



MENU OF TRAININGS

Trainings will be modified to accommodate available length of time and target audience

YOUTH MENTAL HEALTH FIRST AID (YMHFA)

The Youth Mental Health First Aid Training teaches individuals how to identify, understand and respond to signs of mental illnesses and substance abuse disorders. This 8 hour certification training gives adults who interact with youth skills to reach out and provide initial support to adolescents (12-18 yrs) who may be developing a mental health or substance abuse problem and connect them to the appropriate care.

The training will also cover:

- Common signs of mental illness – ex: Anxiety, Depression, Psychosis, ADHD
- Common signs of substance abuse
- How to interact with adolescents in crisis
- How to connect adolescents with help

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

safeTALK: SUICIDE PREVENTION

LivingWorks safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, 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 take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

COMMERCIALLY SEXUALLY EXPLOITED CHILDREN (CSEC)/ HUMAN TRAFFICKING

Human trafficking both labor trafficking and sexual exploitation are not just third world issues, they are very prevalent here in the United States and in the Central Valley. This is an issue that does not only effect one group, race or economic class. In this age of technology and social media, any child can be susceptible to fall into the hands of a predator. As an educator, it is important to know schools are one of the primary recruiting grounds for victims and you may be the only adult able to recognize the signs and step in to help. As a parent, it is crucial to be able to identify risk factors and protect your children. This training will seek to show you how prevalent this issue is, the gateways that lead youth into trafficking, and how to identify and recognize the signs of a child at risk or who might already have fallen prey to the world of trafficking.

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WHAT IS MENTAL WELLNESS AND HOW DO WE FOSTER IT?

Mental wellness encompasses many aspects of our life, including psychological, emotional, and social well-being. Our Mental wellness determines how we respond to life stressors, traumatic experiences, and relate to other people. It is just as important to attend to and nurture our mental wellness, as we do our physical health.

SOCIAL EMOTIONAL LEARNING

Schools are known as a place for teaching academic content; however, students also need education in social and emotional skills in order to deal with the stress of school and life. Students tend to act out behaviorally what they do not know how to verbalize or understand emotionally, and these behaviors can influence their success in and out of the classroom. This training will help school staff learn how to promote and support social and emotional learning for students, which will better prepare them for academic success.

TRAUMA INFORMED PRACTICES IN SCHOOLS

Participants in this training will gain greater understanding of the physiological impact of trauma on the brain, student behavior, and ability to learn. We will explore techniques and strategies for implementing trauma informed practices within the school setting.

MINDFULNESS

Research shows that incorporating mindfulness into school curriculums can significantly increase student engagement and promote a positive learning environment. Mindfulness helps us to stay centered and increase awareness of our thoughts, emotions, bodily sensations, and environment. Participants will learn how to use mindfulness in the classroom to reduce stress, manage emotional reactions, and increase school and job satisfaction.

SELF-CARE FOR HELPERS

The field of helping others in any capacity can be taxing to our mind, body and soul. It is imperative for anyone who works in a helping profession to develop a balanced routine, which promotes mental and physical well-being in his or her own life. This training will help staff to recognize the importance of self-care and develop self-care strategies, to enable them to continue being helpful to others.

STRATEGIES FOR SUPPORTING STUDENTS WITH MENTAL HEALTH NEEDS

Research shows 1 in 5 students suffers from some form of mental health issue or disorder. This training will provide strategies for teachers, staff and parents to use when engaging with a child who may be struggling with mental health concerns.

DISENGAGED STUDENTS – *What can we do to support them?*

Disengaged students can seem particularly challenging. There are many possible reasons for a lack of engagement in and out of the classroom. This training will explore school-related impacts on student engagement and discuss strategies on how to promote positive engagement.

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CULTURAL AWARENESS AND INCLUSION

As we enter the field of education working with children and families, we encounter diverse groups within our community. It is important to take the time to learn about diversity and increase our ability to be sensitive to other cultures, traditions, and the barriers people face as a result. Most important in our understanding of others, is to understand our own cultural beliefs and biases, in order to work with others in a beneficial manner.

BOYS TOWN: SOCIAL SKILLS IN THE SCHOOL

Boys Town Social Skills in Schools training will provide an overview of how you can proactively manage student behavior through positive behavior supports.

The social skills training puts an emphasis on empowering students to problem solve, and make better choices. Through role-playing and group activities participants will have a hands on opportunity to practice the curriculum.

ABSENTEEISM – *What does mental health have to do with it?*

National data indicates that 1 in 5 students suffer with mental health issues. Mental health plays a significant role in how well youth function within their communities, including school. Research indicates a strong correlation between a student's mental health symptoms and their number of school absences per year. This presentation will provide information on red flags to look for when considering whether mental health is playing a role in a student's absenteeism. We will also share strategies that can be used to support students who may be struggling with mental health symptoms, which may be negatively affecting their attendance.

BULLYING

According to the National Center for Education statistics, every 7 minutes a child experiences bullying at school and 1 in 3 teens report being bullied in their lifetime. This training will address bullying basics, bullying behavior, how to identify when a child might be experiencing bullying, effective methods to address bullying at school, and strategies for working with victims and perpetrators.

CONSIDERATIONS FOR EFFECTIVE DE-ESCALATION OF CHALLENGING STUDENT BEHAVIORS

Working with children who engage in severe and/or explosive behaviors can be very exhausting. Often times these behavioral presentations are due to life stressors, past traumatic experiences, or mental illness. Understanding appropriate methods to de-escalate children during intense situations, rather than further triggering the behavior, is a key component in these situations. This training will also help participants to identify their own triggers when addressing challenging student behaviors.

CONTINUUM OF MENTAL HEALTH SERVICES IN SCHOOLS

The training will dissect Tulare County Office of Education's mental health services continuum. Resources and clarity as to how students access mental health services in the schools will be provided. Participants will receive program overviews of Behavioral Health Services, Intervention Resource Classrooms, and the Alternative Achievement Program.

Additional trainings available upon request