



## Mental Health Trainings for Santa Cruz County schools and youth-serving organizations

- *One in five teens lives with a mental health condition.*
- *Warning signs typically begin about two to four years before a mental health condition becomes serious.*
- *By educating youth, staff, and the community about mental health, we can reduce stigma and prevent adverse outcomes*

Additional topics are periodically available through our partnership with SEAHEC.

Join our mailing list or schedule a training by contacting Paola Hernandez 520.375.6050 phernandez@mariposachc.net.

| Program  | Target Audience  | Format  |
|--|--|---|
| <p><b>Speak Up</b></p>             | <p>7<sup>th</sup> or 8<sup>th</sup> Grade Students</p> | <p><b>Time: 3 hours</b><br/> <b>Class Format: Large Group Assembly</b><br/> <b>Description:</b> Not your typical assembly! Based on current Adolescent Brain Development Science &amp; a prevention model with evidence rating “promising,” local leaders in youth risk prevention created a custom program covering mental health, healthy relationships, and bullying &amp; substance use prevention. We keep it fun and engaging, including a live DJ, incentives, and interactive breaks.<br/> <b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn the power &amp; potential of the adolescent brain</li> <li>• Prevent risk behaviors</li> <li>• Identify emotional challenges in yourself or a friend.</li> <li>• Recognize local resources &amp; ask for help</li> </ul>  |
| <p><b>Ending The Silence</b></p>  | <p>Students Grades 7 – 12</p>                          | <p><b>Time: 45 min – 1hour max</b><br/> <b>Class Size: Typical Class Size</b><br/> <b>Description:</b> Ending the silence is a signature program of the National Alliance on Mental Illness. It includes information on mental health and a presentation by a young adult sharing their journey to recovery. Students gain understanding of this often-misunderstood topic so that we can end stigma. Students leave with information about mental health resources and a handout for parents in both English and Spanish about what they learned.<br/> <b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>• Describe Mental Health facts and statistics</li> <li>• Decrease Mental Health Stigma</li> <li>• Talk about Mental Health with family &amp; friends</li> <li>• Identify warning signs and what steps to take.</li> <li>• Understand: You are not alone. Recovery is possible. Early intervention is key.</li> </ul> |

| Program   | Target Audience  | Format   |
|---|--|--|
|  <p><b>Description:</b> Kognito’s interactive online simulation-based trainings are available through the SCC Adolescent Wellness Network. Teachers, school staff, and others who work with youth experience different scenarios to practice skills for having critical conversations, 1:1 and in the classroom setting.</p>  | <p>School Staff:</p> <ul style="list-style-type: none"> <li>Elementary School</li> <li>Middle School</li> <li>High School</li> </ul> <p>Other professionals &amp; volunteers who work with youth</p> | <p><b>Time: approx. 45-60 min</b><br/> <b>Format: Individual, self-paced, online</b></p> <p><b>Learning Objectives:</b><br/> <b>Kognito At-Risk</b></p> <ul style="list-style-type: none"> <li>Identifying warning signs of mental distress, including verbal, behavioral and situational clues</li> <li>Managing conversations with students to determine the need for referral</li> <li>Developing awareness of negative stereotypes and misconceptions about mental distress and illness</li> <li>Respond to a student that seems to be at risk for Mental Health crisis (i.e. suicide).</li> </ul> <p><b>Building Respect: Bullying Prevention</b></p> <ul style="list-style-type: none"> <li>Learn how to respond to bullying incidents</li> <li>Practice effective conversation techniques to address biased language in the classroom</li> <li>Reach out when you suspect signs of bullying</li> <li>Reinforce staff responsibilities in reporting bullying behavior</li> </ul> |
| <p><b>Youth Mental Health First Aid</b></p>    | <p>School Staff:</p> <ul style="list-style-type: none"> <li>All Grade Levels</li> </ul> <p>Parents and community members</p> <p>*English or Spanish*</p>   | <p><b>Time: 8 hours</b><br/> <b>Class Size: 15-30</b></p> <p><b>Description:</b> MHFA is an in-person training covering provide information and resources on how to interact with a student who might be going through a mental health crisis.</p> <p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>Describe risk factors and warning signs for mental health and addiction concerns</li> <li>Understand strategies for how to help someone in both crisis and non-crisis situations</li> <li>Identify local resources and where to turn for help</li> </ul>  |
| <p><b>Question, Persuade and Refer (QPR)</b></p>   | <p>School Staff:</p> <ul style="list-style-type: none"> <li>All Grade Levels</li> </ul> <p>Parents and community members</p>   | <p><b>Time: Flexible, from 60-120 Minutes</b><br/> <b>Class Size: 15-30 (more possible)</b></p> <p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>Identify the warning signs of suicide</li> <li>Know how to offer hope</li> <li>Recognize how to get help and save a life</li> </ul>  |