

Mental Health Training and Consultation

PROVIDED BY DAKOTA COUNTY PUBLIC HEALTH DEPARTMENT

Mental health is an essential component of health. Children, adolescents and adults can learn how to develop and improve their mental health in order to manage emotions, carry out daily activities, and cope with challenges. Mental health allows us to engage in satisfying daily activities and enjoy fulfilling and supportive relationships.

MENTAL HEALTH TRAININGS:

Mental Health First Aid Certification Courses



Dakota County Public Health Department offers training for professionals and community members who live or work in Dakota County to be certified in Mental Health First Aid.

Two types of courses are available:

- Mental Health First Aid - for people who want to be trained to help adults. (A version tailored for law enforcement, first responders and corrections is also available.)
- Youth Mental Health First Aid - for people who work with adolescents (age 12-18).

Mental Health First Aid courses are evidence-based 8-hour training classes that have been developed by the [National Council for Behavioral Health](#). During the course you will learn how to help a person who may be developing a mental health related crisis or challenge. The trainings will help you identify, understand, and respond to signs of mental illnesses or addiction.

You will learn:

- Risk factors and warning signs of common mental health challenges.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan for how to help someone in a crisis or non-crisis situation.
- Where people can receive help - professional, peer, and self-help resources.

Courses are scheduled regularly - find training dates and more information online at: www.dakotacounty.us (search "Mental Health Training")

ENROLLMENT IS LIMITED,
pre-registration is required.



ABOUT THE TRAINER:

Shannon Bailey, adolescent health coordinator for Dakota County Public Health Department, is a licensed social worker who has served Dakota County families and children for thirty years. Shannon is a certified trainer for Mental Health First Aid courses from the National Council on Behavioral Health, and is a trainer for Make it OK and other programs for the Minnesota chapter of the National Alliance on Mental Illness (NAMI-MN). Shannon consults with schools, cities, and other groups on suicide prevention and strategies for promoting mental health.

MENTAL HEALTH PRESENTATIONS AND CONSULTATION

In addition to Mental Health First Aid training, Shannon Bailey can work with organizations in Dakota County interested in presentations on mental health topics listed below or consultation to develop policies and practices to assist the organization and community to navigate the difficult path of suicide-related grief and bereavement.

Available topics:

Make it OK

Mental illnesses are as common as people with brown eyes and more common than being left-handed. Despite being one of the most common biological illnesses, there is still a stigma attached to mental illnesses and many people struggle with talking about them. "Make It OK" is a one-hour facilitated discussion that will help participants learn about mental illnesses, how to combat stigma and effective ways to talk about mental illnesses.

AUDIENCE: General public (adults)

Question, Persuade, and Refer: Gatekeeper Training for Suicide Prevention

QPR, or "Question, Persuade, and Refer," is a one-hour presentation covering the three steps anyone can learn to help prevent suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

AUDIENCE: Professionals and general public (adults)

Recognizing Early Warning Signs of Mental Illnesses in Children and Adolescents

This two-hour training provides information on the biological nature of mental illnesses and how educators and parents can work together as allies to support young people. Early intervention and treatment is essential for success.

AUDIENCE: Educators (training meets the continuing education requirement for licensed MN teachers) and general public (adults)

Suicide Prevention and Postvention

In this two-hour training you will learn safe ways to talk about suicide and promote healing and reduce the risk of contagion. Learn about protocols that can be introduced in a community after a suicide to reduce the risk of further deaths.

AUDIENCE: Professionals who may respond to a suicide death, including behavioral health professionals, city leaders, law enforcement, faith leaders, and school personnel.

For more information, contact
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