



Mental Health Education & Promotion

The Education program works to promote mental health and wellness through engaging, interactive learning sessions presented to youth and adult audiences. All of our presentations are delivered through a trauma informed lens. Three distinct learning sessions on the topics of *Stress Management*, *Mental Health* and *Suicide Prevention* are delivered by qualified educators using evidence based knowledge and top quality teaching practices.

Booking: Educational sessions are free to schools as part of the Sole Focus Project.

Sessions to other groups are provided on a fee-for-service basis. Pricing is \$200/hr. *Not for profit agencies and groups, ask about a discounted rate. This pricing does not include Mental Health Works or Living Works Trainings.*

To book a session or to inquire for more information please contact:
mhp@cmha-wecb.on.ca

Due to strong demand, sessions must be booked six to eight weeks in advance.



Take A Stand For Mental Health

Workshops can be adjusted in length and/or combined with others in order to tailor them to your specific needs. If what you are looking for is not on this list, let us customize a workshop to meet your needs (advance notice required).



We provide capacity building workshops, presentations, that are person centred, evidence based, and solutions focused. We'll help you build mental health awareness, teach you how to respond to challenging situations, and collaborate with you to create a healthier, safer workplace. We have a Mental Health Works (MHW) Trainer – to learn more, visit www.mentalhealthworks.ca or contact Karen Gignac directly at kgignac@cmha-wecb.on.ca.

(Pricing for MHW set by CMHA Ontario, but there may be some flexibility)

Displays: Educating & Informing Our Community about Mental Health

Our displays and presentations are designed to educate and inform the public about mental health and mental illness. Canadian Mental Health Association Windsor Essex will come to your school, place of worship, workplace, or agency.



Suicide Prevention – Certificate Training



(All trainings can be provided in English or French)



PURPOSE: For participants (15yrs or older) to become more aware of suicide prevention opportunities in their community.
DURATION: 1.5 hours **COST:** Free



PURPOSE: safeTALK helps participants (15yrs or older) become alert to suicide. Participants will learn to notice and respond to situations where suicide thoughts may be present.

DURATION: 3 hours–4 hours (half a day)
COST: \$35.00 Taxes included in registration cost. \$25.00 Student Rate



PURPOSE: Applied Suicide Intervention Skills Training (ASIST) ASIST is a two-day interactive workshop in suicide first-aid training for anyone 16 or older.
COST: \$225 for professionals, \$175 for students.
DURATION: Two days (15 hours)



PURPOSE: ASIST 11 TuneUp is a refresher training for improving participant comfort, confidence, and competence in using the Pathway for Assisting Life. The purpose of the TuneUp is the consolidation and refinement of previous learning.
Only for participants who attended ASIST 11.

PARTICIPANTS: have taken the full 2-day ASIST II training within the last 2 years.
COST: \$55.00
DURATION: half-day refresher training



PURPOSE: Strengthen hope by aiding recovery and growth in persons with previous suicide experiences who are currently safe.
POSITIONING: Provide a sequel to suicide first-aid training that complements and enhances management, treatment and therapy by framing them within a recovery and growth perspective.

PARTICIPANTS: Case Managers, Community Support workers, addictions counsellors, clinicians, & any other helping professional.
COST: \$175.00 Taxes included in registration cost. Refreshments & lunch are included.
DURATION: full day workshop

If you would like to host any of these trainings at your place of work please email us and inquire about pricing.



Workshop Descriptions

CMHAWECB agency overview & services - free presentation to anyone in community including education sessions on Bounce Back & Big White Wall. *Bounce back, a free, evidence-based, skill-building program grounded in cognitive behavioural therapy (CBT). Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares (60-90min.: geared to anyone 15+).*

Maximizing our Mental Health:

Great for introducing the topic of mental health to any audience. This workshop looks at factors that influence mental health and well-being, and offers strategies to create and maintain a healthy balance (30min-1hr: can be adapted for numerous age groups).

Positive YOU – Building Resiliency

Learn to focus on strengths, success and skills to feel better. Difficult situations can't always be avoided but we can develop the skills and tools we need to navigate through the ups and downs of life. Learn the protective factors that help instill resilience so you can thrive in your environment, even in the midst of trying times (1-1.5hours).

Mental Health Awareness: Breaking the Silence

One in five Canadians will experience a mental illness at some point in their lives. Understand the signs and symptoms so that there is a general recognition of the early warning signs of mental health problems & how to get help (75min.-3hrs: Geared to youth 15+).

Full Day Mental Health Literacy Workshop for Specialist High Skills Major

This full day workshop is geared for gr. 11 & 12's that are taking the SHSM course in secondary school. The morning sessions will explore the difference between mental health and mental illness and will introduce students to the mental health spectrum. Focus will be spent on introducing brain functioning in regards to mental health distress and expand on mood disorders, schizophrenia and first episode psychosis. The afternoon sessions will be geared to stress management and building resiliency with numerous group activities for students. (Can be tailored to shorter versions)

Introduction to Mindfulness

In this session individuals will learn the basic tenants of what mindfulness is and how to start applying it. We will explore the various benefits of mindfulness in areas of mental health and stress reduction (1hour).

Managing Stress during Exam Time

The objective of this presentation is to create awareness among students to overcoming exam stress by exploring effective tools & strategies to manage stress as well as recognizing the signs & symptoms of stress (40min-1.5hours).

Worried Sick: Understanding Worry & Anxiety

Anxiety is a normal response to experiences in our life but when it begins to interfere with our day, it may herald significant – and treatable – mental health concerns. We will discuss signs, symptoms, treatment options and how to access community resources & support.



Understanding Mood and Anxiety Disorders

This workshop provides insight into the spectrum of mood disorders such as depression, bipolar disorder as well as common anxiety disorders. We will discuss signs, symptoms and treatment options as well as community resources available (1.5 – 3 hrs).

Managing Holiday Stress

When the realities of day-to-day life conflict with our efforts to make the holiday season perfect, stress results. Learn strategies to reducing stress this holiday season (60min).

Strategies for Families & Caregivers

The impact on families and caregivers when supporting an older adult or someone managing any chronic health condition can be difficult. Learn strategies to help manage your own needs through self-care, resources and understanding basic mental Health signs and Symptoms (1-1.5hrs).

Training & Workshops to Improve Workplace Mental Health

When mental health issues in the workplace are addressed early & appropriately there will be considerable personal and financial costs to individuals and organizations. Fortunately, with prevention, early treatment and support, many of these costs can be significantly reduced or eliminated.

Our education suite provides the workshops, courses and presentations your workplace needs to help your team learn more about mental health. Your staff will learn to improve their own wellness, manage stress and support others living with mental health concerns.

Lunch & Learn - Lunch and Learns are a convenient way to provide education and training to create psychologically safe workplaces, equip managers and supervisors with the tools and skills to address important workplace concerns, and provide resources for all employees to take care of their mental health.

Accentuating the Positive at Work (under revision – coming soon)

This workshop will engage participants to examine and discuss the factors that contribute to a positive work environment as well as some of the pitfalls. The focus of the workshop will be looking at those factors over which participants have some influence and control and examine strategies to create and/or enhance a healthy workplace. For a more interactive experience add 30 minutes to length of workshop (1-1.5hours).

Awareness of Mental Health in the Workplace

This presentation looks at mental health issues in a workplace context from a co-worker to co-worker perspective. The focus is on understanding what each of us can do to contribute to a psychologically healthy and safe workplace as well as support one another. Also discussed is what to do if a co-worker is struggling at work & an introduction to Mental Health Works Training (1-1.5hours).



From Compassion Fatigue to Compassion Satisfaction

This workshop explores what is meant by, and the differences between Compassion Fatigue, Vicarious or Secondary Trauma and Burnout. Learn about individual as well as organizational factors and characteristics (such as organizational culture, role clarity, ambiguity, overload and conflict etc.) that can contribute to and/or alleviate workplace stress and CF. Participants will be provided with some practical strategies and resources for reducing and/or coping with Compassion Fatigue (1.5 to 3 hr. options).

How to Beat Workplace Stress: From Burnout to Balance

Work is considered to be a determinant of mental health. But some aspects of work can contribute to stress and have adverse effects on our health. This workshop will focus on identifying and coping with stress at work and how to create work/life balance. Tips for mental health, practical relaxation and breathing techniques will be discussed. Information will also be provided to participants regarding where to get practical help if struggling with mental health issues at work. For a more interactive experience, add 30 minutes to length of workshop (1.5 hours).

Maximizing Mental Health at Work for Human Services

In this session, participants will learn about mental health, how to recognize the impact of stress on our mind, body & spirit and how to re-create a self-care plan for both work & home. This workshop touches on concepts of compassion fatigue, vicarious trauma that are common place in the human service sector (1.5hrs).

Trauma Informed Approach: What Is It & Why Does It Matter (Module 1)

This presentation is designed to introduce individuals in all professional arenas to the impact that trauma has on the brain in both children and adults. We will explore the various types of trauma, its prevalence and its impact on brain development and the role that adverse childhood experiences (ACEs) play in adult physical and mental health (1.5 to 3hrs).

Responding To Emotional Distress through a Trauma Informed Lens

Practical Strategies When Working With Children and Youth Using a Trauma Informed Approach (Module 2)

This workshop aims to provide knowledge to individuals working with youth or adults who have experienced or been affected by trauma. Participants will learn skills from a trauma-informed perspective and practical strategies to use with individuals who have experienced trauma that can help facilitate healing and growth. Some objectives include: recognizing when someone is experiencing emotional distress (when we may be seeing the effects of trauma), how to help someone back into their window of tolerance and how to find appropriate resources using a trauma informed approach (3-7hr) *Start module 1 if audience is not trauma informed.*

Work-Life Balance

More & more there is a blurred boundary between work & home. Stress can have a detrimental effect on the health and wellbeing of individuals, as well as a negative impact on productivity. Learn to recognize signs and symptoms of stress as well as simple but effective tools and strategies to manage stress and creating your personal mental health balance (1-2hrs).



Understanding & Responding To Emotional Distress

This workshop is available in varying lengths and depths and was developed to educate non mental health professionals, who as a part of their job, interact with individuals who may be experiencing and exhibiting signs of mental illnesses and emotional distress and suffering. Utilizing a trauma informed approach this workshop dispels some of the more common misconceptions about mental illnesses as well as how to recognize signs of distress and practical ways to respond appropriately and effectively. This workshop can be tailored to understanding and responding to adolescents or adults (1-3hrs).

Safe @ Work: Psychological Health & Safety

Everyone has a role to play in creating a psychologically healthy and safe workplace.

Changes to the Occupational Health and Safety Act (Bill 168 & 132) have made workplaces more aware of the prevalence of violence and harassment in the workplace and obligations to address it. This workshop focuses on prevention of violence and harassment through fostering a workplace culture of civility and respect. Healthy communication, having difficult conversations as well as recognizing signs of crisis development and de-escalating techniques will be discussed (2hrs).

Managing Change: Surviving and Thriving

Provides an overview on perspectives of the stages of change and its effect on employees. Also discussed are organizational and personal factors that hinder as well as assist people to cope. Finally, self-care practices will be discussed. This presentation uses humour to keep things on the lighter side. The 3hr. version, allows more interaction, and allows time for participants to complete seated exercise followed by discussion (1-3hrs). This session can be adapted to managers & supervisors.

The Business of Grief

This presentation provides an overview of the impact of the grieving process on the person who has experienced the death of a loved one, and the misconceptions that often accompany for those of us who do not understand their experience. Also discussed is the potential impact to the “bottom line” and how creating a compassionate workplace can mitigate this as well as increase the comfort level of all employees in supporting a grieving co-worker.

Landing on Your Feet: Coping With the Stress of Job Loss

This interactive workshop informs those facing layoff about the ‘emotional rollercoaster’ that can result leading up to and after a layoff. Much like the grieving process, there are stages of unemployment that many experience. The focus of this workshop is understanding and managing the stress that often accompanies unemployment (2hrs).



LIVING LIFE TO THE FULL

helping you to help yourself

Living Life to the Full (LLTTF) is based on the 5 Areas of Cognitive Behavioural Therapy (CBT) model, developed by Dr. Chris Williams.

PURPOSE: LLTTF will help you understand your feelings and what to do about them! Our trained facilitator uses small group activities to identify and work on improving feelings, moods, and behaviours.

PARTICIPANTS: The course is suitable for adults aged 19 years and over.

COST: \$50 for eight week course.

DURATION: 12-hour, eight-week course offered in a group format. Sessions are 1.5 hours & held once a week. **For more info. Please visit www.lltff.ca**

Join the Show Your Sole Speakers Bureau

If you are living with a mental illness, and are far enough along your recovery journey, or have a loved one living with a mental illness, why not join the Show Your Sole Speakers Bureau?



Take A Stand For Mental Health

We are looking for individuals who want to:

Share their personal stories about living with mental illness or grief journey.

Create a shift in how society perceives mental illness and those affected by it.

Share messages of wellness, hope and recovery.

Please send an email to mhp@cmha-wecb.on.ca if you are interested or contact us at 519-255-7440 ext. 234.