



## TRAINING INSTITUTE COURSE MENU

TRAINING		LENGTH	COST	COMMENTS
<b>Mental Health First Aid Youth Course</b>	How to help youth who are experiencing a mental health or addiction challenges or are in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety and traumatic experiences, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders, and eating disorders.	8 Hours (1 Day)	\$2000/Private Class  \$200/Per Person	Maximum course size of 25 participants  Cost includes all materials
<b>CPI Nonviolent Crisis Intervention (Full Course)</b>	Training designed to teach best practices for managing difficult situations and disruptive behaviors. Students learn how to identify at-risk individuals and use nonverbal and verbal techniques to defuse hostile or belligerent behavior. Includes decision making and <i>physical intervention and restraint skills</i> .	16 Hours (2 Days)	\$2000/Private Class  \$300/Per Person	Maximum course size of 20 participants  Cost includes all materials
<b>CPI Nonviolent Crisis Intervention (De-escalation and prevention strategies)</b>	Training designed to teach best practices for managing difficult situations and disruptive behaviors. Students learn how to identify at-risk individuals and use nonverbal and verbal techniques to defuse hostile or belligerent behavior. Includes de-escalation and prevention strategies ONLY	8 Hours (1 Day)	\$1000/Private Class  \$200/Per Person	Maximum course size of 25 participants  Cost includes all materials
<b>Handle with Care Crisis and Physical Intervention Training</b>	Training designed to teach managing crisis situations and disruptive behavior. Identifying problem behavior and working to de-escalate hostility and aggression. Instruction in physical intervention skills and restraint and when those skills should be used.	16 Hours (2 Days)	\$2000/Private Class  \$300/Per Person	Maximum course size of 15 participants  Cost includes all materials
<b>Full QBHP Training</b>	Teaches the skills necessary to work as a paraprofessional or Qualified Behavioral Health Provider (QBHP). This includes information on mental health issues, crisis management and de-escalation techniques as well as training in physical intervention techniques. CPR/First Aid Training included. At the end of the course you will be certified as a QBHP by The Centers.	40 Hours (5 Days)	\$1000/Per Person	Cost includes all materials



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<b>Trauma-Informed Care – Introduction</b>	Define trauma and associated issues as well as common symptoms. Discuss basics of trauma-informed care and highlight common characteristics. Also spotlighted will be practical changes for programs and individuals working with those who have been exposed to trauma.	2 Hours	\$200	
<b>Trauma Sensitive Schools - Introduction</b>	Insight into trauma-informed tools and resources. Provide participants with a structure for building trauma-informed classrooms and strategies for creating a trauma-informed community in your school.	2 Hours	\$200	
<b>Trauma Sensitive Schools</b>	Define trauma and associated issues as well as common symptoms. The training will discuss basics of trauma-informed care and highlight common characteristics. Also spotlighted will be practical changes for individuals working with children exposed to trauma. Gain a deeper insight into tools and resources needed for building trauma-informed classrooms and strategies for creating a trauma-informed community in your school.	6-8 Hours	\$600-\$800	
<b>Compassion Fatigue</b>	Clearly identify the components of compassion fatigue, symptomology, and preventative strategies which can be employed to restore a healthy balance to life and increase work satisfaction.	2 Hours	\$200	
<b>CPR/First Aid</b>	American Red Cross Adult and Child CPR/First Aid and AED certified class. 2 year certification as a part of this class.	4 Hours	\$400/Private Class  \$50/Per Person	
<b>Consultation</b>	Consultation on difficult cases, students or clients. Behavior protocol design. As well as regular supervision meetings with teachers or paraprofessionals.		\$100/Hour	

**\*GROUP RATES ARE AVAILABLE**

**\*PACKAGES CAN BE CREATED AT REDUCED RATES**

**\*COURSES CAN BE CREATED UPON REQUEST TO MEET ANY SPECIFIC NEEDS**