

# Youth

Helping our youth to thrive.

**INCREASE RESILIENCE  
INTERVENE WELL**  
Training Opportunities

Mental health is a state of well-being which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her and his community. — World Health Organization

## Training for people who interact with youth

### Suicide Alertness & Intervention

safeTALK – ½ day  
ASIST – 2 day

### Working with Youth

Whole-Self Helping – 1 hr  
Mental Fitness – 1 hr  
Creating Safe Spaces – 2 hr  
Creating Safe Spaces, with facilitated planning – ½ day

## Training for youth

### Peer Leadership

safeTALK – ½ day  
Peer Counselling – 1 day

### General

Driver's Ed (Regulating Emotion) – 1 hr  
Mental Fitness for Youth – 1 hr  
Mental Health 'SOS' – 1 hr

Resiliency

Awareness

Intervention

## About CMHA Youth Education South Okanagan Similkameen

CMHA was established in the South Okanagan Similkameen in 1991. We are committed to working with our communities so they can become mentally healthy. We work with you to help meet the needs of your youth, staff and community leaders.

Helping youth to have positive mental health takes the whole community. Our training is intended to help youth, staff and community members learn practical skills to help our youth be resilient to life's challenges.

Talk to us about creating a training package to meet your needs. Discounts available.



**Canadian Mental  
Health Association**  
South Okanagan Similkameen  
*Mental health for all*

Email: [cmha.mhadvocate@shaw.ca](mailto:cmha.mhadvocate@shaw.ca)  
Tel: 236-422-1994  
[www.sos.cmha.bc.ca](http://www.sos.cmha.bc.ca)

## Suicide Alertness & Intervention

### safeTALK - 3.5 hrs, \$250 + \$10 per participant

safeTALK is an alertness training that prepares anyone, regardless of prior experience, to become a suicide-alert helper. safeTALK– trained helpers are an important part of suicide-safe communities, working alongside intervention resources to identify and avert suicide risks. *\*This program is suitable for adults, and youth 16 and older who are engaged in peer leadership.*

### ASIST - 2 days, \$2,250 + \$10 per participant

Applied Suicide Intervention Skills Training (ASIST) is for everyone, regardless of prior experience, who wants to be able to provide suicide first aid. During the 2 day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. The ASIST model teaches effective intervention skills while helping build suicide prevention networks in the community.

## Working with Youth – Group Training for Staff and Community Leaders

### Whole-Self Helping – 1 hr, \$150

Relationship is the context of our most effective helping. This course focuses on increasing our ability to be fully ready and able to help others, using our whole selves.

### Mental Fitness – 1 hr, \$150

Mental fitness is about making sure our thinking and feeling are strong enough to support our well-being and lifestyle regardless of whether or not we have a mental illness.

### Creating Safe Spaces – 2 hrs, \$300

Creating safe spaces is about becoming intentional about implementing environments and practices that help youth develop resilience to life's challenges. It is based on trauma informed practices.

### Creating Safe Spaces, with facilitated planning – 4 hrs, \$600

This program engages staff and community leaders to reflect on the effectiveness of programs and implement strategies based on the Creating Safe Spaces curriculum.

## Training for Youth – Group Training for Youth and Peer Leaders

### Driver's Ed (Regulating Emotion) – 1 hr, \$150

Depression, anxiety and anger can seem to go from 0-100 in no time. This workshop is a psychosomatic tool to help youth recognize emotion, how it changes, and how to regulate it.

### Mental Health "SOS" – 1 hr, \$150

SOS! Knowing when and who to ask for help can be daunting. This workshop teaches youth about how to recognize when it's time to ask for help when they, or someone they know, is struggling. It also provides local resources about who to ask for help and how to access help.

### Mental Fitness for Youth – 1 hr, \$150

Mental fitness is about making sure our thinking and feeling are strong enough to support our well-being and lifestyle regardless of whether or not we have a mental illness. (Adaptations made from adult workshop).

### Peer Counselling – 6 hrs (1 day), \$900

Peers are often the first people youth speak to so what better way to help youth access help than by training youth in communication skills, boundaries, and self-care so they can help their peers access the help they need.

*\*\*If cost is a barrier, please contact us and we will work with you to find funding to cover program expenses.*



Feeling low? Stressed? Anxious?  
Bounce Back® can help!

**Bounce Back®** teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Bounce Back is available through **phone coaching** or **online**. Contact Bounce Back for a referral form, or let us know and we can help you. Contact: 1-866-639-0522, [www.bouncebackonline.ca](http://www.bouncebackonline.ca)