



The Center for
**Corporate and
Professional Education**
at Cape Cod Community College

Wellness Training Programs at Cape Cod Community College



As health and human service professionals and wellness leaders rise to the challenge of creating healthier organizations and communities, we provide the latest trainings, resources, and certifications in employee wellness.

Through our robust community partnerships and expert trainers, we have an impeccable reputation for helping businesses and health and human service professionals improve employee well-being and create healthier organizational cultures.

The Cape and Islands Suicide Prevention Coalition has partnered with Cape Cod Community College to offer QPR, safeTALK, Mental Health First Aid, Sudden Death Postvention, and ASIST training programs that provide our communities with the necessary information and tools to raise awareness, educate, and increase action to reduce suicides.

Reduce Suicide Risk and Promote Healing: Sudden Death Postvention Training

Using National Best Practice protocols, participants learn how to reduce the risk of contagion and create a comprehensive response plan in the event of a traumatic death.

Register

Date: Apr. 11th from 9:00 a.m. - 1:00 p.m. at 4Cs

Adult Mental Health First Aid Training

A skills-based training course that helps people identify, understand, and respond to mental health and substance use issues.

Register

Date: Feb. 2nd from 9:00 a.m. - 4:30 p.m. at 4Cs

Youth Mental Health First Aid Training

Youth Mental Health First Aid is designed to teach parents, family members, 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.

Date: TBD on Martha's Vineyard

Question, Persuade, Refer (QPR)

QPR stands for Question, Persuade, and Refer. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Register

Date: Feb. 12th from 3:00 -4:30 p.m. Live via Zoom

Date: May 22nd from 3:30-5:00 p.m. Hybrid (in-person at 4Cs and Zoom.

safeTALK Training

A training in suicide alertness skills to help people ask about suicide directly, connect others to life-saving resources and keep them safe until those resources take over.

Register

Date: TBD at 4Cs

Date: TBD on Nantucket

Professional Development Programs for Medical, Behavioral Health and Community Care

In addition to our wellness training course options listed above, we offer training on topics such as, but not limited to: Developing Today's Health and Human Service Leaders, Enhancing Personal and Professional Wellbeing,

Motivational Interviewing, Trauma Informed Care, and DEISJ. All programs offer or are eligible for continuing education credits and/or industry recognized credentials. Visit **www.capecod.edu/ccape/wellness**.

For More Information

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