

regionten trainings

Spring 2021 Virtual Offerings

providing free resources and education on mental health, substance use, trauma, and suicide prevention

• Certifications •

Youth Mental Health First Aid

March 31 & May 20

This 8-hour course introduces common mental health challenges, typical adolescent development, and teaches a 5-step action plan for adults on how to help young people in both crisis and non-crisis situations.

CRI Course 1: Trauma Informed

March 26 & May 28

This 6-hour course from the Community Resilience Initiative covers NEAR Science, Brain States, and ROLES strategies for individuals seeking a trauma-informed certification.

CRI Course 2: Trauma Supportive

April 23 & June 25

This 6-hour course uses the science of resiliency to prevent and address trauma and build culturally and contextually resilient individuals and communities.

REVIVE!

April 22 & May 21

The 1-hour REVIVE! provides training to community members, professionals, and anyone interested in learning how to recognize and respond to an opioid overdose with the administration of naloxone.

• Additional Offerings •

Positive Parenting for Substance Misuse Prevention

March 25 6-7pm

This one hour presentation by Susie Bruce, with the Gordie Center, focuses on prevention of substance misuse by youth through education and information.

General Mental Health Information and Resources

An overview of common mental health problems, substance use, suicide, and self-care. This presentation includes information on local community resources and how to access them.

Youth Substance Use Prevention

Training for staff, parents or anyone who may be affected by substance use. Topics covered include: current trends, brain addiction science, and early identification of substance use problems.

Youth Tobacco Use Prevention

In partnership with the Tobacco Free Community Coalition, this training is for staff or parents on current trends such as vaping/JUULing, early identification and cessation/treatment resources.

ACE Interface

This 1-3 hour course covers how adverse childhood experiences can affect brain development, the ACE Study, and how community resiliency can support those affected by trauma.

Non-certification courses can be adjusted for time and edited to reflect the need of the population

Please contact prevention@regionten.org for any training inquiries.