

# MENTAL HEALTH AWARENESS TRAININGS FOR CAREGIVERS AND THEIR FAMILIES

Amerigroup has partnered with Mental Health America of Georgia to support their families with a series of mental health awareness trainings that will support caregivers and their families! Join us as we provide you with Outreach Wellness Learning Seminars that are perfect for both parents and youth

## MENTAL HEALTH MONDAYS

### BUILDING RESILIENCE FOR YOUTH - MONDAY, NOVEMBER 2, 2020, 10-11AM

[REGISTER HERE](#)

While a child is developing, their social-emotional development is just as important as their physical growth. This 45-minute seminar will describe social emotional development and the impact of trauma, identify ways to build and strengthen resilience in children and demonstrate self-care practices to prevent caregiver fatigue.

### SUPPORTING WELLNESS FOR DISTANCE LEARNERS - MONDAY, NOVEMBER 16, 2020, 10-11AM

[REGISTER HERE](#)

Current health events has created challenges for in-person learning for students. This 45-minute seminar will explore the importance of communication between home & school, identify effective organization strategies for academic success and explain strategies to adjust to the new normal to improve well-being.

### MANAGING ANXIETY FOR YOUTH - MONDAY, NOVEMBER 30, 2020, 10-11AM

[REGISTER HERE](#)

Most people experience some worry however excessive worry can impact wellness. For youth, this worry can have lasting effects on their development and transition into adulthood. This 45-minute seminar will recognize impact of chronic worrying, explore strategies to manage worry and improve mental health and practice skills to manage anxiety.

### MY LIFE IS A GIFT: SUICIDE PREVENTION - MONDAY, DECEMBER 14, 2020,

[REGISTER HERE](#)

#### 10-11AM

Suicide is the 10th cause of death in Georgia. For each suicide, there are roughly 25 attempted suicides and up to 230 individuals who have serious thoughts of suicide. This 45 - minute seminar will explain the impact of suicide and the relation to behavioral health, describe signs, symptoms & interventions effective for suicide prevention and explore ways to provide support to individuals after a suicide attempt.

### MAINTAINING A POSITIVE ENVIRONMENT- MONDAY, JANUARY 11, 2021,

[REGISTER HERE](#)

#### 10-11AM

Foster/Adoptive Parenting can come with many lessons and challenges, especially while navigating youth's prior experiences and trying to adjust to their needs. Creating and maintaining a positive environment will help support the foundation between parents and youth. This 45-minute seminar will identify common issues for placement disruptions and self-sabotage, explore adverse childhood experiences and life cycle of trauma, and demonstrate strategies to create a positive environment for youth.

## FAMILY FRIDAYS

### STRESS MANAGEMENT- FRIDAY, NOVEMBER 6, 2020, 10-11AM

[REGISTER HERE](#)

Chronic stress can create a host of chronic mental and physical health problems. This 45-minute seminar will describe the impact of stress on mental health, explain prevention strategies to manage stress levels and demonstrate effective stress reduction techniques.

### MENTAL HEALTH CRISIS- FRIDAY, NOVEMBER 20, 2020, 10-11AM

[REGISTER HERE](#)

Crisis situations can worsen mental health conditions or create mental health challenges. This 45-minute seminar explore the types of mental health crises and how to assess for risk of harm, identify effective coping strategies to empower individuals to seek help, and demonstrate ways to effectively respond to a person in crisis.

### SELF-CARE IS NOT SELFISH: CAREGIVERS WELLNESS- FRIDAY, DECEMBER 4, 2020, 10-11AM

[REGISTER HERE](#)

Caregiving is a role that we play daily to others that are in our lives simply because we care and love those individuals. This 45-minute seminar will recognize and manage stress as an aspect of self-care, explore strategies to develop or add to your self-care plan and develop a self-care plan.

### LIVING WITH MENTAL ILLNESS IN YOUNG PEOPLE- FRIDAY, DECEMBER 18, 2020, 10-11AM

[REGISTER HERE](#)

Everyone has mental health, it is defined by how we think, feel, behave and cope. This 45- minute seminar learn to explain common mental health disorders and their impact, learn effective ways to support someone with a mental illness, and learn effect ways to manage mental illness and promote wellness.