



## Presentations, Trainings, Classes, and Support Groups Provided by Transitions-Mental Health Association

*Inspiring hope, growth, recovery and wellness in our communities.*

[www.t-mha.org](http://www.t-mha.org) • 805-540-6500 • [info@t-mha.org](mailto:info@t-mha.org)



WELLNESS • RECOVERY • RESILIENCE

These presentations can be tailored to fit any audience, and we routinely speak to local schools, colleges and universities, law enforcement agencies, healthcare providers, community groups, civic organizations, and faith communities. To schedule a presentation or to discuss potential options, please contact Shannon McQuat at 805-540-6510 or by email at [shannon@t-mha.org](mailto:shannon@t-mha.org).

### PRESENTATIONS

**Stamp Out Stigma (SOS):** This is a presentation provided by speakers who give a brief overview of what it is like living with mental illness, how they have achieved some level of recovery, and the role that stigma has played in their lives. After sharing their personal stories, the panel will open the conversation up to the audience and will allow questions to be asked freely. This open and candid conversation allows for a very powerful exploration of what it means to live well with a mental illness. This presentation can be flexible and may include people living with mental illness, family members, and/or service providers. It can be as short as 30 minutes, or as long as 2 hours, depending on what is desired.

**NAMI's In Our Own Voice (IOOV):** An interactive multimedia presentation through which an audience hears firsthand what it's like to live with a mental illness. Two presenters share their personal story of living with mental health challenges alongside a video of a variety of people sharing their stories. This 90-minute presentation provides an excellent opportunity to gain insight into the challenges that come with mental illness, as well as the inspiring stories of overcoming the struggles and ultimately living a full and rewarding life. Provided with support from the National Alliance on Mental Illness San Luis Obispo County Affiliate (NAMI SLOCO).

**NAMI's Ending the Silence:** Helping middle and high schoolers understand mental illness makes a big difference by teaching them about the warning signs for themselves and their friends. Through this 50-minute classroom presentation, students get to see the reality of living with a mental health condition firsthand from a young adult living with mental health challenges. Provided with support from the National Alliance on Mental Illness San Luis Obispo County Affiliate (NAMI SLOCO).

**More Than Sad:** An interactive multimedia presentation designed to help different groups of people (teens/parents/educators) better understand depression and ways to help those affected by it. **Teens** learn to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. **Parents** learn how to recognize signs of depression and other mental health problems, initiate a conversation with their child, and get help. **Educators** learn to recognize signs of mental health distress in students and refer them for help. The program complies with the requirements for teacher education suicide prevention training in many states.

**SLOtheStigma:** A 15-minute documentary telling the stories of four San Luis Obispo County residents with depression, bi-polar disorder or schizophrenia. The stories shed light on their struggles, diagnoses, and treatment...and provide hope to others. Documentary available with Spanish subtitles.

**Superar:** A culturally sensitive 9-minute Spanish film (with English subtitles) that advocates for the awareness of mental illness. The film provides a glimpse into the lives of Latinos that have experienced mental illness and their journey of awareness, and courage to reach out for support, and surpass toward a healthier life. The cast describes symptoms, a definition for mental illness, dispels myths, addresses barriers to services and outlines various types of treatment options.

**The Shaken Tree:** This locally-produced and award-winning documentary illuminates the journey families experience when a loved one has chronic and persistent mental illness. Documentary available with Spanish subtitles.

**Our Personal Journeys Mental Health Awareness on Campus:** This 20-minute documentary was created by the Cal Poly University Week of Welcome (WOW) Awareness Committee in collaboration with TMHA in 2011. Targeted to reach college age youth, this video discusses topics such as stress, depression, and suicide.

**Perspectives: Sharing the Journey to Mental Wellness:** One in four people live with mental illness, but that journey isn't experienced alone; our loved ones and caregivers navigate that road to wellness with us. This 8-minute video explores one person's story of recovery from mental illness from three different perspectives - her own, her fiancé's, and her therapist's.



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**Mental Health: A Guide for Latinos and their Families:** This 30-minute video on mental health for Latinos, available in both English and Spanish, addresses common mental health issues and helps to dispel common misperceptions of mental illness among Latinos. The film acknowledges the uniqueness and strengths of the Latino culture in the U.S. and addresses some of the challenges many Latinos face in obtaining mental health services. Featured on the film are individuals and families talking about their experiences with mental illness, along with Latino mental health professionals discussing common treatments and special issues.

### TRAININGS

**Mental Health First Aid:** This interactive training presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and provides an overview of common treatments. Those who take the 8-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

**QPR Suicide Prevention Training:** Learn to recognize the warning signs and how to question, persuade, and refer someone to help. Like CPR, people trained in QPR (Question, Persuade, Refer) help save lives. Participants learn myths and facts about suicide, how to recognize the signs that a person may be suicidal, how to ask questions to assess the situation, how to persuade the person to stay alive long enough to get help, and how to refer them to a professional for help to get them through the crisis and treat any underlying mental illness.

**Applied Suicide Intervention Skills Training (ASIST):** The two-day ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles and includes powerful videos on suicide intervention.

**Journey of Hope:** A community forum on living mentally well, this unique and uplifting annual event offers the general public an opportunity to interact with mental health and community leaders, learn about local resources and, best of all, celebrate hope. Held each winter, this free event is attended by over 600 people and includes a health and wellness information fair with over 30 local service providers. Continuing education units (CEUs) are available.

**Suicide Prevention Forum:** Learn how to help someone who is struggling with thoughts of suicide – how to offer hope, connect with local supports, and save a life. Presented by the Suicide Prevention Council of San Luis Obispo County whose mission is to prevent suicide and respond to the impact of suicide in a culturally sensitive way through community collaboration between agencies, organizations and citizens by means of public education, training, advocacy and the sharing of resources. Continuing education units (CEUs) are available.

**Ally Training - Cultural Competency of the LGBT (Lesbian, Gay, Bisexual, Transgender) Community:** This multi-faceted training aims to teach service providers the best practices and tools for serving the LGBT community. The goals of the Ally Training include: demystifying the LGBT culture, building LGBT competency, understanding the mental health risks (stigma/discrimination, suicide, depression), and being aware of the tools and resources that can be employed.

**Cultural Competency of the Family:** Families often feel alone, frustrated, confused and scared. Entering the mental health world can feel like you have just entered a foreign country where no one speaks your language. This training talks about giving family members the basic tools, language, information and education to navigate the system. We want to help service providers understand the value of giving families the tools to be a productive member of the recovery team and help communities understand mental illness isn't a product of poor parenting, lack of education or poverty. Working together as a team, service providers, consumers and family members provide the wrap around services needed for success.



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## FAMILY SUPPORT AND EDUCATION

**Family Orientation Class:** This one day, 6 (six) hour class is for families and loved ones who have someone in their life that they know or suspect has a mental illness. This workshop is designed to educate about mental illness and provide information about the programs and support services available in the community. Participants must attend the entire 6-hour workshop to receive materials. Call Henry Herrera at 805-540-6571 for more information.

**Mental Illness in the Family and the Judicial System Class:** This one day, 6 (six) hour class is designed for anyone who has a mentally ill loved one that is currently or formerly involved with the judicial system, or is at risk of becoming involved. This workshop is designed to educate about mental illness and provide information about the programs and support services available in the community, with a focus on understanding and navigating the justice system. Our goal is to help our mentally ill loved ones minimize continuing legal sanctions as they make progress in recovery and meet legal justice obligations. Participants must attend the entire 6-hour workshop to receive materials. Call Henry Herrera at 805-540-6571 for more information.

**Family Support Group:** Family Support Groups in English and Spanish. These are drop in groups for anyone who has someone in their life they know or suspect has a mental illness. No referral is needed and there are no fees. Call Henry Herrera at 805-540-6571 for more information.

**NAMI's Family-to-Family Education Program:** This free, 12-session educational program for family, significant others and friends of people living with mental illness. Research shows that this evidence-based program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope. The class is taught by trained NAMI family members. Provided with support from the National Alliance on Mental Illness San Luis Obispo County Affiliate (NAMI SLOCO). Call Henry Herrera at 805-440-3516 for more information.

**Parent Project Class:** A 10-week program for parents of children ages 11-18 years, and a 7-week course for parents of children ages 5-10 years. Empowers parents with difficult or out of control children. Classes are available in both English & Spanish. Call Patty Ramirez at 805-458-2596 for more information.

**Active Parenting Class:** Help for parents of children 0-5 years to foster the qualities necessary for children to thrive in our society. Parents are equipped to teach their children to learn cooperation, courage, responsibility and to promote self-esteem. Call Patty Ramirez at 805-458-2596 for more information.

## CLASSES AND SUPPORT GROUPS

**Wellness Recovery Action Plan (WRAP):** In this free, 8-week class, you develop an individualized, effective recovery tool to use in managing your physical, mental, or emotional difficulties. WRAP will help you notice when things seem to be off balance in your life and help you coordinate effective ways to get back to feeling your best. Call Hannah Tenpas at 805-540-6576 for more information.

**NAMI's Peer-to-Peer:** This is a 10-week comprehensive recovery education class offering tools, understanding, and support for anyone who has a mental illness. Provided with support from the National Alliance on Mental Illness San Luis Obispo County Affiliate (NAMI SLOCO). Call Hannah Tenpas at 805-540-6576 for more information.

**The Peer Advisory & Advocacy Team (PAAT):** This is a committee of peers that work to advocate for those served by the mental health system, educate our community about mental illness, promote wellness and recovery, reduce stigma, and provide support for those living with a mental illness. The PAAT team meets twice a month and is open to anyone with a mental illness. Call Hannah Tenpas at 805-540-6576 for more information.

**Dual Recovery Anonymous (DRA) Group:** A weekly support group that is similar to other 12-step groups and is designed to help people who have (or suspect they have) a mental illness as well as an addiction. This is a drop in group, no referral is needed, and there are no fees. Call Meghan Madsen at 805-503-0350 for more information.