

ACEs Overview 90 minutes recommended 2 trainers Cost value \$375 Cost to district \$0	Fast Track Workshops 30 to 45 minutes 1 trainer Cost value \$180 Cost to district \$0	Suicide Intervention QPR 1 to 2 hours 1 trainer Cost value \$375 Cost to district \$0
Trauma Sensitivity 2 hours recommended 2 trainers Cost value \$500 Cost to district \$0	Teacher Cafes 2 hours recommended 2 facilitators Cost value \$500 Cost to district \$0	safeTALK 3 hours 2 trainers Cost value \$750 Cost to district \$0
SEL Preparedness Customized to school interests and needs. SEL Preparedness is a comprehensive, long-term service intended to support a cultural shift toward SEL and trauma sensitivity throughout the district.	WRAP 16 hours 2 trainers Cost value \$4000 Cost to district is negotiable *Recommended Saturday course	ASIST 16 hours 2 trainers Cost value \$4000 Cost to district is negotiable

COST VALUE

Teacher and student wellness is a high priority for Mental Health America of Northeast Indiana.

At this time we can offer services at no cost through generous funding from the Substance Abuse and Mental Health Services Administration.

MHANI's cost value for most programming is \$250 per hour. Use this figure when projecting budgets or in-kind values for grant applications and financial summary reports.

ASK ABOUT CUSTOMIZEABLE COURSE TOPICS AND SCHEDULES

Supports for Schools

ACEs and Trauma Training	Teacher Wellness	Suicide Intervention
ACEs	Fast Track Workshops	Question, Persuade, Refer (QPR®)
Increasing knowledge of Adverse Childhood Experiences (ACEs) can help teachers and other youth workers fully understand challenging behaviors. Students with more than three ACEs are at risk of developing physical, emotional, and mental health challenges later in life. Gaining a better understanding of what ACEs are and how those stressors affect the brain is often empowering to teachers who wish to develop more patience and empathy.	Fast track workshops are meant to boost wellness in short spurts. Designed to deliver small doses of new information, these workshops take only 45 minutes to 1 hour and fit well at the end of the school day or as kick-offs to teacher in service work days. School survey results drive topics and ensure connection to teacher needs and interests.	QPR® is an emergency response to someone in crisis and can save lives. The program is designed to introduce the participant to recognize suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention strategies. QPR® is approved by the Department of Education.
Trauma Sensitivity	Teacher Cafes	safeTALK®
Following ACEs training, Trauma Sensitivity workshops give teachers basic skills and ideas they can put to use right away. Trauma sensitive classrooms not only help students process trauma but to help them resolve trauma.	Teacher Cafes offer a safe space for teachers and other youth workers to come together to help one another solve issues that arise in the classroom. Research shows that wellness increases exponentially when positive peer relationships exist. Cafes are most effective in small groups and when held in two-hour sessions. MHANI will facilitate, then train your staff to take over the café model promotion self-sufficiency and sustainability.	safeTALK® teaches participants how to apply the TALK steps (Tell, Ask, Listen, and Keep Safe) in order to help someone having a suicide crisis. It can be adapted for diverse audiences through a selection of videos from which trainers choose depending on the training participants present.
SEL Preparedness	Wellness Recovery Action Plan (WRAP®)	ASIST®
The Indiana Department of Education released seven social-emotional learning competencies in 2018. In order to prepare school culture to implement these competencies, MHANI recommends preliminary work to help the school culture shift toward understanding so that SEL is likely to succeed. MHANI can help schools understand What SEL competencies are, WHY they are important, and HOW to implement them. In addition, MHANI can help schools work through self-assessments to identify strengths and weaknesses related to wellness.	The WRAP® is a personalized wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. WRAP® is appropriate for teens and adults, and is particularly valuable for teachers who are noticing signs of irritability and exhaustion. MHANI recommends WRAP participants come to the program voluntarily. 16 hour course can be broken down into segments suitable for your school schedule and calendar.	Applied Suicide Intervention Skills Training® (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

For more information, contact Mental Health America of Northeast Indiana at info@mhanortheastindiana.org or call (260) 422-6441.

Visit our website www.MHANortheastindiana.org for training events.