COMMUNITY MENTAL WELLNESS TRAINING OPPORTUNITIES

1 in 5 Americans will be affected by a mental health condition in their lifetime and many Americans are affected or impacted through their friends and/or family. Take action today to help others as we fight stigma, provide support, educate the public and advocate for equal care. The trainings below are your opportunity to become aware. All trainings are are open to the community.

COVID Safety Protocols: *In compliance with health and safety requirements from the California Department of Public Health (CDPH), masks are required for all individuals in all indoor public settings, regardless of vaccination status, from December 15, 2021 through January 15, 2022. Presenters may remove face coverings as needed as well as those who are actively eating and drinking. Please also conduct a health self-assessment before attending and stay home if you are ill.*

safeTALK

WHAT IS IT? A Four-hour suicide alertness training which includes: presentations and guidance from a LivingWorks registered trainer; simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe, hands-on skills practice and development.

WHO SHOULD ATTEND? SafeTALK is an excellent tool for people (age 15+), regardless of prior experience or training, who want to become alert to the dangers of suicide in a convenient timeframe. No fee.

Date	Time	Location
January 12, 2022	8:30 am - 12:00 pm	PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765
March 2, 2022	8:30 am - 12:00 pm	PCOE Annex - Nobili Room, 365 Nevada Street, Auburn, 95603
May 5, 2022	8:30 am - 12:00 pm	PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765

Applied Suicide Intervention Skills Training

WHAT IS IT? A two-day suicide intervention skills workshop; participants learn to intervene and help prevent the immediate risk of suicide. Workshop features: presentations and guidance from two LivingWorks registered trainers; a scientifically proven intervention model; powerful audiovisual learning aids; group discussions; skills practice and development; a balance of challenge and safety.

WHO SHOULD ATTEND? Virtually anyone age 16 and older can learn the skills to intervene to save a life from suicide. Community members and agency staff are encouraged to attend.

FEE: $25 Due at registration. No refund of registration fee with less than a 14-day cancellation notice. Please note: to maintain the fidelity of ASIST trainings, we cannot permit more than 3-5 participants from one organization/school district in each training.

Date	Time	Location
February 24 & 25, 2022	8:00 am - 4:30 pm	PCOE - Burns Room, 360 Nevada Street, Auburn, 95603
March 21 & 22, 2022	8:00 am - 4:30 pm	PCOE Seavey Center - 655 Menlo Drive, Rocklin, 95765
April 26 & 27, 2022	8:00 am - 4:30 pm	PCOE Annex – Nobili Room – 365 Nevada Street, Auburn, 95603
May 16 & 17, 2022	8:00 am - 4:30 pm	PCOE Seavey Center - 655 Menlo Drive, Rocklin, 95765
May 23 & 24, 2022	8:00 AM - 4:30 pm	PCOE - Burns Room, 360 Nevada Street, Auburn, 95603

Adult - Mental Health First Aid (MHFA)

WHAT IS IT? An 8-hour interactive course introduces common mental health challenges of adults and teaches a 5-step action plan for how to help people in both crisis and non-crisis situations. Topics covered include: anxiety, depression, trauma, substance use, addictions and disorders in which psychosis may occur. Community resources are also discussed throughout the training.

WHO SHOULD ATTEND? The Adult Mental Health First Aid course is appropriate for anyone 16 years and older who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. *No fee.*

Date	Time	Location
January 11, 2022	8:00 am - 4:30 pm	PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765
February 2, 2022	8:00 am - 4:30 pm	PCOE Annex - Nobili Room, 365 Nevada Street, Auburn, 95603
March 31, 2022	8:00 am - 4:30 pm	PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765
April 7, 2022	8:00 am - 4:30 pm	PCOE Annex - Nobili Room, 365 Nevada Street, Auburn, 95603
April 20, 2022	8:00 am - 4:30 pm	PCOE Annex - Nobili Room, 365 Nevada Street, Auburn, 95603

Youth - Mental Health First Aid (MHFA)

WHAT IS IT? An 8-hour interactive course reviews the unique risk factors and warning signs of mental health problems in adolescents while emphasizing the importance of early intervention and how to help an adolescent in crisis or experiencing a mental health challenge. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Adult participants will learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional help and/or community resources.

WHO SHOULD ATTEND? Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people: parents, family members, caregivers, educators/school staff (including front office staff, coaches, bus drivers), health and human services workers, public safety and first responders, CASA/mentor volunteers, and other caring citizens. *No fee.*

Date	Time	Location
February 10, 2022	8:00 am - 4:30 pm	PCOE Annex - Nobili Room, 365 Nevada Street, Auburn, 95603
April 4, 2022	8:00 am - 4:30 pm	PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765

To register for training, visit: https://placercoe.gosignmeup.com/public/course/browse

Trainings are subject to change. Please refer to our website for the most up-to-date information.

Registration scholarships are available on a limited and demonstrated hardship basis.

For questions about registration, please contact:

Jessica LeFohn 530.745.1467 jlefohn@placercoe.org or Tara Neilsen 530.745.1482 tneilsen@placercoe.org

PCOE GOLD IN EDUCATION Gayle Garbolino-Mojica County Superintendent of Schools

COUNTY OF Placer

In a unique collaboration, The Placer County Office of Education, Placer County Health and Human Services, Roseville Joint Union High School District and Kids First, work to improve mental health outcomes for individuals, families and our community. These trainings are facilitated by a collaborative training team made up of these partners and with funding, in part, by the County of Placer Mental Health Services Act.

WELLNESS · RECOVERY · RESILIENCE