

Cross-System Learning Opportunities for Muskegon County Youth-Serving Staff 2018 CALENDAR



MYalliance
System of Care.



MYalliance System of Care Orientation

MYalliance System of Care is a collaboration between youth, parents, schools and agencies working together to increase access to needed services and engage youth and families to help design the programs that serve them. This orientation is an in-depth overview to the system of care philosophy and model. It's an ideal training for all youth serving staff in Muskegon County as well as youth and parents engaged in one of the child-serving systems.

RSVP for one of the following training dates: <http://socorientation.eventbrite.com>

Tuesday, April 10
8:30 - 10:30am

Tuesday, June 12
8:30 - 10:30am

Wednesday, Aug. 8
3:30 - 5:30pm

Tuesday, Oct. 9
8:30 - 10:30am

Wednesday, Dec. 12
3:30 - 5:30pm

Understanding ACEs (Adverse Childhood Experiences)

Learn about ACEs and the impact they have on health and wellbeing. Research shows that people who have experienced 6 or more ACEs before the age of 18 are estimated to live 20 years less than those who have experienced 1 or no ACEs. Come learn tools for building resilience and supporting those who have experienced trauma/toxic stress.

RSVP for one of the following training dates: <http://acemuskegon.eventbrite.com>

Friday, March 16
Noon - 3:00pm

Thursday, June 7
Noon - 3:00pm

Thursday, Aug. 2
Noon - 3:00pm

Thursday, Oct. 11
Noon - 3:00pm

Tuesday, Dec. 4
1:30 - 4:30pm

Tuesday, April 17
1:30 - 4:30pm

Tuesday, July 17
1:30 - 4:30pm

Thursday, Sept. 20
Noon - 3:00pm

Tuesday, Nov. 20
1:30 - 4:30pm

QPR (Question, Persuade, Refer) Suicide Prevention Skills Training

When confronted by a suicidal person we can get confused, upset, and concerned about what to do. Most people who die by suicide have discussed their desire to die before taking their life. And most of us do not know what to say or do in those times. Learn the warning signs, how to ask *THE question*, and actions that could save a life.

RSVP for one of the following training dates: <http://muskegonqpr.eventbrite.com>

Wednesday, March 14
11:30am - 12:45pm

Wednesday, May 9
11:30am - 12:45pm

Wednesday, July 11
11:30am - 12:45pm

Wednesday, Sept. 12
11:30am - 12:45pm

Wednesday, Nov. 14
11:30am - 12:45pm

Wednesday, April 11
11:30am - 12:45pm

Wednesday, June 13
11:30am - 12:45pm

Wednesday, Aug. 8
11:30am - 12:45pm

Wednesday, Oct. 10
11:30am - 12:45pm

Wednesday, Dec. 12
11:30am - 12:45pm



Youth Mental Health First Aid

1 in 5 of people will struggle with a mental health crisis this year. In this class you will learn to recognize the signs and symptoms of anxiety, depression, substance abuse, psychosis, and suicidal thoughts and behaviors. Learn what to do to help that person until appropriate professional help can begin.

RSVP for one of the following training dates: <http://youthmfhamuskegon.eventbrite.com>

Wednesday, March 21 **Wednesday, June 20** **Wednesday, Oct. 3**
8:30am - 5:00pm 8:30am - 5:00pm 8:30am - 5:00pm

Burnout & Compassion Fatigue: Fostering Emotional Resiliency

Burnout is real! Compassion fatigue, also known as secondary trauma, is characterized by a gradual lessening of compassion over time. This can happen to us when working with people who are suffering or that have been traumatized. Come learn the warning signs as well as the protective factors to foster emotional resiliency!

RSVP for one of the following training dates: <http://cfmuskegon.eventbrite.com>

Wednesday, April 18 **Wednesday, June 6** **Tuesday, Aug. 14** **Wednesday, Nov. 14**
1:30 - 3:30pm 1:30 - 3:30pm 1:30 - 3:30pm 1:30 - 3:30pm

Psychological First Aid (PFA) Training

Psychological First Aid (PFA) aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis. Early intervention can prevent more serious mental health problems later-- people can recover from a traumatic event with support. Learn how to assist and more information about Muskegon County's PFA team. *Note: **This is a PFA training.** Informational meetings are held the fourth Friday of every month at noon at HealthWest. These meets are open to the public to learn more about PFA.*

RSVP for one of the following training dates: <http://pfamuskegon.eventbrite.com>

Wednesday, March 28 **Wednesday, May 16** **Wednesday, July 11** **Wednesday, Sept. 12** **Wednesday, Nov. 7**
1:00 - 5:00pm 1:00 - 5:00pm 1:00 - 5:00pm 1:00 - 5:00pm 1:00 - 5:00pm

Michigan Human Trafficking Awareness Training

Human trafficking is considered a form of modern-day slavery and is occurring here in Muskegon. The purpose of this educational offering is to familiarize healthcare professionals with the issues of human trafficking, including recognition of potential victims, identification of support services available for victims of human trafficking, and acknowledgment of the legal obligations of healthcare providers when caring for potential victims of human trafficking.

RSVP for one of the following training dates: <http://mihta.eventbrite.com>

Tuesday, March 27 **Friday, May 11** **Wednesday, Aug. 22** **Thursday, Nov. 8**
1:30 - 3:30pm 1:00 - 3:00pm 1:00 - 3:00pm 1:30 - 3:30pm

About MYalliance:

MYalliance System of Care is a collaboration between youth, parents, schools and agencies working together to improve services in our community. This effort is focused on increasing access to needed services and engaging youth and families to help design the programs that serve them. The systems of care approach helps communities to see better outcomes for youth and families including improved mental health, better school results, and youth staying safe and out of trouble. Systems of Care is all about collaboration, cultural understanding, resiliency, and community engagement. **Learn more: myalliancesoc.org (launching spring 2018)**

Questions? Reach Out to Us!

Agency & School Partners: email Lauren Meldrum at: lauren.meldrum@healthwest.net or call 231.332.3812

Parents/Guardians: email Kevin Schmidt at: kevin.schmidt@healthwest.net or call 231.638.9720

Youth: email Andre Williams at: andre.williams@healthwest.net or call 231.740.7159