



Canadian Mental  
Health Association  
*Mental health for all*



years of  
community






## Canadian Mental Health Association – NL Division Education & Training for Children and Youth



**For more information or to register, please contact:**


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**CMHA-NL EDUCATION AND TRAINING FOR CHILDREN AND YOUTH**

Program/Activity	Description	Duration
<p>Kids Have Stress Too! (KHST)</p> 	<p>Kids Have Stress Too!® (KHST!) is a universal primary prevention program to provide parents, caregivers and professionals with the awareness, knowledge and skills to help children become more resilient by learning to manage their stress. The program helps parents and those working with children to better understand childhood stress and how to provide children with age appropriate tools to deal with stress effectively.</p> <p>CMHA-NL delivers this program directly to parents, caregivers, and educators in short presentation and workshop formats, based on audience needs/requests.</p> <p>We also provide train-the-trainer workshops (full day) to enable other individuals and organizations to deliver KHST! programming.</p>	<p>1 Hour Modularized Presentation or 1 Day Presentation</p>
<p>Think Twice</p> 	<p>This 50-minute anti-stigma presentation is designed for teenagers at the junior and senior high school level. It is an introductory presentation on mental health and the stigma that is often attached to mental health.</p> <p>A video of youth with lived experience is part of this program.</p>	<p>50 Minutes</p>
<p>safeTALK</p> 	<p>safeTALK is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe.</p>	<p>3 Hours</p>

Program/Activity	Description	Duration
<p><b>Healthy Relationships Plus Program (HRPP) T4T</b></p> 	<p>The Healthy Relationships Plus Program (HRPP) is designed to build strengths, resilience and coping skills among youth as a way of enhancing interpersonal functioning. It is designed to model appropriate use of power and respectful relationships and support youth empowerment.</p> <p>This program combines evidence-based healthy relationships approach with enhanced mental health and suicide preventions components. The program focuses on youths 12-18 years old.</p>	<p>Train the Trainer Session 1 Day</p>
<p><b>Talk Today</b></p> 	<p>Talk Today is a comprehensive mental health program for young athletes. This training program combines ASIST Training for adults involved with sports teams as well as SAFE TALK for all athletes over the age of 15 years. This program is comprehensive focusing on awareness, mental health, and suicide prevention education.</p>	<p>4 Days</p>
<p><b>LIVING LIFE TO THE FULL</b></p>	<p>Participants take part in eight 90-minute sessions once weekly to help make a difference in their lives. Each session is moderated by a trained facilitator and participants receive a booklet to supplement the week's lessons. Participants are taught how to deal with their feelings when they are stressed, worried or hopeless, and learn skills to help them tackle life's problems.</p>	<p>Eight 90- minute Sessions</p>

Program/Activity	Description	Duration
	<p>Feather Carriers is a cultural approach to community mobilization to enhance mental health and addictions and suicide prevention through a culturally appropriate training. The name “Feather Carriers: Leadership for Life Promotion” reflects this perspective and draws on indigenous concepts of leadership for protection and promotion of community health and well-being. Feather Carriers are individuals within the Indigenous communities who have been presented by their community with an Eagle feather in recognition of their efforts to protect and promote community wellness. The Feather Carriers training involves using traditional teachings to support life promotion. Training time is varied, dependent on the needs of the community.</p>	

Also

Teen Talk-- Parent information session about talking with your youth aged children about suicide

### Toxic Positivity—What is toxic positivity?

Toxic positivity is the excessive and ineffective practice of generalizing yourself as happy or as "looking at the bright side" in all situations. It is asking yourself or others to turn off their emotions or consideration of negative outcomes in the pursuit of staying optimistic or staying happy.

Toxic positivity is a cultural trend that's reinforced every time we say something that's not fine is "fine" or that we're "doing OK" when we're doing terribly. It's reinforced every time we tell someone "it's fine," "that's nothing" or "just smile." It favors external signs of happiness and the general comfort of people around you over honesty, authenticity and hard conversations.

Engaging in toxic positivity can be conscious or unconscious. In the U.S., it's a cultural norm to "be polite" and keep your personal business out of most conversations, allowing toxic positivity to run rampant whether we realize it or not.

**Take Aim** anxiety information sessions can be presented as 3-hour 1 session or in multiple sessions.

**Anxiety session for youth** during and after the pandemic, what has change during the last year and how to correctly deal with those changes to your life and anxiety correctly.

As well as a variety of information sessions/presentations surrounding anxiety and stress for children and youth and parents.

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