

Mental Health and Suicide Prevention Advocacy Training

Presented by: Student Government Association, Chi Sigma Iota and the YSU National Alliance for Mental Illness

Mission Statement: The purpose of the Mental Health Advocacy and Suicide Prevention Training is to educate the Youngstown State University campus community on various mental health disorders that students may face by presenting them with researched based statistics while giving them the opportunity to hear from current graduate students and professionals in the counseling field. A large component for this training is in concordance with House Bill 28; therefore, students, faculty, and staff will be educated on warning signs of suicide, proper distress tolerance planning, and ultimately given resources within our university and within the community that can be used for referral.

What: Mental Health and Suicide Prevention Training

When: Friday, March 25, 2016 9:30-2:30p.m. (Lunch provided 11:15-12:00)

Where: Kilcawley Center, Chestnut Room

Why Attend?:

- Advocacy opportunity
- Educate students, faculty and staff on present MH concerns and the importance of TALKING about Mental Health and Suicide at Youngstown State University
- Professional Development opportunity/ Resume builder (all participants will receive a certificate of completion)

Section One: Mental Health and Psychoeducation

Time: 9:30-11:15 am (NAMI and CSI members will present)

- Facts/Figures (current research based information)
- Stigma and Violence (group activity) (20 minutes)
- Mental Health Disorders (CSI and NAMI members) (10 minutes per area/1-1.10 total)

Lunch Break (11:15-12:00) 45 minutes

- 1-2 related MH facts put on notecards and discussed during/end of lunch/ transition into Stephanie's session

Section Two: "Keep a Friend Safe": Suicide Prevention Training, Resources and Advocacy

Time: 12:00-1:00 YSU counseling program alum, doctoral student and presenter **Stephanie Fellenger, LPCC**

- Discussion of factual note cards from lunch
- General Distress Tolerance Planning & Safety Planning
- Added portion from Stephanie??
- YSU, Community, National Resources

Time: 1:00-2:30 **Key Note Speakers:**

- Suicide Prevention Researchers: Drs. Paul & Darcy Granello Ph. D., LPCC-S