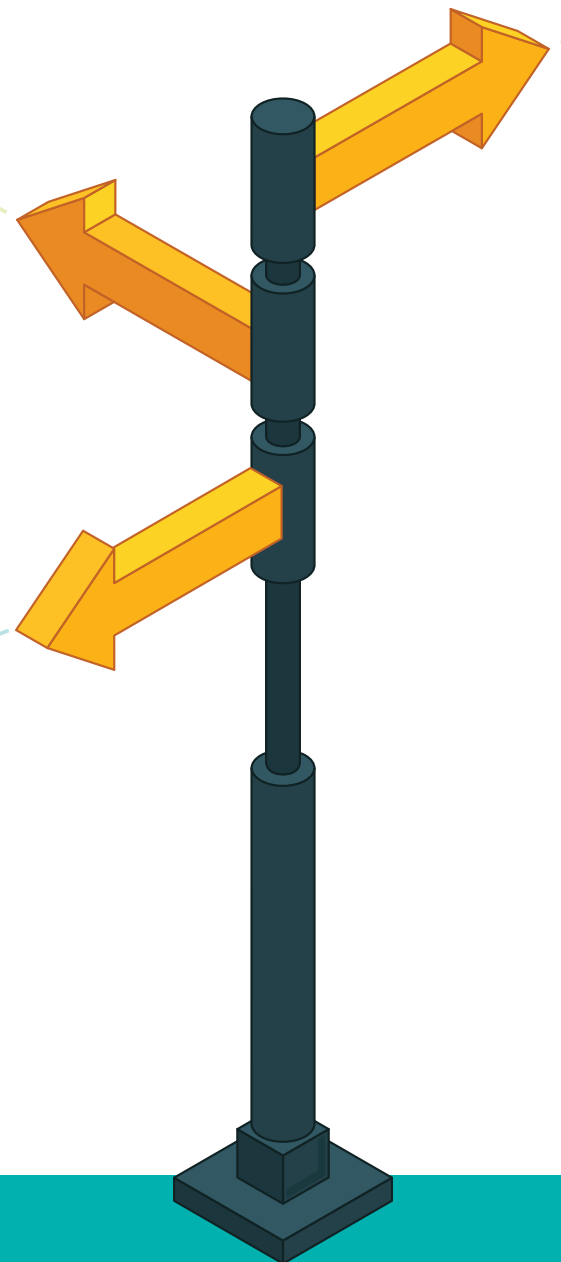


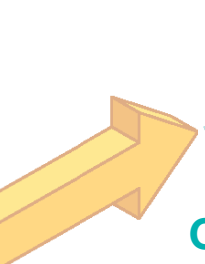


Canadian Mental
Health Association
Ottawa
Mental health for all

CMHA OTTAWA

LEARNING CENTRE GUIDE





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ABOUT OUR PROGRAMS

The Canadian Mental Health Association has actively promoted and supported the development of positive mental health for more than 100 years. Through innovative services, education, and social action, CMHA has enhanced Canadians' ability to create and enjoy a life of their choosing. Throughout its extensive history, providing high quality, practical education has been an important focus.

CMHA Ottawa offers training programs for professionals, employers, educational institutions and the general public who work with or care for persons living with a mental illness.

Yearly Calendar

CMHA Ottawa runs its training season from September to June each year with a short break over the month of December.

Programs are offered during the day and a schedule of the current season events can be found on our website.

How to Register

1. Go to the Learning Centre section of the CMHA Ottawa website (<https://ottawa.cmha.ca>)
2. Click on the course you wish to register for
3. Click on the REGISTER NOW button
4. The online registration portal will launch and from there you can select your desired date (if offered more than once in the season) and fill in the required fields
5. You will be required to pay for the training at the time of registration via credit card through the registration portal
6. Once your registration is complete you will receive a confirmation email with all the details included

Our location

We are located at 311 McArthur Avenue and can be accessed by car, bus or bicycle!

On Demand Training Requests

In addition to our standard schedule for public events from September to June, we also have the ability to offer many of our programs on-demand for your organization or group. If you wish to request an on-demand session of our programs, please fill in the required information using our online [Training Request](#) form.





TRAINING FOR PROFESSIONALS AND THE GENERAL PUBLIC

Myths and Realities of Mental Illness

About the Course

Developed by CMHA Ottawa, the training course covers the characteristics of mental health and mental illness: recognizing the symptoms, associated risk factors, treatment protocols and how to respond to client needs in a supportive manner. The importance of maintaining stable housing, recovery concepts and community resources are also emphasized.

Learning Objectives

- Share innovative knowledge and practices of COI partners and other stakeholders.
- Convene a critical mass of stakeholders from across and beyond the mental health and addictions system to identify and respond to crucial issues impacting racialized populations.
- Strategically leverage existing or emerging evidence (including community-based, lived experience, peer-reviewed academic, and other sources of knowledge).
- Improve provincial, agency, and provider policy, planning, and practice related to racialized populations and mental health and addictions.

Target Audience

Front line staff working within social services, health, and mental health agencies, police officers, counsellors, and community volunteers will all benefit from this training.

Course Details

Duration: This workshop is designed as a full day session, however shorter condensed versions are available upon request.

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>

Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is the standard training experience for suicide prevention in our community, presented in collaboration with LivingWorks.

About the Course

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.

Learning Objectives

By the end of the workshop, participants will be better able to:

- Identify people who have thoughts of suicide
- Understand how beliefs and attitudes can affect suicide interventions
- Understand the story of a person at risk of suicide as well as recognize turning points that connect the person to life
- Conduct a safety assessment and develop a plan that will keep the person at risk safe for now
- Confirm the faith in the safe plan of the person at risk and their intent to follow it through

Target Audience

All caregivers, formally designated or not; adults and youth 16+

Course Details

Duration: 2 days

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>

Applied Suicide Intervention Skills Training 11 Tune Up

About the Course

The ASIST 11 Tune Up is a half-day seminar for improving participant comfort, confidence and competence in using the Pathway for Assisting Life (or PAL). The purpose of the Tune Up is the consolidation and refinement of previous learning as a life-assisting caregiver.

Learning Objectives

By completing the ASIST 11 Tune Up, participants can reconfirm their ability to be a willing, ready and able caregiver.

Target Audience

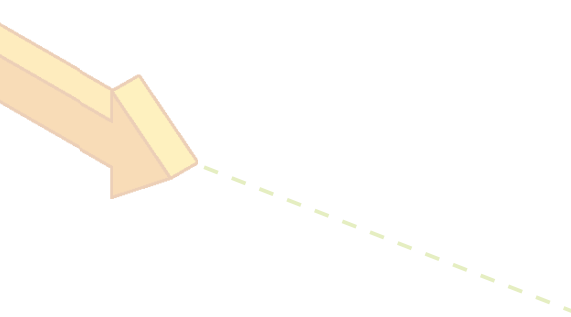
All caregivers, formally designated or not; adults and youth 16 plus who have attended ASIST 11 since 2013.

**The Tune Up cannot be used for participants who wish to upgrade to ASIST 11. These participants must attend the two day ASIST workshop.

Course Details

Duration: 1/2 day

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>





safeTALK

safeTALK is a workshop for the community that prepares participants to identify and engage people with thoughts of suicide and connect them with further help and care.

About the Course

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk.

safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

Learning Objectives

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide-helping resources.

Target Audience

Anyone who might want to help; minimum age 15 years.

Course Details

Duration: 1/2 day

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>

Suicide to Hope (S2H)

About the Course

During suicide2Hope (s2H), participants reflect upon their qualities as helpers—the beliefs, values, and attitudes they bring to the relationship. They also learn about various meanings of suicide experiences and discover the opportunities for recovery and growth they present.

More specifically, Suicide2Hope is structured around a three-phase Pathway to Hope (PATH) model. The Understanding Phase focuses on exploring and describing barriers to recovery and growth. This establishes a foundation for the Planning Phase, involving the formulation of recovery and growth goals and plans. The Implementing Phase focuses on monitoring progress and reviewing the process.

Clinicians and professional helpers who attend the s2H workshop learn how to use this model collaboratively with those they serve. The workshop is highly interactive with a mix of large group and small group discussions and simulations.

Learning Objectives

- Apply a recovery and growth approach for persons previously at risk of and currently safe from suicide.
- Describe how suicide experiences provide an opportunity for recovery and growth work.
- Recognize how their Helper Qualities might impact recovery and growth work.
- Understand a schematic of common issues and related recovery and growth opportunities.
- Apply a model for setting recovery and growth goals as well as a framework for monitoring and coordinating recovery and growth work.

Target Audience

This workshop is targeted to practitioners who work with individuals who have previously been at risk and are currently safe from suicide.

Course Details

Duration: 1 Day

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>

TRAINING FOR HEALTHCARE AND HUMAN SERVICES

Integrated Treatment for Concurrent Disorders

About the Course

This three-day integrated training program is designed for professionals who work with people who have co-occurring mental illness and substance use. It is estimated that 40 per cent to 65 per cent of persons with mental illness also have a substance use disorder. This practical workshop will help participants understand and appreciate the principles and skills needed to work effectively with people with concurrent disorders.

Learning Objectives

- Increase understanding of the basics of mental health and substance use issues
- Learn and understand what an integrated treatment framework is
- Apply the skills and tools within the framework to support individuals who have concurrent disorders

Target Audience

Professionals who work or support individuals who are experiencing mental health and/or addiction issues.

Course Details

Duration: 3 Days

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>

Motivational Interviewing I

About the Course

Motivational Interviewing (MI) is a collaborative conversation style for strengthening a person's own motivation and commitment to change. Develop the spirit and practice of MI designed to explore and resolve ambivalence to change.





Watch this short video to give you a taste of what Motivational Interviewing is: [watch now](#)

Learning Objectives

- Define what MI is
- Understanding the MI spirit
- Understanding the four processes: engaging, focusing, evoking and planning
- Recognizing and responding to Change Talk
- Practicing and applying core skills: open questions, affirmations, reflections, summaries

Target Audience

Adults 18+
People working in mental health and/or addictions field

Course Details

Duration: 2 days

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>

Advanced Motivational Interviewing

About the Course

This four-day course is an advanced interactive workshop building on the principles, skills and methods of Motivational Interviewing (MI) to help individuals move towards positive change. Develop the spirit and practice of MI designed to explore and resolve ambivalence to change.

Pre-requisite: Requires completion of Motivational Interviewing I

Learning Objectives

- Review of definition of MI
- Understanding the MI spirit
- Understanding the four processes: engaging, focusing, evoking and planning
- Recognizing and responding to Change Talk
- Practicing and applying core skills: open questions, affirmations, reflections, summaries
- Advanced practice of core skills

Target Audience

Adults 18+; people working in mental health and/or addictions field

Course Details

Duration: 4 days (over 4 months)

For additional course details for the current training season please visit our website at <https://ottawa.cmha.ca/>

TRAINING FOR WORKPLACE MENTAL HEALTH

Mental Health Works

About the Course

Mental Health Works (MHW) is a nationally available program of the Canadian Mental Health Association, Ontario Division, which builds capacity within organizations to effectively address the many issues related to mental health in the workplace.

Learning Objectives

*Each workshop will have different learning objectives based on the selected duration and topic listed below.

A psychologically healthy work environment supports employee engagement, worker health and well-being, recruitment and retention, productivity, effective risk management and corporate social responsibility. Everyone in the workplace, at all levels, positions and roles can benefit from raised awareness and deepened understanding of the issues to build capacity for creating a psychologically healthy and safe workplace.

Target Audience

Senior, middle management, union representatives, HR personnel, employees/colleagues

Supervisors and managers play a pivotal role in employee success. MHW can assist with increasing their capacity by offering workshops to equip with the awareness, understanding and tools they need to have effective conversations when employees are struggling.

MHW also offers workshops for employees to assist them in understanding their own mental health concerns, those of their colleagues and how to get support.

Course Details

Duration, time and cost will vary depending on the type of MHW program you choose for your group or organization. This information will be determined during the training request stage.

Program Delivery

Our award-winning multimedia presentations range from one-hour information sessions to full-day interactive sessions with exercises and group discussion.

MHW Core – full-day workshop (up to 20 people)

Includes the following topics:

- Workplace mental health
- Mood and depression
- Stress and anxiety
- Psychological safety

MHW In Focus – Half-Day Workshop (up to 40 people)

Choose a topic from:

- Workplace mental health
- Depression and anxiety
- Mental health and safety

MHW Essentials – 1-Hour Presentation (up to 40 people)

Choose a topic from:

- Mental health at work
- Mood and depression
- Stress and anxiety
- Mental health and safety





FREQUENTLY ASKED QUESTIONS

I noticed you offer some great training programs – how do I register?

If you have found a course you are interested in signing up for on our website, simply click on the Register Now button at the bottom of the program page. This will take you directly to our registration system called Eventbrite.

Alternatively, you can go directly to the CMHA Ottawa Eventbrite site and search and register for the course of your choice.

Once in Eventbrite, select the date, if required, and complete your registration. Please note all registrations cut off five business days prior to the start of training.

I would like to come drop off a cheque for my registration fees – how do I do this?

Unfortunately, you must pay any course fees at the time of registration online. If there is a cost associated to the program you have chosen, you must pay with a Visa or Mastercard.

Where do your training programs take place?

All of our public programs are offered on location at CMHA Ottawa. We are located at 311 McArthur Avenue and our training room is in the newly renovated basement.

If you are part of a private group event, your training may take place elsewhere and you should contact your training coordinator/ employer.

Should I pack a lunch for a full-day training event?

Coffee, tea and water is served during all-day events, however, participants must provide their own lunch. A bagged lunch is recommended, or you may wish to stop by a local eatery or grocery store during your lunch break.

I need to drive to your location, is there parking close by?

Visitor parking at 311 McArthur Avenue is free of charge.

I don't drive – how else can I get to your location?

If you would like to take the bus, the #14 bus will drop you off or pick you up at 311 McArthur Avenue (McArthur/Lafontaine stop).

If you wish to travel by bicycle, you will have access to bike routes and a bike-protected lane along McArthur Avenue.

I registered for training but need to cancel – how can I do this and will I get a refund?

Full refunds, less a \$20.00 administration fee, will be given when a written/email request is received seven days prior to the date of the workshop.

Registration may be transferred to another person.

If you have been invoiced for training, there is a \$25.00 charge on all returned cheques.

You cancelled my program due to low enrollment – now what?

If we need to cancel your training session, you will receive an email notifying you of the cancellation. If we are running the session again during the training season, you will have the option to transfer your registration to a date later in the year. If we are not running another session or you do not wish to transfer your registration, we will refund you the cost of the program in the same manner in which you originally paid.

We are looking to run one of your training programs for a group of people at our company/organization – do you offer private sessions? What is the cost for a private training session?

Yes! All the current dates listed on our website for our general public program offerings are available. If you or your organization would like to run one of our programs for your team or company please fill in our training request form and someone will contact you to further discuss your needs.

Dates, cost and location will be determined after we have received your initial request.

Please note that our programs will have minimum and maximum participant requirements in order to run a private session and to ensure a great learning experience. This will be discussed as part of the initial request inquiry.

You have no upcoming dates listed for the program I want to take, when will you offer more?

Our programs run from September to June each year and we offer a variety of dates throughout. If you have missed the dates for the program you are interested in, keep your eyes on our website as we may add additional sessions based on demand. If not, please register early for the new season as registrations fill up quickly.

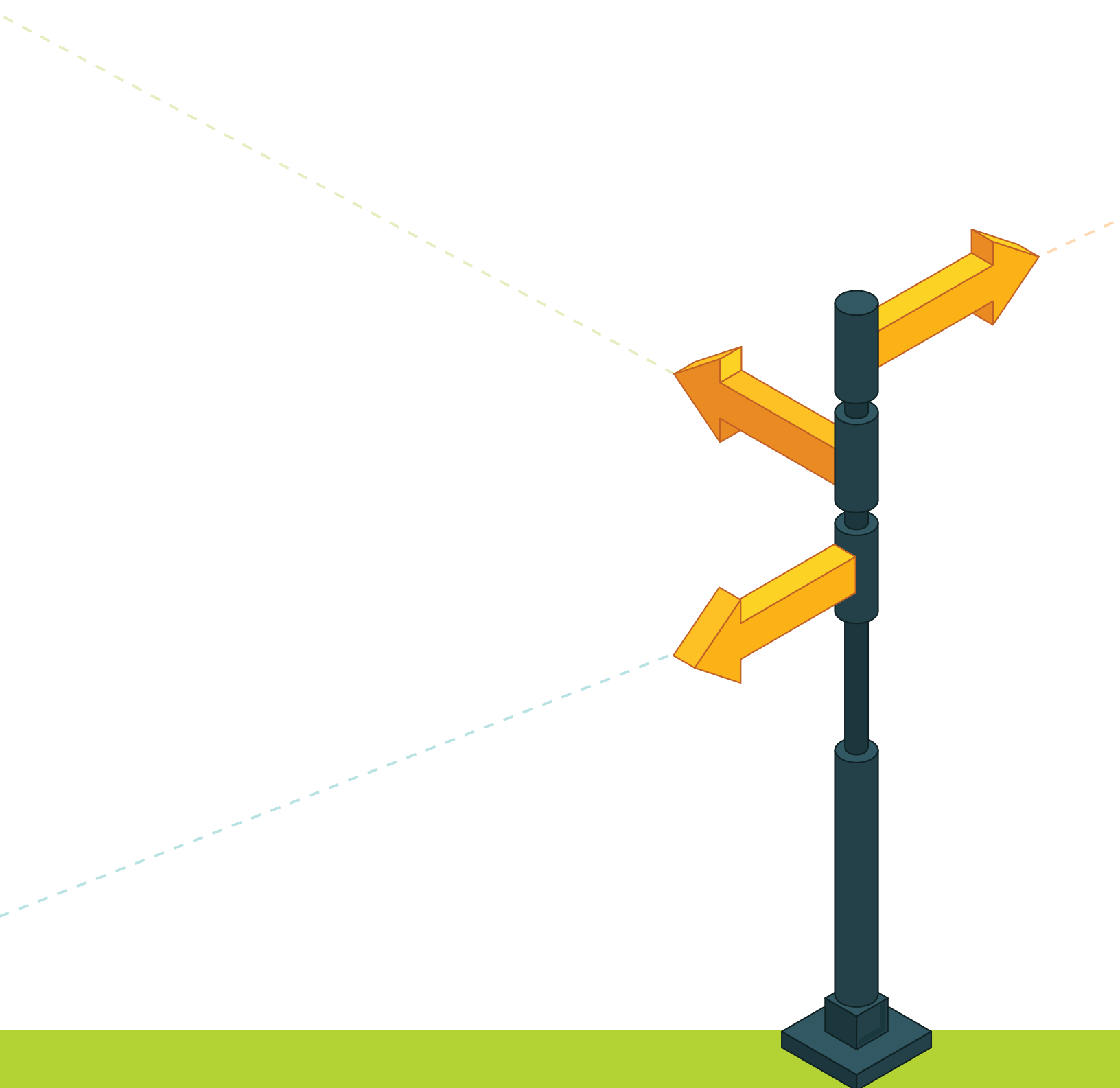
The course I want is full, what do I do now?

Most of our courses allow for a waitlist. If the course you want is full and you are still interested in attending, please add your name to the Eventbrite waitlist for that particular session and if a spot opens up, you will be notified immediately.

I still have questions – who can I talk to?

If you still have questions or wish to speak to someone in person, please contact our team at education@cmhaottawa.ca and we will direct your inquiry to the appropriate team member. Alternatively you can call us at your convenience at 613-737-7791.





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