

## BUILDING HOPE SERVICES MENU



### NATIONAL TRAININGS

#### Mental Health First Aid (MHFA)

Eight hour training on major mental illnesses and general behavioral diagnoses, referring to appropriate care, crisis response, and stigma reduction.

- For English + Spanish contact: [Kellyn@buildinghopesummit.org](mailto:Kellyn@buildinghopesummit.org)

#### Question. Persuade. Refer. (QPR)

One and a half hour training specific to suicide prevention and referring to appropriate resources.

- For English QPR contact: [Kellyn@buildinghopesummit.org](mailto:Kellyn@buildinghopesummit.org)
- For Spanish QPR contact: [Jeng@buildinghopesummit.org](mailto:Jeng@buildinghopesummit.org)

#### VitalCog: Suicide Prevention in the Workplace

Working Minds trains organizations to proactively address the early warning signs of suicide in the workplace. Just as organizations have realized they can help reduce heart disease by encouraging exercise, they can also reduce suicide by promoting mental health and encouraging early identification and intervention. This 2- hour training will educate and equip businesses with tools to address mental health and suicide concerns within the workplace.

- For English contact: [Nicole@buildinghopesummit.org](mailto:Nicole@buildinghopesummit.org)
- For Spanish contact: [Jeng@buildinghopesummit.org](mailto:Jeng@buildinghopesummit.org)

#### Stress Management and Resiliency Training (SMART) model developed by Dr. Sood.

The course is an integration of neuroscience, positive psychology, mindfulness, and resilience. The goal is not to eliminate stress, which isn't feasible, but to harness our challenges, so they become growth opportunities—for ourselves and others. The course is designed to help you learn about the human neural vulnerabilities and leverage that knowledge to build a resilient brain. This training will be available in Late Fall/Winter of 2022.

- For English contact: [kellyn@buildinghopesummit.org](mailto:kellyn@buildinghopesummit.org)



### LOCAL TRAININGS

#### Navigating Mental Health and Literacy

Caring for our mental health and knowing how to connect when loved ones, friends or even ourselves who need support can be challenging. Join Building Hope in this one hour training to learn how to identify the signs and symptoms of a mental health struggle, locate resources for support, and connect with local agencies and outlets for help.

- For English Training contact: [Kellyn@buildinghopesummit.org](mailto:Kellyn@buildinghopesummit.org)
- For Spanish training contact: [Jeng@buildinghopesummit.org](mailto:Jeng@buildinghopesummit.org)

#### Building Hope Ambassador Training

Following Navigation and Literacy Training, this class dives into how to support someone who's seeking help around mental health. Topics include cultivating hope, holding space for someone who's hurting and specific steps to take in order to help someone. This training features real-time roleplaying on various scenarios. We also discuss how to maintain energetic boundaries for people in a helper role.

- For English Training contact: [Nicole@buildinghopesummit.org](mailto:Nicole@buildinghopesummit.org)
- For Spanish training contact: [Jeng@buildinghopesummit.org](mailto:Jeng@buildinghopesummit.org)

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### OTHER SERVICES

#### Private Connectedness Event

Would you like to offer some of the events we offer community-wide (Yoga, Journaling, Mindful Man, Expressive Art, Nature Walks, Meditation, etc) for your workplace or small group? Perhaps during business hours or in a setting where your specific group can address their unique needs? We'll do all of the planning based on your schedule and facilitate an event that's right for you.

- For English contact: [Nicole@buildinghopesummit.org](mailto:Nicole@buildinghopesummit.org)

#### Mental Health Scholarship EAP Support

Unable to provide mental health benefits for your employees? Does your health insurance plan have a high deductible or high cost mental health benefits? Utilize our Mental Health Scholarships to offset the costs of accessing therapy by purchasing counseling hours through the Building Hope Scholarship Program. Recipients will partner with Building Hope and be given a mental health voucher to get the confidential support they need. This also helps you keep your staff healthy, reliable, resilient, and accountable at work.

- For English contact: [Ravi@buildinghopesummit.org](mailto:Ravi@buildinghopesummit.org)
- For Spanish contact: [Jeng@buildinghopesummit.org](mailto:Jeng@buildinghopesummit.org)