The Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties have provided Basic Support Group Facilitation Training bi-annually over the past 13 years. Individuals working with professional mental health agencies, faith-based institutions, recovery services, social service providers and local residents: folks that feel they can contribute to better community mental health by taking a role as a support group facilitator have invested the time to participate in this three-day training. The curriculum has been valued by those attending past workshops and have successfully facilitated community groups since.

Participants in the Basic Support Group Facilitation Training will complete Mental Health First Aid Training and be certified through the National Behavioral Health Council as Mental Health First Aiders the first day of their training.

Mental Health FIRST AID

Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

As Support Groups are developed to assist a person who is experiencing life difficulties, Mental Health First Aid knowledge is key to knowing when referrals to professional mental health services may be needed.

Instructional Objectives

- Participants will become certified in Mental Health First Aid.
- Participants will learn a technique for creating an agreement to be used in small and large group process.
- Participants will acquire a model for working groups and methods of implementation.
- Participants will understand differences between teaching, counseling and facilitation.
- Participants will participate in community meetings, providing the opportunity to practice communication and problem solving skills in a large group setting.
- Participants will observe and have the opportunity to experience the roles of facilitator and co-facilitator in a small group role-play experience.
- Participant will create a personalized plan for utilizing the content and the experiences of this workshop in their personal and professional lives.

This three-day training program is designed to provide information, tools and the confidence necessary to develop and facilitate support groups for a variety of individuals involved in your programs. The training team will provide basic theoretical information regarding the process of facilitating support groups as well as extensive skill practice. We sincerely believe that positive change occurs when we meet people where they are and expect good while providing them with opportunities for meaningful participation, skills and recognition.

This workshop is designed for a maximum of 30 participants.

The cost of the training is $50.00 for those not residing or working in Allen, Auglaize or Hardin Counties.
Registration for this event includes:

- Eight-Hour Mental Health First Aid Certification Training and Manual
- Two-Day Facilitator Training
- Facilitator Resource Notebook

To register go to **WeCarePeople.org** to the tab marked **"Training"**

Questions?
Call Donna at 419-549-8530 Ex. 101

Sponsored by

The Mental Health and Recovery Services Board of AAH

How to Lead a Support Group "101"

October 19th - 21st, 2021

Lima Community Church
Journey Building
2945 N. Cole St.
Lima, Ohio 45801

PASS

Prevention Awareness Support Services