

Brain Health
Training and Education Opportunities

Topic	Type of Training	Presenter	Contact Info / Web Link	Cost	Notes
Adult Mental Health First Aid (MHFA)	In-Person Classroom	Jill Kluesner	jillkluesnerconsulting.com	Quote	MHFA is the initial help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves. MHFA participants learn about risk factors and warning signs of mental health concerns, information on various mental disorders, prevalence of mental health problems, and a 5-step action plan to help someone developing a mental health concern or in crisis.
Youth Mental Health First Aid Training (YMHA)	In-Person Classroom	Jill Kluesner	jillkluesnerconsulting.com	Quote	Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human service workers, and other caring adults how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or crisis. YMHA participants learn about common mental health challenges for youth, typical adolescent development, and a 5-step action plan for how to help young people in crisis and non-crisis situations.
Adult Mental Health First Aid (MHFA)	In-Person Classroom	Paula Paider Licht	paula.paider.ticht@hillcrest-fs.org	Quote	Hillcrest was some of the knowledge on topics, but not really structured or funded to provide training within the community.
Mandt	In-Person Classroom	Paula Paider Licht	paula.paider.ticht@hillcrest-fs.org	Quote	Crisis intervention training. Only provided internally for staff at this point.
SBIRT	Webinar	SAMHSA	ration.samhsa.gov/mai-coc-grantees-online-co	Free	Crisis intervention training.
National Alliance on Mental Illness (NAMI) Basics	In-Person Course		https://www.namidubuque.org/	Free	NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing these behavioral difficulties and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents/family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.
NAMI Peer-to-Peer	In-Person Course		https://www.namidubuque.org/	Free	NAMI Peer-to-Peer is a recovery education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants. This in-person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance.
NAMI Family-to-Family	In-Person Course		https://www.namidubuque.org/	Free	NAMI Family-to-Family is a class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA.
NAMI FaithNet	In-Person Course		https://www.namidubuque.org/	Free	NAMI FaithNet is not a religious network but a program of mental health education and awareness outreach to clergy and congregations of all faith traditions as well as to individuals who seek faith as a component of their recovery. FaithNet seeks to create more welcoming and supportive faith communities for persons and families touched by serious mental illness and encourages the role of faith in recovery for those for whom faith is a key component of their experience.
Narcan	In-Person	SASC	Jon Decker- Decker.J@sasc-dbq.org		Training on the use of narcan / access to prescriptions.
Prime for Life	2-Day / 12 hours		Prevention Research Institute (PRI)	\$180	12 hour course for risk reduction. Required for OWI.
Mental Health First Aid (East Central Region)	8 Hour Certification Class	Jan Heidemann	https://ecriowa.org/open/get-involved/	Quote	The Mental Health First Aid (MHFA) program is an interactive 8-hour certification class that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Specifically, participants learn: The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury. An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities, A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care. The appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem. Similar to CPR, you will become certified as a Mental Health First Aider. Who should become a Mental Health First Aider? All of the following will probably be in church congregations - so all apply! Rather than list all below, I would say - everyone from your church/synagogue/temple/etc. Participants for each training vary, but include hospitals and federally qualified health centers, state policymakers, employers and chambers of commerce, faith communities, school personnel, state police and corrections staff, nursing home staff, mental health authorized support staff, young people, families, and the general public.
Adverse Childhood Experiences (ACES) (East Central Region)	Presentations can range in time, depending upon audience	Jan Heidemann	https://ecriowa.org/open/get-involved/	Quote	The Adverse Childhood Experiences (ACE) Study is one of the largest scientific research studies of its kind, analyzing the relationship between childhood trauma and the risk for physical and mental illness in adulthood. ACE Interface is a nationally recognized curriculum that provides information about the ACE Study, it's implications in our daily lives, and next steps regarding how to use this valuable information. ACE Interface was developed by Dr. Robert Anda, one of the principal investigators of the ACE Study, and Laura Porter, a nationally recognized resilience researcher. There are 25 trained ACE Interface Master Trainers in the state of Iowa. Master Trainers can provide ACE Interface training in a number of settings, to a variety of audiences, and in multiple formats. Depending on the needs of the audience, presentations can range from 20 minutes to 45 minutes, or multiple hours or multiple days. There is currently a 2-hour presentation that is approved by DHS for child care provider continuing education credit and other targeted presentations are in development. Master Trainers can also provide education to individuals so that those individuals can present the ACE Interface materials to other audiences, including the public.
Trauma Informed Care (East Central Region)	Training designed to fit agency's need	Jan Heidemann	https://ecriowa.org/open/get-involved/	Free	The MH/DS of the East Central Region is happy to announce that Trauma Informed Care Training is now available in our Region. Trauma Informed Care training will cover the impact trauma has on your biology, the effects of trauma in a person's life, how behavior is a learned defense to protect oneself from their previous trauma, and the foundation of looking at clients from the focus of "What happened to you?" as opposed to "What's wrong with you?". Over the course of 2015, 17 people from various agencies within the Region have attended classes on trauma informed care. These classes have been conducted by Dr. Robert Macy and Frank Grijalva of the International Trauma Center. They also provided the TCI training that is used at Tanager Place and the training for the Pediatric Mental Intensive Care centers in Iowa. The 17 students were recruited from various provider agencies throughout the Region and are available to provide information and instruction in trauma informed care for your staff. Because the Region financed the training at no cost to the various agencies, the training will be provided to everyone within the Region at no cost. The training is designed to fit your agency's needs. We will work to ensure that the class fits within your time frame. The amount and depth of the material can be adjusted to match the needs of the attendees and the time allotted. If you would like to have someone present a class on Trauma Informed Care to your staff, please complete the following information: The name of your agency or group, Your name and contact information, The time and date of the training, The location of the training, The availability of computer equipment, The length of the training, The approximate number of attendees