**Mental Health**

**Current Courses NWTC and their partners have developed.**

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**Intro to Crisis Intervention:** This course is designed to provide options and techniques when working with individuals displaying mental health signs and symptoms. Participants will be given an overview of the legal system regarding police response for mental health related situations.

**Suicide Prevention - Beyond Crisis Intervention**: addressing suicide prevention from community-based or business perspective, discussing what is known about effective, long-term interventions, facilitated discussion on how to create specific plans of action.

**Self-Regulation:** participants will develop the skills needed to maintain emotional control and experience healthy social interaction for an improved overall feeling of well-being.

**Conflict Communication:** Gain knowledge to enhance conflict and cross-cultural communications skills, which can increase safety, improve interactions, and promote de-escalation. This course is more than a “communications skills” course and examines communications from a visual, verbal, mental, and tactical perspective.

**De-Escalation**: This course will examine challenges when in contact with persons in crisis or persons with mental illness. The ability to recognize and de-escalate dangerous behavior will make you more successful at your job. Participants will learn to identify signs of crisis and mental illness as well as conflict resolution techniques to calm an otherwise volatile situation

**Identifying Suicidality and What to Do:** learn to recognize when someone may be thinking about suicide and how to connect them to help and support. Identify persons with thoughts of suicide, develop a safety plan and follow up.

**Managing Stress & Taking Control of Workplace Stress:** Gain tips, tools and techniques to help combat stress, feelings of inadequacy and negativity, and how to deal with others who are negative around you.

**Mindfulness:** learn to focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

**Emotional Intelligence.** Emotional intelligence works to increase the participants emotional self-awareness, self-regulation, core values internal motivation, increasing empathy, and building skills for interpersonal effectiveness to adapt and manage their responses to various situations.

**Resiliency** this course helps reshape the learners thinking. It helps them to look at the world, yourselves, and the events they experience in a different way. Emphasizing the positive and their strengths rather than their weaknesses.

**Positivity:** Learn the benefits and how to deal with negative people and a negative culture in the workplace.

**Mental Health First-Aid:** is geared toward non-clinical people who would like to have more tools in dealing with individuals experiencing mental health issues or crises. You can find them here: [https://www.mentalhealthfirstaid.org/take-a-course/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mentalhealthfirstaid.org%2Ftake-a-course%2F&data=05%7C01%7CMarney.Verhasselt%40NWTC.EDU%7C0c3efaa4c7114db952a708dba5aec28d%7C00d501fb5a6842d6b3d8e8b2f16906d4%7C0%7C0%7C638285942237806054%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RT2564jx8K42NTSd4iVSIVCHnWwjnltxo5QT%2FeWf%2F3g%3D&reserved=0)

*NWTC instructors and corporate trainers are open to creating customized courses if that need arises. Our team also continues to develop new courses and update existing to be as relevant as possible for our community and business partners.*