



# Genesee Valley Health PARTNERSHIP

Trauma Informed Communities Committee

## Mental Health Trainings

### Live Trainings

#### 1. NEAR Training

- Participants will learn about the neurobiological effects of adversity on development, the impacts of childhood adversity and trauma on population health, and how we can maintain resilience, health, and well-being across the lifespan.
- 2 hour training, in-person or online. Training is free or at low cost.

**Contact:**

Sheri Kreher, GVBOCES, [skreher@gvboces.org](mailto:skreher@gvboces.org)

Tracy Rozanski, CASA-Trinity, [trozanski@casa-trinity.org](mailto:trozanski@casa-trinity.org)

#### 2. Suicide Safety for School Staff

- Free 60-90 minute training designed for school administration, faculty, or staff to learn about the risk factors for suicide and be able to identify the warning signs for suicidal thoughts or plans.
- Teaches staff how to talk to students about their concerns and connect them with the mental health team at their school.

**Contact:**

Sheri Kreher, GVBOCES, [skreher@gvboces.org](mailto:skreher@gvboces.org)

#### 3. Mental Health First Aid

- Youth Mental Health First Aid (YMHFA): For any adult who works with youth
- Adult Mental Health First Aid (AMHFA): For any adult who works with another adult (co-workers, parents, caregivers).
- Participants will learn the risk factors and warning signs of mental health and substance use challenges as well as a 5-step action plan to help someone developing a mental health or substance use challenge.
- 2 hours pre-course work, 6 hour training, 30 minutes online post-course work. Fees for training may be reimbursable. Group rates are available.

**Contact:**

Tracy Rozanski, CASA-Trinity, [trozanski@casa-trinity.org](mailto:trozanski@casa-trinity.org)

#### 4. Teen Mental Health First Aid (tMHFA)

- Teaches teens grades 10-12, or ages 15-18, how to identify, understand, and respond to signs of mental health or substance use challenges in their friends and peers, and how to seek the help of a responsible and trusted adult.

- Teens complete a self-paced online lesson and then participate in 6 live instructor-led sessions either online or in-person.

**Contact:**

Tracy Rozanski, CASA-Trinity, [trozanski@casa-trinity.org](mailto:trozanski@casa-trinity.org)

**5. Team Awareness Worksite Wellness (TAWW)**

- A series of workshops designed to provide practical skills for identifying and reducing stress at home or work and teach participants how to use stress as a positive opportunity to develop resilience and thriving, effectively improving workplace wellness.
- Program can be completed as a series of all three sessions or as one individual session based on the needs and wants of the individuals.

**Contact:**

Joyce McNelis, CASA-Trinity, [jmcnelis@casa-trinity.org](mailto:jmcnelis@casa-trinity.org)

**6. Trauma Responsive & Resilience Informed Care Training**

- 8 hour training during which participants will learn about trauma, the impact trauma has on the mind, brain, and body, trauma-informed approaches, and resilience.

**Contact:**

Kristen Fisher, [kfisher@co.livingston.ny.us](mailto:kfisher@co.livingston.ny.us)

Amanda Shultz, [aschultz@co.livingston.ny.us](mailto:aschultz@co.livingston.ny.us)

**7. safeTalk**

- 4 hour training in suicide alertness skills including how to create a life-saving connection with an individual, asking about suicide directly, connecting them with life-saving resources, and keeping them safe until those resources take over.

**Contact:**

Kristen Fisher, [kfisher@co.livingston.ny.us](mailto:kfisher@co.livingston.ny.us)

**8. Talk Saves Lives**

- 45-60 minute training to educate participants on the latest research on suicide, leading causes, risk factors, warning signs and behaviors, and ways we can prevent it.

**Contact:**

Kristen Fisher, [kfisher@co.livingston.ny.us](mailto:kfisher@co.livingston.ny.us)

**Self Paced-Online Trainings:**

**Trauma Informed Care Core trainings: Relevant to all employees**

**1. From Treaters to Healers**

- <https://youtu.be/KkeLz-fI0Mo>
- Nice overview- short, speaks to general work and focus on primary care/clinical settings- definitely recommend for CORE

**2. Foundations of Trauma Informed Care: CTAC Self-Learning Center**

- Go to <https://lms.ctacny.org/> and click Register to Create an account

- Once you have created an account you can log in and go to Course Catalog and find the course *Foundations of Trauma Informed Care*
- The course is a self-paced style learning platform takes about 2 hours to complete- it is interactive and you get a certificate.

### 3. Dr. Gabor Mate on How Trauma Fuels Disease

- YouTube: Dr. Gabor Maté on How Trauma Fuels Disease | Rich Roll Podcast: <https://www.youtube.com/watch?v=AEpD2o6MZOk>

### For Supervisors/Managers:

#### 1. Trauma and the Wounded Helper

- <https://vimeo.com/545991023>
- Covers content around vicarious trauma, compassion fatigue, etc. trauma informed supervision.

#### 2. Trauma Informed Supervision

- 1 hour: CASAC, NY SW, CPP, CPS
- Trauma Informed Supervision – Partnership e-Learning (drugfree.org)

### TIC Specialized Training Track

*For those seeking advanced training in addition to Core trainings*

#### 1. TIO | Foundations of Trauma:

- <https://traumainformedoregon.org/resources/training/foundations-of-tic-videos/>
- comes with downloadable workbook

#### 2. Providing Affirming Care to the LGBTQ+ Community

- <https://healthknowledge.org/enrol/index.php?id=632>

#### 3. Preventing Adverse Childhood Experiences | VetoViolence:

- <https://vetoviolenecdc.gov/apps/aces-training/#/>
- ACES trainings they can be specific to field as well- Educator/mental health provider etc.

#### 4. VA Trainings

- [https://www.ptsd.va.gov/professional/continuing\\_ed/find\\_a\\_course.asp](https://www.ptsd.va.gov/professional/continuing_ed/find_a_course.asp)

