



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

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

194 Washington Avenue, Suite 415 • Albany, New York 12210-2314

Phone: 518-434-0439 • Fax: 518-427-8676 • MHANYS.org