

# COMMUNITY ADVOCATES

## Mental Health & Wellness Resources



COMMUNITY ADVOCATES  
Public Policy Institute

Community Advocates' certified workshop leaders provide practical, interactive & enlightening learning opportunities on mental health, substance use, trauma, verbal de-escalation techniques & suicide prevention. Participants learn to become advocates for themselves and their family members, as well as feel empowered to help others in the workplace, in schools, and in community settings.

*OUR TRAINERS PROVIDE VIRTUAL AND IN-PERSON WORKSHOP SESSIONS  
& CAN LEAD GROUP SESSIONS AT YOUR WORKPLACE OR ORGANIZATION*

### *IF YOU ARE...*

- *Concerned about a family member's or friend's mental health*
- *Working with adults or youth living with a mental health issue*
- *Trying to understand your own mental health*
- *Looking to learn about self-care, wellness, trauma & healing*

### *WE CAN HELP YOU!*



*Scan to view our  
workshop & event  
calendar*



*Scan to view our mental  
health & wellness  
resources*



*Interested in learning more about Community Advocates' Mental Health & Wellness workshops?*

*Contact Rita Liesiefsky at  
[rliesiefsky@communityadvocates.net](mailto:rliesiefsky@communityadvocates.net).*

***Check Us Out Online:***

*[ppi.communityadvocates.net](http://ppi.communityadvocates.net)*

*[facebook.com/CAPublicPolicyInstitute](https://facebook.com/CAPublicPolicyInstitute)*

*Community Advocates Public Policy Institute  
728 N. James Lovell St. Milwaukee, WI 53233  
414-270-2950*

# MENTAL HEALTH & WELLNESS WORKSHOPS

Offered at no cost to those who live or work in Milwaukee County

**Mental Health First Aid for Adults** provides adults with the tools to assist other adults who may be developing a mental health problem or experiencing a crisis. This training covers:

- Common signs and symptoms of mental illness and substance abuse
- How to interact with a person in crisis
- How to connect that person with help
- How to administer naloxone in the event of an opioid overdose

**Mental Health First Aid for Youth** is intended for those who regularly interact with youth ages 12-18. Topics covered include:

- Anxiety
- Depression
- Substance use
- Disorders in which psychosis may occur
- Disruptive behavior disorders (including AD/HD)
- Eating disorders

**Mindful Gratitude** teaches participants how to put the art of appreciation into practice. Presented by author Christel B. Wendelberger, this 1-hour evidence-based workshop explores research that shows that mindfulness & gratitude can help us cope with difficulties & improve mental, emotional & physical health.

**10 Tips to Reduce Conflict: Practical Verbal De-Escalation Techniques** explores foundational information on how to reduce the level of conflict through self-knowledge, understand how past experiences influence current behavior, and offer 10 tips of de-escalation. This 2-hour workshop is aimed toward individuals who encounter conflict in the workplace, at home, or in the community, whether you are a parent or educator, work in the helping professionals, or otherwise work with the public in potentially tense situations.

**QPR Question, Persuade, Refer Suicide Prevention Gatekeeper Training** offers hope through positive action when facing situations that could include the possibility of suicide. In this 2-hour session, QPR-trained gatekeepers learn how to identify certain warning signs and use intervention measures and follow-up methods when dealing with potentially suicidal peers. The goal is to refer the person being helped to the appropriate professional care.

**Trauma and Substance Use** covers trauma's effect on the brain in the short term & long term, provides a space to discuss risk factors & substance use disorders & helps participants develop their strategy for intervention methods for a specific population. This 2-hour interactive, evidence-based workshop is aimed toward community members & professionals who want to learn more about the importance of prevention & self-care as healers & as trauma survivors.



PARTICIPANTS WHO COMPLETE ALL COURSE REQUIREMENTS CAN EARN A CERTIFICATE OF COMPLETION