

Community Engagement and Empowerment Team (CE&E Team)
Summary of Trainings: FY 17/18

Advocacy 101- will provide stakeholders with the basic elements needed to impact change. Prioritization, collecting data, collaboration, SMART goal setting, and collective advocacy will be among the topics discussed. Participants will walk away with an action plan as to how to effectively engage in advocacy. It has been said that the only constant is change. Having your voice heard to influence change is a process. Identifying and communicating with persons who possess influence over policy change will be addressed. The session will entail both individual and group work in crafting advocacy messages that are both clear and concise. This session aims at empowering all stakeholders to engage in the system and work to build a better system by engaging in the process.

Adult Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Youth Mental Health First Aid is also an eight hour course. It is designed to teach parents, family member, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

Beyond Recovery - "Each one, teach one" is a common mantra within the recovery movement. In the spirit of peer support, people in recovery consistently lift one another up. Recovery messaging assists us in telling our stories of success in positive ways. This session looks to have mentors share their before and after stories with diverse community groups. By doing so, the goal is to broaden the scope of influence and to heighten the overall awareness of substance use disorders and mental illnesses. Impact made in a proactive manner may be viewed as an inroad to prevention without actually labelling it as such.

CFAC's Role as an Advisory Board- This training gives a brief history of how CFACs began and have been organized and mandated. What CFAC is and what they do, who can be on the committee and how they can become a member. There will be a discussion on the difference of Advocacy Roles vs Advisory Roles, Legislative mandated communication, how important it is, the different methods of said communication and the optimal support and assistance provided to the CFACs is also discussed.

Choice and Empowerment- This training will provide an overview of how your voice matters. There will be several discussion on topics ranging from inner strengths, allowing others to have their dignity when they are faced with a challenging situation. How we can utilize teachable moments. How helping others makes you feel and how the need to feel needed is present in us all. The difference in helping someone versus co-dependency is addressed. Assistive devices how they can assist people in becoming independent is covered as is helping someone learn self- reliance.

Community Engagement- This presentation will focus on community engagement as a way to form and strengthen long term relationships in an effort to partner with stakeholders in the development and ongoing quality improvement of behavioral health services. We will look at the benefits of effective engagement as well as discuss and identify specific strategies to improve participants' ability to effectively engage with stakeholders. This will be an interactive presentation and participants will learn strategies to build and sustain formal and informal networks, maintain relationships, communicate messages, and better leverage resources.

Local CFAC Orientation for New Members- This is a brief Power Point on Local CFAC's- who, what, when, why and how- CFACs work. This gives a brief history of the CFAC, their responsibilities, when and where they meet, how they carry out their mission, working with the LME/MCO and their communities, the advisory capacity of CFAC, how membership works, terms of office and the statute that delineates the guidelines.

Mental Health and Substance Use Recovery -This presentation is approximately an hour and a half in length however the time frame can be tailored to meet the needs of most organizations. The presenters cover a brief history of the national Recovery Movement and take a look at significant events and accomplishments in North Carolina. They go over formal and informal definitions of recovery and present research related to the topic. In addition, the presenters take a close look at Recovery Oriented Systems of Care and how people with lived experience are making a difference as Peer Support Specialists in North Carolina.

Reducing Stigma- This training is to provide an open dialogue on the need to reduce stigma in society. The discussion will cover several topics such as the definition of stigma, three elements of stigma, what the true meaning of stigma is, how discrimination and stigma are intertwined with each other, how stigma affects all disabilities, and then finally methods for reducing stigma.

An Overview of Wellness- This presentation is approximately one hour long. The presentation provides a working definition of wellness, looks at strategies to achieve and maintain wellness and provides resources which participants may access to enhance their own wellness efforts. The presentation makes the case for why wellness is vital to persons in recovery from mental illness, substance use and/or trauma.

Who You Gonna Call? - is a presentation which provides information on how to access services and supports for Substance Use, Mental Health and/or Intellectual and Developmental Disabilities. During this training we will discuss a range of other topics including; service authorization appeals, guardianship, and community resources that assist people with housing, finances, health care, and other services and supports. This presentation will focus on specific ways that people who are consumers of services and their family members, can become engaged as advocates in the development and ongoing monitoring of the service system. Our target audience is people who are primary and secondary consumers of mental health, substance use and/or intellectual and developmental disabilities services. In addition, we would like to attract anyone interested in learning more about how to advocate for and support persons to access services. Upon completion of this training, participants will know how to access behavioral health services and supports in their community, will know how to file a service authorization appeal or assist others to do so and will know how to more effectively operate as advocates within the service system.

