

Training Menu

Whether you are seeking a one-time workshop, a series of trainings or ongoing assistance with organizational or community change, Give an Hour is here to help. Workshops and coaching encompass topics that include mental health, emotional wellness and prevention. Give an Hour is available to support your community or organization with training and capacity building in mental health, emotional wellness and prevention topics. Below are samples of the workshops we offer.

A la Carte Training Menu

Psychoeducational Workshop Selection

Give an Hour offers a variety of psychoeducational workshops, which are brief interactive, fun and easy trainings opportunities to learn about challenges and specific solutions or coping techniques for that challenge. All of our training are customizable to meet the unique needs of individuals, communities and organizations.

- **Prioritizing Wellness – Knowing the Signs of Emotional Suffering (60 minutes)**
 - In this 60-minute training, participants will learn: How to recognize emotional suffering in themselves and others, the healthy habits of emotional wellness, and how to build communities of support.
- **Prioritizing Wellness – Making Self-Care a Priority and Accessing Treatment (60 minutes)**
 - In this 60-minute workshop, participants will learn hands on strategies and healthy coping skills to increase their personal resilience and emotional wellness. Additionally, participants will learn how to access and navigate their behavioral health treatment.
- **Prioritizing Wellness – Building Connection and Empathy (60 minutes)**
 - Empathy and ability to connect with other is often seen as something that is inherent, in this 60-minute workshop we will learn scientific practices to increase gratitude, empathy and self-compassion as means to build better connection with peers, family and colleagues.
- **Guarding Your Peace: Setting Boundaries as a Self-Care Practice (60 minutes)**
 - In this 60-minute training, life balance will be discussed, and the black, white and gray areas of boundaries will be explored. Participants will learn how to assess the many choices and opportunities that are presented each and every day and to effectively manage and prioritize the have to, the want to and the no, but thank you.
- **Understanding and Preventing Vicarious Trauma (60 minutes)**
 - Once a person recognizes the need for mental health support, finding that support can be challenging. In this 60-minute presentation participants will learn about risk factors and preventive factors of vicarious trauma. At the end of this workshop participants should be able to identify burn-out and compassion fatigue symptoms.
- **Accessing Treatment and Telling Your Story**
 - In this 60-minute workshop, participants will learn about behavioral health care, how to access treatment, how to talk with their provider about their mental health and quality of life concerns.

Training Cost:

- 60 minutes training - \$1,200 for up to 40 people
- 2 hour training - \$2,500 for up to 40 people
- Package of four Training \$5,000 – up to 40 people – offer 25% discount of \$3,725 non-profits

Consulting Services

- **Organizational Assessment:** An inventory of an organization's strengths, weaknesses, opportunities, and threats through surveys and focus groups (5-12 people)
 - *Cost:* \$7,500 – up to 100 people – discount 25% to non-profits

- **Landscape Analysis:** The process of identifying gaps in services and the unmet needs of the community through surveys, focus groups, one-on-one interviews and case studies
 - *Cost:* Start at \$20,000 – price dependent on the number of people surveyed. discount 25% to non-profits

Continuing Education

Our continuing education courses help bolster staff knowledge, skill and confidence in working with vulnerable populations.

Cost: \$65 per person for up to 20 people

Cost: \$50 per person for 21+ people

Packages available on a case-by-case basis

Course Selection

- **Motivational Interviewing: Change is HARD (3 CEU)**
 - Motivational Interviewing is often recommended as an evidence-based approach to behavior change and was developed by William R. Miller and Stephen Rolnick. It is a collaborative, goal-oriented style of communication with particular attention to the language of change. Motivational interviewing is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. In this introductory workshop, participants will learn the core elements of Motivational Interviewing, as well as Prochaska and DiClemente's Stages of Change model.
- **Trauma, the Brain and Adversity (3 CEU)**
 - Facing adversity at a young age can have lifelong effects on how people respond to challenges. In this workshop, participants will learn about the Adverse Childhood Experiences research study and how our strengths and protective factors can buffer against the negative impacts of adverse experiences.
- **Trauma-Informed Care: Moving from 'What's Wrong with You?' to 'What Happened to You?' (3 CEU)**
 - Traumatic experiences shape how a person responds to stressful or challenging situations. Understanding the "why" behind this trauma response is the first step in applying a trauma-informed approach. In this workshop, participants will learn the basics of how people are affected by trauma and how to apply the Substance Abuse and Mental Health Services Administration's Trauma-Informed Care model.
- **Building a Trauma-Informed Team and Organization (3 CEU)**
 - Learning about trauma and its effects as an individual service provider is the first step in becoming trauma informed. Is your organization ready to adopt a trauma-informed approach in all that it offers? This workshop allows participants to discuss and assess how their organization applies trauma-informed care and then plan how to incorporate these practices into their organization.

Trauma-Informed Peer Support Training Descriptions:

Give an Hour's peer support program, "TIPS," stands for Trauma Informed Peer Support, and is an evidence-informed and customizable peer support training program designed specifically for those affected by trauma. The TIPS training series includes 4 to 6 web-based training and practice sessions (2 hours each), in which participants learn:

- The effects of trauma and the elements of a trauma informed approach
- Prioritizing self-care
- The four "tasks" (connection, information gathering, goal setting, celebrating success)
- Special Considerations: Suicidality and Substance Use Disorder
- Ethics and Boundaries

Cost:

\$ 800 per person when registering 21 – 40 people
\$1,000 per person when registering 11 – 20 people
\$1,200 per person when registering 4 – 10 people

Session 1: INTRODUCTION TO PEER SUPPORT

- Overview and best practices, series, and manual Extended Icebreaker
- Intro to Trauma
- Prioritizing Self-Care (include SC assessment); Definition, Importance of SC, 8 Dimensions of Health
- Create a master list of course sources/resources (evidence-based models: MI, EQ, TIC), also history of Peer Support. Prep for “telling your story” activities

SESSION 2: CONNECTION

- Self-Care- EQ/Emotional Intelligence Ethics & Boundaries
- Storytelling Practice

SESSION 3: INFORMATION GATHERING/ ORIENTING & RISK ASSESSMENT

- Self-Care- Circles of Support
- Substance Use and Suicidality Assessment and Conversation* Assessments Should be completed by end of training series

Session 4: Wellness Planning/Goal Setting

- Revisit Boundaries training with scenarios
- Self-Care – Self Compassion
- Discussion of assessments from Session Three: feelings/impressions

Session 5: Resiliency, Affirmations & Praise

- Advocacy (vs. unhealthy boundaries), “TOT” around boundaries Self-Care
- Additional Topic determined in line with population needs

SESSION 6: WRAP UP AND GRADUATION

- Special Topics as needed : Evidence-Based & Culturally Appropriate. Substance Use/Abuse, Suicide & Stigma, Professional Boundaries

All training and workshop cost are based on them being conducted virtually. In-person training and workshop additional Per diem of \$75 per day and the cost of transportation and housing. An additional service fee of 2.5% will be added on to all services