



# Behavioral Health Services Prevention Program February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	<b>6 Youth Mental Health First Aid</b> District 3 Dialysis Center 8:30 am - 5:00 pm  <b>Storytelling Family Night</b> District 4 Service Center 6:00 pm - 8:00 pm	7	<b>8 GONA for Youth</b> District 6 Boys and Girls Club 9:00 am - 3:00 pm
9	10	11	<b>12 ASIST Day 1</b> District 6 Dialysis Center 8:30 am - 4:30 pm  <b>Storytelling Family Night</b> District 3 Service Center 6:00 pm - 8:00 pm	<b>13 ASIST Day 2</b> District 6 Dialysis Center 8:30 am - 4:30 pm  <b>Active Parenting: 0-5 years</b> District 6 & 7 Head Start 12:00 pm - 2:00 pm	<b>14</b> 	15
16	17	<b>18 SafeTALK</b> District 5 Service Center 9:00 am - 12:30 pm	<b>19 QPR Lunch n Learn</b> District 3 Service Center 12:00 pm - 1:30 pm	<b>20 Active Parenting: 0-5 years</b> District 6 & 7 Head Start 12:00 pm - 2:00 pm  <b>Stomp Out the Stigma Walk</b> Mul-Chu-Tha Fairgrounds 5:00 pm - 7:00 pm	<b>21 Gila River Prevention Coalition Meeting</b> District 3 Dialysis Center 9:00 am - 11:00 am  <b>Active Parenting: 0-5 yrs</b> HHK Dietary Conf. Rm. 9:00 am - 4:00 pm	22
23	24	25	26	<b>27 Active Parenting: 0-5 years</b> District 6 & 7 Head Start 12:00 pm - 2:00 pm	28	29

For more information, contact us at  
(520)562-3321 x7100 or email [bhsprevention@grhc.org](mailto:bhsprevention@grhc.org)

National Suicide Prevention Lifeline  
1-800-273-8255

Gila River Indian Community Crisis Line  
1-800-259-3449

### **YMHA (Youth Mental Health First Aid)**

**8:30 AM– 5:00 PM**

YMHA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5 step action plan to use to help youth in both crisis and “non crisis” situations.

**YMHA CONTACT: Bryan Bennett (480) 868-7723 | [bbennett@grhc.org](mailto:bbennett@grhc.org)**

### **MHFA (Mental Health First Aid)**

**8:30 AM– 5:00 PM**

Mental Health First Aid introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, provide initial help, and connect the person in crisis to professionals and peer supports, as well as self help resources.

**MHFA CONTACT: Bryan Bennett (480) 868-7723 | [bbennett@grhc.org](mailto:bbennett@grhc.org)**

### **QPR (Suicide Prevention Education & Awareness)**

**12:30 PM– 1:30 PM**

People trained in QPR know how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Lunch is provided for this introductory training.

**QPR CONTACT: Courtney Tolino (520) 610-0630 | [ctolino@grhc.org](mailto:ctolino@grhc.org)**

### **SafeTALK (Suicide Prevention Education & Awareness)**

**8:30 AM - 12:00 PM OR 12:30 PM - 4:00 PM**

safeTALK is a half day training in suicide alertness. This course helps participants recognize a person who may be having thoughts of suicide, and connect them with resources. Anyone over the age of 15 years old is welcomed to attend.

**safeTALK CONTACT: Traci Begay (520) 610-3697 | [tbegay1@grhc.org](mailto:tbegay1@grhc.org)**

### **ASIST (Applied Suicide Intervention Skills Training)**

**8:30 AM - 4:30 PM / (TWO DAY TRAINING)**

ASIST is a two day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Participants don't need any formal training to attend this training, ASIST can be learned and used by anyone.

**ASIST CONTACT: Aya Garton (520) 610-4418 | [agarton@grhc.org](mailto:agarton@grhc.org)**

### **COMMUNITY EDUCATION**

The Prevention Program offers community education sessions on marijuana, alcohol, meth, tobacco, prescription drugs (Rx), suicide prevention and education, parenting skills, mental health awareness, in addition to other emerging trends.

**REQUEST CONTACT: Anna Pacheco (520) 610-4919 | [apacheco@grhc.org](mailto:apacheco@grhc.org)**

### **ACTIVE PARENTING CLASS**

Active Parenting is a six hour class broken down in two to three sessions. Each class is designed for discussions about important and empowering tools you can use when parenting your teenager. Participants will learn how to open up the lines of communication, encourage cooperation and responsibility, discipline effectively, and explore techniques for solving the unavoidable problems that can rise. Classes are offered for parents and guardians.

**PARENTING CONTACT: Traci Begay (520) 610-3697 | [tbegay1@grhc.org](mailto:tbegay1@grhc.org)**

### **OPIOID SAFETY AND NARCAN TRAINING**

Learn about the basics of opioids and Narcan: signs and symptoms of an opioid overdose, how to respond to an opioid overdose, and how to give naloxone (Narcan), a life-saving drug that can reverse the effects of an opioid overdose.

**TRAINING CONTACT: Latonya Yazzie (520) 562-3321 x1693**

### **BABY SMARTS**

Baby Smarts offers three programs for teen parents and families of GRIC, funded by First Things First. The programs consist of home visitation, case management, and parent support groups. Families can receive parenting education, screenings, and support for the healthy development of their children from pregnancy to the age of 5.

**HOME VISITING SERVICES: (520) 562-3321 x7991**

### **Rx TAKE BACK DAY**

Do you have any unused or expired tablets, capsules, or other **solid** prescription medication? In collaboration with the Gila River Police Department, we are offering safe and confidential drop off locations for the community. Drop off locations are located at the District 3 and District 5 Post Office and are accessible from 8:00 AM - 2:00 PM every per capita day.

For more information on events or activities that are scheduled for this month, please contact the BHS Prevention Program.

**PHONE: (520) 562-3321 x 7100**

**EMAIL: [bhsprevention@grhc.org](mailto:bhsprevention@grhc.org)**

**WEBSITE: [www.grhc.org/bhs](http://www.grhc.org/bhs)**

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