

Community Behavioral Health Youth/Adult Training

Objective:

The CAPE Training program retains its two primary objectives:

(1) enhance participant mental health literacy and equip them with the capacity to heighten mental health literacy in the communities they serve, and (2) enhance participant capacity to initiate and sustain local coalitions focused on community mental health challenges.

Approach:

The CAPE Training approach will employ lecture, training, and discussion, combining principles of adult distance education and in-person training. To accomplish the first training objective, CAPE will continue to utilize the Mental Health First Aid in-person training program alternately testing both adult and youth versions. To accomplish the second objective, CAPE will continue to provide community development training via distance education. Community development training will continue to emphasize behavioral health applications.

Audience:

At present, the primary target audience for CAPE Training will remain county Extension Educators from every program area. In general, the training will be primarily state-specific to maximize opportunities to foster collaboration and synergies that may be unique within an organization and a common state context. Future program initiatives should test training with other potential target audiences, including community mental health services agency representatives, local elected officials, and other community leaders.

Participant Outcomes:

Participants will be subject to an explicit expectation of implementing a community behavioral health initiative to follow from the training. The suggested initiative and continuing example used in training will remain to create or strengthen community coalitions to respond to local behavioral health needs. However, participant may identify some more narrowly focused and targeted behavioral health issue in their community. Participants will identify a potential initiative upon application to the training and will be expected to develop a detailed action plan for its implementation by training conclusion.

Training Details:

There will be three components of the training program: in-person training, lecture by prerecorded video, and live Webinar discussion. There will be a one day-long Mental Health First Aid in-person training. There will be a total of eight 35-45 minute lectures covering four major topic areas prerecorded for participant self-study. Each of the topics will have additional suggested resource materials for self-study. There will be a total of four Webinars for discussion and participant presentation. Each Webinar will be themed and discussion questions will be distributed in advance.





Training Organization

The training program will occur over approximately eight weeks to allow participants time for self-study, reflection, and assignment preparation. Videos will be available for a period of days in advance of a scheduled Webinar.

Webinar connection instructions and discussion questions will be sent the day prior to a Webinar.

Video Lecture 1. Mental Health First Aid & Community Action Planning Overview

- Video 1A: Training overview, mental health, and Mental Health First Aid
- Video 1B: CAPE community action planning

Webinar 1. CAPE Training: Discussion, Objectives, Schedule, Expectations, and Outcomes

Workshop. Mental Health First Aid Training

Location: See application for location details

Mental Health First Aid Certification teaches participants to:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery. Assess their own views and feelings about mental health problems and disorders.
- Participants will receive MHFA Certification certificates upon completion.

Webinar 2. Mental Health First Aid Debriefing: Discussion and Addressing Mental Health Stigma in the Community

Video Lecture 2. Community Needs Assessment

- Video 2A: Accessing Data and Communicating Behavioral Health Information
- Video 2B: Gathering Primary Data

Video Lecture 3. Assessing Community Preparedness

- Video 3A: Community Stakeholders, Assets, and History
- Video 3B: Building Coalitions and Public Relations

Video Lecture 4. Engaging the Community and Building Consensus

- Video 4A: Organizing Effective Public Events
- Video 4B: Building Community Consensus

Webinar 3. Community Development and Community Action Planning Discussion

Webinar 4. Participant Presentation of Community Action Plans and Discussion

To learn more about the CAPE Community Behavioral Health Training program contact:

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