

MENU OF SERVICES

COMMUNITY ENGAGEMENT TEAM (CET)



AllHealth
NETWORK

WELLNESS HOUR | 1 HOUR



Over one to four sessions, our Wellness Hours focus on teaching and practicing stress management skills through interactive activity and discussion.

Wellness Hours available in Spanish or English.

Topics covered can include: Mindfulness, domains of wellness, resiliency, grief and loss, controlling what we can, stress on the brain, boundaries, and finishing the stress cycle.



A MORE MINDFUL WORKPLACE | 1 HOUR

This training focuses on strategies to promote mental health in the workplace.

Participants will learn skills needed to support colleagues, practice wellness, and prevent burnout.



SUSTAINED SUPPORT | 1-1.5 HOURS

Quarterly Sustained Support sessions are an opportunity to discuss wellness and provide psychological support for your organization and resources as necessary.



LET'S FACE IT | 1.5 HOURS

Participants will discuss how to approach friends, family, and loved ones about their mental health and to recognize signs and symptoms of a mental health struggle.



Q.P.R. | 1-2 HOURS

Participants will learn the warning signs of suicide and the technique used to get help for those at risk known as: **Question, Persuade, Refer.**



DE-ESCALATION | 2 HOURS

A training for those in client or customer-facing roles who would benefit from learning how to work with highly escalated individuals.



PSYCHOLOGICAL FIRST AID | 2 HOURS

Psychological First Aid is an important tool in recovery after a trauma. This training teaches how to reduce stress and assist in healthy recovery after a traumatic event.



INDIVIDUAL SUPPORT

Feel anxious or stressed? Need help accessing services? Not sure what you need, but want to talk to someone? CET offers short-term support for individuals of all ages via phone, email, or video call. Support is free and anonymous.

SCHEDULE A PRESENTATION: Schedule a 20-30 minute presentation with our Community Engagement Team for your organization, group, or department. CET is happy to provide an overview of available services, as well as how AllHealth Network can best support your goals.

Website



Phone: (720) 707-6789 E-mail: CET@allhealthnetwork.org Social Media: [@allhealthnetwork](https://www.instagram.com/allhealthnetwork)