

# COMMUNITY MENTAL WELLNESS TRAINING OPPORTUNITIES

1 in 5 Americans will be affected by a mental health condition in their lifetime and many Americans are affected or impacted through their friends and/or family. Take action today to help others as we fight stigma, provide support, educate the public and advocate for equal care. The trainings below are your opportunity to become aware. All trainings are open to the community.



## safeTALK



**WHAT IS IT?** A Four-hour suicide alertness training which includes: presentations and guidance from a LivingWorks registered trainer; simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe, hands-on skills practice and development.

**WHO SHOULD ATTEND?** SafeTALK is an excellent tool for people (age 15+), regardless of prior experience or training, who want to become alert to the dangers of suicide in a convenient timeframe.

**FEE:** \$10.00 Due at registration. No refund of registration fee with less than a 14-day cancellation notice.

| Date             | Time               | Location   |
|------------------|--------------------|--|
| October 11, 2022 | 8:30 am - 12:00 pm | PCOE Annex - Nobili Room, 365 Nevada Street, Auburn, 95603 |
| January 18, 2023 | 8:30 am - 12:00 pm | PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765        |
| April 19, 2023   | 8:30 am - 12:00 pm | PCOE Annex - Nobili Room, 365 Nevada Street, Auburn, 95603 |
| June 27, 2023    | 8:30 am - 12:00 pm | PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765        |
| August 01, 2023  | 8:30 am - 12:00 pm | PCOE Seavey Center, 655 Menlo Drive, Rocklin, 95765        |



## Applied Suicide Intervention Skills Training



**WHAT IS IT?** A two-day suicide intervention skills workshop; participants learn to intervene and help prevent the immediate risk of suicide. Workshop features: presentations and guidance from two LivingWorks registered trainers; a scientifically proven intervention model; powerful audiovisual learning aids; group discussions; skills practice and development; a balance of challenge and safety.

**WHO SHOULD ATTEND?** Virtually anyone age 16 and older can learn the skills to intervene to save a life from suicide. Community members and agency staff are encouraged to attend.

**FEE:** \$25 Due at registration. No refund of registration fee with less than a 14-day cancellation notice. Please note: to maintain the fidelity of ASIST trainings, we cannot permit more than 3-5 participants from one organization/school district in each training.

| Date                   | Time              | Location  |
|------------------------|-------------------|---|
| November 3 & 4, 2022   | 8:30 am - 4:30 pm | PCOE Annex – Nobili Room – 365 Nevada Street, Auburn, 95603 |
| January 19 & 20, 2023  | 8:30 am - 4:30 pm | PCOE Seavey Center - 655 Menlo Drive, Rocklin, 95765        |
| February 21 & 22, 2023 | 8:30 am - 4:30 pm | PCOE Annex – Nobili Room – 365 Nevada Street, Auburn, 95603 |
| April 12 & 13, 2023    | 8:30 am - 4:30 pm | PCOE Seavey Center - 655 Menlo Drive, Rocklin, 95765        |
| May 25 & 26, 2023      | 8:30 am - 4:30 pm | PCOE Annex – Nobili Room – 365 Nevada Street, Auburn, 95603 |

To register for training, visit: <https://placercoe.gosignmeup.com/public/course/browse>

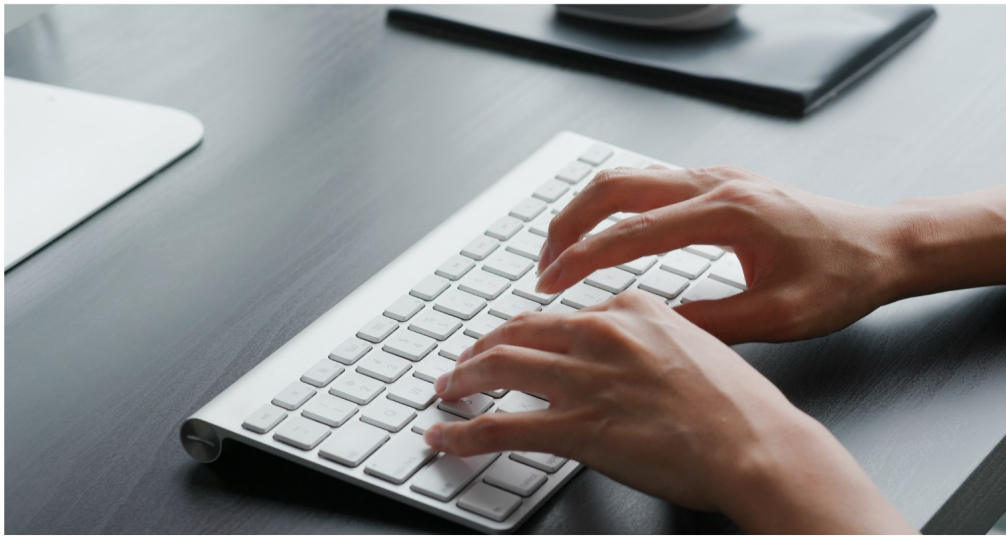
Trainings are subject to change. Please refer to our website for the most up-to-date information.

*Registration scholarships are available on a limited and demonstrated hardship basis.*

**For questions about registration, please contact:**

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Thank you

In a unique collaboration, The Placer County Office of Education, Placer County Health and Human Services, Roseville Joint Union High School District and Kids First, work to improve mental health outcomes for individuals, families and our community. These trainings are facilitated by a collaborative training team made up of these partners and with funding, in part, by the County of Placer Mental Health Services Act.



WELLNESS • RECOVERY • RESILIENCE