

Community Trainings

Through trainings that facilitate meaningful conversations, our community will become more comfortable talking about mental health and offering support to those who need it most. Our programs aim to help people better understand mental health challenges and take the steps to become a trusted person to turn to when someone feels isolated or hopeless. Invite the North Range team to come speak to your business, school, church, or community group.



COMPLETE LIST OF TRAININGS:

- Overview of North Range Services
- Compassion Fatigue
- De-Escalation
- Mental Health 101
- Mental Health First Aid
 - Adult
 - Youth
- Suicide Prevention
 - QPR - Question, Persuade, Refer. Suicide Prevention Adult Certification Training
 - SAFE:Teen© - Suicide Prevention for Adolescents
 - Suicide prevention in our community (no certification)
- Self-Care for the Real World
- Trauma-Informed Care
- Narcan and Overdose Prevention
- COMET™ (Changing Our Mental and Emotional Trajectory)
- Parenting and Children
 - Mental Health 101 for Caregivers of Teens
 - The Hopeful Household - Building Family Resiliency
 - Specific parenting and family topics available by request
- Other trainings may be created at special request

Scan or click the QR Code to request a training.



Questions? Email Marketing@NorthRange.org for more information.

TRAINING DETAILS

One-time Training

- General community education and awareness; address stigma surrounding behavioral health; general skill-building and coping strategies to support good mental health.
- In-person or Zoom
- Select trainings may be recorded with prior agreement between parties.
- If training is in person, we will need access to A/V equipment and a headcount 1 week in advance to prepare the materials. 15 minutes of setup is necessary before the training(s).
- Capacity: minimum 2; maximum 40
- Cost: \$0 (excluding Mental Health First Aid, see page 3)

Series of General Trainings

- 4 or fewer sessions
- In-person or Zoom
- General community education and awareness; address stigma surrounding behavioral health; general skill-building and coping strategies to support good mental health
- Content can be repeated several times or build on previous sessions.
- Select trainings may be recorded with prior agreement between parties.
- If training is in person, we will need access to A/V equipment and a head count 1 week in advance in order to prepare the materials. 15 minutes of setup is necessary before the training(s).
- Capacity: minimum 2; maximum 40
- Cost: \$0 - provided as a community service

TRAINING DESCRIPTIONS

Compassion Fatigue

This workshop prepares trainees to understand when compassion fatigue sets in, how to fight fatigue with compassion, and the tools to create a personalized wellness plan.

De-escalation

This training equips attendees with the skills to diffuse potentially dangerous situations. Participants will learn how the brain functions during crisis, the goals of de-escalation, non-verbal and para-verbal clues, and the lay steps towards rapport with someone in crisis.



Mental Health 101: (30 - 90 minutes)

Like physical health, we all have mental health. Many of us know about taking care of our physical health, but taking care of our mental health might not be on our radar. Mental health refers to the state of our emotions, thoughts and feelings and how we understand the world around us. Join us to learn the “what, why and how” of taking care of our Mental Health.

Mental Health First Aid

Mental Health First Aid is a public education program that helps individuals across the community understand mental illnesses, support timely intervention and save lives.

- MHFA for Adults
- Youth MHFA: For adults who interact with youth ages 10-25
- 4-hour training with 4 hours of online prework required before starting the course
- Capacity: 5 min - 30 max
 - Cost: Cost of the MHFA manual, approximately \$45 per person.

Question, Persuade, Refer (QPR) Adult Certification Training

Join a growing number of people in a research-supported approach to preventing suicide. This certification training teaches participants to recognize warning signs, and respond when a person is experiencing a mental health crisis or suicidal thoughts. Offered at no cost to our community.

- Can be presented in 60 minutes, however 90 minutes is ideal to ensure depth and Q&A.
- Offers 1.5hrs of Continuing Education Credits
- Recording is not allowed.
- Participants will have a nationally recognized certification (this certification holds the same weight as a CPR certification).
- We will need access to A/V equipment and a head count 1 week in advance in order to prepare the materials. 15 minutes of setup is necessary before the training(s).
- Capacity:
 - Online: min 1; max 30
 - In person: min 1; max 100 with one trainer; 300 with 2 trainers

Self-Care for The Real World: (30 - 90 minutes)

For many of us, self-care is difficult to define, and it can be hard to find ways to integrate it into daily life. Join us to learn practical self-care and stress management techniques that you can use to promote, protect, and maintain wellness.



SAFE:Teen© – Suicide Prevention for Adolescents

In 60-90 minutes, SAFE:Teen© will provide resources, help, and hope. Teens will learn: how to recognize the warning signs of suicide, how to ask for and give help, and about resources available to teens and their loved ones.

- This presentation is appropriate for 12-18 year-olds.
- Can be completed in two 45-minute sections or one 60 or 90-minute section.
- The most important component of this is ensuring safety nets are in place. In order to successfully provide this program, a pre-meeting is necessary with the adults that are most involved with the kids in their specific setting i.e.: counselors in schools, youth leaders at churches.
- Recording is not allowed.
- Cost – \$0

