

MENTAL HEALTH PREVENTION TRAINING

May 1, 2020

Department of Mental Health Videos:

Videos: DMH has developed training videos that fall under the heading of Prolonged Engagement. Each video is about an hour.

- Stress Management: Available now.
- Trauma Informed Care: Planned release later in May.
- Grief and Loss: Planned release later this summer.

Training Materials:

- Curriculum: Each DMH video has a corresponding training curriculum for the staff.
- Handout materials: Each video has materials in both English and Spanish to be used as exercises with the clients.

Verification:

- Survey Monkey: In order for DHS and DMH to confirm you viewed the videos in their entirety, and for us to verify your training, you must fill out a Survey Monkey. It includes an attestation and questions about you and your agency.
- *Important Note:* The Power Point slides should appear on the right hand side of your computer screen. The link to the Survey Monkey is on the last slide. Click on that link to complete the survey. If the slides do not appear on the right hand side and you can only see the video, pause the video at the end and type the Survey Monkey web address into your web browser and complete the Survey Monkey.

Psychological First Aid and Skills for Psychological Recovery Videos:

Videos: There are also two (2) other Prevention Services training videos that meet the required DMH criteria for the project. They are offered through the National Child Traumatic Stress Network. You must first set up a free account to access the trainings.

- Psychological First Aid: Available now.
- Skills for Psychological Recovery: Available now.

Verification:

- Certificate: A certificate can be generated through NCTSN and used as your confirmation of completion.
- Attestation: You must also complete the MHLA attestation document. Submit both to mhlmentalhealth@dhs.lacounty.gov.

PHQ-9 and GAD-7 Videos:

Videos: We have also posted videos on the PHQ-9 and the GAD-7 questionnaires.

- PHQ-9 (for depression): Available now.
- GAD-7 (for anxiety): Available now.

No Verification Required: While they are not required, its highly recommended that staff using these measures have a understanding and/or a previous working knowledge on how to appropriately use them and to collect scores and outcomes.

Where are the videos:

The training videos (and all other materials) will be on the MHLA website at <http://dhs.lacounty.gov/mhla>. Then go to “For DHS and Community Partners” (user name: mhlacpp password: Lacounty1). Click on “Mental Health.”

Reminders:

Training requirement: As a reminder, anyone who will be providing mental health prevention services and/or activities must be trained. The agency’s mental health lead also must be trained.

Start date: The services won’t begin until July 1. MHLA will send an approval letter after receiving verification that staff have been trained.