
Pennsylvania Mental Health Consumers' Association & Youth MOVE PA Training Catalog



What is the Pennsylvania Mental Health Consumers' Association (PMHCA)?

PMHCA is a state-wide member organization dedicated to the support of all people who seek aid for recovery from a mental illness at any stage in their journey.

We provide resources, referrals, and support to those receiving services or in recovery from a mental illness.

PMHCA also provides training to individuals in such areas as Mental Health Advance Directives, Peer Support, LGBTQI+ Issues, and other training.

Our Mission

We advocate on issues directly related to mental health services in Pennsylvania while educating the public with the goal of eliminating stigma and discrimination surrounding mental illness. We listen to your concerns and bring your voices to places such as the Governor's Task Force for Suicide Prevention, at our Community Support Program and other meetings.

***ADVOCATE. EDUCATE. PROMOTE
RECOVERY.***

PMHCA's Brief History



The Pennsylvania Mental Health Consumers' Association was founded in 1986 by dedicated advocates who had experience in the mental health system and saw that it needed changing.

It began as a consumer-run organization with a staff of volunteers who devoted themselves to fight for the rights of people with mental illness. They fought to make sure those rights were recognized and afforded by mental health professionals while also working to end the stigma associated with mental illness.

In 1996 the volunteer staff received state funding to hire a full-time executive director. They were also provided office space in the Office of Mental Health inside the old Harrisburg State Hospital. The mental health consumer movement in Pennsylvania grew stronger and expanded as the national movement continued.

PMHCA purchased the building on Derry Street in Harrisburg and called it home for many years. Due to the I83 expansion, PMHCA moved in 2022 to Walnut Street to a space that included offices for employees and a meeting room space for trainings.

Youth MOVE PA (YMPA)



Youth MOVE PA, a youth and young adult advocacy organization, has been located at PMHCA since 2017. Youth MOVE PA engages young adults, between the ages of 16 to 29, to become active in, and to have a seat at the table of public policy as it relates to youth in Pennsylvania. Youth MOVE PA represents, empowers, and encourages youth and their allies to unite in educating and providing support through advocacy to revolutionize the Commonwealth of Pennsylvania.

Youth MOVE PA works under the umbrella of PMHCA with the same goal: to be sure that people across the lifespan are included in this fight for positivity and stigma reduction surrounding people who have mental health diagnoses. We are a team and work together on many different projects, trainings, and events.

It is our vision that all young adults across the state of Pennsylvania will be active, respected and powerful forces of positive change in the delivery of social services and the design of social and public policy.

In 2022, Youth MOVE PA was recognized as Chapter of the Year and their Program Director, Kevin Puskaric, was voted as professional of the Year!

Meet Our Staff



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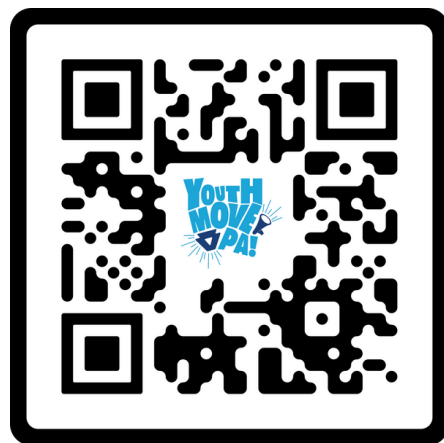
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18 Hour Trainings

To download our Training Catalog,
please scan one of the QR Codes
below:



Peer Support within the Criminal Justice

System: Forensic Peer Support:

Peer Support within the Criminal Justice System (FPS) offers a person-centered, strength-based support system offered to individuals with mental health and/or co-occurring challenges becomes involved in the justice system. This curriculum is structured based on the Sequential Intercept Model with initial contact with law enforcement all the way through re-entry into the community after release from incarceration. **This is a nationally and internationally recognized training that PMHCA offers.** Certification is provided.

Prerequisite: Must have lived experience in the criminal justice system.

What does a Forensic Peer do?

- Support people during their involvement during the criminal justice system
- Promote recovery principles including self-advocacy
- Advocate for recipients of behavioral health care when they are unable to advocate for themselves
- Educate all stakeholders in the Criminal Justice System about Mental Health Recovery
Inspire hope through shared lived experiences

Trauma Sensitive Peer: Continuing Our Journey:

As Certified Peer Professionals, we continue our healing and recovery journey every day and this workshop allows for more growth and understanding of trauma, how it applies to us as humans, how we can apply it to our professional life, and why any of that is important.

Certificate of attendance is provided.

Learning Objectives:

- Practice sharing a personal story in a way that is sensitive to the person receiving the story
- Practice receiving a person's story that may be difficult to hear in a kind and compassionate manner
- Learn how to control body responses and verbal responses that may be harmful

Learn how to receive a person's story so it does not become part of vicarious trauma for the peer professional



Youth and Young Adult Peer Training:

Join us for this comprehensive workshop designed to improve your knowledge and abilities when working with young adults. Engage in conversations, skill building, and education that focuses on peer empowered story sharing, relationship building, and much more. Certificate of attendance is provided.

Learning Objectives:

- Understand the importance of maintaining ethical boundaries while supporting positive change
- Define youth engagement and application of best practices
- Identify peer core values and the many facets of wellness
- Learn potential risks factors and what to do in a crisis/emergency
- Develop skills to understand wellness tools, the importance of self-care, and actively participate in the recovery process
- Practice and Skill Building; Relate to your YAYA peer with a 7-minute introduction

Wellness Recovery Action Planning

(WRAP) Seminar I:

The Wellness Recovery Action Plan or WRAP is a self-designed prevention and wellness tool that you can use to get well and stay well. WRAP is for anyone, most age groups, any time, and for any of life's challenges. WRAP is listed in the National Registry of Evidence-Based Programs and Practices. Certification is provided.

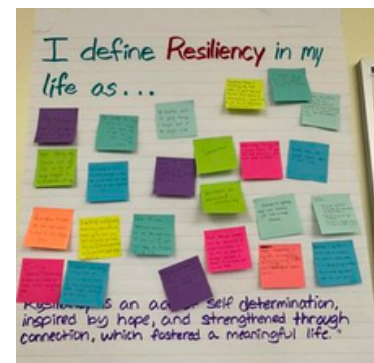
Learning Objectives:

- Discover your own simple, safe wellness tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs, and signs that things have gotten much worse
- Understand wellness tools and develop action plans to respond at the proper times
- Create a crisis plan
- Create a post-crisis plan



Peer Generation Youth Empowerment

Peer Generation Youth Empowerment® (PGYE) is owned and copyrighted by the Copeland Center. Together, Youth MOVE PA and the Copeland Center are striving to make this available to youth and youth peer supporters to address the statewide need of strengthening the youth peer support workforce. Peer Generation Youth Empowerment Training® is a youth driven and youth developed curriculum that offers an experiential introduction to youth peer support. The training focuses on strategies for resiliency and offers pathways for individuals to get in touch with their unique and authentic selves. Participants will experience an environment that is culturally grounded and focuses on practical ways to be inclusive toward the diversity of all communities and experiences. Individuals will be better equipped to practice peer support in real life situations that could be easily implemented. Personal sharing and mutual learning are at the core of this curriculum.



Questions about Peer Generation Youth Empowerment: Please contact Kevin Puskaric at kevin@pmhca.org



3 Hour or Less Trainings & Workshops



“I Didn’t Die, But..” Workshop:

This workshop consists of the screening of the "I Didn't Die, But.." video and a community conversation. The video shares the perspective of suicide attempt survivors in an honest, raw, and emotional interview in an effort to inspire conversation about what works, what doesn't, and what can help those in need. After the video screening, we will facilitate a community conversation around suicide prevention that goes beyond counting statistics and encompasses community connections and healing. Certificate of attendance can be provided if requested.

QPR - "Question, Persuade, Refer"

This suicide prevention curriculum can be added to the workshop in order to provide tools for attendees to help prevent suicide but is not required.



“Our Turn To Talk Community

Conversation:

An interactive video and discussion.

Teenagers are putting an end to mental health stigma.

To do it, they’re telling their own stories – unfiltered – in the documentary film and teen-hosted podcast series OUR TURN TO TALK. From skyrocketing rates of anxiety and depression to the impacts of racism, social media, and the pandemic, their struggles and triumphs carry a powerful message: Storytelling saves lives. Certificate is provided.

Learning Objectives:

- Learn how teens across the country are sharing their stories and speaking out about the youth mental health crisis
- Define mental health stigma and develop an understanding of its impact
- Gain knowledge of resources available to support mental wellness

✱ End The ✱
STIGMA

Trauma Talk Workshop:

This workshop talks to attendees about what trauma is, how it can affect us throughout our lives, and what we can do about it. This presentation is a different concept than most trauma trainings and we believe this new language focusing on the “trauma closet” will help attendees retain more knowledge on all of the learning objectives. The concept of the “trauma closet” is a new way of visualizing what we do with our traumatic experiences and how to gain the tools needed to turn your “messy trauma closet” into an “organized trauma closet”. Facilitators share part of their personal story which will help participants feel more comfortable and not so alone. Certificate of attendance is provided.

Learning Objectives:

- Learn about trauma, triggers, trauma responses, superpowers (coping skills), resilience, and post traumatic growth
- A personal trauma story will be presented to help attendees learn about many different types of trauma
- Attendees will learn about their triggers and how to manage them
- Help attendees to understand what the Flight, Fight, and Freeze responses are, why they happen, and how to handle them

Trauma Talk for Families Workshop:

In this version of Trauma Talk, we take a look at the "trauma closet" and how generational trauma can effect our closets. The facilitators are mother and daughter who have both experienced trauma individually and as a family.

We talk about what generational trauma is, why it is important to your family, and how we can begin to heal individually and as a whole family. Certificate of attendance is provided.

Learning Objectives:

- Learn how to recognize what generational trauma can look like in your family dynamic
- Understand how feelings of guilt and shame may come up during this internal exploration and explore ways to navigate that.
- Help parents understand where to start with addressing generational trauma within their family.
- Define and identify your support system:
Understanding the importance of emotional and practical support to learn effective ways to support our children and understand how our reactions to our children are what promotes healing



Bullying & Suicide Awareness Training:

While suicide awareness and bullying awareness are two unique topics, research has found that bullying is a significant risk factor for suicide. While these two topics are associated in this training module, it is important to underscore that suicide is a complex behavior that is rarely attributed to one cause. All course attendees should leave this course with an understanding of the following:

Learning Objectives:

- Definition of bullying
- Differentiating cyber bullying from physical/in-person bullying
- Identify warning signs of bullying: signs of youth who are engaged in bullying, and signs of youth who are being bullied
- Overview of bullying and its impact on youth mental health and school related outcomes
- Gain a brief overview of laws and policies related to bullying that may impact school employees
- Identify resources for youth who are experiencing bullying or engaging in it
- Gain an overview of the pervasive myths, misperceptions, and stigma surrounding suicide
- Discover how to identify youth who may be at risk of suicide
- Learn about suicide risk factors, protective factors, and warning signs
- What to consider when responding to youth who may be at risk of suicide
- Learn how to refer youth who may be at risk of suicide
- Gain a brief overview of laws and policies related to suicide awareness that may impact school employees
- Identify national, state, and local crisis resources

"Life Through My Lens" Workshop:

The "Life Through My Lens" Workshop was created to help people see that stigma reduction starts within. If we keep focusing on how others treat us and ignore the negative ways we talk to ourselves, stigma will always win. This workshop is focused on turning the dial toward helping ourselves by not taking that type of treatment from our own internal voice! To change how others see us, we must first change the lens through which we see ourselves.

Certificate of attendance is provided.

Learning Objectives:

- What is stigma?
- What is self-stigma?
- How can we change the conversation around self-stigma?
- Learn about the "Life Through My Lens Campaign"

#LIFETHROUGHMYLENS



Against the Backdrop of an Epidemic

Workshop:

Against the Backdrop of an Epidemic was created to invite conversation and self-exploration into stigma related to substance use disorder. Self-Stigma has prevented many individuals from accessing and even being successful in their recovery. In this workshop, we look to identify those stigmas, break down barriers, and crush self-stigma, giving individuals the tools to access their full potential in their recovery journey. Certificate of attendance is provided.

Learning Objectives:

- What are the stigmas associated with substance use?
- How does stigma affect me internally?
- How do we change the conversation surrounding substance use?
- What can be done to fight the stigmas that exist?
- What role do I play in that fight?



“Stand Against Stigma” Workshop:

The "Stand Against Stigma" Workshop aims to empower youth and young adults in the fight against stigma. But what exactly is stigma? Learn how to overcome the stigmas that we encounter and discover ways to educate others on how to be more inclusive through their actions and words. Certificate is provided.

Learning Objectives:

- Learn what “stigma” means
- How can stigma be damaging to ourselves?
- What can be done to fight the stigmas that exist?
- What role do I play in that fight?



Mental Health Advance Directive Training (MHAD):

This course is appropriate for anyone wanting an overview of MHADs including but not limited to persons in recovery, peers, MH professionals, community partners, case managers, hospital employees, provider agencies, etc. Certificate of attendance is provided.

Learning Objectives:

- What is a mental health advance directive (MHAD)?
- What types of directives are there?
- What information goes in an MHAD?
- What makes an MHAD valid?
- Who should MHADs be given to?

Do health care providers have to follow all instructions?



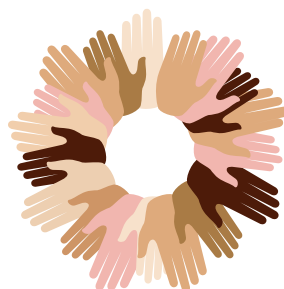
Diversity, Equity, and Inclusion:

DEI has become a prominent subject of focus for businesses and programs across the country, often targeting hiring practices, company culture, and political policy... but what does it mean for us as individuals? In this interactive training, we forget the politics and break down the fundamentals of DEI. Participants will learn what DEI means, how it can positively impact our society, where Implicit Bias fits in, and most importantly: how true DEI is more than an initiative – It's a mindset! Certificate of attendance is provided.

Learning Objectives:

- Develop a basic understanding of Diversity, Equity, and Inclusion
- Identify how the "DEI Mindset" can improve our society and ability to connect with others
- Define, recognize, and begin to heal from Implicit Bias
- Find opportunities by busting down DEI barriers that youth face

Discover how to have the conversation and change the world!



Adult Question*Persuade*Refer (QPR):

This is a suicide prevention training where the participant learns to recognize warning signs of a suicide crisis and how to Question, Persuade, and Refer someone to help appropriately. Certification is provided.

Learning Objectives:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Youth Question*Persuade*Refer (QPR):

This is a suicide prevention training where the participant learns to recognize warning signs of a suicide crisis and how to Question, Persuade, and Refer someone to help appropriately. Youth MOVE PA provides this training to professionals and youth as an emergency mental health intervention for suicide. Certification is provided.

Learning Objectives:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Youth Engagement for Professionals:

Youth MOVE PA's youth engagement training offers a chance for participants to explore effective methods for attaining and retaining youth participants, enhance relationship-building skills with young individuals, and grasp the concept of empowering youth through the ladder of youth engagement framework. Attendees will also discover ways to establish leadership roles within their organizations and acknowledge the importance of youth engagement for both young individuals and communities. Certificate of attendance is provided.

Learning Objectives:

- Explore best practices for youth recruitment and retention
- Practice effective relationship building with youth and young adults
- Learn how to empower youth by utilizing the Ladder of youth engagement framework
- Identify strategies to develop leadership opportunities in your organization
- Discover the value of youth engagement for youth and communities



Healing A Wounded Soul: An Exploration Of Trauma:

Did you ever wonder how trauma can affect your overall well-being? Are you seeking more coping mechanisms to deal with trauma? Join our interactive class to gain knowledge on how trauma impacts the brain and its functions. Furthermore, we will delve into the ACES research on health outcomes and the proactive measures you can take to combat them. Participants will have the opportunity to learn various coping skills, including mindfulness, breathing exercises, and grounding techniques, through interactive activities. We will also discuss self-care strategies and how they can help alleviate the stress of trauma. Certificate is provided.

Learning Objectives:

- Gain a basic understanding of the structure of the brain
- Discuss how trauma effects the development of the brain
- Understand what trauma is and how it affects everyone differently
- Provide information on the ACEs/Philadelphia Study and how it effects health outcomes
- Engage in learning exercises to develop coping skills



Transitioning Into The Adult

System/Transitioning & Aging Out:

Planning for transitional age youth should begin long before they reach this stage, and it's important to involve multiple parties and agencies in the process. This can be challenging, but effective communication and collaboration between agencies are essential. Our training program focuses on educating youth about the potential obstacles they may encounter during their transition into the adult system, providing strategies to overcome those obstacles, and encouraging pre-planning to prepare for this complex transition. Certificate of attendance is provided.

Learning Objectives:

- Identify barriers and challenges youth may experience when transitioning into the adult system
- Discuss interrelated domains including education, employment, housing, budgeting, and family formation
- How to plan ahead for this transition to adulthood



Trauma for Youth and Young Adults:

Have you ever had a conversation about trauma? Whether we realize it or not, everyone is affected by trauma in some way. However, adults often avoid discussing its impact over the course of a lifetime, and how to provide support for young adults and children. This training program is designed to directly address trauma with youth and young adults, providing a safe and supportive environment to promote open dialogue and discussion. We use plain language to make the difficult topic easily understood, helping to facilitate as much learning as possible.

Certificate of attendance is provided.

Learning Objectives:

- What is trauma?
 - How can unresolved trauma impact you now?
 - How can unresolved trauma impact you as an adult?
 - What can a person do to resolve their trauma?
- How can you help a friend who may be struggling?



Social Media and Its Connection to Mental Health:

Youth, young adults, and professionals can benefit from our Social Media training to become more aware of how social media can impact mental health. Our course teaches participants how to practice social media wellness, offers tips to manage excessive social media use, and identifies resources that can help reduce mental health conditions/risk factors. Certificate of attendance is provided.

Learning Objectives:

- Learn statistics related to the impact of excessive social media use
- Discuss mental health conditions/risk factors tied to social media use
- Explore tips & resources for teens and children related to excessive social media use

Learn how to make a positive impact on social media



Effective Communication: A Comprehensive Guide to Being Heard:

Bolster Your Communication Skills with This Training for Young Adults.

If you're looking to become a better communicator, this training is specifically tailored for young people. Effective communication helps us avoid misunderstandings, forge connections, and reach personal and professional objectives. This interactive training lets you interact with other young people and practice honing your communication and active listening abilities. Additionally, the workshop covers proper etiquette, its significance, and how young adults can follow it.

Learning Objectives:

- Understand the different types of communication
- Learn tips to communicate effectively
- Outline etiquette in different social settings
- Practice communicating with peers

Training & Workshop Pricing:

18 Hours of Instruction Base Rate: \$7500

8 Hours of Instruction Base Rate: \$1250

3 Hours or Less of Instruction Base Rate: \$750

CONTACT US FOR DISCOUNTS FOR YOUR
ORGANIZATION!

*Travel for all in-person trainings & workshops will be billed on actual
expense.

*Pricing is based on 25 participants per class

A La Carte Items:

**Per Person Cost*

Paper Manuals:

3 day Training: \$30 + shipping

1 day Training: \$15 + shipping

1/2 day Training: \$10 + shipping

Flash Drive Manuals: \$20

QPR Booklets or Online Access Code: \$5.00

Bracelets (Trauma Talk Only): \$5.00

Join Us

Make a commitment to increase the voice of Pennsylvania Mental Health consumers by becoming a member of PMHCA. Join us as we make an impact and push for change within the mental health system in Pennsylvania. Consumer-run Organization pricing is determined by the annual budget of the organization. Membership is free, but donations are always appreciated!

PMHCA Individual Membership:

FREE

Youth MOVE PA Membership:

FREE

Consumer-Run Organizations

Email Kim Brown for more information on Organization Membership.

Visit us at:

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