



# mental health matters



## Free Training Opportunity: Supporting Youth Mental Health by Building Resilience

Mental Health Matters has a workshop available on childhood adversity and building resilience, free of charge, for youth-serving professionals in the Chippewa Valley. In this workshop, participants learn about the impact of adverse childhood experiences on mental and physical health, strategies to build protective factors and resilience, and how to apply this knowledge to improve the well-being of young people.

### What is it?

Mental Health Matters is excited to offer a free workshop about Adverse Childhood Experiences (ACEs) and Resiliency.

### Who is it for?

It is for those who work with youth in Chippewa and Eau Claire counties. The workshop is designed to reach professionals in many sectors, including government, education, healthcare, nonprofit/community-based organizations, and faith-based organizations.

### How much does it cost?

This workshop is free!

### How long is it?

The workshop is approximately 2 hours. It is designed to cover ACEs in one hour, and resilience in one hour. It is best delivered together as a two-hour workshop but can be split into 2 one-hour sessions. Contact us to determine what will work best for your group.

### What will participants learn?

By the end of the workshop, participants will be able to:

- Define adverse childhood experiences (ACEs) and describe ACE study findings of the impact of ACEs on physical and mental well-being.
- Identify how toxic stress and trauma impact the developing brain.
- Describe and define resilience and the protective factors that build resilience & support improved youth mental health.
- Identify specific strategies or actions to take in our work with youth to develop and strengthen their resilience.
- Describe the relationship between our own resilience/self-care and building resilience for youth.

### Who provides the workshop?

Presenters are from partner organizations working to improve mental health for Chippewa Valley youth through the Mental Health Matters project. All presenters have professional experience related to the content material, and all have been trained to deliver this workshop.

## How do I schedule a workshop for my organization?

To learn more about this training opportunity and to schedule a workshop, contact Brenda Scheurer, Project Director, Mental Health Matters.

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