

# AVAILABLE TRAININGS

## MENTAL HEALTH FIRST AID



MHFA is an 8-hour course that teaches the public how to help someone who is developing a mental health problem or experiencing a mental health crisis. Using ALGEE: Assess, Listen, Give, & Encourage (for professional & self-help).

**Available Dates:** May 31, 2023 & October 11, 2023

## ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) have direct impact on one's nervous system and brain development, which creates long-term mental and physical health issues as well as an increase in at-risk behavior. The good news is maltreatment is preventable. Learn about ACEs & prevention of ACEs during this 1-hour training.

**Available Dates:** March 23, 2023 & April 13, 2023



## QUESTION, PERSUADE, REFER



QPR is a 1-hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Our Community Care Coordinator is now QPR trained - if you would like to schedule a training for your organization, call 605-692-4979.

**Available Dates:** April 6, 2023 & July 13, 2023

## YOUTH MENTAL HEALTH FIRST AID

YMHFA is an 8-hour course discussing early intervention. It also reviews the unique risk factors & warning signs of mental health problems in adolescents ages 12-18. Using ALGEE: Assess, Listen, Give, & Encourage (for professional & self-help.)

**Available Dates:** June 14, 2023



Sponsors

