

CONTACT US

COMMUNITY ENGAGEMENT AND EMPOWERMENT TEAM

REQUEST FOR TRAINING & TECHNICAL ASSISTANCE

The Community Engagement and Empowerment Team is pleased to offer trainings to organizations and community stakeholder groups, including, but not limited to, Consumer and Family Advisory Committees, LME/MCO staff, provider organizations and networks, professional organizations, faith-based groups, local government agencies, and community organizations interested in expanding their knowledge and resources to better support people with lived experience. For more information visit, www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/councils-and-committees/community-empowerment-and-engagement

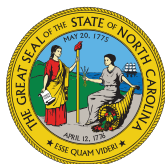
Mailing Address: 3001 Mail Service Center Raleigh, NC 27699-3001
Website: www.ncdhhs.gov/divisions/mhddsas
Phone: 984-236-5000 • Email: CEandE.Team@dhhs.nc.gov

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Phone: 984-236-5300 or 1-855-262-1946
Fax: 919-733-4962 • Email: dmh.advocacy@dhhs.nc.gov

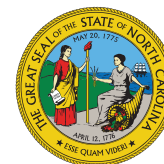


NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
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Training and Technical Assistance Center Opportunities

*A Program of the Community
Engagement and Empowerment Team*



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities and
Substance Abuse Services

PURPOSE STATEMENT

The Community Engagement and Empowerment Team is pleased to offer no-cost training seminars for all Mental Health, Intellectual/Developmental Disabilities and Substance Use Disorders individuals, family members, and interested stakeholders to learn advocacy skills, recovery efforts and community outreach. All sessions are tailored to meet the needs of the group, and most can be offered as virtual and in-person options.

POPULAR TRAINING TOPICS

- **Reducing Stigma for Mental Health & Substance Use:** This training provides an overview of the three elements of stigma, the true meaning of stigma, and how discrimination and stigma are intertwined with each other.
- **Who Are You Going to Call? Building Your Resource File:** Do you know who to call when accessing services? This training provides a wide range of resources, from where to begin accessing services to service authorization appeals and community resources that assist with housing, finances, health care, and other services and supports.
- **Community Empowerment: Nothing About Us Without Us:** Community Empowerment is critical for system success and vital to include strategies to accomplish in reform efforts. Additionally, the session aims to help reframe the perspective of community members to a rights-based model, avoiding tokenism, to enable inclusion and participation as an essential tool to mobilize changes that enrich the lives of all people.
- **Choice and Empowerment: Understanding Dignity of Risk:** This presentation defines dignity of risk, providing examples of situations that challenge the way we think about supporting people with lived experiences to make their own choices about what a good life means to them and how dignity of risk fosters greater empowerment.
- **Mental Health and Substance Use Disorder Recovery and Resiliency:** The presenters cover a brief history of the national Recovery Movement and outline significant events and accomplishments in North Carolina. Formal and informal definitions of recovery and resilience are presented as well as recent research related to the topic. In addition, the presenters discuss Recovery Oriented Systems of Care and how people with lived experience are making a difference as Peer Support Specialists in North Carolina.

CFAC LEARNING MODULES

- **CFAC Roles & Responsibilities:** This presentation reviews the statutory responsibilities of members of Consumer and Family Advisory Committees, the difference between “advocacy” and “advisory,” and ways members can be effective in their role.
- **Effective Systems Advocacy:** This presentation will provide stakeholders with the basic elements needed to impact change. Prioritization, collecting data, collaboration, SMART goal setting, and collective advocacy will be among the topics discussed.
- **Making the Connection: Recruitment and Retention:** The training will cover, thinking and developing Your “Why” Statement, collaborating with your community, ongoing recruitment efforts, actively recruit and retain potential new members and how to practice what you have learned.

STRESS MANAGEMENT MODULES

- **Understanding the Stress Continuum and Creating a Pathway to Recovery:** An introduction to the Substance Abuse and Mental Health Administration’s eight Domains of Wellness, this training reviews the Stress Continuum, the impact of prolonged exposure to stress on the brain, and how wellness practices lead to recovery and improved stress management.
- **Practice Makes Progress: Making a Plan for Self-Care:** This session reviews four key elements of self-care, including mental health, emotional (heart), spiritual (spirit), and physical health (body). Participants will learn about the importance of self-care and key concepts including mindfulness and self-love, and they will have access to printable tools to better identify feelings and emotions and ways to start and keep a self-care routine.

MENTAL HEALTH FIRST AID *IN-PERSON ONLY*

- **Adult Mental Health First Aid (8-Hour Course):** Adult Mental Health First Aid (AMHFA) teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders, provides the skills you need to reach out and give initial help, and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.
- **Youth Mental Health First Aid (8-Hour Course):** Youth Mental Health First Aid (YMHFA) is primarily designed for adults who regularly interact with young people and teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a mental health challenge, addictions challenge, or is in crisis.