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**Mental Health Association
of Nassau County, Inc.**



Our Help Knows No Season

Let Us Bring Our Trainings To You Virtually!

Mental Health and Wellness 101

- Why is it important to talk about mental health and wellness? Mental Health and recovery are dependent on an individual's ability to recognize and manage where they are each day on the continuum between wellness and illness, and education and early intervention that promotes wellness can lead to better outcomes. This training aims to increase basic knowledge of mental health, reduce stigma, and to promote wellness, treatment seeking behavior, recovery and self-care.
- 30-45 minutes

Wellness During Uncertain Times

- In times of uncertainty, keeping up with our daily routines and goals can become more difficult as time goes by. While logically we know these routines contribute to maintaining our wellness, new limitations to our lives make it necessary for us to cope with challenges in different ways. This workshop will explore the importance of keeping routines, having wellness goals, and maintain self-compassion during unprecedented times.
- 30-45 minutes

Suicide Safety for School Staff

- Suicide Safety for School Staff is a short workshop focused on preparing all school staff how to approach at-risk students and link them to the proper personnel and resources to assist them during a crisis. The goals of SST are to review importance of suicide prevention, describe characteristics of at-risk students, outline school staffs' critical but limited role, clarify your building referral process and identify school and community resources
- 45-60 Minutes

Health Literacy and Cultural Competency 101

- The goal of this training is to explain health disparities by discussing social determinants of health using local stories, and place and health; advance cultural humility and linguistic competency by introducing CLAS Standards, addressing cultural issues and cultural differences in communities; and exploring how health literacy impacts health, including guidelines for health literate materials and using the teach-back technique with consumers and patients in the community.
- 60 minutes

VIRTUAL WORKSHOPS

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