**Inventory of Behavioral Health Trainings Available in Southwestern CT (September 2020)**

**\*training agencies & individual trainers listed at end of document**

| EBP | Training | Key Content | Length | Span-ish | Gen. Public | Youth Focus | Older Adults | Provi-ders | Consum/Family | Work-place | Public Safety | Contact\* & Cost |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mental Health Awareness** | | | | | | | | | | | |
| ✔ | Mental Health First Aid (MHFA) training | Mental health awareness, including information on the major mental illnesses, and steps to intervene in a crisis or help someone in need. Includes group exercises and role play. Choose Adult, Youth, Public Safety, Older Adult or Spanish. New: Teen MHFA! | 2020 new hybrid program 6 hours,  online | ✔ | ✔ | ✔ | ✔ |  |  | ✔ | ✔ | Various; see last page. Grants possible through AFSP or CT Clearing-house |
|  | Ending the Silence (presentation) | General overview of mental health including sharing of personal experience | 45-75 min |  |  | ✔ 8th grade- college |  |  |  |  |  | NAMI CT; Free |
|  | Parents & Teachers as Allies (presentation) | General info on mental health in young people presented by a panel | 1-2 hrs |  |  |  |  |  |  | ✔ educa-tors |  | NAMI CT; Free |
|  | In our Own Voice (presentation) | People in recovery share their journey (2 presenters+video) | 60-90 min. |  | ✔ |  |  |  |  | ✔ |  | NAMI CT; Free |
|  | Hearing Voices Training | Experiential training to better understand schizophrenia | ½ day (3 hrs) |  |  |  |  | ✔ | ✔ |  |  | Kennedy Center; Free |
|  | Caring Network video series | 4 videos: Women in recovery; Men & depression; Recognizing children’s mental health; College years | 30 minutes each |  | ✔ | ✔ |  |  | ✔ |  |  | Hub website; Free |
|  | 4 What’s Next | Coping Skills curriculum for students (high school and middle school versions) | 5 sessions |  | ✔ |  |  |  |  |  |  | Porco Fdtn, $400 unlimited/yr/site |
|  | Fresh Check Day (wellness fair model) | Mental health awareness, resources & coping skills on college campuses | 1 day |  |  | ✔ coll. |  |  |  |  |  | Porco Fdtn; Cost after 1st 2 years |
|  | Crisis Intervention Training | Crisis intervention for police and/or first responders | Many modules |  |  |  |  |  |  |  | ✔ | CABLE; $$$ |
|  | Emergency Mental Health Response | As part of CERT, common emergency response training |  |  |  |  |  |  |  |  | ✔ |  |
|  | **Suicide Awareness & Response** | | | | | | | | | | | |
| ✔ | Question, Persuade, Respond (QPR) | Video vignettes to recognize suicidal behavior, the warning signs of suicide, 3-steps to help someone who is suicidal, referral resources. Includes a role play | 1.5 hrs group size=30  Open to All, 16+ | ✔ | ✔ |  | ✔ |  | ✔ | ✔ | ✔ | Various; see last page |
| ✔ | Applied Suicide Intervention Skills Training (ASIST) | Intensive training involving role plays and simulations to intervene when someone is suicidal and help keep them safe. | 2 x 8hrs (back to back) | ✔ | ✔ |  |  |  |  |  |  | Various. Grants possible through AFSP |
|  | SafeTALK | How to engage persons who might be thinking of suicide and connect them with community resources. Stresses safety while challenging taboos that inhibit open talk about suicide. | 4 hours  Open to All, 15+ |  | ✔ |  | * ✔ |  |  |  |  | The Hub |
| ✔ | S.O.S. Signs of Suicide | School-based prevention program for middle & high school, focused on awareness, help-seeking, stigma reduction, partnering with parents & schools |  |  |  | ✔ |  |  |  |  |  | MindWise Innov. $$ |
|  | Talk Saves Lives: An Introduction to Suicide Prevention (presentation) | Brief awareness presentation that covers the general scope of suicide, prevention research, and what people can do to fight suicide. Learn the risk and warning signs of suicide and how, together, we can help prevent it. | 45 min. or less  Open to All, 16+ |  | ✔ |  |  |  |  | ✔ |  | AFSP; Free |
|  | Survivor Voices (presentation) | Family members who have lost someone to suicide tell their story. | 1 hr | ✔ | ✔ |  |  |  |  |  |  | CT SAB; Free |
|  | More Than Sad (presentation) | Videos and facilitator guide for teachers to use with students, focusing on recognizing teen depression, suicide signs & prevention. Version for teens and for teachers | 1.5 hrs |  |  | ✔ |  |  |  |  |  | Free from AFSP; purchase videos |
|  | **Substance Misuse Prevention Trainings** | | | | | | | | | | | |
|  | Courageous Parenting 101 | Parenting program about prevention; online version now available  ***Childcare & dinner provided*** | 4-5 sessions. |  | ✔ |  |  |  |  |  |  | Courage to Speak; Free |
|  | SPF for Coalition Members | Overview of the Strategic Prevention Framework (SPF), a public health model used in community prevention work. | 45 min |  | Coalitions |  |  |  |  |  |  | The Hub, free |
|  | Hidden in Plain Sight | Walk through a mock teen bedroom to search for clues of high-risk behavior “hidden in plain sight.” Learn about drug trends, concealment areas, hidden containers, clothing, paraphernalia, logos & more! | 2 hours  Open to parents, caring adults |  | ✔ |  |  |  |  |  |  | Positive Directions, $350 |
|  | Naloxone (Narcan) Training | Opioid awareness presentation including history of the opioid epidemic, signs & symptoms of an overdose, administration of Naloxone. Narcan kit provided | ½-1 hr  Open to All, 18+ | ✔ | ✔ |  |  |  |  | ✔ |  | Various, see last page; free |
|  | Combination Naloxone / Suicide Prevention Training | Participants will learn:   * Opioid Education * How to administer Narcan * The link to suicide prevention | 2 hrs  Open to All, 16+ |  |  |  |  |  |  |  |  | The Hub, free |
|  | Vaping | Learn about the associated risks of vaping and how to have the conversation with a young person. | 1 hour |  | ✔ |  |  |  |  |  |  | Various; ask The Hub |
|  | **Recovery & Family Support Trainings** | | | | | | | | | | | |
|  | Cultural Competency (presentation) | Cultural issues in working with Latinos |  |  |  |  |  | ✔ |  |  |  | CCAR; Free |
|  | Cultural Competency (presentation) | Cultural issues in working with LGBTQ population | 1-2 hrs |  |  |  |  | ✔ |  |  |  | Triangle Community Center |
|  | Perspectives | Importance of including families in all aspects of recovery | 6 hrs |  |  |  |  | ✔ |  |  |  | NAMI CT; Free |
| ✔ | NAMI Family to Family (F2F) | Peer support & resources by trained families who have lived experience | Weekly for 11-12 weeks |  |  |  |  |  | ✔ (family) |  |  | NAMI; Free |
|  | NAMI Basics | Child/teen mental illness, coping strategies, resources | Weekly for 6 weeks |  |  |  |  |  | ✔(family) |  |  | NAMI; Free |
| ✔ | Wellness Recovery Action Plan (WRAP) | Key concepts of recovery and how to implement them through a personalized wellness plan | 16 hrs over 8 weeks |  |  |  |  |  | ✔ |  |  | DMHAS |
|  | Recovery Support Specialist (RSS) | Certification program for people in recovery to provide peer support | 80 hours (6 hrs/day, 2 days/wk) |  |  |  |  |  | ✔ |  |  | Advocacy Unlimited; $200 |
|  | Intentional Peer Support (IPS) | Social change through peer support, partnership building | 2-, 3- and 5-day trainings |  | ✔ |  |  |  | ✔ |  |  | Vermont; $850 for 5-day course |
|  | CCAR Recovery Coach Academy | Skills to guide, mentor & support anyone entering or sustaining long-term recovery from addiction to alcohol or other drugs. | 5 days, Monday- Friday |  |  |  |  |  | ✔ |  |  | CCAR; $850 ask re: group discount |

**\*TO CONTACT AGENCIES LISTED ABOVE FOR TRAININGS:**

Advocacy Unlimited: <https://advocacyunlimited.org/program/rss-training/>

American Foundation for Suicide Prevention (AFSP CT: Michelle Peters, [mpeters@afsp.org](mailto:mpeters@afsp.org) and Tom Steen, [tom@steenconsulting.net](mailto:tom@steenconsulting.net)

CABLE: <http://www.cableweb.org/services>

Connecticut Community for Addiction Recovery (CCAR): [www.addictionrecoverytraining.org](http://www.addictionrecoverytraining.org) or Carlos Reinoso at [carlos@ccar.us](mailto:carlos@ccar.us)

Connecticut Clearinghouse: 800-232-4424

Courage to Speak: Ginger Katz, [gkatz@couragetospeak.org](mailto:gkatz@couragetospeak.org)

The Hub: Giovanna Mozzo, [gmozzo@thehubct.org](mailto:gmozzo@thehubct.org)

The Kennedy Center: Britt Bisson, [britt.bisson@ct.gov](mailto:britt.bisson@ct.gov)

NAMI CT: Don Fischer, [recovery@namict.org](mailto:recovery@namict.org)

Porco Foundation: Marissa Giarnella-Porco, [marisa@rememberingjordan.org](mailto:marisa@rememberingjordan.org)

Positive Directions: Margaret Watt, [mwatt@positivedirections.org](mailto:mwatt@positivedirections.org)

Triangle Community Center: [www.ctpridecenter.org](http://www.ctpridecenter.org)

**SEE NEXT PAGE FOR INDIVIDUAL TRAINERS**

**TO CONTACT INDIVIDUAL MENTAL HEALTH FIRST AID (MHFA), QPR SUICIDE PREVENTION & NARCAN TRAINERS:**

***Note: 37 individuals can provide the Talk Saves Lives (TSL) suicide awareness presentation. Contact The Hub to find someone in your town.***

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| --- | --- | --- | --- |
| Name | Email | Agency | Trains in |
| Aaron Katz | [Aaron.katz@nuvancehealth.org](mailto:Aaron.katz@nuvancehealth.org) | Norwalk EMS | MHFA |
| Andrew Jack | [ajack@silverhillhospital.org](mailto:ajack@silverhillhospital.org) | Silver Hill Hospital | MHFA |
| Angelina Miceli | [amiceli@positivedirections.org](mailto:amiceli@positivedirections.org) | Positive Directions | MHFA |
| Carlos Reinoso | [carlos@ccar.us](mailto:carlos@ccar.us) | CCAR (regional) | English & Spanish: MHFA, QPR, cultural competence, problem gambling |
| Carol Cruz | [C23cruz@gmail.com](mailto:C23cruz@gmail.com) | REACH Out | YMHFA |
| Cathy Hazlett | [chazlett@positivedirections.org](mailto:chazlett@positivedirections.org) | Positive Directions | Narcan, QPR, TSL |
| Cathy Miller | [cmiller@ncc.commnet.edu](mailto:cmiller@ncc.commnet.edu) | Norwalk Commun. College | QPR |
| Colin Basset | [cbassett@greenwichems.org](mailto:cbassett@greenwichems.org) | Greenwich EMS | Narcan |
| Connie Crowell | [Ccrowell522@gmail.com](mailto:Ccrowell522@gmail.com) | Town of Monroe | Narcan, QPR |
| Cornelia Morris | [cmorris@trumbull-ct.org](mailto:cmorris@trumbull-ct.org) | Town of Trumbull | QPR |
| Dawn Roy | [dawnmroylcsw@gmail.com](mailto:dawnmroylcsw@gmail.com) | Private LCSW | MHFA, MHFA Public Safety |
| Denique Weidema-Lewis | [dlewis@norwalkacts.org](mailto:dlewis@norwalkacts.org) | Norwalk ACTS & AFSP Board | Narcan, QPR, Talk Saves Lives, YMFHA |
| Diamond Sead | [dsead@hscct.org](mailto:dsead@hscct.org) | Human Services Council, Norwalk | QPR |
| Ellen Brezovsky | [ebrezovsky@kidsincrisis.org](mailto:ebrezovsky@kidsincrisis.org) | Greenwich Together | Narcan |
| Erma Benedetto | [ebenedetto@mfap.org](mailto:ebenedetto@mfap.org) | Mid-Fairfield AIDS Project | Narcan |
| Francesca Quettant | [fquettant@gbapp.org](mailto:fquettant@gbapp.org) | GBAPP, Bridgeport | Narcan, QPR |
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| Maggie Young | [Maggie.young@liberationprograms.org](mailto:Maggie.young@liberationprograms.org) | Liberation Programs | Narcan |
| Margaret Watt | [mwatt@positivedirections.org](mailto:mwatt@positivedirections.org) | Positive Directions | English & Spanish: QPR & Narcan, Hidden in Plain Sight |
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| Wendy Mendes | [wmendes@ncc.commnet.edu](mailto:wmendes@ncc.commnet.edu) | Norwalk Commun. College | QPR |
| Yania Padilla | [yaniapadilla@gmail.com](mailto:yaniapadilla@gmail.com) | Transformative Trainings, LLC (regional) | English & Spanish: MHFA (all modules), ASIST, Talk Saves Lives, More Than Sad & other Suicide related trainings |
| NOTE: Most town police, EMS and/or health departments can provide Narcan trainings. | | | |