



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

cmha-yr.on.ca/understanding-mental-health/corporate-training

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 South Simcoe offers our community a comprehensive 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, engage in a team building experience, lunch and learn, or professional development opportunity for your workplace or organization - we have a program for you.

workshops and courses →

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Mental Health First Aid (MHFA):

2 Versions: Basic & Supporting Youth

Mental Health First Aid (MHFA) is an interactive certification program 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.

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 to individuals in crisis or experiencing a mental health problem

3 Formats available: In person, virtual or blended (in-person + virtual)

Cost: \$250 per person (minimum 12 people)

Mental Health 101

Mental Health 101 provides an understanding of common mental health issues, builds mental health awareness and aims to 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 (virtual or in-person): \$500

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 health and pathways to recovery. You will also learn first responder skills, how and when to apply, along with what resources and supports are available in the community.

7 hours (virtual or in-person): \$2,500

Supporting Mental Health & Well-being of Older Adults

This presentation provides older adults, as well as their caregivers and loved ones, an overview of mental health and mental illness factors that are specific to older populations, including the impact of chronic diseases, medical conditions, berevment, medications and other social outcomes. With an understanding of the signs and symptoms of three prevalent mental health conditions, such as anxiety, depression and substance use, you will learn techniques to help prioritize mental wellness and support positive mental health in older adults.

2 hours (virtual or in-person): \$900

**90-minute or 1-hour versions available upon request
designed for senior and/or senior caregiver audiences*

Supporting Our Youth: Teen Stress & Anxiety

This presentation will explore questions like, how does stress turn into anxiety for young people? How can youth overcome perfectionism and thought distortions, and how can we, as parents, educators and caregivers, support our youth through their most challenging times? We will identify the most common stressors currently experienced by youth and make connections to the mental health challenges youth are facing. We will provide strategies for identifying serious mental health concerns among youth, and explore techniques for encouraging, and engaging in, safe, supportive and compassionate conversations.

2 hours (virtual or in-person): \$900

**90-minute or 1-hour versions available upon request
designed for youth (15+) and/or adult/youth caregiver audiences*





Mental Health & Building Resilience

This 3-hour workshop is split into two parts. The first half will focus on providing an understanding of the spectrum of mental health, and topics of conversation around common mental illnesses and the stigma associated with them. We will explore some of the key factors for promoting positive mental health. We will learn strategies for maintaining our own mental wellness and for providing compassionate support and understanding to colleagues, friends and family, using supportive conversations and the helpful resources that are available to us.

We will then spend some time looking at our own strategies for coping with stressful and unexpected situations in our lives and provide our own definition of what it means to be 'resilient'. With practice and persistence, we all have the ability to be resilient during life's most stressful moments. It is helpful to acknowledge that resilience doesn't eliminate adversity; it gives us the strength, the tools and the mindset to respond to, and tackle adversity head-on.

3 hours (virtual or in-person): \$1,300

Adapting to Challenges: Mental Health and Communication

This session teaches us all how to identify and respond to common mental health challenges with effective, caring and compassionate communication strategies, especially during difficult situations. With improved communication awareness and strategies like paying attention to body language and the words we use, we can insure that what we say, and how we say it, is inclusive, kind and effective.

2 hours (virtual or in-person): \$900

**90-minute or 1-hour versions available upon request*

Understanding Seasonal Affective Disorder (SAD)

Anyone's mood can be greatly affected by the weather. However, when the seasons transition, bringing changes in temperature and exposure to daylight, some people experience life impacting depression. Seasonal changes can affect their entire sense of well-being, and this is known as Seasonal Affective Disorder (SAD). Learn how to identify the symptoms of SAD, and gain tools and techniques for managing the mental health impact of this common seasonal disorder.

1 hour (virtual or in-person): \$500

Social Media & Well-being

It is estimated that more than 4 billion people worldwide use social media. While there are many positives to having vast social networks right at our finger tips, this presentation will highlight how a some of the ways we engage on social media might have a negative impact on our overall well-being. Although there is a complex dynamic between social media use and our mental health there are strategies for ensuring that we can engage online safely, meaningfully, and in ways that prioritize our mental well-being.

1 hour (virtual or in-person): \$500

**Intended for adult audience. Youth adaptation available upon request*



suicide alertness & intervention

ASIST

Applied Suicide Intervention Skills Training (ASIST)

Every year close to 4,000 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. Completion of this training is recognized with a certificate from LivingWorks. ***This course is not available virtually**

Format: 2 days (15 hours) in-person

Cost: \$250 per person (minimum 12 people)

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. Completion of this training is recognized with a certificate from LivingWorks. ***This course is not available virtually**

Format: 3.5 hours in-person

Cost: \$75 per person (minimum 10 people)



Managing Uncertainty

Over the last few years, we have all experienced insurmountable change and uncertainty in our personal and professional lives. As we continue to adapt to an ever-changing world, 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 maintain a positive outlook and reduce worrying as you encounter change in your life or invite new beginnings.

1 hour (virtual or in-person): \$500

Enhancing Resilience: Reframing and resetting our coping mechanisms for stress management

What does it mean to be resilient? And what if we told you that, with practice and persistence, we all have the ability to be resilient during life's most stressful moments. Resilience doesn't eliminate adversity; it gives us the strength, the tools and the mindset to respond to, and tackle adversity head-on. Learning to be resilient is a process that involves profound growth, self-awareness and self-compassion. Resiliency holds the key to achieving our optimal mental wellness and this presentation will explore the ways in which our ability to be resilient contributes to our overall sense of well-being.

1 hour (virtual or in-person): \$500

Supporting Volunteers: Caring for Those who Care

Volunteers are the heart of every community and cause. There is something so rewarding about giving back and supporting a need through pure compassion, connection and generosity. However, as volunteers, it is important to also take care of your own physical, mental and emotional health, and this presentation will teach you how. We may not always be aware that sometimes, our desire to help and acts of kindness might be stress and anxiety inducing. Prioritizing your own well-being while giving back ensures that you can continue to be there for others when they need you.

1 hour (virtual or in-person): \$500

designed for volunteers and volunteer manager audiences

Prioritize Your Well-Being

Psychologist, Educator and Author, Martin Seligman said: “Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.” Well-being is not just the absence of illness or challenge; it is a sense of balance across all which makes us human, and we all have the ability to manifest and create our own sense of optimal well-being when we prioritize our needs, goals and desires. Using Seligman’s PERMAH Framework – the six dimensions of feeling and functioning, this presentation will review the role these dimensions play in our overall sense of well-being. We will also explore the connections between healthy and joyful relationships with others, nurturing positive emotions, establishing personal boundaries and feelings of belonging as drivers of personal wellness.

90-min. (virtual or in-person): \$750





We encourage businesses to invest in the personal wellness of their team. Our specialized mental health training programs 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 better support one another. We have two programs to choose from: **Healthy Workplaces for Everyone** and **Healthy Workplaces for Leadership**. 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. When we give mental health a place in the workplace, we ensure that the well-being of each and every employee becomes a priority, which ultimately contributes to creating a safe and healthy workplace for all.

Healthy Workplaces for Everyone Series

- 1. Making Space for Mental Health in the Workplace:** This workshop encourages mental health awareness and gives participants strategies for identifying common mental health issues, along with the tools to connect colleagues with resources for support. This presentation aims to instill confidence when having effective and positive conversations around the mental health and well-being of everyone in the workplace.
- 2. Empowering Well-Being through Diversity, Equity and Inclusion:** At work, we all have an essential role to play in ensuring that everyone feels they belong, and that they are safe and valued. A culturally competent workplace that embraces, celebrates and prioritizes diversity and inclusion, contributes meaningfully to the mental well-being of employees. You simply cannot have one without the other. An absence of formal and informal strategies to understand, explore and invite dialogue around our experiences, and what makes us who we are, means that optimal employee wellness can never be achieved. (cont'd on next page...)

3. Managing Conflict and Responding to Difficult Conversations: When we have the ability to effectively understand and acknowledge that our needs and perspectives may not be the same as someone else's, we are better equipped to resolve conflict and communicate our needs and viewpoints respectively and positively. This workshop will give you the tools to find out what underlying factor might be impacting your ability to resolve conflict and engage in safe and positive problem-solving conversations. This workshop will also address workplace bullying and how to respond as the individual directly impacted, or as a bystander.

4. Workplace Stress and Anxiety: How to Manage and Overcome: We all experience stressful situations at work, but at what point does stress inhibit our ability to remain focused, successful, and even become dangerous to our overall well-being? This workshop will address workplace anxiety and stress and how, when unaddressed, it can contribute to burnout, disengagement and absenteeism, among other critical health outcomes. You will learn techniques for coping with stress and anxiety, such as knowing when and how to ask for help, utilizing workplace supports, and practicing mindfulness and self-care activities.

Audience: Everyone in the workplace

Full series cost (7-hours): \$3,000 (for up to 20 participants)

Single modules (90-minutes): \$750 (for up to 20 participants)

Format: virtual or in-person

*After 20 participants, additional \$150.00 per person

*Maximum 30 participants per session

Healthy Workplaces for Leadership

Only 32 per cent of Canadian employees feel 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 Leadership Series

- 1. Identifying Workplace Mental Health Problems:** This module helps leaders recognize the early indicators of mental health problems in the workplace. We will share how to identify symptoms of depression, panic/anxiety disorder and bi-polar disorder, as well as the correlation between substance use and mental health problems. We will give leaders the tools and confidence to respond respectfully and effectively to mental health problems in the workplace, as well as contribute to reducing stigma in the workplace. This module has several case studies for participants to work through to learn active listening skills and practice responding in a supportive way.
- 2. Stress in the Workplace:** This module gives leaders the tools and confidence to identify the signs and sources of stress in employees. With an understanding of the serious impacts of stress, leaders will be given strategies for stress management and reduction for their teams. We work with managers to build their own resilience, and identify the role they play in creating a culture and an environment that fosters the good mental health of their staff. Exercises include assessing personal management style and discussing more broadly the positive or negative impact it may have on employee wellbeing. (cont'd on next page...)

- 3. Managing Conflict and Working through Tough Conversations:** When we have the ability to effectively understand and acknowledge that our needs and perspectives may not be the same as someone else's, we are better equipped to resolve conflict and communicate our needs and viewpoints respectfully and positively. This workshop will give leaders the tools to help navigate conflict amongst teams and employees through effective communication strategies and a strengthened sense of emotional intelligence. Leaders will learn techniques for empowering teams to effectively resolve conflict and engage in safe and positive problem-solving conversations. This workshop will also address workplace bullying and our obligation and duty to respond as the manager of the individual(s) directly impacted and involved.
- 4. Employee Accommodations: Support Beyond The Process:** This module will explore where and when employees may require accommodations, while also helping managers distinguish between performance and mental health concerns. By doing so, we gain a better understanding of the needs of our employees so they can remain a successful and happy member of the team. We will also take a look at the key components of ensuring a successful return-to-work process for a team member who is returning after a mental health leave. We aim to provide leaders with strategies that not only align with the organization's accommodation policy, but also provide people managers with guidance on building trust, encouraging open communication, and empowering their employee throughout their accommodation journey.

Audience: People Leaders

Full series cost (7-hours): \$3,000 (for up to 20 participants)

Single modules (90-minutes): \$750 (for up to 20 participants)

Format: virtual or in-person

*After 20 participants, additional \$150 per person

*Maximum 30 participants per session

The Ever-Evolving Workplace

Well-Being in Changing Times and Changing Workplaces

The onset of the global pandemic in 2020 saw an immediate shift in how we work, and where we work, across all professions. With the world of work and the priorities of home forced to co-exist, several significant issues have emerged, affecting both physical and mental health. Compounding family challenges, child-care, elder-care, health anxiety and social isolation, have contributed to increasing rates of anxiety and depression. With work and home merged, the impact is evident in both realms. The common thread: a need to pay attention to well-being.

Using evidence-based research, this workshop will highlight the components of well-being and enable us to begin to understand self-care as critical in promoting and maintaining positive mental health. We will explore and identify ways in which prioritizing well-being, can and should, help inform new practices, in the workplace, at home, and in the merged reality of working from home. This 2-hour presentation will offer management, leadership and all employees the background, knowledge and suggestions for implementation needed to customize well-being programs in their workplaces and work communities.

2 hours (virtual or in-person): \$900



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

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