



Mental Health & Wellbeing Training and Education

To offer these low or no-cost trainings to your organization and staff, please email JFNA's Wellness Coordinator Beth Lipschutz at beth.lipschutz@jewishfederations.org to talk through which options best fit your needs.

All trainings are facilitated through a Jewish lens and can be customized to address the needs of specific audiences and settings.

CERTIFICATE TRAININGS

Three course options are delivered virtually or in-person. Participants receive certificates from the National Council of Wellbeing upon completion. All are taught through a Jewish lens with scenarios specific to the Jewish community.

Youth Mental Health First Aid (YMHFA)

The YMHFA course teaches **adults** how to support young people (ages 12-22). Participants will learn how to distinguish between typical adolescent development and symptoms of mental health challenges most common to young people: anxiety, depression, eating or substance use disorders, and the impact of social media and bullying. They will walk away with strategies for self-care and a 5-step action plan for how to help young people in both crisis and non-crisis situations. This course consists of 2 hours of online work and 6 hours on Zoom, or can be 8 hours of in-person learning. Participants who complete the course earn a certificate valid for 3 years.

Teen (Peer-to-Peer) Mental Health First Aid

The tMHFA course teaches **teens** how to notice red flags in their peers, ask them what is going on, and help them connect to an adult when needed. This course helps teens feel more confident in taking steps to help a friend, without feeling obligated to be responsible for someone else's mental wellness. This course is for 10th-12th graders and can be run in person over three 2-hour sessions or six 1-hour sessions. Teens earn a certificate for completion of the entire course.

Mental Health First Aid for Adults

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. This course consists of 2 hours of online work and 7 hours on Zoom, or can be completed in 8 hours of in-person learning. Participants who complete the course earn a certificate valid for 3 years.

WORKSHOPS & EDUCATION

Quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

QPR – Question / Persuade / Refer

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. QPR is an emergency mental health intervention for suicidal persons created in 1995; the intent is also to identify and interrupt the crisis and direct that person to the proper care. This course, taught through a Jewish lens, can be completed in 2 hours (Zoom or in person) and can be tailored for diverse communities and age groups.

Customized Courses

A variety of options for organizations whose staff may not have the time or capacity to participate in the full Mental Health First Aid trainings, for parents and volunteers interested in learning more about how to support their teens and young adults, or for those who wish to go deeper into specific subject areas.

We offer short (1-2 hour) trainings jointly created by Jewish educators and mental health professionals. Each can be delivered in person or virtually for any communal audience or setting. We can also provide accessible curriculum which can be implemented by your own professional or volunteer staff.

Topics include:

- overview of adolescent behaviors and brain science
- emotional intelligence in the workplace
- integrating Social Emotional Learning into religious school curriculum
- parenting education and tools
- self-compassion, Jewish mindfulness and other resiliency-building workshops