



LARIMER COUNTY TRAININGS MENU

LARIMER
COUNTY
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1861

WHAT'S A GOOD FIT FOR YOU?

Businesses and organizations in Larimer County are increasingly interested in getting their staff and volunteers trained in mental health related subjects. The variety of trainings offered provides the opportunity to access a well rounded mental health education. Become a Brain Safe Organization by completing your set of trainings today!

POPULATION BASED TRAINING RECOMMENDATIONS:

These trainings are grouped on relevancy and potential benefit based off of a group's industry and/or the population(s) they serve.

YOUTH-SERVING ORGANIZATIONS:

- QPR
- Youth Mental Health First Aid (YMHFA)
- ABC's Of LGBTQ+
- LGBTQ+ Trusted Adult Training
- Youth Prevention 101

VETERAN SERVING ORGANIZATIONS:

- QPR
- Mental Health First Aid (MHFA)
- Veteran Cultural Familiarization Training
- CALM (Counseling on Access to Lethal Means)
- Postvention Training

CLINICIANS/FIRST RESPONDERS:

- QPR
- Hope For Today Training
- Postvention Training
- SBIRT Training
- Veteran Cultural Familiarization Training
- CALM (Counseling on Access to Lethal Means)
- Violence Prevention for All Abilities

POPULATION BASED TRAINING RECOMMENDATIONS CONTINUED:



LGBTQ+ SERVING ORGANIZATIONS:

- QPR
- ABC's of LGBTQ+
- LGBTQ+ Trusted Adult Training
- Sexual Violence 101

SERVICE INDUSTRY:

- QPR
- Raise the Bar
- Naloxone Training

CONSTRUCTION INDUSTRY:

- QPR
- CALM (Counseling on Access to Lethal Means)
- Naloxone Training
- Mental Health First Aid (Managers)

SOCIAL SERVICE/CAREGIVER BASED TRAININGS:

- QPR
- Family and Parenting/Caregiver Education
- ABC's of LGBTQ+ Training
- LGBTQ+ How To Be A Trusted Adult Training
- Foundations for Support
- NAMI Basics

OLDER-ADULT SERVING ORGANIZATIONS:

- QPR
- Foundations for Support
- NAMI Basics

TRAININGS FOR YOUTH:

- REPLY (Resiliency Education Protecting the Lives of Youth)
- Youth Education (Partners)



INDIVIDUAL TRAININGS

These are individual training offered in Larimer County, listed by subject matter, including: content, length, cost, and contact(s). To inquire about a specific training, please see listed contact(s).

CORE TRAINING:

This training is *highly* recommended for every group, regardless of occupation.

● QPR (Question, Persuade, Refer)

..... Length: ~60-90 minutes

Cost: Free

This nationally recognized, evidence based suicide prevention training is meant for every person 18 and older. Participants look at national, state, and local statistics, learn about situational/behavioral clues, how to ask about suicide directly, and what local resources are available.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: info@suicideprevent.org
Summitstone Health Partners, contact: robyn.potter@summitstonehealth.org
Partners for Children's Mental Health, visit: <https://pcmh.org/training-center/>

ADDITIONAL TRAININGS:

● ABC's of LGBTQ+

..... Length: ~60 minutes

Cost: Free

This training includes information about different identities, the importance of language and labels, and how to be a better ally. If you're curious about LGBTQ+ topics, have some questions that you've always wanted to ask, or wish to learn what all the letters mean, this training is for you.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: silen@suicideprevent.org

● LGBTQ+ Trusted Adult Training

..... Length: ~60 minutes

Cost: Free

This training provides attendees with concrete steps and actions that you can take to prevent LGBTQ+ youth suicide. This training focuses on how to establish yourself as a trusted adult for LGBTQ+ youth and how to respond when someone comes out. This is a vital training to prevent LGBTQ+ youth suicide.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: silen@suicideprevent.org

● Narcan/Naloxone Training

..... Length: ~20 minutes

Cost: Free

This training gives an overview of how to identify overdose by opioid and appropriately respond using Narcan/Naloxone.

Offered by: Summitstone Health Partners, contact: caroline.bunn@summitstonehealth.org

● Firearm Familiarization for Clinicians

..... Length: 4 hours

Cost: \$75/person

Attendees will improve their understanding of the relationship of firearms to suicide through didactic and practical applications and will increase their understanding of mistrust and fear that gun owners have with accessing care and how to mitigate it.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: kim@suicideprevent.org

- **Veteran Cultural Familiarization Training** Length: ~20-30 minutes
Cost: Free

This training gives attendees an overview on military structure, culture, shared beliefs and best practices; ideal for folks working regularly with veterans.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: info@suicideprevent.org
- **CALM (Counseling On Access to Lethal Means)** Length: self paced (online)
Cost: Free

This course covers how to: (1) identify people who could benefit from lethal means counseling, (2) ask about their access to lethal methods, and (3) work with them—and their families—to reduce access.

Offered online, visit: <https://zerosuicidetraining.edc.org/enrol/index.php?id=20>
- **Sexual Violence 101** Length: ~60 minutes
Cost: Free

This training covers topics such as, important terms to know, statistics, sexual harassment and assault, consent, common myths and facts, victim blaming, bystander intervention, how to support a survivor, and more. This training is aimed to provide organizations with a comprehensive understanding of how sexual violence impacts individuals and the community. The trainings also covers who we serve, how to refer to us, and a detailed look into our advocacy, therapy, and prevention services.

Offered By: SAVA (Sexual Assault Victim Advocacy), contact: cassie@savacenter.org
- **Foundations for Support** Length: ~60 minutes
Cost: Free

SAVA (Sexual Assault Victims Advocacy) offers a series of workshops called “Foundations of Support for Providers”. These workshops are designed to equip any human service agency that may encounter or interact with survivors of sexual violence with important information, tools, and best practices for supporting and responding to survivors.

Offered By: SAVA (Sexual Assault Victim Advocacy), contact: cassie@savacenter.org
- **Raise The Bar Training** Length: ~2 hours
Cost: Free

Raise the bar is a patron-safety training program for staff who work in the service industry (food, beverage, and entertainment). Raise the Bar organizations and staff participate in a two-hour program covering topics such as bystander intervention, sexual violence, and consent. By participating in the training, businesses create a values statement and make a commitment to creating and maintaining a safe environment for patrons and staff.

Offered By: SAVA (Sexual Assault Victim Advocacy), contact: cassie@savacenter.org
- **Postvention Training** Length: ~60-90 minutes
Cost: Free

This training gives an elevated overview on suicide postvention care for clinicians, crisis workers and first responders offering support to suicide loss survivors.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: kiera@suicideprevent.org
- **Hope For Today (Advanced Suicide Prevention Training)** Length: ~60-90 minutes
Cost: Free

This is an advanced suicide prevention training for groups who have already received QPR or a comparable level of training. Through this training attendees will learn about suicide prevention through a more advanced provider lens regarding lethal means restriction and safety planning.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: info@suicideprevent.org

- **Mental Health First Aid (MHFA)** Length: 9 hr, full day course
Cost: Free

This course teaches attendees how to identify and understand signs and symptoms of a mental health challenge or crisis, what to do in an emergency, and where to get help. Topics covered include anxiety, depression, psychosis, and addictions.

Offered by: Summitstone Health Partners, contact: robyn.potter@summitstonehealth.org
La Familia (Family Center) In SPANISH, contact: info@thefamilycenterfc.org

- **Youth Mental Health First Aid (YMHFA)** Length: 7.5 hr, full day course
Cost: Free

This course, aimed at adults working with youth, teaches attendees how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Offered by: Summitstone Health Partners, contact: robyn.potter@summitstonehealth.org
Partners for Children's Mental Health, visit: <https://pcmh.org/training-center/>

- **Youth Prevention 101** Length: ~60 minutes
Cost: Free

This training covers the basics of Sexual Violence from defining terms and busting myths with statistical data to how to best support survivors. The training then focuses on how to apply that information to supporting youth affected by sexual violence and how to prevent it in the first place. This includes going over mandated reporting, best practice when supporting youth survivors, identifying potential red flags, how to have these conversations with youth, and how to create a safe and empowering community for both the youth and faculty. We also provide a variety of resources so your organization doesn't have to handle sexual violence alone!

Offered By: SAVA (Sexual Assault Victim Advocacy), contact: cassie@savacenter.org

- **Youth Education** Length: ~60 minutes
Cost: Free

This youth education training ranges from general community prevention education to targeted restorative justice classes. Partners collaborates with schools, municipal courts, social groups, and other nonprofits to conduct one-time trainings as well as ongoing courses. These trainings and classes are evidence-based and have been proven to show program graduates improve in behaviors that affect their health, well-being and resiliency.

Offered By: Partners, contact: kchu@poweredbypartners.org

- **Violence Prevention for All Abilities** Length: ~60 minutes
Cost: Free

This training provides information and tools for service providers to adapt curricula to meet the needs of individuals with varying abilities. Participants will learn about a framework for educating people of all abilities with integrity along with definitions and statistics regarding intellectual/developmental disabilities and sexual violence. Facilitators will share lessons learned, tips, tools, and resources for adapting and modifying curricula to expand program reach and impact.

Offered By: SAVA (Sexual Assault Victim Advocacy), contact: cassie@savacenter.org

- **Family and Parenting/Caregiver Education** Length: ~60 minutes
Cost: Free

This training involves both parent/caregiver and family learning opportunities with the aim of increasing parenting self-efficacy and fostering social-emotional development in youth.

Offered By: Partners, contact: kchu@poweredbypartners.org

- **Nami Basics** Length: Weekly/6 wks
Cost: Free

This training offers education to parents and caregivers of children and adolescents with mental illness and/or serious emotional disorders. The program provides education and support to family members and caregivers. This is a 6-week class.

Offered By: NAMI (National Alliance on Mental Illness) Larimer, contact: wkever@comcast.net

- **REPLY (Resiliency Education Protecting the Lives of Youth)** Length: 40min-1hr
Cost: Free

This training teaches youth risk factors, warning signs, how to talk about mental health and suicide, and how to access local resources if youth are concerned about themselves or a peer. This training puts an emphasis on resiliency, protective factors, and coping skills.

Offered By: Alliance for Suicide Prevention of Larimer County, contact: carly@suicideprevent.org

- **ASIST (Applied Suicide Intervention Skills Training)** Length: 2 day workshop
Cost: Varies

ASIST is an intensive, interactive, and practice-dominated course designed to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide.

Offered by: Partners for Children's Mental Health, visit: <https://pcmh.org/training-center/>

- **SBIRT (Screening, Brief Intervention, Referral to Treatment)** Length: ~2 hrs
Cost: Free

This training focuses on alcohol and other drug use screening and brief intervention for health and mental health professionals. This prevention service helps providers identify and intervene with patients at risk for health problems due to alcohol and other drugs; ideal for Health and Mental Health Care Providers.

Offered by: SBIRT Colorado, contact: amusielewicz@peerassistanceservices.org

- **Dialectical Behavioral Therapy Skills to Help Youth Manage Emotions and Build Resiliency** Length: Self-paced online
Cost: Free

This training is built to provide support for professionals working to support youth. This series will cover the modules and select skills from Dialectical Behavioral Therapy, a therapeutic approach focused on building skills around mindfulness, stress management, and healthy relationships.

Offered by: Partners for Children's Mental Health, visit: <https://pcmh.org/training-center/#on-demand-learning>

If you would like to discuss your training needs or have any questions about the trainings listed, please reach out to info@suicideprevent.org.