

## The Core Beliefs That Are Present In Our Presentations

Support and education should be accessible regardless of race, ethnicity, gender identity, sexual orientation, religion, income and existing knowledge about mental health. JSPC promotes this by:

- All of our trainings and programs are free for everyone
- We create collaborative presentations that promote multiple ways of knowing and healing
- We practice and support anti-racism approaches to community well-being
- We foster continuous learning in ourselves and the community

...and above all, **we believe recovery is possible for everyone.**

**Mental Health First Aid (1 Day):** Mental Health First Aid is a skills-based training course that teaches participants how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

**Question. Persuade. Refer. (QPR) Training (2 Hour):** Training that discusses: How to Question, Persuade and Refer someone who may be suicidal, how to get help for yourself or for someone in crisis while learn more about preventing suicide, the common causes and warning signs of suicidal behavior.

**Applied Suicide Intervention Skills Training (ASIST) (2 Days):** LivingWorks ASIST is a workshop where you'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan.

**Suicide Safety Planning Workshop (90 Mins):** Putting together a written plan to map out resources for when a person is actively suicidal.

**Positive Protective Factors (1 Hour):** presentation that talks about how being connected to others, expressing identity, and caring for yourself can keep you mentally healthy.

**Healthy Communication at Home (90 minutes):** Conversation about the healthy elements of communication between parents and their children. It includes discussions about boundary setting, asking for help, and engaging conflict with care.

**How to Be A Good Mental Health Ally (60 minutes):** This training is intended for people who come into contact with people with mental health issues either at work or in the community. The purpose is to teach how to be a good mental health ally day-to-day.

**Navigating Juneau Mental Health Resources (30-60 minutes):** An overview of mental health services in Juneau.

**Mental Health Chat Apps (15 minutes):** An overview of mental health apps and the usefulness of them to individuals and the community.

**People Sharing Their Lived Experience with Mental Health and/or Suicide Attempts (60-90 minutes):** The purpose is to reduce stigma and promote a greater understanding through lived experiences and helpful ways of living well with mental health issues.

**Overview of NAMI Juneau/JSPC Programming (30 minutes):** Explanation of resources to the community: support groups, presentations, class/workshops, outreach events, youth programs, prevention support, mental health trust mini grants.

**Adverse Childhood Experiences (90 minutes):** presentation about how childhood trauma affects humans and society.

**Implementing Suicide Prevention Best Practices in Mental Health Settings (60 minutes):** Training on how mental health professionals can implement Zero Suicide best practices such as: universal suicide screening, safety planning, medication counseling, maintaining contact with suicidal individuals.

**Signs of Suicide (90 minutes):** A presentation to youth about the warning signs of suicide within themselves and others, and how to get help within their schools/personal life.