



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

COMMUNITY EDUCATION & TRAINING

MENTAL HEALTH PRESENTATIONS AND WORKSHOPS FOR EVERYONE



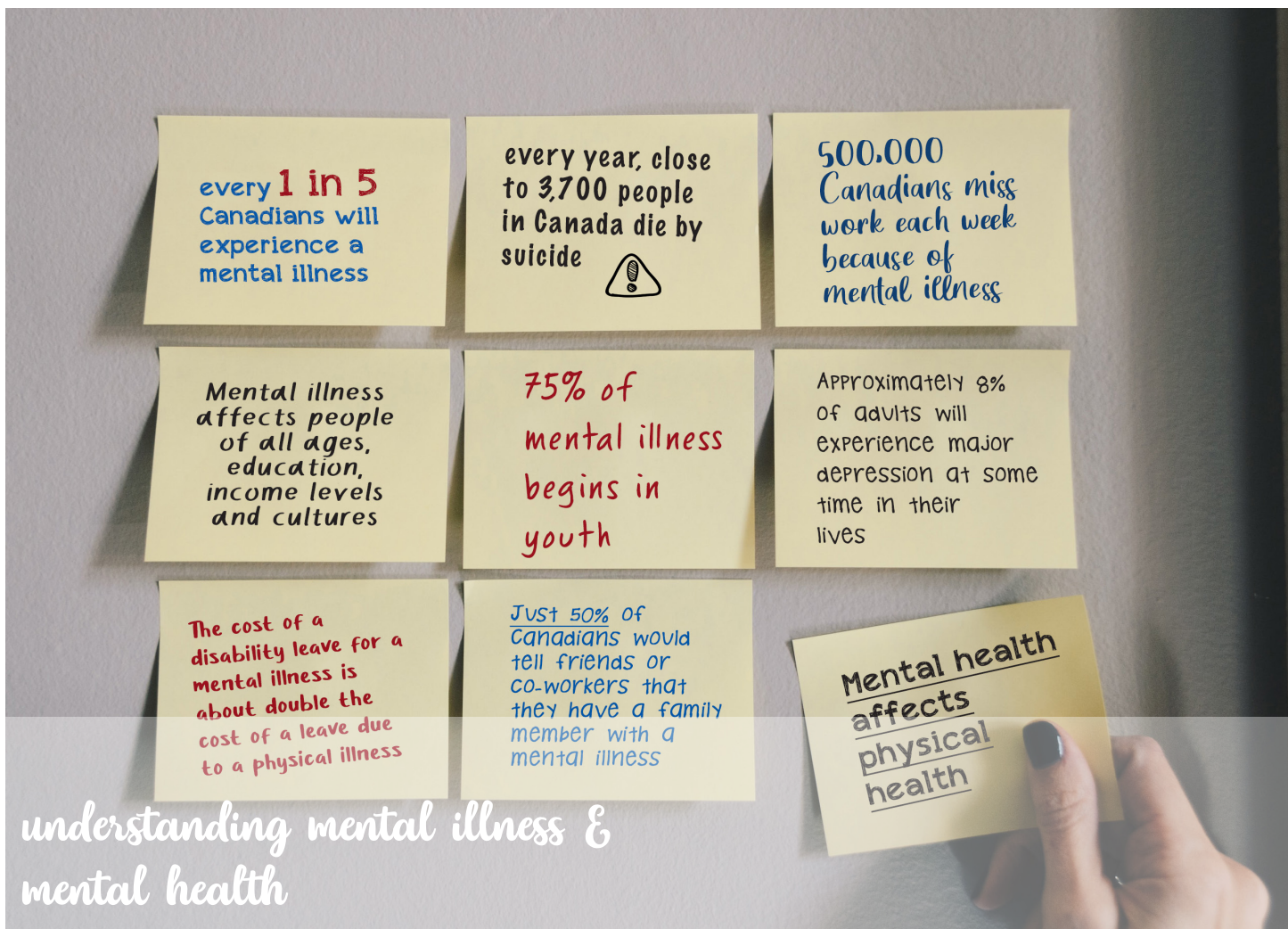
Increasing mental health awareness, enhancing wellness and reducing stigma starts with all of us.

CMHA York Region and South Simcoe offers our community a comprehensive in-person and virtual mental health education and training program designed to give you, and those around you, the tools to promote, support and achieve enhanced mental health wellness in your home, in the community and in your workplace.

Whether you are looking to enhance your personal or professional toolkit, or for a team building experience, lunch and learn, or professional development opportunity for your workplace or organization, we have a program for you.

cmha-yr.on.ca/workshops

workshops and courses ➡



Mental Health First Aid Basic, Mental Health First Aid Standard (virtual) or Mental Health First Aid for Adults who Interact with Youth



Mental Health First Aid is a two-day interactive course that gives participants the tools, confidence and resources to recognize and respond to a mental health concern or crisis of their own, or those around them. Completion of this course is recognized with a certificate from the Mental Health Commission of Canada. With MHFA, you will become certified, confident and skilled at recognizing early signs of mental health problems, so you can offer support to someone in need. The youth version of this course focuses on the mental health of youth, ages 12-24, and includes education on eating disorders and self harm.

Key learning outcomes:

- Increased awareness of signs and symptoms of the most common mental health problems
- Decreased stigma related to mental health
- Increased confidence interacting and communicating with individuals experiencing a mental health problem or crisis
- Increased help actually provided to individuals in crisis or experiencing a mental health problem

ask about our public dates!

Format: In person or virtual

Length: In person = 2 days virtual = 3 modules, 9 hours total

Cost: \$250 per person (minimum 10 people). Groups 16+ = \$200 per person

Mental Health Basics

Mental Health Basics teaches us all how to respond to common mental health challenges. In this workshop, you will hear about real experiences relating to the impact of mental illness and pathways to recovery. You will also learn first responder skills, and how and when to apply, all in a safe classroom environment.

- 7 hours: \$2000

Mental Health 101

Mental Health 101 provides an understanding of various mental health issues, builds mental health awareness and helps reduce the stigma associated with mental illness. Participants will learn strategies for maintaining their mental wellness and for providing compassionate support and understanding to colleagues, friends and family.

- 1 hour: \$400 90 minutes: \$450

Adapting to Challenges: Mental Health and Communication

This session teaches us all how to respond to common mental health challenges, avoid pitfalls, and gives tips for communicating effectively during stressful situations.

- 1 hour: \$400

Seniors and Depression

This presentation gives seniors and their caregivers the tools to identify and respond to feelings and behaviours of depression. With an understanding of the impact chronic diseases, medical conditions and medications can have on the mental health of seniors, you will learn techniques to increase mental wellness, prevent and cope with depression.

- 1 hour: \$400

Cultural Competency and Inclusive Language

To be culturally competent is to have the ability to build bridges and adapt behaviours across cultural differences, but what does this mean in practice and how do we know we are being culturally competent? As a member of your organization, how are you involved in the cultural inclusion process and how can you contribute to ensuring you are being responsive to the varying needs of all people and groups? You will learn strategies for raising the bar for creating a welcoming and inclusive environment, where people feel valued with a sense of belonging and experience wellness. This workshop will also identify how inclusive language plays a critical role. You will learn, strategies for effective cross-cultural communication, as well as examples of how certain words and body language can impact the mental well-being of others.

- 3 hours: \$850





suicide alertness & intervention

Applied Suicide Intervention Skills Training (ASIST)



Every year close to 3,700 people die by suicide in Canada. Though not all suicides can be prevented, some strategies can help reduce the risk, such as early recognition of the signs of suicidal thinking and offering appropriate intervention. This two-day interactive workshop will teach you how to identify and provide emergency support, increase safety, reduce risk and promote wellness and recovery for those who may be experiencing suicidal thoughts or behaviours. You will learn how to navigate societal and personal attitudes of suicide, recognize invitations for, and develop skills for intervention. ***This course is not available virtually**

Length: 2 days

Cost: \$200 per person.

*ask about our
public dates!*

safeTALK



Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided, leaving people more alone and at greater risk. safeTALK training empowers everyone to make a difference by providing in-depth skills to recognize and respond to signs of suicide. In this workshop you will learn how to prevent suicide by engaging with someone at risk and connecting them to an intervention resource for further support. ***This course is not available virtually**

Length: 3.5 hours

Cost: \$50 per person.



Managing Uncertainty

With the onset of the global pandemic, we have all experienced insurmountable change and uncertainty in our personal and professional lives. As the pandemic continues to evolve and the world continues to change, it's important that we develop and sustain a healthy relationship with the things we can't know and can't control. These shifts in how you think about uncertainty will help you build resilience and a positive outlook.

- 1 hour: \$400

Make Wellness a Priority in Your Life

This interactive workshop will teach you what wellness means and why it matters to your overall mental health. Learn techniques for managing stress by ensuring you are doing something for your personal wellness, each and every day.

- 3 hours: \$850

Resilient Minds in Tough Times

Increase your mental fitness with Resilient Minds in Tough Times, a workshop that will teach you how to better cope with stress, embrace change, gain perspective and overcome challenges. Find out what motivates you and learn how to celebrate the simple steps to personal wellness and achieving your goals.

- 1 hour: \$400

Stress Management

What is stress, what are the common causes of stress and how can it be better managed? This workshop will give you techniques toward building and maintaining personal resiliency and mindfulness. Learn how to identify signs of stress and gain the tools and mechanisms to help cope.

- 1 hour: \$400



We encourage you to invest in the personal wellness of your team. Our specialized mental health training program will help your organization increase mental health awareness and reduce stigma, teach staff how to effectively and confidently address mental health concerns, give them tools to manage personal and professional stress and ultimately, learn how to best support one another. We have two programs to choose from: Healthy Workplaces for Everyone and Healthy Workplaces for People Leaders. Everyone in your workplace, at all levels, positions and roles, can benefit from a deepened understanding of mental health in the workplace.

Healthy Workplaces for Everyone

Why does this matter? A psychologically healthy work environment supports employee engagement, worker health and well-being, recruitment and retention, productivity, effective risk management and corporate social responsibility.

Workplace & Mental Health

This presentation provides a basic introduction to workplace mental health for staff, to enhance mental health awareness and skills for responding to some common issues. It also provides an introduction to the National Standard for Psychological Health and Safety in the Workplace.

- 1 hour: \$400

Mood & Depression

This presentation provides an overview of how mood impacts how we work, with a particular focus on depression and how we address it in the workplace.

- 1 hour: \$400

Stress & Anxiety

This presentation provides a high-level overview of how stress and anxiety impacts how we work. Participants will learn how to talk openly about anxiety to address and resolve the barriers that might be prevalent in the workplace.

- 1 hour: \$400

Traumatic Stress & Compassion Fatigue

This presentation provides an overview of secondary traumatic stress and compassion fatigue and the importance of being able to talk openly about this in order to strengthen resilience in the workplace.

- 1 hour: \$400

Psychological Health & Safety

This presentation provides an overview of psychological health and safety in the workplace. It introduces the National Standard for Psychological Health and Safety in the Workplace, as well as the accommodation and return to work involving mental health.

- 1 hour: \$400

Health Anxiety

This 1 hour workshop looks at how the current environment can cause intense feelings of anxiety regarding our health and the health of our loved ones and friends. Using evidence-based methods, it will impart skills managers and staff can use in the context of business resumption to mitigate anxiety about returning to the workplace and/or working remotely in a latent-COVID environment.

- 1 hour: \$400

Mental Health & the Virtual Working Environment

With remote and hybrid work becoming more common as a result of the pandemic, this session addresses the unique challenges this brings to caring for and about employee mental health. It will provide an overview on how we can build psychologically-healthy and safe workplaces when the place of work is the home, or a combination of the home and the workplace.

- 1 hour: \$400



Healthy Workplaces for People Leaders

Only 32 per cent of Canadian employees feel that their organization's leadership is taking action to address workplace mental health. Leaders play a fundamental role in shifting the organizational culture that welcomes and encourages open and safe dialogue, action and change related to workplace mental health. Our Healthy Workplaces for Leadership program is designed to engage and empower your organization's leaders as invested champions in ensuring a mentally healthy and safe workplace for everyone.

Healthy Workplaces for Senior Management & Executives (2 hours)

This workshop provides a deep understanding of the financial impact of mental health problems in the workplace, identifies factors within the workplace that affect mental health and provides an overview of the Psychological Health and Safety Standard. Workplace Wellness for Senior Management consists of 2 modules:

1. **The Financial Impact:** How does ignoring mental health impact your organizational budget?
2. **Psychological Health and Safety Standard:** Increase awareness of the legal duty to accommodate; introduce the components of the Standard; identify factors that affect workplace psychological health and safety.

Healthy Workplaces for Supervisors and Managers (7 hours)

This workshop will address mental health problems in the workplace from a supervisory perspective. It addresses strategies to minimize employee stress leaves, the development of return-to-work and accommodation processes, as well as teaches supervisors how to recognize and manage bullying in the workplace. Workplace Wellness for Supervisors consists of 4 modules:

1. **Identifying Workplace Mental Health Problems:** What are some early indicators that there are mental health problems in the workplace and how can you respond effectively?
2. **Stress in the Workplace:** How to identify, understand the impact and develop strategies to reduce workplace stressors.
3. **Bullying in the Workplace:** How to identify bullying behavior, understand the impact on both the employee and the organization and learn how to respond as a manager.
4. **The Accommodation Process:** What situations require accommodation? What are the seven key principles for successful return-to-work cases? How to create an accommodation plan, specific to the needs of your employees, and improve communication during the accommodation process.

Full Program = \$2000

Single modules = \$500





youth & teen mental health

Teens and Mental Health

Parents and educators – this course is for you. We provide insight into the mental health challenges of teens and youth. You will learn how to identify anxiety, depression and stress among your teens and learn how to open the door to conversation, provide support and identify where and when to ask for help.

- 1 hour: \$400

Cannabis and Youth Mental Health

With the legalization of cannabis, parents, educators and those who work with youth might be curious about what this means, and what might be the risks for young people. This one-hour presentation identifies stats on cannabis use among youth, highlights the short- and long-term impact frequent use may have on the mental and physical health of youth, outlines risk factors for addiction and gives tools and tips for talking with teens about cannabis use.

- 1 hour: \$400

Tackling Stress & Anxiety

This presentation will explore questions like, how does stress turn into anxiety for young people? How can you overcome perfectionism and thought distortions? We will identify the common types of stress youth are experiencing and provide strategies to help manage their stress.

- 1 hour: \$400

A Conversation about Mental Health

This presentation will explore topics relating to, and the stigma surrounding, mental health and mental illness. Participants will learn about common mental health problems, such as anxiety, depression, and bipolar disorder, and learn how to communicate respectfully and effectively with someone who isn't well. .

- 1 hour: \$400

Straight Talk about Depression and Suicide

This presentation will teach youth how to recognize the signs and symptoms of depression and suicide among their peers, friends and loved ones. They will learn how to have a conversation with someone who is suicidal and be able to identify the next steps for helping to keep that person safe.

- 1 hour: \$400

Coping Tools & Mindfulness

The presentation will identify and explore healthy coping tools vs negative coping tools? Youth will learn the 5-steps to achieving emotional awareness and avoiding common pitfalls in coping strategies.

- 1 hour: \$400



Mental Health for Healthcare Workers

This presentation covers the importance of resiliency and how to manage difficult situations and critical events within the health care environment. It will touch on mental health and the unique challenges healthcare workers face given the uncertainty, stress, and long hours of their work.

- 1 hour: \$400

Mental Health for Telehealth

This presentation is for workers whose job it is to speak with clients over the phone or virtually. Paying particular attention to the increase in workload as it relates to the COVID-19 pandemic, participants will learn how to manage stress, take breaks, and improve resiliency during difficult working conditions.

- 1 hour: \$400

*caring for
healthcare
workers*





To book a workshop or presentation, or for inquiries, contact:

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