



Mental Health Association in New York State, Inc.

Trainings Offered by MHANYS

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; and promote help-seeking behavior, recovery, and self-care.	\$225 any audience size	1 HOUR
Mental Health & Wellness 101 in the Workplace (MHW 101W)	MHW 101 in the Workplace offers a basic understanding of mental health and 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; and promote in order to reduce stigma and to promote wellness and recovery in the workplace.	\$225 any audience size	1 HOUR
Additional 30-minute specialized add-ons to the above.	Signs and Symptoms: To identify signs & symptoms of mental illness. Organizational Wellness: To identify organization-wide strategies for creating a climate that is sensitive to mental health and wellness. Beyond Trauma-Informed: To understand and recognize the effects of trauma and develop an understanding of being a trauma-informed organization.	\$100 per add-on	30 MIN Each
Develop a Trauma-Informed Approach	A trauma-informed approach can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions. <ul style="list-style-type: none"> • Understand the widespread impact of trauma. • Recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system to avoid re-traumatization. • Integrate knowledge about trauma into policies, procedures, and practices. • Build a framework that responds to the connections between trauma and behavioral health challenges. 	\$500 any audience size	1.5 HOURS
Creating A Wellness Mindset	Creating a Wellness Mindset, is applicable for staff and the individuals and families they are in partnership with. The language of health has gone through many changes and currently the word ‘well-being’ is gaining popularity because it encompasses the broader dimensions of our overall health and well-being. This presentation provides a framework for how to create a ‘wellness mindset’ that will support the practice of continuous self-care. Creating a wellness mindset involves becoming intentional about our choices, inner dialogue, boundaries, expectations, and communication. The practice of self-care involves being mindful of our choices and how and why they direct our overall health outcomes.	\$500 any audience size	1.5 HOURS
safeTALK	safeTALK prepares anyone over the age of 15 to become a suicide-alert helper. Most people with thoughts of suicide don’t truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK trained helpers can recognize these invitations and connect them with life-saving intervention resources.	\$10 per person for 15 to 30 participants	3 HOURS
Mental Health First Aid (MHFA) <i>Versions Available:</i> - Adult - Youth - Public Safety - Veterans - Higher Education - Older Adults	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-hour 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.	\$3,110 for up to 30 participants	8 HOURS

Contact MHANYS for more information, to schedule a training, or to find out about our consulting services.

HEALTHY MINDS FOR A HEALTHY NEW YORK

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Family Engagement Trainings Offered by MHANYS

TRAINING	LEARNING OBJECTIVES	COST	TIME
CAREPATH™ Program: Shared Values	<p>This presentation introduces a new innovative transition support tool designed for the first 90-days post-discharge from any treatment setting.</p> <p>The CarePath™ program recognizes the first 90 days as a critical period and offers support to supplement discharge plans. This innovative support tool captures measurable outcomes for reducing stress, unnecessary ER visits and hospitalizations through addressing the eight dimensions of whole-person and family wellness. The CarePath™ offers a structured support system for the person discharged and their family or identified supporters. Participants all learn together to define their overall health and well-being through the design of a CarePath™.</p>	\$150 any audience size	1 HOUR
Family Engagement	<p>This presentation focuses on the questions below and offering strategies for responding to them.</p> <ul style="list-style-type: none"> • Do we define engagement? • Are we practicing cultural humility? • What are typical ways in which engagement is measured? • Does engagement include the role of families - including siblings? • What are the options for improving engagement? 	\$225 any audience size	1 HOUR
Develop a Trauma-Informed Approach	<p>A trauma-informed approach can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions.</p> <ul style="list-style-type: none"> • Understand the widespread impact of trauma. • Recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system to avoid re-traumatization. • Integrate knowledge about trauma into policies, procedures, and practices. • Build a framework that responds to the connections between trauma and behavioral health challenges. 	\$500 any audience size	1.5 HOURS
Creating A Wellness Mindset	<p>Creating a Wellness Mindset, is applicable for staff and the individuals and families they are in partnership with. The language of health has gone through many changes and currently the word 'well-being' is gaining popularity because it encompasses the broader dimensions of our overall health and well-being. This presentation provides a framework for how to create a 'wellness mindset' that will support the practice of continuous self-care.</p> <p>Creating a wellness mindset involves becoming intentional about our choices, inner dialogue, boundaries, expectations, and communication. The practice of self-care involves being mindful of our choices and how and why they direct our overall health outcomes.</p>	\$500 any audience size	1.5 HOURS
The Immediate Crisis is Over: Now What?	<p>Youth and families are overwhelmed with transitioning back to their lives after hospitalization or an intensive treatment program. The youth is challenged by transitioning back home, to school, and friendships. Parents have their own challenges and anxiety around the fact that their child is no longer receiving intensive mental health services. The challenges families face may include navigating services, illness recognition, acceptance of the illness, developing realistic expectations, coping strategies, and learning new ways to communicate. This presentation offers options and strategies for supporting the youth and their family during the transition.</p>	\$500 any audience size	1.5 HOURS
Inherited Family Trauma is Not Destiny	<p>Traumatic events and chronic stress and loss may be felt for generations. How does a parent's personal account of experiencing trauma influence raising their child? When we normalize our pain, our children learn to do the same. A parent frequently experiencing acute stress responses without connecting to their trauma history may revert back to methods that kept them safe and in control when they were young and that may be fight, flight, and freeze acute stress responses. This presentation examines the characteristics of the "Stress Response Syndrome" and the impact on parenting and a family's ability to achieve and maintain health and well-being.</p>	\$500 any audience size	1.5 HOURS

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