



## Community Education Programs

Discover training objectives, scheduling details, and costs:

Mental Health First Aid	4
Mental Health Awareness	6
safeTALK	7
Applied Suicide Intervention Skills Training	8
Columbia-Suicide Severity Rating Scale	9

# About FirstLink

## Experienced in crisis intervention

FirstLink's core services include answering the 988 Suicide & Crisis Lifeline and 211 Information & Referral Helpline for the entire state of North Dakota and parts of northwestern Minnesota. We've been accredited by the American Association of Suicidology since 1987.

## Trusted by the communities we serve

We've built meaningful partnerships with the ND Dept. of Health & Human Services, Behavioral Health Division, local and regional crisis response agencies within our service area, and have experience training folks of all backgrounds.



# Education Programs

This proposal includes details related to each training offered; all of which may be presented to a private group/agency or open to the community. Trainings are available by request or collaboration through a contract or grant. Our team is happy to meet with you virtually or by phone to discuss bringing a training to your community!

Reach out to us today by email [outreach@myfirstlink.org](mailto:outreach@myfirstlink.org)  
or by phone **(701) 293-6462 ext. 125**

## ***Additional benefits of training with FirstLink:***

- Approved to offer continuing education unit hours (CEUs) for a variety of professions, including several trainings approved for ND/MN POST credits.
- Knowledgeable training team with over 30 years of combined experience in crisis intervention and community education.
- We're caregivers. Talking about mental health challenges, substance use, or suicide can stir up difficult emotions. Our trainers don't just teach, we are ready to support any participant emotionally to ensure safety for that individual and their fellow learners.
- FirstLink coordinates every aspect of the training and can assist with marketing to your community. All supplies, technology, and refreshments are included in the price (including catered lunch for full-day trainings!)
- Increase awareness of life-saving services through distribution of FirstLink brochures and calling cards; help connect those in your community with the 988 Lifeline or 211 Helpline!



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING



**YOUTH  
MENTAL  
HEALTH  
FIRST AID®**

 **LIVINGWORKS**



**safeTALK**



**ASIST**

# Adult Mental Health First Aid



## Objectives

As a result of this training, participants will...

- Be able to identify common signs and symptoms of mental health and substance use challenges.
- Learn to interact with a person in crisis.
- Be able to connect a person with help.



## CEU Credit

Approved to offer **8 hours** of credit by

- ND Board of Social Work, extending credit to licensed social workers, nurses, and certified peer support professionals.
- ND EMS
- ND POST credit for peace officers.



## Delivery

**In person**, 8 hrs

**Virtual**, 2 hrs prework + 6 hrs live webinar

**Blended**, 2 hrs prework + 6 hrs in-person

**This workshop is typically scheduled 8:30am-5pm.** Catered lunch is included for in-person & blended cost due to a variable lunch. Depending on timing, the break may range from 30 mins - 1 hr.

**The virtual & blended formats include prework.** This is done via self-paced online learning modules. Participants *must* complete the prework before attending the live webinar or in-person training session. **There are no exceptions.**

**Min attendees: 8    Max: 30**



## Cost

In Person & Blended Delivery	
Training & technology fees	\$1,040
Venue fee (waived if host is providing space)	\$250
Catered lunch	\$570
Participant materials	\$975
<b>Total: \$2,835</b>	

Virtual Delivery	
Training & technology fees	\$975
Participant licenses to access online learning	\$720
Mailed resource kit to agency/group	\$90
<b>Total: \$1,785</b>	

# Youth Mental Health First Aid



## Objectives

As a result of this training, participants will...

- Identify common signs and symptoms of mental health challenges in the youth group.
- Learn how to interact with a youth in crisis.
- Be able to connect a youth with help.



## CEU Credit

Approved to offer **8 hours** of credit by

- ND Board of Social Work, extending credit to licensed social workers, nurses, and certified peer support professionals.
- ND EMS
- ND POST credit for peace officers.



## Delivery

**In person**, 6.5 hrs

**Virtual**, 2 hrs prework + 5 hrs live webinar

**Blended**, 2 hrs prework + 5 hrs in-person

**This workshop is typically scheduled**

**9am-4pm.** Catered lunch is included for in-person & blended cost due to a variable lunch. Depending on timing, the break may range from 30 mins - 1 hr.

**The virtual & blended formats include**

**prework.** This is done via self-paced online learning modules. Participants *must* complete the prework before attending the live webinar or in-person training session. **There are no exceptions.**

**Min attendees: 8 Max: 30**



## Cost

### In Person & Blended Delivery

Training & technology fees	\$940
Venue fee (waived if host is providing space)	\$250
Catered lunch	\$570
Participant materials	\$975
<b>Total: \$2,735</b>	

### Virtual Delivery

Training & technology fees	\$975
Participant licenses to access online learning	\$720
Mailed resource kit to agency/group	\$90
<b>Total: \$1,785</b>	

# Mental Health Awareness



## Objectives

As a result of this training, participants will...

- Receive brief overviews of common mental illnesses.
- Learn an action plan of how to assist someone who may be experiencing a mental health challenge.
- Be able to identify the importance of self-care.



## CEU Credit

Approved to offer **1-4 hours** of credit by

- ND Board of Social Work, extending credit to licensed social workers, nurses, and certified peer support professionals.



## Delivery

Available formats:

### In person or virtual

- **1 hr** format covers depression, anxiety, and basic suicide awareness.
- **4 hr** format covers additional topics including substance use, psychosis, and the Columbia-Suicide Severity Rating Scale assessment for determining suicide risk.

**Virtual sessions will be recorded and shared with the hosting agency.**

**Min attendees: 8 Max: 50**



## Cost

### 1 hour session

Training & technology fees	\$165
Venue fee (waived if host is providing space or virtual)	\$25
Participant materials	\$65
Total: \$255	

### 4 hour session

Training & technology fees	\$540
Venue fee (waived if host is providing space or virtual)	\$75
Participant materials	\$75
Total: \$690	

# safeTALK



## Objectives

As a result of this training, participants will learn to...

- Notice and respond to situations where suicide thoughts may be present.
- Recognize invitations for help and move beyond tendency to miss, dismiss, and avoid suicide.
- Apply the TALK steps: Tell, Ask, Listen, KeepSafe.
- Know community resources and how to connect someone with thoughts of suicide to help with for further suicide-safer help.



## Delivery

Available formats:

**In person, 3 hours**

LivingWorks Education requires a *Community Support Resource* to be present. This could be any ASIST-trained individual within your community who would feel comfortable offering emotional support to attendees during the workshop.

**Min attendees: 10 Max: 30**



## CEU Credit

Approved to offer **3 hours** of credit by

- ND Board of Social Work, extending credit to licensed social workers, nurses, and certified peer support professionals.
- ND EMS
- ND POST credit for peace officers.



## Cost

Training & technology fees	\$540
Venue fee (waived if host is providing space)	\$75
Participant materials	\$690
Total: \$1,305	

# Applied Suicide Intervention Skills Training (ASIST)



## Objectives

As a result of this training, participants will learn to...

- Understand the ways personal and societal attitudes affect views on suicide and interventions.
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs.
- Identify the key elements of an effective suicide safety plan and the actions required to implement it.
- Recognize other important aspects of suicide prevention including life-promotion and self-care.



## Delivery

Available formats:

**In person**, 16 hours

**This workshop is typically scheduled 9am-5pm for 2 consecutive days.**

Catered lunch is included due to potential variation in break times. This is also a standard required by LivingWorks Education.

**Min attendees: 10 Max: 30**

*This workshop will require 2 training rooms for groups of 16-30.*



## Cost

Training & technology fees	\$1,850
Venue fee (waived if host is providing space)	\$500
Catered lunch x 2 days	\$1,140
Participant materials	\$1,645
<b>Total: \$5,135</b>	



## CEU Credit

Approved by the ND Board of Social Work Examiners to offer

- **12 hours + 1 Ethics hour** to licensed social workers
- **13 hours** of credit extended to nursing and certified peer support professionals

Approved to offer **12 hours** of credit by

- ND EMS

Approved to offer **14 hours** of credit by

- ND POST credit for peace officers.



# Suicide Risk Assessment

## utilizing the Columbia-Suicide Severity Rating Scale



### Objectives

As a result of this training, participants will learn to...

- Identify suicide risk factors and warning signs.
- Utilize the Columbia-Suicide Severity Rating Scale (C-SSRS) screening tool to assess for suicide risk.
- Utilize a triage plan to connect an individual at risk to the most appropriate help.



### Delivery

Available formats:

**In person or virtual**, 1 hr-90 mins

- Time is flexible to accommodate group size and/or desire to spend more time practicing or engaging in Q&A.

**Virtual sessions will be recorded and shared with the hosting agency.**

**Min attendees: 8 Max: 100**



### CEU Credit

Approved to offer **1 hour** of credit by

- ND Board of Social Work, extending credit to licensed social workers, nurses, and certified peer support professionals.
- ND POST credit for peace officers.

Approved to offer **2 hours** of credit by

- MN POST credit for peace officers,



### Cost

Training & technology fees	\$190
Venue fee (waived if host is providing space or virtual)	\$25
Participant materials	\$70
Total: \$285	