

# Community Mental Health and Addiction Program

Bringing emphasis and greater awareness to the most critical issues surrounding mental health, including suicide prevention and the drug overdose epidemic, by connecting our most vulnerable populations with available resources, responding to community-wide trends, and improving the overall health and education of our community.

Coming soon!



## Chronic Pain Self-Management Program

This six-week workshop helps participants better manage their chronic pain and help them feel better, move better and improve their quality of life. Developed by Stanford University, this research-based program is designed for people who live with chronic pain or their family members or caregivers. Topics include: techniques to better deal with frustration, stress, and fatigue; benefits of physical activity; foods and chronic pain; pacing activity and rest; setting goals; communication skills; and more!



## Narcan Training

A one-hour presentation on how to administer the nasal spray, Narcan, when a person has a suspected overdose from opioids. Upon completion of this training, Narcan kits are distributed for participants to carry.



## QPR Gatekeeper Training for Suicide Prevention

This 1-2 hour training is designed to teach "gatekeepers" how to respond to the warning signs of a suicide crisis. Gatekeepers include anyone who is strategically positioned to recognize and refer someone at risk of suicide such as parents, friends, neighbors, teachers, coaches, caseworkers or police officers. Gatekeepers are licensed for 3 years following this training.



## Strengthening Families Program

An evidence-based, family skills training program found to significantly improve parenting skills, family relationships, social competencies and school performance; and to reduce problem behaviors, delinquency and substance misuse in children. SFP is a multi-week curriculum for parents/guardians and their school-aged children. Weekly incentives and a graduation gift provided.



## Mental Health First Aid (Youth/Adult)

Two separate evidence-based trainings are available for adults who interact with youth or other adults. Both provide information on how to recognize signs and symptoms of mental health or substance use challenges, offer and provide initial help, and guide a person toward appropriate care if necessary. Certification is good for 3 years.



## NAMI Ending the Silence

This 50-minute presentation, designed for middle and high school students, includes warning signs, statistics and tools to seek help for themselves or a friend dealing with a mental health concern. A second young adult presenter shares their journey of recovery.



## Rx360

Focuses on development, implementation, and assessment of relevant and proven strategies to halt, reverse, and diminish the opioid crisis in Arizona. This one hour presentation is aimed at increasing awareness and education about prescription drug misuse and abuse. It can be tailored to high school students, middle school students, parents, and the general public.



## Stress Management

This one-hour presentation discusses methods of reducing stress during crisis situations. Various positive coping strategies that help reduce stress while being mindful of an individual's environment are discussed. A group breathing exercise is put into practice where each individual has the opportunity to experience relaxation of both mind and body.

Email: [CMHA@Pima.Gov](mailto:CMHA@Pima.Gov) or

Call: 520-724-7973 for more information!