



Illume Trainings for Party at Our Place Sponsors

Tier 4

(Chose one Tier 4 or two from Tier 1-3)
Breathe for Staff Well-being

Tier 3

(Chose one Tier 3 or two others from Tier 1-2)
Motivational Interviewing Basics

Tier 2

(Choose one Tier 2 and one Tier 1)
Trauma informed care
Motivational Interviewing for Leadership

Tier 1

(Chose one Tier 1)
Understanding Grief and how to Cope
Sign & Symptoms of Mental Illness
De-escalation
Question Persuade Response

Mission Statement

To promote high-quality behavioral health systems that increase the use of recovery-oriented, evidence-based services that improve access and well-being.

Expiration Date For Specified Trainings: June 30, 2024



Understanding Grief and How to Cope
Tier 1
<ul style="list-style-type: none">• 2-hour training• In-person or Zoom• Up to 15 participants• Materials provided

Understanding Grief and How to Cope will provide participants education on recognizing different types of grief, how grief may impact themselves and others, as well as effective strategies to cope with the grieving process.

Signs & Symptoms of Mental Illness
Tier 1
<ul style="list-style-type: none">• 2-hour presentation• Up to 50 participants• In-person or Zoom• Materials provided

Signs & Symptoms of Mental Illness provides an introduction to some of the most identified mental illnesses. The purpose of this training is to provide insight into common mental health conditions, and provide insight into the experience of people living with mental illness so that we increase referrals to resources, reduce stigma and prevent traumatic encounters.



De-escalation Training
Tier 1
<ul style="list-style-type: none"> • 2-hour De-escalation training • In-person or over zoom • Approximately 25 attendees • Materials (handouts)

Illume’s De-escalation training has been tailored over 30 years by behavioral health clinicians at Places for People to prepare staff to prevent situations from escalating and becoming volatile. Our instructor will inform how to best work with individuals who are agitated or aggressive. This training is ideal for staff looking to maintain safety in volatile situations. Staff will be provided materials to utilize during the training and take with them after the training.

A one-hour discussion with leadership for discussion prior to training. Allows Illume to assess how the training fits with current policies and procedures.

Question Persuade Refer (QPR)
Tier 1
<ul style="list-style-type: none"> • 2-hour presentation • Up to 25 participants • In-person (highly preferred) or Zoom • Materials provided (QPR booklet)

Our instructor teaches the evidence-based *Question Persuade Response (QPR)* model for suicide prevention. Key components of the training include how to Question, Persuade and Refer someone who may be suicidal. How to get help for yourself or learn more about preventing suicide. Your staff will learn the common causes and warning signs of suicidal behavior, and how to get help for someone in crisis.



Trauma-Informed Care (TIC) Training		
Tier 2		
Trauma 101 Leaders	-OR-	Trauma 101 Staff
<ul style="list-style-type: none"> • 3-hour TIC training • In-person • Up to 50 people 		<ul style="list-style-type: none"> • 3-hour TIC training • In-person or zoom • Up to 50 People

Given the growing research on the prevalence, consequences, and costs associated with trauma exposure, efforts to create "trauma-informed" organizations have been growing in popularity. What makes an organization "trauma-informed" is often not clear. This **Trauma-Informed Care Training (TIC)** provides an overview of three important domains that characterize trauma-informed organizations: trauma-informed organizational environment, workforce development initiatives, and evidence-informed trauma-focused practices. Evaluation will include a *Creating Trauma-Informed Care Environments (CTICE)* organizational assessment. The assessment aims to identify components of Trauma-Informed Care in organizations that need further assessment, planning, data collection, and implementation. Illume will provide a written report of findings from the survey, identifying areas for possible intervention to improve trauma-informed care practices.

Motivational Interviewing for Leadership*
Tier 2
<ul style="list-style-type: none"> • Up to 20 participants • 4-hour training • In-person or Zoom • Materials provided

***Motivational Interviewing for Leadership** is a workshop designed to bring participants' MI skills to the next level by building on the basics and introducing advanced content. This workshop is fast-paced and assumes that participants have basic knowledge of MI Spirit, MI Skills, and MI Processes. Heavy emphasis will be placed on applying and integrating concepts through group discussions, activities, and practice. Advanced MI skills will be introduced on day two, with a focus on learning through real plays, activities, and experimentation. Role plays will be audio recorded to offer participants individual coaching.

* recommended to take MI Basics course or have a foundational understanding of MI before taking this workshop.



Motivational Interviewing Basics
Tier 3
<ul style="list-style-type: none"> • Up to 20 participants • 8-hour training • In-person or Zoom • Materials provided

Motivational Interviewing Basics is a framework for understanding an individual’s motivation and resolve ambivalence by enabling people to recognize their own patterns, own their personal outcomes and understand the means by which they will achieve those goals. Staff utilize motivational interviewing to attend to clients and staff needs in a person-centered way.

BREATHE for Staff Well-being
Tier 4
<ul style="list-style-type: none"> • (1) 3-hour training with leadership & (1) 6-hour training with direct staff • In-person • Up to 15 participants per training • (1) one-hour follow-up session for each training

BREATHE is an evidence-informed intervention that aims to promote staff well-being. The acronym stands for: Burn-out Reduction: Enhanced Awareness, Tools, Handouts, and Education. *BREATHE*’s effectiveness for promoting workplace well-being has been evaluated in various settings, including community mental health centers (Places for People was a study site in prior research studies) and the VA.