



# Contact Us

Schedule a free training for your group, community or organization



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## Adverse Childhood Experiences (ACEs)

**We each play a role in supporting the health and wellbeing of children, adults and families.**

This trauma-informed training focuses on how to recognize, address and heal the negative impacts of Adverse Childhood Experiences (ACEs) and toxic stress. Participants will learn:



About the landmark 1998 ACE study and how ACEs impact health and wellbeing across the lifespan



How trauma and toxic stress shape the developing brain and body, and how safe, supportive and caring relationships can buffer the effects



Strategies and resources to build resilience and support individuals who have experienced ACEs

*This training is available in Spanish upon request.*



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Community Mental Health Trainings, as a Prevention and Early Intervention (PEI) program, are free and funded by the California Mental Health Services Act (MHSA, Prop 63)

# Community Mental Health Trainings

Supporting wellness, recovery and resilience in the diverse communities of Pomona, Claremont and La Verne



# Community Resiliency Model™

Created by the Trauma Resource Institute, the Community Resiliency Model™ (CRM)\* is a set of wellness skills that people can use to respond to the impact of traumatic and stressful experiences.

By understanding the biology of the human body and how it responds to traumatic events, CRM participants can learn how to enhance their ability to adapt to change.

## Participants will learn:

- + Simple skills to help you get back into balance with mind, body and spirit
- + How to reduce symptoms related to stressful or traumatic events, including depression, anxiety and aggression
- + How to practice wellness skills in your daily life and share those strategies within your community

*This training is available in Spanish upon request.*

# Suicide Prevention

## Know the Signs

This statewide suicide prevention training teaches you how to recognize and respond to someone displaying suicidal thoughts, how to find the words to have a direct conversation with someone in crisis and where to find professional help and supportive resources.

Our trainings can be modified to meet your audience's need.



# Mental Health First Aid

When more people are equipped with the tools they need to start a conversation about mental health, more people can get the help they need. Mental Health First Aid (MHFA) is an evidence-based training that teaches you how to identify, understand and respond to signs of mental health and substance use conditions, and how to provide initial help and guide a person towards appropriate supports.

## Participants will learn:

- + Common signs, symptoms and risk factors of mental health and substance use conditions
- + Information on anxiety, depression, trauma, psychosis, substance use and self-care
- + A 5-step action plan to safely assist someone experiencing a mental health or substance use challenge or crisis

**We offer various MHSA course options. All MHSA participants receive a 3-year certification through the National Council for Mental Wellbeing and an MHFA manual.**

Contact us to schedule a **free training for your community.**

# Motivational Interviewing

Motivational Interviewing (MI) is both a therapeutic philosophy and a set of methods used to help people resolve their ambivalence or uncertainty about making meaningful, personal changes in their lives.

MI is designed to strengthen an individual's motivation toward a specific goal by exploring the person's own reasons for change in an environment of acceptance and compassion.

## Participants will learn:

- + About the 5 core principles of MI
  - ▶ Express Empathy
  - ▶ Avoid arguing
  - ▶ Roll with resistance
  - ▶ Recognize discrepancy (i.e. disagreement)
  - ▶ Support self-efficacy (i.e. desire to achieve effective results)
- + Helpful techniques, such as active listening, to support people who struggle with behavior change or identifying goals
- + How to identify an individual's readiness, willingness and ability to make change in order to help them overcome barriers to self-care

*This training is available in Spanish upon request.*

