

COMMUNITY PROGRAMS



Helen and Arthur E. Johnson
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

The CU Johnson Depression Center offers a variety of free education, programs, and trainings focused on mental wellness. Each program is approximately 1 hour in length, but can be modified to best fit the needs of the audience. Trainings and programs are offered in variety of settings including schools, the workforce including various organizations, departments, and agencies, non-profits settings, hospitals, universities, churches, and the homes of community members throughout the state of Colorado.

PROMOTING MENTAL WELLNESS AND RESILIENCY THROUGH COVID

Learn to identify and address mental health concerns associated with the Covid pandemic. Recognize tips and tools to help promote mental wellness and reduce stress while learning resources and techniques to help support self and others.

VICARIOUS TRAUMA

Learn to recognize the signs and symptoms that are associated with vicarious trauma (VT) while understanding the risk and protective factors involved in the work that can contribute to VT. Discover new strategies to help address VT through individual and group discussions and activities.

QPR SUICIDE PREVENTION TRAINING

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. 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. This evidence based training goes over national and state statistics about suicide, warning signs, and detailed explanation of how to talk to someone who may be in a suicide crisis.

WORKING MINDS: SUICIDE PREVENTION IN THE WORKPLACE

A program designed to help workplaces appreciate the critical need for suicide prevention while creating a forum for dialogue and critical thinking about workplace mental health changes. The program builds a business case for suicide prevention while promoting help-seeking and help-giving. Train the trainer is available for this program.

STRESS MANAGEMENT

An interactive talk focused on recognizing the function and method of stress and how to understand the essential ways to reduce stress. During this training, participants will learn practical tips and tools to manage stress and change unhealthy habits.

SELF-CARE TRAINING

An interactive, collaborate training, introducing the concept and importance of self-care as a basis for both personal and professional success. Participants will walk away with an understanding of the importance and necessity of self-care and the ability to identify areas of improvement in one's own self-care while recognizing different techniques and habits to develop a well-balanced lifestyle.

Reach out to Alex for more details or to schedule a training: Alexandra.yannacone@ucdenver.edu

COMMUNITY PROGRAMS CONTINUED



MENTAL HEALTH 101

In this talk, participants will review statistics, facts, and warning signs regarding mental illnesses within our society. This talk discusses the barriers to treatment and how best to support an individuals with a mental health condition.



MINDFULNESS

In this training, participants will review the definition of mindfulness, the research supporting it and how to easily integrate mindfulness techniques into one's own life. Through discussion and hands-on exercises, participants will discover simple tips and tools on the benefits of mindfulness.



BUILDING RESILIENCY (FOR PARENTS OR TEENS)

This training will discuss skills and strategies for building resiliency, creating manageable goals, self-care, and mindfulness exercises. Barriers and obstacles will be identified, as well as how to obtain resources and supports. This session will incorporate story-telling and small group collaboration and discussions.



TRAUMA AND SELF CARE

Review effects and symptoms of trauma as well as the resiliency and protective factors to best support a child with a trauma background. Through discussion and practice, participants will learn the importance of self-care (when working with this population), identify areas of improvement in one's own self-care, and recognize different techniques and habits to develop a well-balanced lifestyle.



UNDERSTANDING DEPRESSION

This talk helps identify signs and symptoms associated with depressive disorders while offering new approaches in understanding depression. Throughout this workshop, helpful tools and resources will be discussed and information will be provided in identifying when a referral to a specialist may be necessary.



ANXIETY 101

An engaging talk to understand the signs and symptoms associated with anxiety. Participants will be able to identify tools to understand the basics of anxiety and stress response while learning helpful skills and treatment to support someone with anxiety.



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