



Mental Health & Wellbeing Workshops

Understanding risks, signs, and knowing how to respond is key to creating a resilient and supported community. The following trainings are offered for FREE to community members and organizations around the region.

- **Mental Health First Aid/Youth Mental Health First Aid** - Mental Health First Aid (MHFA/YMHFA) is a skills-based training course that teaches participants to identify, understand and respond to mental health and substance use challenges. Adult MHFA courses teach adult learners how to assist fellow adults, while Youth MHFA courses teach adult learners how to assist adolescents between the ages of 12 and 18. MHFA courses last approximately 8 hours.
- **Question, Persuade, Refer (QPR)** - Training for individuals, parents, friends, teachers, neighbors, emergency responders, etc. to recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life. QPR trainings last 45-60 minutes.
- **Naloxone Training** - Training for all community members, including bystanders, first responders, and support services professionals. This training covers how to recognize and respond to an opioid overdose, including the administration of nasal naloxone, and awareness of where to access naloxone, other overdose prevention tools, and recovery support services. Overdose prevention and response training lasts 60-90 minutes.
- **S.A.V.E.** - Veterans Affairs S.A.V.E. Training will help you act with care and compassion if you come across a veteran who is in crisis or having thoughts of suicide. S.A.V.E. trainings last 30-60 minutes.
- **Strengthening Families** - The Strengthening Families Program (SFP) is an evidence-based family skills training program. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills. This class is taught over 12 weekly sessions.

Trainings In Your Area

The trainings below are offered by the following organizations. The number in the grid below matches the organization providing the training.

1. **Saint Alphonsus:** available in Spanish, classes are in person, virtual or hybrid.
Contact Glenda Gonzalez: 208-367-4007, glenda.gonzalez@saintalphonsus.org
2. **Southwest District Health:** classes offered in person or virtually. Contact communityhealth@swdh.id.gov
3. **Cascade Medical Center:** available in Spanish, classes offered in person or virtually.
Contact Vicki Fryar: vfryar@cmchd.org
4. **IdahoAEYC:** interpreters available, classes offered in person, virtual, or hybrid.
Contact Amanda Mills: 208-713-2507, amills@idahoaeyc.org
5. **Boise VA Medical Center:** classes offered in person, virtual, or hybrid. Contact Travis Schmidt: 208-353-8378, travis.schmidt2@va.gov
6. **Central District Health:** classes offered virtually, in person or hybrid. Contact suicideprevention@cdh.idaho.gov for mental health trainings and DOPP@cdh.idaho.gov for naloxone training

Trainings	Adams	Ada	Boise	Canyon	Elmore	Gem	Owyhee	Payette	Valley	Washington
MHFA	1	6	6	1	6		3		3, 6	
YMHFA	1	6	6	1	6		3		3, 6	
QPR	2	6	6	2	6	2	2	2	6	2
Naloxone Training	2	6	6	2	6	2	2	2	6	2
S.A.V.E.	5	5	5	5	5	5	5	5	5	5
Strengthening Families	4	4	4	4	4	4	4	4	4	4

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