

# Routt County

## Free Training Offerings

UPDATED FALL 2021

Interested in hosting a training at your organization, school or business? Are you a parent (or group of parents) interested in a community-based training?

This is a list of offerings by local non-profits that can be set up **anytime!** Contact the listed person or organization to set it up. Community meeting space available for a group that does not have a location. Just ask!

### YOUTH MENTAL HEALTH FIRST AID

**TIME:** 5 hrs in person or virtual + 2 hrs pre-work

**FOR:** Schools, parents, youth-serving orgs

*Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.*

Offered by Grand Futures Prevention Coalition.

**CONTACT:** [info@grandfutures.org](mailto:info@grandfutures.org)

### POSITIVE YOUTH DEVELOPMENT

**TIME:** 4 hrs in-person (parents/primary caregivers) or 6 hrs in-person (schools/agencies/childcare professionals)

**FOR:** Schools, parents, youth-serving orgs

*A strengths-based view of adolescence. This approach focuses on helping youth acquire the knowledge and skills they need to become healthy and productive adults. Positive youth development guides communities and organizations in how they organize services, opportunities and support to engage youth in reaching their full potential. Positive youth development incorporates the development of skills, opportunities and authentic relationships into programs, practices and policies.*

Offered by Rocky Mountain Youth Corps.

**CONTACT:** [clawatsch@rockymountainyouthcorps.com](mailto:clawatsch@rockymountainyouthcorps.com)

### SOCIAL-EMOTIONAL SUPPORT SKILLS TRAINING

**TIME:** 3 hrs in-person

**FOR:** Schools, parents, youth-serving orgs

*This training offers a brief overview of 15 models, theories and tools that can be used to connect emotionally with youth and become more effective group leaders.*

- Educator Styles- How to be a Warm Demander
- Stages of Group Development
- Grounding Practices- Using the 5 Senses
- Mirror Neurons
- Listening Non-judgmentally
- Acknowledge, Validate, Join, Normalize, Understand
- Giving Reassurance and information
- The Hero's Journey
- Empowering Language
- Non-Violent Communication
- Positive Youth Development Theory
- Growth Mindset
- Zones of Tolerance
- Trauma-Informed Classrooms
- 7 Types of Self-care

Offered by Grand Futures Prevention Coalition.

**CONTACT:** [info@grandfutures.org](mailto:info@grandfutures.org)

### LGBTUNIVERSE

**TIME:** 60-90min

**FOR:** Anyone

*This program explores the challenges, triumphs, and what the LGBTQ+ community can teach us about Consent, Boundaries, and Respect.*

Offered by Advocates of Routt County.

**CONTACT:** [graham@advocatesrc.org](mailto:graham@advocatesrc.org) or <https://advocatesrc.org/Program-Request/>



# Routt County *Free Training Offerings*

## GOOD FOR EACH OTHER

**Fundamentals of safe dating and healthy relationships.**

**TIME:** 60-90min

**FOR:** Schools, parents, youth groups

*GOOD for EACH OTHER aka "The Goods" is Advocates' flagship program designed to improve cultural awareness and illustrate key concepts like: CONSENT, BOUNDARIES, and RESPECT.*

*Modern relationships are extremely complex. Navigating issues like stereotyping, problem behaviors, communication, and accountability is critical for building any relationship on a foundation of mutual respect which, in turn, can prevent misunderstandings, bigotry, and conflict. This program also empowers participants with strategies and tactics for interrupting problem situations which makes our communities safer.*

Offered by Advocates of Routt County.

**CONTACT:** [graham@advocatesrc.org](mailto:graham@advocatesrc.org) or

<https://advocatesrc.org/Program-Request/>

## GOOD FOR BUSINESS

**Empower your workforce to prevent misconduct.**

**TIME:** 60-90min

**FOR:** Businesses, organizations, social groups

*GOOD for BUSINESS is not your typical anti-harassment training intended to scare employees and cast blame. At Advocates, we recognize that preventing sexual harassment and other problems is less about individuals and more about WORKPLACE CULTURE.*

*Participants learn about:*

- Sexual Misconduct as a Public Safety Issue
- Impacts of Misconduct
- Clear Parameters of Consent
- "Bystander Intervention" tactics for
- Interrupting Problem Behaviors
- Supporting Victims and Reporting Options

*\*\*Special session for managers/owners also available\*\**

Offered by Advocates of Routt County.

**CONTACT:** [graham@advocatesrc.org](mailto:graham@advocatesrc.org) or

<https://advocatesrc.org/Program-Request/>

## MEDIA SAVVY

**Improving critical skills and avoiding risks online.**

**TIME:** 60-90min

**FOR:** Schools, parents, youth groups

*MEDIA SAVVY addresses the challenges of online life. By examining a wide range of safety issues around sexting, cyber-bullying, catfishing, grooming, and faulty social narratives that impact our relationships, participants will develop a stronger sense of how to maintain privacy and avoid risks. By adopting simple protective measures and learning key principles of responsible online citizenship, everyone can use the internet more safely.*

Offered by Advocates of Routt County.

**CONTACT:** [graham@advocatesrc.org](mailto:graham@advocatesrc.org) or

<https://advocatesrc.org/Program-Request/>

## INTERVENE

**Bystander Intervention.**

**TIME:** 60-90min

**FOR:** Anyone

*Bystander Intervention" is widely known as the most effective, proven method for reducing problem behaviors within a community. This program outlines strategies and tactics for interrupting misconduct or potentially dangerous situations safely and explores real world situations.*

Offered by Advocates in Routt County.

**CONTACT:** [graham@advocatesrc.org](mailto:graham@advocatesrc.org) or

<https://advocatesrc.org/Program-Request/>

## TRAUMA INFORMED ENVIRONMENTS

**TIME:** 1.5 hrs or less (depending on audience/availability)

**FOR:** Anyone

*Learn how trauma impacts the brain and how to create environments that support a regulated nervous system and build resilience.*

Offered by Northwest Colorado Health.

**CONTACT:** Whitney Bakarich, LPC at

[wbakarich@northwestcoloradohealth.org](mailto:wbakarich@northwestcoloradohealth.org).

# Routt County *Free Training Offerings*

## QPR (QUESTION, PERSUADE, REFER)

### Gatekeeper Training

**TIME:** 60min

**FOR:** Anyone

*Our Gatekeeper course is taught in a clear, concise format using the latest in educational technology and practices. The course takes approximately one hour to complete.*

#### KEY COMPONENTS COVERED IN TRAINING:

- *How to Question, Persuade and Refer someone who may be suicidal*
- *How to get help for yourself or learn more about preventing suicide*
- *The common causes of suicidal behavior*
- *The warning signs of suicide*
- *How to get help for someone in crisis*

Offered by REPS.

**CONTACT:** repssteamboat@gmail.com

## LIVINGWORKS - ASIST

**TIME:** two full days - in person

**FOR:** Anyone ages 15 or older

LivingWorks ASIST is a two-day face-to-face workshop featuring powerful audiovisuals, discussions, and simulations.

At a LivingWorks ASIST workshop, you'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

Offered by REPS.

**CONTACT:** repssteamboat@gmail.com

## LIVINGWORKS - SAFE TALK

**TIME:** half-day

**FOR:** Anyone age 15 or older

*LivingWorks safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.*

Offered by REPS.

**CONTACT:** repssteamboat@gmail.com

## BUILDING RESILIENCY AND HAPPINESS

**TIME:** 2 hrs (can be broken into 1 hr sections), virtual options available.

**FOR:** Organizations, schools, businesses

*This course focuses on the roles that character strengths, positive coping skills, and resiliency play in our lives and how developing these skills in ourselves and our employees can improve productivity and office culture. This training utilizes simple, yet effective skills that have proven to increase daily resilience and happiness.*

- *Participants are asked to take a Character Strengths survey prior to class this takes about 20 minutes and bring the results to the training.*
- *Topics covered include information from the latest research on Resiliency and Happiness and Positive Psychology*
- *Ability to project a power point and there are videos included in training. We bring a computer and/or a zip drive, projector and speakers but whatever you have in house makes it a bit easier.*
- *All courses can be provided via virtual platforms.*

Offered by Mind Springs.

**CONTACT:** Tom Gangel, tgangel@mindspringshealth.org or 970-819-2625

# Routt County *Free or Low Cost*

## **CPR/FIRST AID/AED (ADULT/INFANT/CHILD)**

**Time Needed:** 6 Hours in person OR 3hours online + 3 Hours in Person

\*4 Person class minimum, free or low cost, varies by age and style of course - email for inquiry\*

The AHA's Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

Who should take this course?

The AHA's Heartsaver First Aid CPR AED Course is designed for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting.

What does this course teach?

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Preventing illness and injury
- Adult CPR and AED use
- Opioid-associated life-threatening emergencies
- Optional modules in Child CPR AED and Infant CPR

Offered by Rocky Mountain Youth Corps

email: [clawatsch@rockymountainyouthcorps.com](mailto:clawatsch@rockymountainyouthcorps.com)