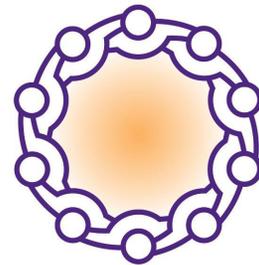


This FREE 65-hour certificate training program is designed to help people prepare for entry-level positions within the public mental health field and/or prepare them to become Peer Mentors.

To request an application or more information:

Contact:

(530) 225-3678
or email
mhsa@co.shasta.ca.us



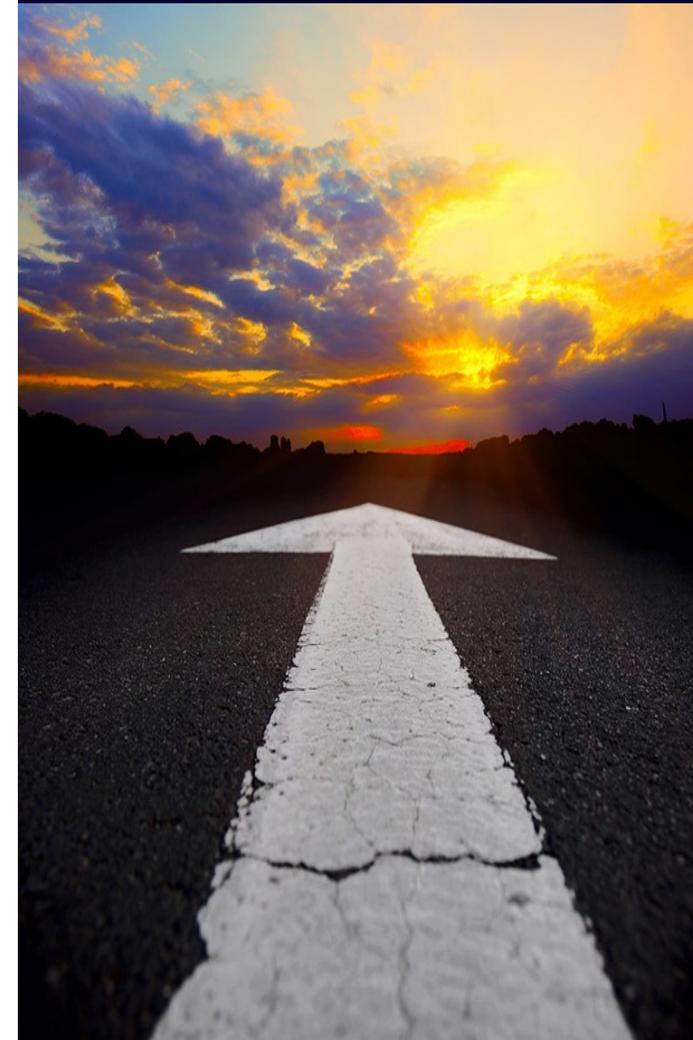
Stand Against Stigma
Changing minds about mental illness.



WELLNESS • RECOVERY • RESILIENCE

Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.

SHASTA MENTAL HEALTH SERVICES ACT (MHSA) ACADEMY



www.shastamhsa.com

LEARN

- The principles of wellness, resiliency, and recovery.
- How to articulate the difference in treatment goals vs. recovery goals.
- How to support a consumer in setting and accomplishing his/her goals.
- How to co-facilitate a variety of group activities that support and strengthen recovery.



- How to support a consumer in combating negative self-talk, overcoming fears, and solving problems.
- How the power of beliefs and values support or work against recovery.
- How to establish healing relationships.
- How to personally deal with conflict and difficult interpersonal relations in the workplace.
- How to interact sensitively and effectively with people of other cultures.

Your Success is Important to Us

Classes are delivered in an interactive format and are designed to fit a variety of learning styles.

All education levels are welcome.

GROW

Develop and/or strengthen a variety of skills such as:

- Meeting facilitation
- Crisis management
- Conflict resolution
- Active listening
- Stigma reduction
- Appropriate self-disclosure
- Self-care
- Stress-management



EXPLORE

A variety of different public mental health career pathways:

- Clinical
- Nursing
- Case management
- Administrative
- Clerical and support
- Peer specialists



CONNECT

Social and professional connections are important for all of us. This course is an excellent way to learn from mental health staff, consumers, community members, and each other.

Different perspectives will be examined as we interact with our local wellness centers, the county health department, and individuals on the path of wellness and recovery.