

# PRESENTATION: TMHA PROGRAMS AND SERVICES

Time Frame: (15-20 min)

Number of attendees (1-1,000)



## OBJECTIVE

Our TMHA Programs and Services presentation serves as an overview of the vast resources and programs provided here at TMHA. This short presentation is a great way to learn more information about the local resources we provide here at TMHA and who we are as an organization.

## PRESENTATION INCLUDES:

- TMHA Mission Statement
- Overview of Housing Programs
- Overview of Work Programs
- Overview of Community Programs
- Overview of Family Support Services
- Overview of Forensic Services
- Overview of Central Coast Hotline

# PRESENTATION: MENTAL HEALTH 101

Time Frame: Adjustable (30 min-1hr 30 min)

Number of attendees (1-1,000)

## OBJECTIVE

Mental Health 101 is an interactive and informative presentation that can be tailored to fit all audiences. Intended to provide education and prevention around mental health challenges, Mental Health 101 is an invaluable training that equips participants with essential skills. Using a combination of discussion and activities, we explore a variety of mental health topics. These topics include how to recognize mental health challenges and strategies, and tools to better manage your mental health. These tools apply to both working with community members and in applying mental health strategies to improve our individual wellness. This presentation has been well received throughout our community and was presented to over 2,500 people in 2023. We are looking forward to sharing even more resources in 2024, as we partner with our community to meet the need for mental health education and resources.

## CURRICULUM INCLUDES:

- The 8 Dimensions of Wellness
- Mental Health as a spectrum
- Signs and Symptoms of Mental Health Challenges
- Common Mental Health Challenges
- The Window of Stress Tolerance
- Coping vs Self Care
- Mindfulness Practices
- Positive Self Talk
- Behavioral, Situational, Indirect/Direct Verbal Clues for Suicide
- Importance of Empathy
- ALEC: How to navigate a conversation with someone considering suicide
- Local Mental Health Resources
- Interactive Activities and Prizes

## WHY THESE TOPICS ARE IMPORTANT:

- **Wellness/Mental health as a Spectrum/Signs and Symptoms:**
  - Serves as a learning tool to help students identify their mental health and help them identify when and where they need to begin implementing their self-care strategies and support systems to get re-regulated.
- **Common Mental Health Challenges:**
  - Shows students they are not alone and that mental health challenges are common.
- **The Window of Stress Tolerance/Coping vs Self Care/Mindfulness:**
  - These topics are discussed and used as a way to help students recognize when they are in a high-stress situation and how to find the best strategies to release that stress through mindfulness practices.
- **Positive Self Talk:**
  - Positive self-talk can be hard, especially for youth. During this discussion, we provide tools students can utilize when they find themselves engaging in negative self-talk to help put them on the right path to positive self-talk.
- **Behavioral, Situational, Indirect/Direct Verbal Clues for Suicide:**
  - This discussion helps students identify at-risk individuals who may be showing signs that they are suicidal or are considering suicide.
- **Empathy**
  - We discuss how empathy is different from sympathy and why empathy is important when navigating conversations with others.
- **ALEC: How to navigate a conversation with someone considering suicide**
  - We teach students how to safely navigate a conversation with someone who may be considering suicide. ALEC stands for: Ask, Listen, Encourage, and Connect. We walk through each of these steps with students, providing examples and reasoning as to why we take these steps and how they are impactful.

## WHY THESE TOPICS ARE IMPORTANT (CONT):

- **Local Mental Health Resources:**

- Providing mental health support and resources is important to ensure the safety of students and that each individual is getting all of the help they may need. One of the resources we share is our Central Coast Hotline where we discuss our call/text features and what this resource does and is used for.

- **Activities:**

- The activities that we include throughout the presentation serve as a way to keep the students engaged in the material they are learning and to encourage further discussion and participation with students. Some activities included may look like a snowball activity that allows students to participate anonymously, mindfulness practices that we lead with the whole class, classroom brainstorming about various self-care strategies with prizes, and a Kahoot at the end which serves as a review for the content learned.