



# BEHAVIORAL HEALTH SERVICES PREVENTION PROGRAM



# July 2018

Mon	Tue	Wed	Thu	Fri
2	3 <b>Lunch and Learn: QPR</b> D2 Service Center 12:30 PM - 1:30 PM	4 	5 <b>safeTALK Training</b> D2 Service Center 12:30 PM - 4:00 PM	6
9	10 <b>Family Game Night</b> D3 Service Center 6:00 PM - 8:00 PM	11 <b>Mental Health First Aid Training</b> D3 Dialysis Center 8:30 AM - 5:00 PM  <b>Active Parenting (Part 3)</b> D3 Early Education Center 12:00 PM - 1:00 PM	12 <b>Active Parenting</b> D3 Dialysis Center 9 AM - 4:30 PM	13
16	17 <b>Family Game Night</b> D7 Service Center 6:00 PM - 8:00 PM	18	19	20 <b>Prevention Coalition Meeting</b> D3 Dialysis Center 9:00 AM - 11:00 AM
23	24	25	26	27 <b>Family Game Night</b> D6 Boy's and Girl's Club 6:00 PM - 8:00 PM
30	31 <b>Rx Drug Take Back Day</b> 8:00 AM - 2:00 PM D3 & D5 Post Office			

**EMERGENCIES: ALWAYS DIAL 911 | GRIC CRISIS LINE 1-800-259-3449**

### **YMHFA (Youth Mental Health First Aid)**

**8:30 AM– 5:00 PM**

YMHFA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and “non- crisis” situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. **YMHFA CONTACT: ALICIA RAMIREZ (520) 610-1920**

### **MHFA (Mental Health First Aid)**

**8:30 AM– 5:00 PM**

Mental Health First Aid introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and overviews common treatments. The course uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect the person in crisis to professional, peer and/or social supports as well as self-help resources. This course allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find help?”

**MHFA CONTACT: ALICIA RAMIREZ (520) 610-1920**

### **SafeTALK (Suicide Education & Awareness)**

**8:30 AM - 12:00 PM OR 12:30 PM - 4:00 PM**

safeTALK is a half day training in suicide alertness. This course helps participants recognize a person who may be having thoughts of suicide, and connect them with resources who can help them in choosing to live. Participants do not need any formal preparation to attend the training, anyone age 15 and older is welcomed to learn the safeTALK steps. **safeTALK CONTACT: BRYAN BENNETT (480) 868-7723**

### **ASIST (Applied Suicide Intervention Skills Training)**

**8:30 AM - 4:30 PM / (TWO DAY TRAINING)**

ASIST is a two day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Participants don't need any formal training to attend this training, ASIST can be learned and used by anyone.

**ASIST CONTACT: ANNA PACHECO (520) 610-4919**

### **COMMUNITY EDUCATION**

The Prevention Program offers community education sessions on marijuana, alcohol, meth, tobacco, prescription drugs (Rx), suicide awareness and education, parenting skills, mental health awareness, in addition to other emerging trends.

**COMM. ED. REQUEST CONTACT: AYA GARTON (520) 610-4418**

### **ACTIVE PARENTING CLASS**

Active Parenting is a six hour class broken down in two to three sessions. Each class is designed for discussions about important and empowering tools you can use when parenting your teenager. Participants will learn how to open up the lines of communication, encourage cooperation and responsibility, discipline effectively, and explore techniques for solving the unavoidable problems that can rise.

Classes are offered for parents and guardians.

**EAST END CONTACT: ANNA PACHECO (520) 610-4919**

**WEST END CONTACT: AYA GARTON (520) 610-4418**

### **BABY SMARTS**

Baby Smarts offers three programs for teen parents and families of GRIC, funded by First Things First. The programs consist of home visitation, case management, and parent support groups. Families can receive parenting education, screenings, and support for the healthy development of their children from pregnancy to the age of 5.

**TEEN PARENT SERVICES: (480) 540-9493**

**HOME VISITING SERVICES: (520) 562-3321 x7137**

### **PREVENTION MONTHLY EVENTS AND ACTIVITIES**

For more information on events or activities that are scheduled for this month, please contact the BHS Prevention Program .

**PHONE: (520) 562-3321 x7031**

**EMAIL: bhsprevention@grhc.org**

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