

# BEHAVIORAL HEALTH TRAINING FOR *Community Health Workers*

Supporting the needs of people we serve includes not only understanding physical health but mental wellbeing and substance use issues. Vital to this is developing our own cultural humility, recognizing social determinants of health and applying a trauma-informed lens.

This highly interactive training provides CHWs with an introduction to how the brain and the body interact in stress, common mental health challenges and substance use challenges as well as strategies to support people who are experiencing these challenges.

## **Community Health Workers (CHW)**

*play a critical role in their organizations and communities in bridging between the community and the healthcare system and in helping people understand the mind/body connections in the challenges they experience.*

## RECOMMENDED FOR:



Primary Care Settings



Community Settings



Integrated Behavioral Health and Primary Care Settings, including Health Homes



Behavioral Health Settings

## TIME:

This is a virtual training that can be scheduled with each organization. The total time commitment is **approximately seven hours**.

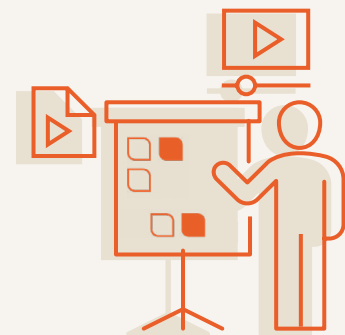
## CLASS SIZE:

Up to **50** participants

## What is covered?

Using a combination of videos, interactive activities and didactic lecture, participants will learn the key elements to understand behavioral health disorders in ways that are culturally responsive and that support recovery. The training covers:

- The stress response, the impact of trauma and PTSD.
- Supporting the development of self-care plans.
- What integrated care is, why it is important and how you can fit in.
- What are depression and anxiety and how you can help.
- Substance use disorders and how you can help.
- The role of the CHW with people experiencing suicidal thoughts supporting people who are experiencing psychosis and tips for help.



For more information, including tailored or customized needs, costs and scheduling, please contact [Consulting@TheNationalCouncil.org](mailto:Consulting@TheNationalCouncil.org).

NATIONAL COUNCIL  
for Mental Wellbeing