

**About MHR:**

**MISSION**

*Mental Health Resources' mission is to foster hope and recovery for those affected by mental illness.*

**VISION**

*MHR is an innovator and premier provider of recovery-based services in the metro area. In adapting to a changing environment, MHR and its collaborators develop innovative approaches to recovery-based services that demonstrates measurable outcomes for improving the lives of those affected by mental illness.*



Mental Health Resources, Inc.  
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**MENTAL HEALTH  
RESOURCES, INC.**

**Training and  
Consultation  
Services**



*Your connection to high quality  
training in core competencies and  
best practices in mental health*

# Training and Consultation Services



All training opportunities are grounded in adult learning theory and include opportunities for practicing skills, discussion, and interaction. The trainers utilize the expertise in your organization to create a personalized meaningful training experience!

*Training may be available on topics not listed here and can be tailored to meet the needs of your organization. Call us today to learn how we can meet your training needs!*



## Training Topics

### Professional Ethics and Effectiveness 3 hours

*This training meets the criteria for the MN Board of Social Work's ethics requirement.*

### Working with "Difficult" Clients 1-2 hours

*Sometimes, clients can "push our buttons." This training focuses on skills around self-care, mindfulness, and motivational interviewing.*

### Recovery Principles 2-3 hours

*People living with mental illness can and do recover, and acknowledging this can take increased understanding from providers.*

### Cultural Competency 2-4 hours

*A variety of training activities guide this experience in learning about cultural competency.*

### GLBT and Mental Health 1-2 hours

*Sexual minorities who live with mental illness have additional challenges in the system.*

### Harm Reduction 1-3 hours

*Abstinence from harmful activity is not possible for everyone. Harm reduction strategies increase rapport with clients.*

### Client-Centered Documentation 2-4 hours

*Includes tips and techniques for writing measurable, recovery-based documentation.*

### Engaging Clients 101 1-3 hours

*Through this training, you will establish the groundwork for beginning your relationship with new clients, and identify your own barriers and successes to engaging with clients*

### Increasing Safety in Community Visits 2-3 hours

*Learn and practice de-escalation strategies and increase awareness of dangers in the community*

### Suicide/Risk Assessment 2-3 hours

*A comprehensive review of how to assess when someone is in crisis and what to avoid.*

### Clinical Consultation Determined through assessment

*Unless otherwise noted, all training is facilitated by Licensed Independent Clinical Social Workers*

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