, Auburn, CA 95603
May 15, 2019	8:00am - 4:30pm	PCOE - Seavey Center - 655 Menlo Drive, Rocklin, CA 95765

To register for a training, visit:

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

Trainings are subject to change. Please refer to our website for the most updated training information.

Registration fee scholarships are available on a limited and demonstrated hardship basis.

For questions about registration, please contact:

Laura Ralph: lralph@placercoe.k12.ca.us or (530) 745-1489



The Placer County Office of Education, in a unique collaboration with Placer County Health and Human Services, Roseville Joint Union High School District and Kids First are working to improve mental health outcomes for individuals, families and our community. These trainings are facilitated by a collaborative training team made up of these partners and with funding, in part, by the County of Placer Mental Health Services Act.