



Community Mental Health Partnership

Education, awareness, and prevention are essential components of David Lawrence Centers for Behavioral Health's goal of helping our community better understand and address mental health needs. As a community resource, DLC's Community Mental Health Partnership provides businesses, nonprofit organizations, and other partners with meaningful and tailored mental health education and prevention trainings.

Individual Class: \$600

Training Description:

DLC's professional staff present on a variety of topics such as:

- One (1) one- (1) hour session.
- Understanding and identifying mental health and substance use concerns.
- Suicide prevention and handling crisis situations.
- Workplace wellness techniques and emotion management skills.
- Overcoming adversity and traumas to build resiliency.
- Managing stress and enhancing self-care.
- Developing effective parenting skills.
- Building communication skills and resolving conflicts.
- Trainings are customized for small and large groups, as one-time presentations, or multiple sessions for more comprehensive needs, and can be provided virtually or in person.
- Training can be in-person or virtual.
- Sessions are tailored by DLC staff to the specific needs and interests of the sponsoring organization.

Shining Star: \$2,500

Training Description:

- Five (5) one (1)-hour sessions.
- Designed for up to a group of ten (10) participants.
- Training can be in-person or virtual.
- Sessions are tailored by DLC staff to the specific needs and interests of the sponsoring organization.
- Training materials are provided.

Shining Star benefits include:

- Logo/Name featured on DLC's partnership page.
- Logo/name included in DLC's Annual Report.
- Invitation to visit the DLC's campus.
- Recognition plaque.



Mental Health Advocate: \$5,000

Training Description:

- Eight (8) one (1)-hour sessions throughout the year.
- Designed for groups of 10 to 25 participants.
- Training can be in-person or virtual.
- Sessions are tailored by DLC staff to the specific needs and interests of the sponsoring organization.
- Session materials are provided.

Mental Health Advocate benefits include:

- Logo/Name featured on DLC's partnership page.
- Logo/name included in DLC's Annual Report.
- Invitation to visit the DLC's campus.
- Recognition plaque.
- Mention DLC's Centered Newsletter.
- Press release about DLC partnership.

Champions for Hope: \$10,000

Training Description:

- Multi-hour intensive courses.*
- Trainings are in person to facilitate hands-on learning and more extensive Q&A time.
- Ten (10) sessions throughout the year.
- Sponsor organizations are invited to send participants to DLC's campus for more trainings. and/or panel discussions up to four (4) times a year on diverse topics affecting our community.
- Sessions are tailored by DLC staff to the specific needs and interests of the sponsoring organization. Courses may include six (6)-hour Mental Health First Aid and parent-focused trainings.
- Sponsoring organizations also can provide a specific behavioral health topic, and DLC staff will create a custom course.
- Training materials are provided.

Champions for Hope benefits include:

- Logo/Name featured on DLC's partnership page.
- Logo/name included in DLC's Annual Report.
- Invitation to visit the DLC's campus.
- Recognition plaque.
- Mention DLC's Centered Newsletter.
- Press release about DLC partnership.
- Invitation to a maximum of four (4) trainings/panel discussions a year.
- Invitation to an appreciation event.

**These courses may exceed the standard one- (1) hour to allow for a deeper understanding of topics and more hands-on training activities.*