

Behavioral Health Training Options

LivingWorks START

Time frame: 90 minutes

Cost: \$35 per person

Format: online/on demand

Focus/Description: a short, online, self-paced and interactive suicide prevention and skills program for anyone anywhere concerned about people who may be having thoughts of suicide (No instructor needed)

LivingWorks safeTALK

Time Frame: 3-3.5 hours

Cost: \$12 per person for materials

Format: in-person only, must have a support person available

Focus/description: This newer evidence-based program provides in-depth skills to recognize signs of suicide, engage someone, and ensure a connection to safety. The in-person format includes powerful audiovisuals and live practice.

LivingWorks ASIST (Applied Suicide Intervention Skills Training)

Time frame: 2 full days

Cost: \$7500 for up to 30 people

Format: In person only

Focus/Description: *Intervention.* This newer evidence-based program is 2 full days. Similar to safeTALK, it is intended to develop enhanced skills to be a suicide interventionist. This training is intended for helping professionals such as school staff, clergy, social workers, and others who feel they could use this professional development in their work – CEU's are available for many professions.

COMET (Changing Our Mental and Emotional Trajectory)

Time Frame: 90 minutes

Format: Virtual or in-person

Cost: Cost of printing the handouts

Focus/Description: Basic early intervention and support for anyone. Developed by farmers and ranchers in Colorado, COMET teaches people how to intervene when they encounter someone who is in a “vulnerable space” and help shift the person’s mental health trajectory back to a place of wellness instead of proceeding towards a mental health crisis. COMET aligns with rural cultural values of neighbor helping neighbor and communities being their own best resource. It empowers friends and neighbors to be more prepared to support others’ mental health needs – *especially* before a crisis. COMET does not ask community members to “be the fix.” Rather, the program trains community members in how to initiate a supportive interaction for a potentially emotional conversation using a simple, conversational seven-question guide.



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Mental Health First Aid (MHFA, Youth or Adult)

Time Frame: 8 hours

Format: can be all virtual, partially virtual/in-person or all in-person

Cost: \$30-40 per person for workbook or online materials + food if in person

Focus/description: MHFA is an evidence and clinically based program. It gives a thorough overview of mental health and addiction disorders, how to recognize them and how to be a first responder in different situations, including possible suicidal thoughts, serious mental illness, and overdoses.

We COPE (Connecting with Our Positive Emotions)

Time frame: Six 50-60 minutes segments over six weeks, with at-home practice expected each week. (“Lunch hour” type program)

Format: Virtual or in-person

Cost: printing of the journal/participant guide

Focus/description: WeCOPE is an evidence-based program that helps adults cope with life stress. WeCOPE is based on the work of Dr. Judith Moskowitz and has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials. Dr. Moskowitz’s work is based on the research that even in the context of life stress such as serious illness or death of a loved one, positive emotions can and do occur and have unique coping correlates and adaptive consequences. The six sessions encourage practicing skills such as mindfulness, savoring, positive reappraisal, gratitude, and goal setting among others.

NAMI Basics on Demand <https://basics-backend.nami.org/users/create>

A 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others.

- The impact mental health conditions can have on your entire family
 - Different types of mental health care professionals, available treatment options and therapies
- An overview of the public mental health care, school and juvenile justice systems and [resources to help you navigate these systems](#)

- How to advocate for your child's rights at school and in health care settings
- How to prepare for and respond to crisis situations (self-harm, suicide attempts, etc.)
- The importance of taking care of yourself.

NAMI Family to Family

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

Provided by Green County NAMI Facilitators

In Development: Stress and burn-out – understanding and managing how it impacts our brains, bodies and relationships.



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