PROGRAMS

Learning topics:

1. Elementary Ages: "Understanding Your Anxiety"
2. Middle School/ High School/Adult: "Happy Life"
3. Middle School / High School/ Adult: "Healthy Mind"
4. Adults: "Youth Mental Health First Aid"
5. Adults : "Adult Mental Health First Aid"
6. All Ages : "Mental Health Fair "
7. Adults: "Knowing How to Respond"
8. Adults: "Your Focus Is Valuable
9. Adults: "The Importance of Self-Care"
10. Adults: "Workplace Mental Wellness"
11. Adults: "Integrating Trauma Informed Care into Pediatric Care"
12. Adults & Youth: "Customized Presentations"

Virtual or in-person learning for children, youth, adults, or older adults

Knowledge—Empathy—Communication

Our Vision –
We envision a world that through public education values prevention, early detection, early intervention, scientific research, and cures of all mental health conditions, including substance misuse, for the holistic health of the individual and society.

Our Mission –
We are building healthier lives free of mental health conditions through educational outreach.

American Mental Wellness Association

25 Spruce Road
Marysville, PA, USA 17053
Phone: 717-957-3432
Cell: 717-343-4945
E-mail: info@americanmentalwellness.org
AmericanMentalWellness.org

Virtual or In-Person

Programs for all age groups

Know your brain
Know how to stay well
Know the early signs
Know how to get help
Know how to respond
Know how to help others

AMERICAN MENTAL™ WELLNESS ASSOCIATION

Prevention—Early Detection—Early Intervention

More on Learning Topics...

1. This is a maximum 90-minute class that can be adapted to shorter time frames. It is taught by American Mental Wellness Association instructors. The "Understanding Your Anxiety for Elementary Children" booklet and curriculum created and developed by AMWA.

2. This is a PowerPoint presentation that includes two short videos. Participants learn about the brain, how it functions, the value of brain health, and the components involved in living a healthy, happy life.

3. This is a Power Point Presentation. Participants learn about mental health issues, identifying signs and symptoms in themselves, or friends and colleagues, from first stage of the medical condition through the fourth stage. Additionally, participants learn how to access help early.

4. Youth MHFA teaches adults how to identify, understand, and respond to signs of mental health challenges which includes substance misuse in youth ages 11 to 18. This training gives adults the skills to reach out and provide initial support to young people who may be developing a mental health challenge or experiencing a mental health crisis, and helps connect them to appropriate care. The course provides a mnemonic device to assist you in providing mental health first aid. Statistics prior to COVID show 50% of mental health issues beginning between the ages of 11 and 18, with 75% between the ages of 11 and 25 years of age. These statistics are increasing because of the pandemic.

5. Adult MHFA teaches adults how to identify, understand, and respond to signs of a mental health challenge (includes substance misuse) in other adults. This class provides adults with the skills to reach out and provide initial support to someone who may be developing a mental health challenge or experiencing a mental health crisis, and helps connect them to appropriate care. The course provides a mnemonic device to assist you in providing mental health first aid. Statistics prior to COVID show one in five people per year experience a mental health challenge. These statistics are increasing because of the pandemic.

6. The Mental Health Fair can be presented to school students, faculty, and staff; or it can be provided as an employee or community event. "Thanks for caring so much about us!" are words often said by the students to the vendors. The fair has been very well received by students, employees and communities,

7. This is a PowerPoint presentation that includes two short videos. It was created to assist government organizations in educating staff who come in contact with the public on how to respond optimally to a person who may be exhibiting signs of a mental health challenge which includes substance misuse. It can be used for other groups as well such as those in customer service, etc.

8. Understanding Anxiety PowerPoints for adults serving 1) Infants to Kindergarten 2) Elementary ages

9.Includes a PowerPoint Presentation, Yoga for Mental Health, a Mental Health Toolbox, and teaching portions from a Mental Health Bootcamp Class. (90 minutes) - e.g. Teachers/health care workers/etc.

10. Presentations as requested on mental wellness in the workplace.

11. This PowerPoint was recently presented virtually to providers contracted under a statewide government medical assistance program. It is now available across the country and can be presented in-person.

12, Customized presentations by Executive Director, Board of Directors, and our Speakers Bureau of the AMWA.