

WE INVITE YOU TO JOIN US AT AN UPCOMING TRAINING SESSION.

Trauma Aware

Trauma Sensitive

Trauma Responsive

Trauma Informed

Trauma Awareness Training: How Trauma Impacts Social, Emotional, and Health Outcomes

This **90-minute** training provides an introduction to the impact of trauma on health, development, and social functioning. This training is the suggested starting point for individuals and organizations interested in learning more about trauma and toxic stress.

Trauma Responsive Training: Responding to Survivors of Trauma

This **8-hour** interactive training is designed to go beyond factual understanding of the impact and prevalence of trauma, and into teaching participants to recognize indicators of a trauma history to better support and assist a trauma survivor.

Alive and Well STL hosts free public trauma awareness trainings each month and trauma responsive trainings each quarter. For more information, go to aliveandwellstl.com/events.

To request a training, or if you are interested in becoming an ambassador trainer, email Sean Marz (smarz@stlrhc.org) or call 314-446-6454 x 1032.

Related Training Opportunities

- **Mental Health America Wellness Seminars:** These 60-90 minute seminars will help you learn the skills needed to make mental wellness a part of everyday life. Learn a variety of techniques to help you care for your mental health just as you care for your physical health. **Contact Mental Health America at 314-773-1399 to learn more or to request a training.**
- **Youth Mental Health First Aid:** This training is for adults who care for, work, or volunteer with youth to help them identify and respond to signs of mental illnesses and substance use disorders. To find all Youth Mental Health First aid trainings, go to <http://www.mentalhealthfirstaid.org/cs/take-a-course/>. For those in the greater Ferguson community, as a part of Project AWARE, the Missouri Institute of Mental Health and its partner organizations are providing Youth Mental Health First Aid courses for free. These trainings can be found at <http://mhfamissouri.org/project-aware-trainings/>.
- **Mental Health First Aid:** This course is for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and substance use. **Upcoming trainings can be found at <http://www.mentalhealthfirstaid.org/cs/take-a-course/>.**
- **TREM/M-TREM:** The Trauma Recovery and Empowerment Model is an evidence-based trauma treatment model. This training is appropriate for clinicians and is held 1-2 times per year. If you are interested in receiving this training, **please contact Sean Marz at smarz@stlrhc.org.**

Alive and Well STL also provides specialized trainings or presentations by request. For more information, contact Sean Marz at smarz@stlrhc.org or 314-446-6454 x 1032.

