

## Adverse Childhood Experiences

This 1-hour training will raise your awareness about how Adverse Childhood Experiences (ACEs) and toxic stress can impact people throughout their lifetimes.

Exposure to severe stress for long periods can affect a child's developing brain. It shapes how the child sees, feels, and reacts to situations for the rest of his or her life. If unchecked, the trauma can lead to self-medication and affect physical and mental health well into adulthood.

Resilience can offset the damage caused by ACEs. Resilience is a combination of personal skills learned through loving, healthy relationships.

School employees can get a more in-depth training that delves into the neuroscience behind ACEs. Those sessions range from 2 to 8 hours and can provide attendees with OPI/CEU credit hours.

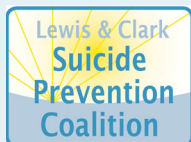
## Learn About These and Other Trainings

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[www.lcsuicideprevention.org](http://www.lcsuicideprevention.org)

[www.facebook.com/LCSuicidePrevention/](https://www.facebook.com/LCSuicidePrevention/)

Ask about additional trainings in lethal means, mental health screening, safety planning, and CONNECT Referral System.



Lewis and Clark Public Health is a founding member of the Lewis and Clark Suicide Prevention Coalition

## Crisis Intervention Team



The Crisis Intervention Team (CIT) course is a 40-hour, evidence-based training that

assists law enforcement, firefighters, mental health professionals and others in engaging, assessing, and assisting individuals in crisis with mental and/or substance disorders.

This training exposes participants to materials and experiences from trained mental health and medical professionals to better prepare them to effectively and safely work with this unique population.

CIT Academy instruction includes:

- Suicide assessment and intervention
- Substance abuse and dual diagnosis
- Introduction to mental illness
- Psychotropic medications
- Legal issues
- Developmental disabilities
- Intervention strategies
- Scenario training
- Site visits

CIT is offered once a year in various communities in Montana.



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## Mental Health Awareness and Suicide Prevention



**Learn How to Save a Life!**

*Every one of us can play a role in preventing suicide and helping those in crisis.*

*These free and low-cost training opportunities are open to all.*

Coordination funded through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).



**Lewis & Clark**  
**Public Health**

## QPR Gatekeeper



Intended for people from all walks of life, QPR (Question, Persuade, and Refer) is a 1- to 2-hour course designed to teach “gatekeepers” warning signs of a suicidal crisis and how to help.

Gatekeepers can include friends, co-workers, supervisors, neighbors, parents, siblings, teachers, coaches, caseworkers, police officers and firefighters, among many others.

The process follows three steps:

- **Q**uestion if a person is considering suicide.
- **P**ersuade them to seek help and offer hope.
- **R**efer the person to appropriate resources.

## Operation S.A.V.E.

S.A.V.E. is a 1- to 2-hour gatekeeper training program provided by the Veterans Administration to veterans and those who serve veterans. Optional role-playing exercises are included. Operation S.A.V.E consists of the following components:

- A brief overview of suicide in the veteran population
- Suicide myths and misinformation
- Risk factors for suicide
- Components of the S.A.V.E. model:
  - **S**igns of suicide
  - **A**sking about suicide
  - **V**alidating feelings
  - **E**ncouraging help and **E**xpediting treatment

## Mental Health First Aid



Mental Health First Aid is an 8-hour course that teaches anyone 18 or older how to help an adult who may be experiencing a crisis or problem related to their mental health.

The topics covered include anxiety, depression, psychosis, and addictions. Specialized courses are also available for public safety officers and military families.

Training can be split into smaller sessions over the course of a few days.

## Youth Mental Health First Aid

This 8-hour-course is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and others how to help youth 12-18 years old who are experiencing a mental health or addictions challenge or are in crisis.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan to help young people in crisis and non-crisis situations.

Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Training can be split into smaller sessions over the course of a few days.

## PsychArmor



PsychArmor Institute is a nonprofit organization that provides free

education for all Americans to help them engage effectively with the military community. It also provides critical resources to Americans who work with, live with, and care about veterans.

Its self-paced courses are delivered within 9 topic areas geared toward:

- military culture
- healthcare providers
- employers
- educators
- volunteers
- caregivers and families
- transitioning service members
- communities serving veterans

## ASIST



Applied Suicide Intervention Skills Training (ASIST) is a 2-day interactive workshop in

suicide first aid. It teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Anyone can learn and use the ASIST model. Studies show it helps reduce suicidal feelings and is a cost-effective way to help address the problem of suicide.