

AWARENESS TRAINING IRELAND

Mental Health Awareness
& Risk Assessment Training



CATALOGUE 2019

OUR SERVICES

EXPERT FACILITATORS	3
REAL WORLD COURSES	3
COURSES WE OFFER	3
BESPOKE OR READY-MADE COURSES	3
SKILLS BASED APPROACH	4
YOUR LOCATION OR OURS	4
TRAINING LEVELS AVAILABLE	4

OUR COURSES

SUICIDE AWARENESS & PREVENTION	5
GATEKEEPER TRAINING – INTERNATIONAL PROGRAMME	6
MENTAL HEALTH RISK ASSESSMENT	7
MENTAL HEALTH “FIRST AID”	8
APC TRAINING	9
ACTIVE LISTENING	10
EXECUTIVE STRESS MANAGEMENT	11
FIRST RESPONDER TRAINING	12
MENTAL HEALTH BASELINE PSYCHOMETRICS	13
MENTAL HEALTH REPORTING FOR MEDIA PROFESSIONALS	14

THE GREATEST RISK IS RISK ITSELF

Our specialist training emphasises the management and reduction of mental health related risks

Our experience is that many organisations have underestimated the importance of mental health, not just in terms of staff welfare but also in terms of duty of care.

We put a particular focus on understanding the causes of mental health issues on a corporate and personal level. We provide comprehensive training in assessing the risk factors involved in order that those risk factors can be identified early, mitigated and preventative measures taken before a concern becomes a crisis.

ABOUT AWARENESS TRAINING IRELAND

Awareness Training Ireland was established in 2014 by the Trustees of Youth Suicide Prevention Ireland due to demand from the private sector for training in mental health awareness. Mental Health has come to form a significant part of the Duty of Care of employers and we focus not only on awareness but risk assessment, management and mitigation.

Youth Suicide Prevention Ireland is the only national charity providing specific, targeted, mental health awareness and suicide prevention training in Secondary schools. The Schools Programme has now been running successfully since 2014 in 152 schools around the country.

OUR STRUCTURE

Awareness Training Ireland is a registered business name, 627720, of Youth Suicide Prevention Ireland Publications Limited, a limited liability company registered in the Republic of Ireland with the Company Registration Office under registration 537384. Our Registered Office is at 59 High Street, Killarney, County Kerry V93 N977. Our Directors are Anthony Philpott and Alan McKelvie.

OUR SERVICES

EXPERT FACILITATORS

The same facilitators who work in schools and colleges around the country every week are the facilitators for our courses. They bring a wealth of knowledge, experience and practical skills to our courses. Our facilitators work as easily with teachers, parents, youth workers and GAA coaches as with corporate personnel.

REAL WORLD COURSES

Youth Suicide Prevention Ireland has been at the cutting-edge of mental health awareness and suicide prevention training for the last 10 years. Our training courses are designed for real world situations such as recognising that a colleague is in crisis and knowing what to do about it.

COURSES WE OFFER

- Mental Health Risk Assessment & management
- Mental Health Risk Awareness
- Suicide Awareness & Prevention
- Mental Health "First Aid"
- Gatekeeper Training
- APC Training
- Active Listening
- Executive Stress Management
- First Responder Training
- Suicide Awareness for Media Professionals
- Mental Health baseline psychometrics

BESPOKE OR READY-MADE COURSES

Our courses have been developed by occupational psychologists and include the most up to date mental health information, management strategies and legal advice. They are based on our extensive knowledge of mental health issues and suicide intervention over 10 years.

SKILLS BASED APPROACH

Our training methodology has been developed by working with students in a classroom environment. Our training courses are skills based with a strong practical element. Most of our courses will include psychometric assessments, situational experiences and group sessions.

YOUR LOCATION OR OURS

We offer a wide range of courses to meet every skill level. We organise one series of courses per month that are open to any company or organisation. We are also able to provide in-house training at your location should you wish to have a number of staff, volunteers or parents trained.

TRAINING LEVELS AVAILABLE

We offer a range of training levels:

- Introductory
- Intermediate
- Advanced
- Training for trainers

TRAINING FOR TRAINERS

We can provide training for your own staff as course trainers for a number of our propriety courses such as mental Health Risk Assessment. Your staff would then be certified and licenced by ATI to train additional staff and provide related services in-house for your company such as psychometric administration.



OUR COURSES

SUICIDE AWARENESS & PREVENTION

ATI-201

INTRODUCTORY

This is an introductory course aimed at providing an overview of the latest developments in suicide awareness. This module also forms Level 1 of the Mental Health Risk Assessment course ATI200.

The course covers areas such as:

- Introduction to suicide awareness
- The cycle of suicide
- Suicide Warnings Signs
- Suicide Risk factors
- How to listen - attitude
- How to question
- How to assist



LEVEL:

This course is available at introductory level.



GROUPS:

All



TIME:

60-90 minutes



GROUP SIZE:

Max 30





GATEKEEPER TRAINING – INTERNATIONAL PROGRAMME ATI-100

ALL LEVELS





A gatekeeper is someone in a position to recognise a crisis and the warning signs that someone may be contemplating suicide. Our gatekeeper training is based on the internationally recognised QPR methodology.

Gatekeepers can be anyone, but include parents, friends, neighbours, teachers, priests, doctors, nurses, office supervisors, foremen, police officers, advisors, HR professionals, coaches, youth workers and many others who are strategically positioned to recognise and refer someone at risk of suicide.

Trained Gatekeepers learn to:

- Recognise the warning signs of suicide
- Know how to gain information and understanding
- Know how to get help and save a life

Because of the nature of suicidal warning signs, and who is most likely to recognise and respond to them, the international goal is for one in four persons to be trained a basic gatekeeper role for suicide prevention.

	LEVEL:	This course is available at introductory, intermediate, advanced and trainer levels.
	GROUPS:	All
	TIME:	60-90 minutes
	GROUP SIZE:	Max 30

MENTAL HEALTH RISK ASSESSMENT

ATI-200

LEVEL 2, 3 AND TRAINER

This course focuses on understanding the risk factors involved in mental health awareness and developing the strategic skillsets to manage and mitigate those risks. We can train and licence your staff as trainers to provide the intermediate and advanced course for your company.

Our advanced training emphasises the management and reduction of mental health related risks because our experience is that many organisations have underestimated the importance of mental health, not just in terms of staff welfare but also in terms of duty of care.

We put a particular focus on understanding the causes of mental health issues on a corporate and personal level. We provide comprehensive training in assessing the risk factors involved in order that those risk factors can be identified early, mitigated and preventative measures taken before a concern becomes a crisis.

Depending on the level, our Risk Assessment Courses modules include:

- Interpreting mental health pre-cursors
- Understanding negative risk factors and positive protective factors
- Assessing the risk/protection balance
- Managing risk and mitigating liability
- Developing support procedures
- Mental Health state identification
- Identifying high risk and crisis status
- Corporate policies and liabilities



LEVEL: This course is available at Intermediate, Advanced and Trainer levels



GROUPS: Executives, Line managers, supervisors, HR



TIME: 1 Day



GROUP SIZE: Max 10





MENTAL HEALTH “FIRST AID”

ATI-301

LEVEL 2

This is a short course to train staff members in mental health “first aid”. The course is designed to provide a basis for fast recognition and response to a possible crisis. This improves outcomes for both the organisation and the individual.

Like medical first aid this course enables:

- early recognition of distress
- early assessment of risk
- fast intervention and assistance
- improved outcomes for organisation and individual



LEVEL:

This course is available at intermediate level.



GROUPS:

Managers, HR, supervisors, first aiders



TIME:

3 hours



GROUP SIZE:

6-8

APC TRAINING

ATI-400





LEVELS 1,2,3 & T

APC training is our in-house mental health awareness and suicide prevention course. The course is based on our successful schools training programme that has been running in secondary schools and colleges since 2014.

APC is a broad based integrated course that can be used as a single stand-alone workshop or as an ongoing training concept for your organisation.

The course includes:

- Stand-alone module
 - Workshop based presentation
- Optional modules
 - Personal Study
 - Stepped training modules
 - Online Certification Assessment

	LEVEL:	This course is available at introductory, intermediate, advanced and trainer levels.
	GROUPS:	All
	TIME:	Workshop 3 hours
	GROUP SIZE:	Max 10





ACTIVE LISTENING

ATI-501

LEVELS 1,2 & 3

For many people the role of listener can be a bit unnerving. Generally we are much more used to talking than listening. In terms of assisting someone who wants to express themselves to us we need to become more passive.

“Active Listening” is simply the offering of friendship by one ordinary human being to another at a time of crisis or loneliness. The purpose of Active Listening is to listen, accept, care and empathise. Active Listening is widely used by helplines such as the Samaritans as it allows a consistent approach, established empathy but, importantly, also allows the listener to keep distance between themselves and the person who wants to talk.

This makes it ideal for managers and HR professionals who want to assist but don't need or want to cross boundaries.

This course provides:

- Introduction to active listening
- The active listening skillset
- Active Listening guidelines
- Active Listening scenario role-plays



LEVEL:

This course is available at introductory, intermediate and advanced levels.



GROUPS:

Supervisory or HR



TIME:

3-4 hours



GROUP SIZE:

Max 15

EXECUTIVE STRESS MANAGEMENT

ATI-601

LEVELS 1,2 & 3

Level 1:

This module is an introduction to stress management and includes:

- Stress reducing techniques
- Work / life balance
- Posture and attitude
- Interpersonal dynamics

Time: 2 Hours

Level 2:

This module focuses more intensely on managerial stress management and includes:

- Level 1 modules
- Performance Anxiety
- Body language masking
- Muscle memory techniques
- Time management

Time: 1 Day

Level 3:

This module is designed for executive and Board level stress management and is a 2 day residential module. The course is designed to be a relaxing and positive experience for senior executives as we believe that corporate wellbeing and attitude is set from the top downwards. "A happy ship has a happy captain".

This module includes:

- Level 1 and 2 modules
- Medical Health Assessment
- Nutrition Programme
- Mindfulness Coaching
- Relaxation activities
- Anger management
- Attitude management

Time: 2 Days



LEVEL: See above



GROUPS: Senior Executives and Board members



TIME: Level dependant



GROUP SIZE: Max 10



FIRST RESPONDER TRAINING

ATI-701

LEVELS 2,3 & T

First responders are those in the frontline of immediate intervention in crisis situations. This would include doctors, nurses, social workers, priests, gardaí, fire fighters, ambulance crew and paramedics.

First responders are used to making quick decisions based on observation and interrogation so this course provides information on the key triggers and signs that can lead to an early diagnosis of mental health crisis and allow for targeted and specific care and assistance.

The course includes:

- Risk assessment
- Specific mental health signs and triggers
- Incremental risk factors
 - Substance abuse
 - Existing mental health condition
 - Medication
- Diagnostic questioning
- First responder mental health protection



LEVEL:

This course is available at intermediate, advanced and trainer levels.



GROUPS:

Doctors, nurses, social workers, priests, gardaí, fire fighters, ambulance crew and paramedics



TIME:

60-90 minutes



GROUP SIZE:

Max 30

LEVELS 2 & 3

This course introduces the concepts of establishing mental health baselines for your organisation. Establishing baselines gives organisations a powerful monitoring tool for staff welfare and productivity as well as providing liability protection and a high level of duty of care where the assessment programme is ongoing.

Baselines can be established by using various psychometric instruments to assess:

- Stress Levels
- Job satisfaction
- Team integration
- Environmental stressors
- Personality & behavioural trends

Establishing baselines gives organisations a powerful monitoring tool for staff welfare and productivity as well as providing liability protection and a high level of duty of care where the assessment programme is ongoing.

**LEVEL:**

This course is available at intermediate and advanced levels.

**GROUPS:**

HR professionals, managers, executives

**TIME:**

3-4 hours

**GROUP SIZE:**

4-6



KNOWLEDGE IS POWER



MENTAL HEALTH REPORTING FOR MEDIA PROFESSIONALS ATI-901

LEVEL 2 & 3

One of the areas highlighted by the World Health Organisation's Mental Health Assessment 2016 was that a major contributory factor in suicide ideation was the nature and direction of media reporting.

Our training course for media professionals includes:

- Introduction to media reporting of mental health and suicide
- Scientific evidence of media impacts on suicidal behaviour
- Reporting as a risk factor of suicidal behaviour
- Positive impacts of reporting
- Guidance on responsible reporting
- Sources of reliable information
- Considerations for digital media
- Reporting on mass shootings and terrorism
- Overview of the scientific literature on media impacts
 - Harmful media impacts
 - Protective media impacts
- Responsible reporting on suicide: a quick reference guide



LEVEL: This course is available at intermediate and advanced levels.



GROUPS: Journalists, editors, copywriters, script writers, presenters, producers



TIME: 3-4 hours



GROUP SIZE: Max 10

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Awareness Training Ireland is a registered business name of Youth Suicide Prevention Ireland Publications Limited, CRO 627720.

