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| Date/Time | Program | Details | Time | Website |
| MORE CAN BE FOUND AT: <http://levesqueinstitute.niagara.edu/programs/mental-health-week/> | | | | |
| TRAININGS  *Made Possible by Mother Cabrini Health Foundation* | | | | |
| Mental Health  First Aid  6 hrs.  (2 hr. self-guided)  Training by Best Self Behavioral Health  20 per session | ***You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis?***  It’s easy to tell when someone is having a heart attack, is choking, or can’t breathe. But what does depression look like? Or anxiety? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack? Getting trained as a Mental Health First Aider is a first step in helping you to be prepared.  Mental Health First Aid is a 6-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Mental Health First Aid courses are for anyone who wants to make their community healthier, happier and safer for all.  Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.  4 Reasons To Get Trained   1. Be Prepared: When a mental health crisis happens, know what to do 2. You Can Help: People with mental illnesses often suffer alone 3. Mental illnesses are common: 1 in 5 adults in any given year 4. You Care: Be there for a friend, family member, or colleague     Mental Health First Aid (MHFA) teaches participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves. | | November 17 – 1-5 PM  November 20 – 1-5 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/mental-health-first-aid-trainer/> |
| Gatekeeper - Mental Health First Aid Basics & QPR Training  2 hrs. virtual  Training by BestSelf Behavioral Health  35 per session | **What is a Gatekeeper?**  According to the*Surgeon General's National Strategy for Suicide Prevention*, a**Gatekeeper** is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeeper include students, faculty, staff, parents, friends, neighbors, and many others who are strategically positioned to recognize and refer someone at risk of suicide or other mental health emergency.  **QPR** stands for*Question, Persuade, and Refer*. Three simple steps that anyone can learn to help save a life from suicide. Just as people trained in *CPR* and the*Heimlich Maneuver* help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of people, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.  Mental Health First Aid basics teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. This basics training helps you identify, understand, and respond to signs of mental illnesses and substance abuse disorders. Mental Health First Aid is an international program proven to be effective. Peer reviewed studies published in Australia, where the program originated; show that individuals trained is the program:   * Grow their knowledge of signs, symptoms, and risk factors of mental illnesses and addictions * Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction * Increase their confidence in and likelihood to help an individual in distress * Show increased mental wellness themselves | | November 9 – 2-4 PM  November 11 – 1-3 PM  November 18 – 9-11 AM  November 20 –  10 AM -12 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/gatekeeper-mental-health-first-aid-basics-and-qpr/> |
| WEBINARS AND EVENTS | | | | |
| Monday  November 16th | **Make a Positive IMPACT through Volunteerism &**  **Mental Health in our Community:**  **What is Compeer and How to Become a Compeer Volunteer?**  Presenter: Tara Porter, Compeer Niagara Director  Chelsea Dunkelberger, NU Student Compeer Volunteer | Compeer Niagara is a non-profit, volunteer-based program in Niagara County, NY that serves adults and children who have a mental health diagnosis and limited social supports. Our aim is to improve the quality of life and self-esteem of our clients through social inclusion and enjoyable activities. Attendees will gain a better understanding of the mental health needs in our community and how to become a Compeer volunteer.  Spending just a few hours a month virtually, via telephone or in person, with someone who needs a friend can make a world of difference. Volunteers come from all walks of life, all races, all religions, from all across Niagara County. Compeer provides a fun, flexible opportunity to give back to your community that fits into your current lifestyle. Compeer volunteers and mentors become positive role models, help raise self-esteem, increase social and communication skills, and encourage independence for their Compeer friends. Compeer volunteers demonstrate that friendly encouragement and caring support can truly enrich a life. The goal of Compeer is to provide a caring friend who can offer support through social inclusion and mutual understanding.  <http://www.mhanc.com/cmsAdmin/uploads/compeer-brochure-2019.pdf> | 4-5 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/make-a-positive-impact-through-volunteerism-and-mental-health/> |
| Tuesday  November 17th | **Parents Interacting with Infants Training (PIWI) - Train the Trainer** | This training is designed for teachers and other early childhood professionals who work and interact with parents of infants and toddlers.  PIWI training focuses on practices for supporting infant and toddler development by expanding on and strengthening parent-child interactions and relationships. This training emphasizes parent-child interaction as both the focus and context for understanding and promoting children's development.  PIWI is an early intervention model based on the premise that early development occurs within the context of the family and primary attachment relationships; consequently, the most important environment for early learning and development is the parent-child relationship.  The training is a "train the trainer" model and will include:   * Strategies for engaging and communicating with parents. * Tips on how you can support families of infants and toddlers remotely. * Practices for supporting infant and toddler development by expanding on and strengthening parent-child interactions and relationships. * How to actively support parent-child interactions through play. * How to engage parents in meaningful reflection that promote positive outcomes for children. | 9 AM – 4 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/piwi/> |
| **Make a Positive IMPACT through Volunteerism &**  **Mental Health in our Community, Awareness,**  **What is Compeer and How to Become a Compeer Volunteer?**  Presenter: Tara Porter, Compeer Niagara Director  Chelsea Dunkelberger, NU Student Compeer Volunteer | Compeer Niagara is a non-profit, volunteer-based program in Niagara County, NY that serves adults and children who have a mental health diagnosis and limited social supports. Our aim is to improve the quality of life and self-esteem of our clients through social inclusion and enjoyable activities. Attendees will gain a better understanding of the mental health needs in our community and how to become a Compeer volunteer.  Spending just a few hours a month virtually, via telephone or in person, with someone who needs a friend can make a world of difference. Volunteers come from all walks of life, all races, all religions, from all across Niagara County. Compeer provides a fun, flexible opportunity to give back to your community that fits into your current lifestyle. Compeer volunteers and mentors become positive role models, help raise self-esteem, increase social and communication skills, and encourage independence for their Compeer friends. Compeer volunteers demonstrate that friendly encouragement and caring support can truly enrich a life. The goal of Compeer is to provide a caring friend who can offer support through social inclusion and mutual understanding.  <http://www.mhanc.com/cmsAdmin/uploads/compeer-brochure-2019.pdf> | 12 – 1 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/make-a-positive-impact-through-volunteerism-and-mental-health/> |
| Wednesday  November 18th | **Virtual Kindergarten Transition – “Supporting Successful Transitions during Unconventional Times**  (Breakout Session: Mental Health & Well-being of Young Children and their Caregivers in the Era of Covid-19)  Transition Teams that attend will learn about an opportunity to apply for an innovative kindergarten transition mini grant. | This event is designed for:   * Prekindergarten and kindergarten teachers from local public, private, and parochial schools * Child care and Head Start teachers and directors * School administrators * Community organizations * Higher education * Parents of preschool-aged children     We are excited to bring you a unique virtual professional development from a variety of early childhood professionals, practitioners, administrators, and teachers.   * Learn more about the importance of children’s transitions into kindergarten. * Choose from our four breakout sessions presented by teachers and community partners. * Hear about exciting new updates from the New York State Education Department Office of Early Learning. * Finally, spend time working with your community’s kindergarten transition team. | 3 - 6 PM | <https://albany.az1.qualtrics.com/jfe/form/SV_eg1Xo1OTx9CiVLL> |
| **Overview of the Infant and Early Childhood Mental Health and Introduction to the New York State Infant (B-5) Mental Health Endorsement**  Wendy Shutts Bender,  LCSW-R, IMH-E®  Infant Mental Health Mentor – Clinical - Executive Director, New York State Association for Infant Mental Health  NYS Pyramid Model Master Cadre Trainer | Attendees will walk away with a better understanding of Infant and Early Childhood Mental Health (Birth to 5) and the critical need for this specialization from practitioners in multiple disciplines. Attendees will also learn about IMH endorsement, various endorsement categories, and how to apply for endorsement. Endorsement is a credentialing system that supports and recognizes the knowledge and ability of professionals who work with or on behalf of infants and young children up to age five and their families. This process uses a nationally recognized set of standards and competencies that define best practice and guide professional development across disciplines.  <https://www.nysaimh.org/nysaiwp15/wp-content/uploads/2020/10/NYSAIMH-Brochure-New-2-3-final.pdf> | 12 - 1 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/overview-of-the-infant-and-early-childhood-mental-health/> |
| **Managing Mental Health in the Era of COVID-19** | Virtual panel discussion on “Managing Mental Health in the Era of COVID-19.” The panelists are four Niagara University alumni that currently work in the field of mental health counseling. Each panelist brings a unique perspective based on their own experiences and are prepared to discuss current challenges, strategies, and resources. The panel will be moderated by Dr. Timothy Osberg and Dr. J. Shannon Hodges. | 6 - 7 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/managing-mental-health-in-the-era-of-covid-19/> |
| Thursday, November 19th | **Virtual Panel Discussion**  **“Interdisciplinary Perspectives: Building Resilience in Young Children during Turbulent Times”** | This virtual panel, “Interdisciplinary Perspectives: Building Resilience in Young Children during Turbulent Times”, will present diverse perspectives on developing resilience from a trauma-informed lens in working with young children, families, and program staff. We will learn from the experiences and perspectives of a pediatrician, evidence-based trauma informed clinicians, early childhood program director, social worker and behavioral specialist, and a professor of school psychology. Our panelists will also share their career pathways and what has led them to this work. Attendees will walk away with important considerations and strategies for promoting an inclusive program culture, trauma-informed care, and resiliency in caring for children, families, and staff in the era of COVID-19. The panel will be moderated by Dr. Lynnette Haley O’Stewart. | 3 - 5 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/virtualpanel/> |
| **Overview of the Infant and Early Childhood Mental Health and Introduction to the New York State Infant (B-5) Mental Health Endorsement**  Wendy Shutts Bender,  LCSW-R, IMH-E®  Infant Mental Health Mentor – Clinical - Executive Director, New York State Association for Infant Mental Health  NYS Pyramid Model Master Cadre Trainer | Attendees will walk away with a better understanding of Infant and Early Childhood Mental Health (Birth to 5) and the critical need for this specialization from practitioners in multiple disciplines. Attendees will also learn about IMH endorsement, various endorsement categories, and how to apply for endorsement. Endorsement is a credentialing system that supports and recognizes the knowledge and ability of professionals who work with or on behalf of infants and young children up to age five and their families. This process uses a nationally recognized set of standards and competencies that define best practice and guide professional development across disciplines.  <https://www.nysaimh.org/nysaiwp15/wp-content/uploads/2020/10/NYSAIMH-Brochure-New-2-3-final.pdf> | 6 - 7 PM | <http://levesqueinstitute.niagara.edu/programs/mental-health-week/overview-of-the-infant-and-early-childhood-mental-health/> |