THE CONFESS PROJECT of AMERICA

TCP VENTURES

BEYOND THE SHOP

COMMUNITY MENTAL HEALTH ADVOCATE TRAINING

EMPOWERING COMMUNITIES

THROUGH MENTAL HEALTH ADVOCACY

- **PROGRAM OVERVIEW**

Beyond the Shop is a comprehensive training program designed to equip community members with the knowledge and skills necessary to become effective mental health advocates and trainers. The program addresses the critical need for mental health awareness and support, especially in historically marginalized communities. Participants will gain an in-depth understanding of mental health issues, develop essential advocacy skills, and learn how to apply their knowledge practically to make a tangible impact.

- **IDEAL CANDIDATES**

The Beyond the Shop training program is designed for passionate individuals committed to improving mental health outcomes in their communities. Ideal candidates include those with a background in education, social work, psychology, or related fields, as well as community leaders and volunteers eager to make a difference. Successful participants will be empathetic, patient, and skilled communicators, dedicated to fostering inclusivity and reducing stigma.

JOIN US

Become a part of Beyond the Shop and help transform your community's approach to mental health. Together, we can create a more informed, supportive, and empowered community. For more information and to register, visit www.theconfessprojectofamerica.org or contact tcpaconnect@ljempowerment.org

Core Topics in Mental Health

- Understanding Mental Illness
- Recognizing Signs & Symptoms
- Addressing Barriers to Mental Health Care

Advocacy Skills Training

- Active Listening
- Positive Communication
- Validation
- Stigma Reduction

Practical Application

- Scenario based role play helps to refine advocacy skills in a safe & supportive environment
- Group discussions & exercises reinforce learning and shared experiences.

Become a Community Mental Health Advocate

- You'll learn the vital role CMHAs play in fostering a supportive community environment around discussing mental health
- Build connections with community members and local mental health resources to create a robust support network.

WEBSITE
WWW.THECONFESSPROJECTOFAMERICA.ORG

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