



Mental Health Association in New York State, Inc.

2022 Trainings

TRAINING	DESCRIPTION/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.	\$1000	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 wellness and recovery in the workplace.	\$1000	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.	\$500 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.	\$3,500 for up to 30 participants	8 HOURS
Virtual MHFA <i>Versions Available:</i> - Adult - Youth	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.	\$4,000 for up to 20 participants	6 HOURS
Creating A Wellness Mindset	Learn the characteristics needed for a wellness mindset. A sense of wellbeing 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 training provides a framework for how to create a ‘wellness mindset’ that will support the practice of continuous self-care.	\$1,000	1 HOUR

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Cultivating a Culture of Belonging & Wellbeing	A culture of belonging and wellbeing promotes the idea that differences should neither be judged nor measured, but rather, embraced. Cultivating a culture of belonging creates a framework that promotes inclusion and equity throughout our communities - be it at schools, places of employment, or households.	\$1,000	1 HOUR
Cultivating Resiliency	Explore self-care and wellness from a strengths-based perspective, including understanding stressors, and building resiliency to manage change. Cultivating Resiliency provides a framework for what is needed to maintain wellbeing.	\$1,000	1 HOUR
Defining Trauma and Trauma-Informed Responses	Understanding trauma and being able to offer support to individuals within an organization is an important skill to learn. This training provides a framework for implementing trauma-informed responses in an organizational setting.	\$1,000	1 HOUR
Grief: The Most Universal of All Feelings	Explore the expressions of grief and loss and why supporting the grieving process is important for wellbeing. This training will provide a framework for recognizing when grief becomes a mental health concern.	\$1,000	1 HOUR
Mind-Body Health & Healing	Being aware of emotions and attending to them quickly ensures we will not carry them with us longer than necessary. This is key to managing our mental health. This training provides a framework for taking a leadership role over our thoughts to ensure our emotions don't have a life of their own.	\$1,000	1 HOUR
The Practice of Self-Compassion for Mental Health	The practice of self-compassion is a skill that can be developed. The relationship we have with ourselves influences all our other relationships and is central to our wellbeing. This training provides a framework for practicing three components of mindful self-compassion that assist in managing wellbeing.	\$1,000	1 HOUR



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

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