





COMMUNITY DEVELOPMENT AND EDUCATION

Providing Mental Health Awareness

Professional staff provide education to schools, agencies, medical personnel, public institutions, corporations, faith-based organizations and other members of the community at large. The goal of the program is to reduce stigma and increase mental health literacy. Some trainings are offered free through grant funds. Others are offered as fee for service.

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QPR Basic: QPR stands for Question, Persuade, Refer and is the CPR of mental health. This 1-2 hour class increases public awareness of suicide and improves one's ability to identify and refer those at risk for suicide. Participants learn about the impact of suicide in America, common myths and facts surrounding suicide, warning signs, risk factors and protective factors. Participants are equipped to intervene early by learning how to question, persuade and refer persons who are at risk for suicide. Participants are identified as Gate Keepers at training completion. Additional QPR offerings; QPR-Triage and QPRT-Risk Assessment and Management are available at a cost. All QPR courses are evidence-based best practice approaches.

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Mental Health First Aid (MHFA): This is an 8-hour evidenced-based public education course that helps participants identify, understand and respond to signs of mental illness and substance use disorders. It reduces the stigma of mental illness, improves literacy regarding mental health and empowers community members to provide or seek assistance. Participants receive education on mental illnesses such as mood, anxiety, psychotic, eating and substance use disorders, and learn how to provide assistance when someone is having a mental health crisis through a five step action plan.

MHFA is appropriate for most audiences including: EMS professionals, schools, families, human resource departments, medical personnel, public institutions, veterans, law enforcement officials, faith based organizations and policy makers. At the completion of the course, participants will be certified. This course is offered in both an adult and youth version.

- Mental Health Overview:** This interactive workshop explores current perceptions of mental health/illness, provides an overview of mental health disorders and offers a panel discussion with consumers of mental health services. This workshop can be customized to meet the needs of the audience which can be tailored from 1-3 hours in length. It is appropriate for a variety of audiences including: graduate, undergraduate and high school students as well as adults.
- Hearing Voices:** This experiential workshop provides a unique opportunity for participants to learn about auditory hallucinations through a simulation in which they hear voices while progressing through sample daily experiences. This workshop can be presented in as little as three hours (simulation and debriefing) or as long as six hours with more in-depth examination of mental illnesses that cause hallucinations. Mental health professionals will acquire understanding and to use when speaking with individuals who experience hallucinations.
- Other Services:** Depression/anxiety screenings, Linkage to support groups, Tailored presentations on any mental health topic, On-site and web-based professional development trainings. CEU credit is offered for counselors and social workers.

If someone you know is affected by mental illness, find help by calling:

708-748-1951 ext. 455

For more information on training, contact Gia Washington at gWASHINGTON@sertomastar.org or 708-748-1951 x418

Sertoma Star Services was established through a merger of New Star and Sertoma Centre, two agencies that have provided critical vocational, educational, therapeutic, and residential programs and services for a collective 125-plus years.