



Wisconsin Community Action Program

Wisconsin's Poverty Fighting Network

2018 WISCAP ANNUAL MEETING

Mental Health First Aid

May 2, 2018

8:00 a.m. to 5:30 p.m.

Trainer: Journey Mental Health Center

LIMITED SPOTS AVAILABLE

Like CPR or first aid, Mental Health First Aid training is meant for everyone. It is a public education training that introduces participants to risk factors and warning signs of a developing mental illness including anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. This eight-hour course uses role-playing, simulations, videos, and lecture to demonstrate how to offer initial help in a mental health crisis or emerging disorder. Mental Health First Aid teaches participants a five-step action plan to support someone developing signs and symptoms of a mental illness: Assess for risk of suicide or harm, listen non-judgmentally, give reassurance and information, encourage appropriate professional help, encourage self-help and other support strategies.

Understanding Addiction to Drugs & Alcohol

May 2, 2018

8:30 a.m. to 11:45 a.m.

Trainer: Lucas Moore, Licensed Clinical Social Worker with Specialty in Substance Use Disorders

Moore will offer a lecture-style training in which he summarizes his course he teaches at UW-Madison, Social Work 453: Alcohol & Other Drug Abuse. It will offer an overview of social, economic, political, legal, and ethical considerations surrounding the use of tobacco, alcohol, and other drugs in the United States. This lecture will discuss and evaluate varying philosophies and perspectives on substance use, emphasizing a comprehensive bio-psychosocial framework; encourage discussion about the patterns, causes, and effects of substance use disorders in the United States; give attention to the impact of cultural factors on alcohol and other drug use; and highlight the presence of stigma and discrimination against persons who struggle with substance use.

Telling Community Action's Story: Developing an Advocacy & Policy Agenda

May 2, 2018

1:30 to 4:30 p.m.

Trainer: Wisconsin Community Action Program

This training is designed to increase CAA's ability to mobilize constituents to advocate for greater investment in affordable housing, health care, and jobs, wage and income supports. The training will link the lessons and "stories" emerging from program and field experience to customized activities for low income program advocacy. These include the development of skills in policy advocacy and social media as a tool to collectively address issues of poverty. You will hear from WISCAP's Executive Director, Communications Manager, and Director of Public Policy & Programs.