

## Trainings to Help You Help Others

### Mental Health First Aid



Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Mental Health First Aid is a public education program that can help individuals across the community to understand mental illnesses, support timely intervention and save lives.

Information at [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

### Recovery Coach Training



The CCAR Recovery Coach Academy is a five day intensive training academy focusing on providing individuals with the skills need to guide, mentor and support anyone who would like to enter into, or sustain, long-term recovery from an addiction to alcohol or other drugs. The trainings are for individuals who are involved in the recovery initiation of others, and/or are in sustained recovery themselves and want to become a Recovery Coach or a Certified Recovery Support Worker for people seeking or already in recovery.

For upcoming trainings in New Hampshire, contact:

New Hampshire Drug & Alcohol Counselors Association, <http://www.nhadaca.org/>

New Futures, [www.new-futures.org](http://www.new-futures.org)

Information on becoming a *Certified Recovery Support Worker* in NH:

<http://www.dhhs.nh.gov/dcbcs/bdas/documents/crsw-app.pdf>

## Family to Family Trainings



NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. Research shows that the evidence based program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

Information at: <http://www.naminh.org/we-educate/family-education/family-family>

## Training for Effective Community Action



The National Coalition Academy (NCA), a comprehensive training program developed by the Community Anti-Drug Coalitions of America (CADCA)'s National Coalition Institute and teaches leaders "what they need to know" (the core competencies) and "what their team needs to do" (the essential processes) to establish or maintain a highly effective anti-drug coalition. The training contains a wealth of material that can be helpful in creating action plans to address other behavioral health challenges at the community level as well.

The NCA is designed specifically for coalition staff and volunteer leadership. It combines three weeks of classroom training, three reinforcement on-line sessions and access to a web-based workstation. The Academy's training curriculum is organized within SAMHSA's Strategic Prevention Framework. By the end of the year-long training, coalitions will have developed five essential products (1) a community assessment, (2) a logic model, (3) a strategic & action plan, (4) an evaluation plan and (5) a sustainability plan.

Information at: [www.cadca.org](http://www.cadca.org)