

The MHATC's Community Education program works to improve the mental health of our community through presentations and trainings that empower professionals and every day people to support the people in their lives, promote seeking help for mental health concerns, improve skills for personal wellness, and combat the stigma surrounding mental health issues.



Program Offerings:

- **Mental Health First Aid - Adult**  
*(7 hours seated class time)*
- **Youth Mental Health First Aid (for Adults Assisting Young People)**  
*(5 hours seated class time)*
- **Mental Health and Wellness 101**  
*(90 minutes)*
- **Wellness Recovery Action Plan® (WRAP®)**  
*(10 hrs of workshop time in 2 days or over multiple weekly sessions)*
- **Special Topics Presentations for Groups and Organizations**  
*(Typically 1-2 hours)*
- **Presentations for middle and high school classrooms, school-based student groups**



## GET TRAINED



MHFA is offered periodically throughout the year and can be arranged for groups. Registration fees are \$80 per person, with need-based partial scholarships available.

### Mental Health and Wellness 101 & Special Topics Presentations

Contact us to arrange a presentation for your organization! We understand that everyone is at a different place in their understanding and experience of mental health, and aim to meet our trainees where they're at. Fee structure for presentations is \$80/hr, we can come to you or host smaller groups in our space.

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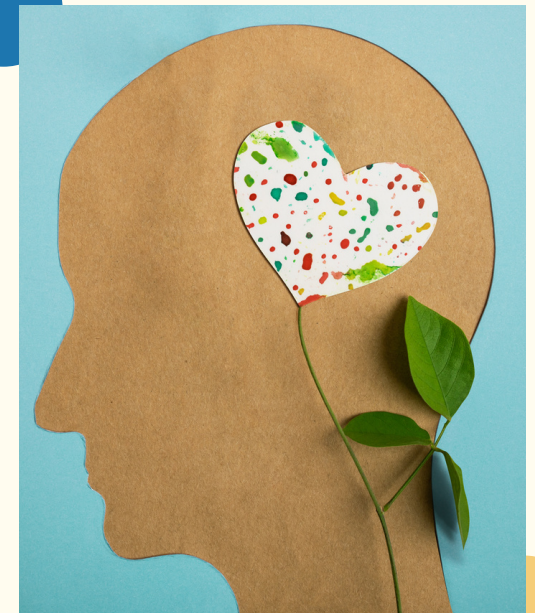
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MENTAL HEALTH  
ASSOCIATION IN  
TOMPKINS COUNTY

# COMMUNITY EDUCATION



Learning to support  
ourselves and others



## Mental Health FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

### YOU COULD BE THE SUPPORT SOMEONE NEEDS!

In Mental Health First Aid (MHFA) you learn:

- How to provide initial help to someone dealing with a mental health challenge
- Common signs and symptoms of mental health and substance use challenges
- The importance of culture in how people perceive and recover from mental health challenges
- Engaging from a nonjudgmental, reassuring stance
- Interacting with a person in crisis
- Connecting a person with professionals and self-help
- Self-care for the First Aider

*The MHATC regularly offers both Adult MHFA and Youth MHFA (for adults assisting young people) trainings to the community throughout the year, and are happy to provide in-service trainings to organizations.*

## MENTAL HEALTH AND WELLNESS 101

This foundational, 90-minute training provides participants with a basic knowledge of **mental health, wellness and recovery** in an effort to reduce stigma. The training presents mental health as a **continuum of wellness** and an integral part of our overall health, encourages **treatment seeking** behavior and **self-care** to manage stress. This training is available as an in-service presentation for groups and organizations.

### SPECIAL TOPICS PRESENTATIONS

MHATC staff are available to provide presentations to groups on special topics pertaining to mental health. Current topics include:

- **Mental Health Issues:** Why they happen, When to Ask for Help, and How to Create Your Support System
- Exploring Your **Wellness Toolbox**
- Supporting **Youth Mental Health**
- Introduction to **Wellness Recovery Action Plan®**
- Responding to **College Students** in Mental Distress
- **Taking Care of You** When Your Job is to Care for Others

We are happy to design programs that meet your group's needs and interests!

## WELLNESS RECOVERY ACTION PLAN®

Developed by Mary Ellen Copeland and a group of other individuals with lived experience of mental health recovery, Wellness Recovery Action Plan, or WRAP, is rooted in ideas of **self-determination, empowerment, and hope**. WRAP...

- ...is a plan that **YOU** create to support your mental health journey, **stay well, and prevent crisis situations**
- ..helps you to develop **safe, simple tools to help yourself through difficult times**
- ..is delivered through a **peer group** so we can learn from one another and support each other
- ..is led by trained **peer facilitators** who have developed and practice their own WRAP plans
- ...is not a replacement for other mental health treatments, but is a tool that **puts YOU in the driver's seat of your wellness and recovery**



WRAP® workshops are offered periodically by the MHATC for adults and adolescents. Our WRAP facilitators are happy to partner with other agencies to provide WRAP® to their staff and/or participants.