Mental Health Awareness & Suicide Prevention

**Classroom Consultation**
(Also available virtually)
**Audience:** Educators  
**Content:** Can be tailored to address specific needs  
**Duration:** No time parameters/Available anytime

**Informational Booth**
**Audience:** Parents, Educators, Students  
**Content:** Mental Health, Substance Use and Suicide Prevention  
**Duration:** No time parameters/Available anytime

**Hazelden Lifelines Suicide Prevention**
**Audience:** Educators, Parents, and Students  
**Content:** Skills to prevent youth suicide  
**Duration:** Educators & Parents 1 hour, 5th-12th grade 4 Sessions: 30 minutes each

**Comet**  
*(Changing Our Mental & Emotional Trajectory)*  
(Also available virtually)
**Audience:** Educators and Community Members  
**Content:** Conversation starter for emotional and mental well-being  
**Duration:** 1.5 hours

**Question, Persuade, Refer**  
(Also available virtually)
**Audience:** Educators, Parents, Students and Community Members  
**Content:** Suicide Prevention Gatekeeper Training  
**Duration:** 1.5 hours

**Adult Mental Health First Aid**  
(Also available virtually)
**Audience:** Adults who work with Adults  
**Content:** Suicide Prevention, Common Mental Health Conditions, Substance Use, Treatment  
**Duration:** 8 hours

**Teen Mental Health First Aid**
**Audience:** 10th-12th grade  
**Content:** Mental Health Challenges, Substance Use, Suicide Prevention, Trusted Adults, Recovery and Resilience  
**Duration:** 6 sessions (45 minutes each)

**Riding the Waves**  
(Also available virtually)
**Audience:** 5th Grade  
**Content:** Suicide Prevention, Mental Health  
**Duration:** 12 sessions (20-45 minutes each)

**Sources of Strength**  
(Also available virtually)
**Audience:** Educators and 3rd-12th Grade  
**Content:** Upstream Suicide Prevention  
**Duration:** 1 day  
Additional Cost for Program

**Applied Suicide Intervention Skills Training (ASIST)**
**Audience:** Educators, Parents and Community Members  
**Content:** Suicide First Aid  
**Duration:** 2 days

**Counseling on Access to Lethal Means (CALM)**  
(Also available virtually)
**Audience:** Community Members & Health & Human Services Professionals  
**Content:** Work with individuals and their families to develop a specific plan to reduce access to lethal means and follow up on the plan over time  
**Duration:** 2-4 Hours based on your needs

**Youth Mental Health First Aid**  
(Also available virtually)
**Audience:** Adults who work with Youth  
**Content:** Suicide Prevention, Depression, Anxiety, Substance Use, Treatment  
**Duration:** 6 hours
### Substance Use Prevention

**Botvin LifeSkills**  
(Also available virtually)  
**Audience:** 3rd-12th Grade  
**Content:** Substance Use Prevention, Peer Pressure, Emotional Regulation  
**Duration:** 8 sessions (30-45 minute sessions each)

**Too Good For Drugs**  
**Audience:** 3rd-12th Grade  
**Content:** Setting reachable goals, making responsible decisions, bonding with pro-social others, identifying and managing emotions, communicating effectively  
**Duration:** 10 sessions (30 minute sessions each)

**Rise Above Colorado Presentations**  
(Also available virtually)  
**Audience:** 6th-12th grade  
**Content:** Not Prescribed, Meth Prevention Lesson, Closing the Gap: Aligning Perception with Reality  
**Duration:** 45-60 minutes each session

### Physical Health & Well-Being

**Introduction to Trauma Informed Practices**  
(Also available virtually)  
**Audience:** Staff & Caregivers Pre-K - 12th Grade  
**Content:** Facilitated conversations, workshops and consultation will be used to promote trauma-sensitive school communities with tailored supports for awareness, prevention planning, trauma programming, classroom-based strategies, and staff self-care based on individual school directed assessments.  
**Duration:** 1-2 hours/session

**Lunch N’ Learn**  
**Audience:** Educators, Students & Parents  
**Content:** Can be tailored to address specific needs  
**Duration:** 20 minutes

**Parent Presentations**  
**Audience:** Parents  
**Content:** Can be tailored to address specific needs  
**Duration:** No time parameters/Available anytime

**Strengthening Families Program**  
(To be determined)  
**Audience:** Parents and youth ages 10-14  
**Content:** Substance use prevention, parent/youth communication  
**Duration:** 7 sessions

### School Safety

**Safe-2-Tell Training**  
(Also available virtually)  
**Audience:** Educators, Students and Parents  
**Content:** Conflict Management, Reporting, Digital Citizenship  
**Duration:** 1 Hour

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Technical assistance and training in identification and planning is available to address social, emotional and mental health needs for schools and communities.

To learn more about any of these programs, or to schedule a training near you, reach out to your Prevention Team at: **Prevention@CentennialMHC.org**

Our mission is to achieve excellence in the provision of behavioral health services that leads to optimal health and well being.

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