



Mental Health Association in New York State, Inc.

2021 Trainings

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.	\$700	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.	\$700	1 HOUR
Additional 30-minute specialized add-ons to the above.	Signs and Symptoms: Identify signs & symptoms of mental illness. Organizational Wellness: Identify organization-wide strategies for creating a climate that is sensitive to mental health and wellness. Resiliency: Understand the importance of building resiliency skills. Practice What You Learned Activities: Scenarios, role-plays, and skill-building exercises to reinforce learned concepts.	\$150 per add-on	30 MIN
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
Virtual MHFA <i>Versions Available:</i> - Adult	This is the online version of MHFA. This virtual 6-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 20 participants	6 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

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

www.MHANYS.org/training-inquiry/

HEALTHY MINDS FOR A HEALTHY NEW YORK

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Mix and Match Trainings

The following trainings can be purchased individually or as a package.
Each training is 1 HOUR in length and costs \$700.

Creating A Wellness Mindset Learn the characteristics needed for a wellness mindset. A sense of well-being is the integration of body, mind and spirit; and the appreciation that everything we do, think, feel, and believe has an impact on our health. This presentation provides a framework for how to create a 'wellness mindset' that will support the practice of continuous self-care.

Cultivating a Culture of Belonging & Well-being Creating a culture of belonging supports those that do not feel a sense of belonging - be at their schools, places of employment, home or within their communities. Motivation is driven by the sense that we matter and our contributions add, and not subtract, to the world around us. A culture of belonging looks for ways we are similar rather than how we are different.

Cultivating Resiliency Participants will have an opportunity to explore self-care and wellness from a strengths-based perspective, including understanding stressors, building resiliency and self-compassion, and managing change.

Developing a Trauma-Informed Approach To ensure the best possible health outcomes, all care — in all organizational settings — must address trauma in a safe and sensitive way. A trauma-informed approach can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions.

Grief: The Most Universal of All Feelings This presentation will explore the expressions of grief and loss and why supporting the grieving process will ensure that grief is not categorized as a disease but an essential part of our wholeness as human beings and the precursor for healing. We will also look at when grief becomes complicated and a mental health concern.

Mind-Body Health & Healing For those of us under chronic stress or managing our mental health its helpful to be aware of emotions and attend to them quickly. Tending to them quickly ensures we will not carry them with us throughout the day, week, month and for some of us years. Taking a leadership role over our thoughts will ensure our emotions don't have a life of their own.

Self-Compassion: A Tool for Mental Health Focusing on developing our compassion creates positive effects on both our brains and our immune systems. Studies of evolution show we are biologically designed to respond well to being cared for and treated kindly. The practice of compassion and self-compassion require being engaged and awake to our life.

For more information about our trainings and training packages, go to
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