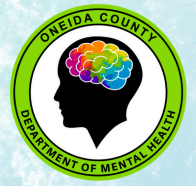




Anthony J. Picente, Jr.  
County Executive

# Oneida County Department of Mental Health Available Trainings



Ashlee L. Thompson  
Commissioner  
Director of Community  
Services

## Adult Mental Health First Aid –

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

In the Mental Health First Aid course, you will learn:

- Risk factors and warning signs for mental health and addictions concerns
- Strategies for how to help someone in both crisis and non-crisis situations
- Where to turn for help

Cost: Cost will vary depending on the number of participants

Length: 8 hours

Capacity: Up to 30 participants

Delivery: In-person & Virtual

## Link to Hope –

Link to Hope is a suicide prevention training that was developed recently by SPCNY to provide basic suicide prevention skills and education for providers, community partners, and organizations.

The objectives are to:

- Gain a basic understanding of suicide and warning signs
- Learn that everyone can have a role in preventing suicide
- Learn about the three R's: Recognize, Respond, and Refer
- Learn tips to help someone in suicide crisis

Cost: Free

Length: 90 minutes

Capacity: 8 – 60 participants

Delivery: In-person & Virtual

## Firearm Safety in the Lens of Suicide Prevention –

Firearm safety is critical to suicide prevention. To ensure that a range of perspectives are covered on firearm safety and suicide, the workshop is co-presented by an expert in suicide prevention and an expert in firearms.

The goal of this training is to:

- Provide information that can help attendees as well as their loved ones make more informed decisions about access to firearms when someone in their household is at risk of suicide
- Discuss and practice ways to talk to loved ones about firearm safety for suicide prevention

Cost: Free

Length: ~90 minutes

Capacity: 30 participants

Delivery: In-person & Virtual

## ASIST –

ASIST stands for Applied Suicide Intervention Skills Training and is a workshop featuring powerful audiovisuals, discussions, and simulations. Two knowledgeable, supportive trainers will guide you through the course, ensuring your comfort and safety.

At an ASIST workshop, you'll learn:

- How to prevent suicide by recognizing signs
- How to provide a skilled intervention
- How to develop a safety plan to keep someone alive

Cost: Free

Length: Two full days (8 hours each)

Capacity: 8 – 15 participants (over 15 will require a 3<sup>rd</sup> trainer)

Delivery: In-person

## Suicide Safety for School Staff (SST) –

Suicide Safety for School Staff (SST) is a free training course developed for all school staff by the Suicide Prevention Center of New York (SPCNY).

This training is designed to:

- Review the importance of suicide prevention
- Describe the Characteristics of at-risk students
- Outline educator's limited but critical role
- Clarify building referral procedures
- Identify school and community resources

Cost: Free

Length: 90 minutes

Capacity: 100 in-person & 30 virtual

Delivery: In-person & Virtual

## Psychological First Aid –

Psychological First Aid (PFA) is an evidence-informed modular approach to help individuals of all ages in the immediate aftermath of disaster and terrorism.

In this training you will learn:

- How to help people through some of the most difficult times in their lives
- How to respond to people following a disaster in a way that supports their emotional needs alongside their interrelated practical and physical needs
- About the range of reactions typically seen in survivors
- To consider how engaging in response work can impact you and some ways to help manage your own self-care when practicing PFA
- How to use the elements of PFA to support individuals in the immediate aftermath of a traumatic event

Cost: Free

Length: 8 hours (can be split into 2 four-hour days)

Capacity: 9 – 15

Delivery: In-person

**For more information or to request a training:** [mentalhealth@oneidacountyny.gov](mailto:mentalhealth@oneidacountyny.gov)