

## BUILDING HOPE SERVICES MENU



### NATIONAL TRAININGS

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

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

#### **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.

#### **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.

#### **It's Real: Teens and Mental Health**

This training is intended for high school classes or community settings with teens ages 14-18. It's Real: Teens, and Mental Health is a 45-minute program that provides young people with mental health education and resources. The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help including Summit County specific resources. This training is intended for middle school classes or community settings (ages 12-14), or high school classes or community settings (ages 14 -18).

#### **Talk Saves Lives**

This is an introductory communication education presentation about suicide prevention. Talk Saves Lives is designed for a broad range of community audiences with the goals of increasing suicide awareness and empowering participants to offer help to people who may be at risk of suicide. It includes research on the causes and risk factors for suicide, information about effective prevention, and how participants can identify persons at risk and offer help.



### LOCAL TRAININGS

#### **Mental Health Navigation Training**

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.

#### **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.

#### **Peer Support Program Training**

Peers are individuals who use their lived experience to help others seeking wellness and recovery. Individuals interested in becoming a peer support volunteer can attend this training designed by the Helen and Arthur E. Johnson Depression Center at Colorado University's Anschutz Medical Campus to develop their skills in social-emotional support, advocacy, communication, and coaching. This training has two parts, 6 hours with a Building Hope trainer as well as an online, self-paced training component.

Contact [info@buildinghopesummit.org](mailto:info@buildinghopesummit.org) for more info/ scheduling

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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.

#### **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.

#### **Peer Support Program**

Contact us to speak with trained volunteers who are available to talk with you – about anything – confidentially. We will listen, and provide any resources if needed. We are here for you. Peer Volunteers are available to talk about anything that may be bothering you: isolation, frustrations, friends, job or family stress, and mental health.