

# **BUTTE** **COMMUNITY** **ACTION** **TEAM** **FREE** **COMMUNITY** **TRAININGS**

## **WHEN**

**2nd Thursday of each month**

## **WHERE**

**2nd floor of the Butte Archives  
17 W. Quartz St.**

## **FREE TRAININGS:**

### **ACES** **ADVERSE** **CHILDHOOD** **EXPERIENCES**

**4/12/2018 12:00 - 1:00 PM**  
**10/11/2018 4:00 - 5:00 PM**

### **YMHFA** **YOUTH MENTAL** **HEALTH FIRST AID**

**5/10/2018 9:00 AM - 5:00 PM**  
**12/13/2018 9:00 AM - 5:00 PM**

### **AMHFA** **ADULT MENTAL** **HEALTH FIRST AID**

**6/14/2018 9:00 AM - 5:00 PM**  
**11/8/2018 9:00 AM - 5:00 PM**

### **SIGNS OF SUICIDE**

**7/12/2018 4:00 - 5:00 PM**  
**9/13/2018 12:00 - 1:00 PM**

## **TO REGISTER FOR A CLASS:**

**Please Contact**  
**Butte School District**  
**Curriculum Office**

## ACE's

**Adverse childhood experiences (ACEs)** are stressful or traumatic events, including abuse and neglect. They may include household dysfunction such as witnessing domestic violence or growing up with family members who have substance abuse disorders. **ACEs** are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan. (SAMHSA)

The **ACEs** study is one of the largest investigations ever conducted to assess links between childhood maltreatment and later-life health and well-being. **ACEs** have been linked to risky health behaviors, chronic health conditions, and early death.

It is critical to understand how some of the worst health and social problems in our country can arise as a consequence of **adverse childhood experiences**. Realizing these connections is likely to improve efforts toward prevention and recovery.

### ACE's Presenters:

Terri Amberg; Lyn Ankelman;  
Laura Cross; Molly Molloy;  
Karen Maloughney;  
Traci McArthur; Jim O'Neill;  
Kim Polich; Janette Reget;  
Melody Rice; Mary Ann  
Smith; Heather Stenson;  
Karen Sullivan

## YOUTH MENTAL HEALTH FIRST AID

**Youth Mental Health First Aid** is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12 – 18) who is experiencing a mental health or addiction challenge or is in crisis. **Youth Mental Health First Aid** 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 aimed at helping 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.

### YOUTH MENTAL HEALTH FIRST AID Trainers:

Mackenzie Christensen;  
Ashley Choquette; Dan Foley;  
Brian Greer; Emily Jonart;  
Daynen Lalicker; Dan Larson;  
Austin Pesanti

## ADULT MENTAL HEALTH FIRST AID

The **Adult Mental Health First Aid** course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addiction.

### ADULT MENTAL HEALTH FIRST AID Trainers:

Laura Cross; Diane Mohr

## SIGNS OF SUICIDE

The **SOS Signs of Suicide** Prevention Program (**SOS**) is a universal, school-based depression awareness and suicide prevention program designed for middle-school (ages 11-13) or high-school (ages 13-17) students. The goals are to 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, 2) encourage personal help-seeking and/or help-seeking on behalf of a friend, 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment, 4) engage parents and school staff as partners in prevention through "gatekeeper" education, and 5) encourage schools to develop community-based partnerships to support student mental health.

The program also includes a video, *Training Trusted Adults*, to engage staff, parents, and community members in the program's objectives and prevention efforts.

### SIGNS OF SUICIDE Presenters:

Ashley Choquette;  
Dan Foley; Emily Jonart;  
Dan Larson