

this issue

The information in this calendar is

**CURRENT AS OF**

**03-07-2019**

ADULT Mental Health First Aid **P. 2**  
YOUTH Mental Health First Aid **P.2**  
VETERAN Mental Health First Aid **P.3**  
Trauma 101 **P.3**  
Directions **P. 4**

**Registration for the 2nd Quarter begins  
March 1.**

### Contact for Questions:

Becky Ketron  
Program Coordinator,  
Training  
Call: 937.853-4329  
Email:  
bketron@mcadamhs.org

## REGISTRATION INFORMATION

**Online registration is available!** When viewing this calendar online, just click on the date of the class you want to take and you will be redirected to the registration website.

Participants **MUST** pre-register before attending. **If you have not pre-registered, you will not be allowed to attend.** The registration deadline is 5 working days prior to the class date. **No late registrations will be accepted.**

Please note: for classes with a cost, an additional convenience fee is applied by the registration website.

Classes start and end on time. To ensure a quality experience for all participants, please arrive at least 15 minutes prior to the class start time to sign in and find a seat.

Class sizes are limited so register early. Classes with low registrations may be cancelled. If the class is cancelled or moved, participants will be contacted by phone or email at least 24 hours in advance.

If CEUs are available it is noted along with the description and cost.

Dates, times and locations are subject to change. Before registering, be sure to visit our website and download the most recent calendar.

Coffee and water are usually provided, but participants are welcome to bring their own drinks or snacks.

It is difficult to control room temperature to everyone's comfort level. We suggest you dress in layers that can be adaptable to warm and cool temperatures.

# Mental Health First Aid



## Adult

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHAT IT COVERS • Common signs and symptoms of mental illness. • Common signs and symptoms of substance use. • How to interact with a person in crisis. • How to connect the person with help.

**Cost:** FREE

**CEUs:** 8 hours Counselor, Social Work, Chemical Dependency Counselor & Prevention

**Click on the date you want to attend to register online.**

Date	Time	Location
<a href="#">Tuesday, April 23, 2019</a>	8:00 a.m. - 5:00 p.m.	MCADAMHS
<a href="#">Wednesday, May 22, 2019</a>	8:00 a.m. - 5:00 p.m.	MCADAMHS
<a href="#">Thursday, June 6, 2019</a>	8:00 a.m. - 5:00 p.m.	MCADAMHS



## Youth

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS • Common signs and symptoms of mental illnesses in this age group, including: Anxiety, Depression, Eating disorders, Attention deficit hyperactivity disorder (ADHD) • Common signs and symptoms of substance use. • How to interact with an adolescent in crisis. • How to connect the adolescent with help.

**Cost:** FREE

**CEUs:** 8 hours Chemical Dependency Counselor & Prevention

**Click on the date you want to attend to register online.**

Date	Time	Location
<a href="#">Tuesday, April 30 AND Wednesday, May 1, 2019</a>	8:00 a.m. - 12:30 p.m. (each day)	MCADAMHS
<a href="#">Wednesday, June 12 AND Thursday, June 13, 2019</a>	12:30 p.m. - 5:00 p.m. (each day)	MCADAMHS



# Trauma 101

A basic understanding of the impact of psychological trauma helps in a broad array of interventions and treatment. This training provides a foundational overview and awareness of trauma, resilience, and trauma-informed care for anyone in the community who interacts with individuals and families who may have experienced trauma, including case managers, human services professionals, educators/school administrators, the faith

community, employers, government agencies, and others.

**Cost:** FREE

**CEUs:** 3 hours Counselor, Social Work

**Click on the date you want to attend to register online.**

Date	Time	Location
<a href="#">Thursday, April 11, 2019</a>	9:00 a.m. - 12:00 p.m.	MCADAMHS
<a href="#">Wednesday, May 15, 2019</a>	1:00 p.m. - 4:00 p.m.	MCADAMHS
<a href="#">Tuesday, June 18, 2019</a>	9:00 a.m. - 12:00 p.m.	MCADAMHS



# Motivational Interviewing

Motivational interviewing is a method that counselors use to help people resolve ambivalent feelings and insecurities to find the internal motivation they need to change their behavior. It is a practical, empathetic, and short-term process that takes into consideration how difficult it is to make life changes. Often used to address addiction and the management of physical health conditions such as diabetes, heart disease, and asthma, this intervention helps people become motivated to change the behaviors that are preventing them from making healthier choices. Motivational interviewing is also appropriate for people who are angry or hostile. They may not be ready to commit to change, but motivational interviewing can help them move through the emotional stages of change necessary to find their motivation.

**This training series is in FOUR parts. Each part will be offered once in the morning and repeated in the afternoon.**

Presented by Kriss Haren, MA, MS, MINT Member

**Cost:** FREE

**CEUs:** 3.75 CEUs for Counselors and Social Workers & 3.75 RCHs for Chemical Dependency Professionals (Content Area C2) and Prevention Professionals (Content Area P5)

Part 1	Friday, April 5, 2019	8:30 a.m.—12:30 p.m.	OR	1:00 p.m.—5:00 p.m.
Part 2	Friday, April 26, 2019	8:30 a.m.—12:30 p.m.	OR	1:00 p.m.—5:00 p.m.
Part 3	Friday, May 17, 2019	8:30 a.m.—12:30 p.m.	OR	1:00 p.m.—5:00 p.m.
Part 4	Friday, June 7, 2019	8:30 a.m.—12:30 p.m.	OR	1:00 p.m.—5:00 p.m.

This FREE training is brought to you by a YOUTH TREATMENT IMPLEMENTATION GRANT.

**CLICK HERE TO>  
REGISTER ONLINE**

# QPR

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR can help save a life, 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.



**Cost:** FREE

**CEUs:** 2 hours Counselor, Social Work, Chemical Dependency Counselor, & Prevention

Date	Time	Location
<a href="#">Thursday, April 4, 2019</a>	9:00 a.m. - 11:00 a.m.	MCADAMHS
<a href="#">Thursday, May 9, 2019</a>	2:00 p.m. - 4:00 p.m.	MCADAMHS
<a href="#">Tuesday, June 4, 2019</a>	10:00 a.m. - 12:00 p.m.	MCADAMHS

**Click on the date you want to attend to register online.**

# Recognizing & Reporting Child Abuse & Neglect



This presentation discusses the various types of child abuse, neglect and dependency concerns of children in the community. The presenter describes the process of recognizing and reporting to the local Child Protective Services or the Local Police Department as well as who is a mandated reporter, the guidelines for reporting and the process of making a report.

After this session you will be able to:

- define child abuse & neglect
- identify 3 common signs of abuse & neglect
- describe the mandated reporters role and duties

Date	Time	Location
<a href="#">Thursday, April 25, 2019</a>	9:00 a.m. - 11:00 a.m.	Children Services
<a href="#">Monday, May 13, 2019</a>	1:00 p.m. - 3:00 p.m.	MCADAMHS

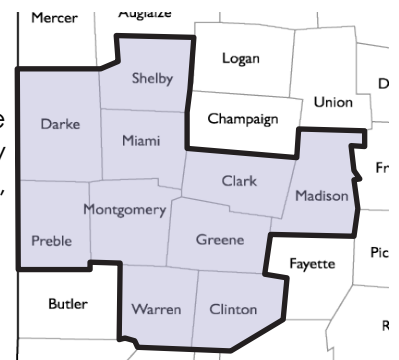
**Cost:** FREE **CEUs:** 1.75 hours Counselor, Social Work, Chemical Dependency Counselor, & Prevention

**Click on the date you want to attend to register online.**

# Warriors for Wellness Training Opportunities

Montgomery County ADAMHS has received special Federal funding from the Substance Abuse & Mental Health Services Administration (SAMHSA) to offer a variety of trainings in the Montgomery, Miami, Darke, Shelby, Clark, Greene, Madison, Warren, Clinton and Preble Counties to the following audiences:

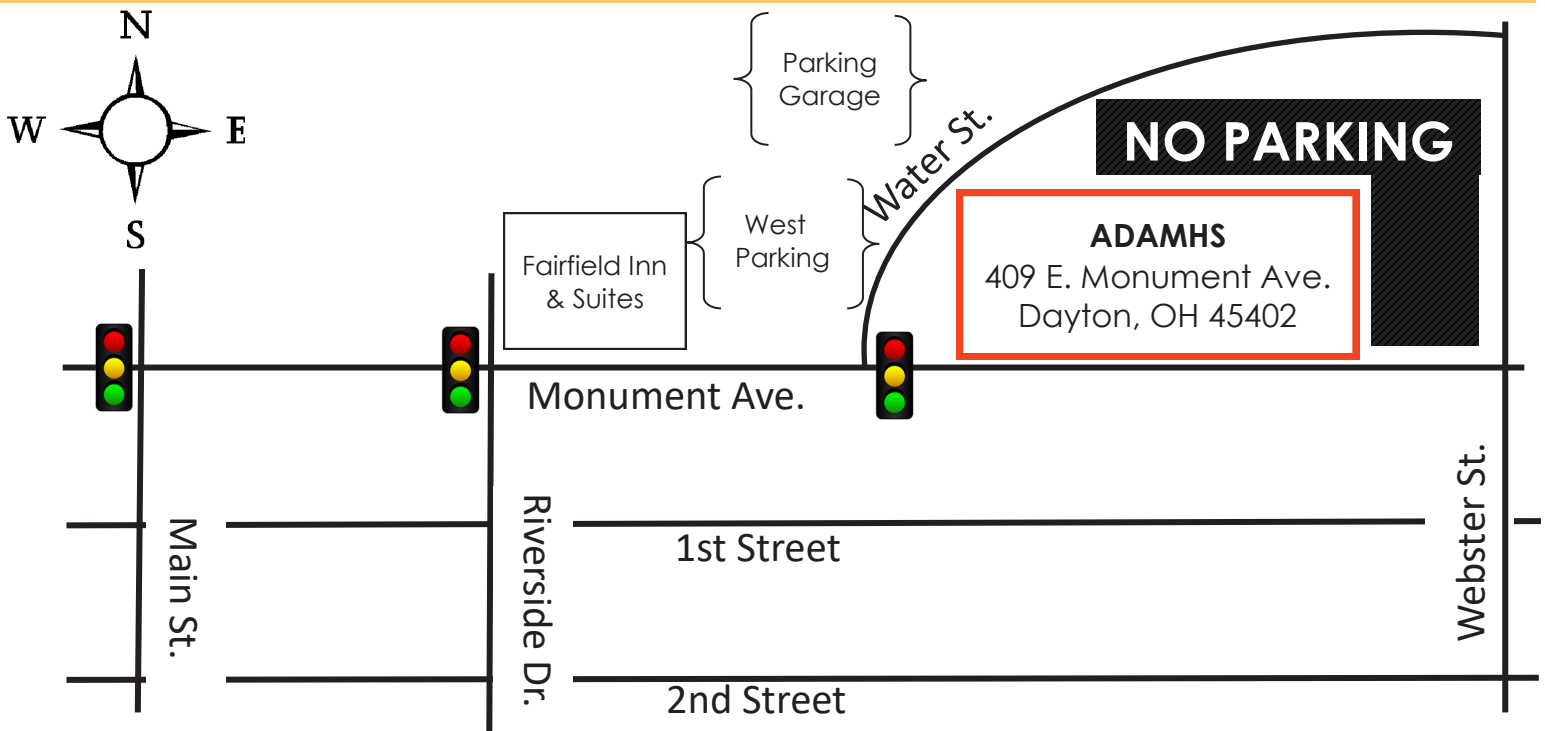
- Public Safety Law Enforcement
- Fire/ EMT
- Military/ Veteran/Family Member



Topics offered specific to these audiences will include Mental Health First Aid, Trauma, and Suicide Prevention.

As topics, dates, and times are set up, they will be posted here: <https://sardioprogram.com/wsw/> or, contact Mike McRill at [mmcristill@mcadamhs.org](mailto:mmcristill@mcadamhs.org) or 853-4339 to learn more or set up an on-site training.

# Parking



Parking\*\* Due to limited space in the building's parking lot; ADAMHS requests that you park in the Water Street parking garage located at 405 Water Street which is accessible by turning at the traffic light located at the intersection of East Monument Ave. and Water Street.

**If the garage is full**, you may park in the west parking lot (across Water Street from ADAMHS) but you must print your Eventbrite ticket and place it on your dashboard.

To access 409 Monument Avenue, cross Water Street; and head towards the four-story brick building in front of you. The entrance is to the left of the window that has signage for Bridge Credit Union. Most training events will take place in the 2nd floor training room unless otherwise noted.

## Training locations:

MCADAMHS—Montgomery County Alcohol, Drug Addiction, and Mental Health Service, 409 E. Monument Ave, Dayton, OH 45402

*Special instructions: see parking information above*

Job Center—Montgomery County Department of Job & Family Services, 1111 S. Edwin C. Moses Blvd, Dayton, OH 45417

*Special instructions: Park in the main visitors lot at 1111 S. Edwin C. Moses Blvd., enter through the ORANGE doors and continue straight (through a set of glass double doors). At the café, veer to the left and continue straight; go through a set of wooden double doors and continue straight. Turn right just past Suite 185 (suites have signs above their doors). There is a final set of double doors which will either be unlocked or someone will be stationed at to let people in.*

Children Services—Montgomery County Children Services, Haines Children's Center, 3304 N. Main St., Dayton, OH, 45405

*Special instructions: this is a secure building, please sign in at the front desk before going to the training room*