



## Community Behavioral Health Training Syllabus

### Objective:

The CAPE Training program has three primary objectives:

(1) enhance participant mental health literacy and equip them with the capacity to heighten mental health literacy in the communities they serve, (2) enhance participant capacity to initiate and sustain local coalitions focused on community mental health challenges, and (3) enhance participant capacity to create effective action plans to address substance abuse or other community behavioral health needs.

### Approach:

The CAPE Training approach will employ lecture, training, and discussion, combining principles of adult distance education and in-person training. To accomplish the first training objective, CAPE will utilize the Mental Health First Aid in-person training program adult version. To accomplish the second objective, CAPE will provide community development training via distance education. Community development training will emphasize behavioral health applications.

### Audience:

The primary audience for CAPE Training are county Extension Agents from every program area. The training welcomes other potential audiences, including community mental health services agency representatives, local elected officials, and other community leaders. In general, the training will be primarily state-specific to maximize opportunities to foster collaboration and synergies that may be unique within an organization and a common state context.

### Participant Outcomes:

Participants will be subject to an explicit expectation of implementing a community behavioral health initiative to follow from the training. The suggested initiative and continuing example used in training will remain to create or strengthen community coalitions to respond to local behavioral health needs. However, participants may identify some more narrowly focused and targeted behavioral health issue in their community such as combatting the current opioid crisis. Participants will identify a potential initiative and will be expected to develop a detailed action plan for its implementation by training conclusion.

Project Sponsors:



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

### **Training Details:**

There will be three components of the training program: in-person training, lecture by prerecorded video, and live Webinar discussion. There will be one day-long Mental Health First Aid in-person training. There will be a total of eleven 15-20 minute lectures covering four major topic areas prerecorded for participant self-study. Each of the topics will have additional suggested resource materials for self-study. There will be a total of four Webinars for discussion and participant presentation. Each Webinar will be themed and discussion questions will be distributed in advance. Following conclusion of the training, a fifth Webinar will be scheduled six months later to assess progress of community initiatives and provide assistance as necessary.

### **Training Organization**

The training program will occur over approximately eight weeks to allow participants time for self-study, reflection, and assignment preparation. Videos will be available for a period of days in advance of a scheduled Webinar. Webinar connection instructions and discussion questions will be sent the day prior to a Webinar.

## **Course Schedule**

### **Video Lecture 1. CAPE Training Overview**

#### Overview:

The purpose of this video is to provide an overview of the CAPE training program and what it is intended to accomplish.

#### Thought Questions:

- What is “behavioral health?” Provide examples of behavioral health challenges.
- Have you observed behavioral health challenges among members of your extended family? Without referencing anyone specifically, what are/were the general type of challenges of which you are aware?
- Have you ever encountered an individual experiencing a behavioral health issue? Did you feel confident in knowing what to say and do?
- What are the most serious behavioral health problems in your home community?
- Is there currently a coalition of organizations (mental health agencies, public health, law enforcement, hospital, local government, etc.) actively working together to address behavioral health challenges in your home community?

#### Recommended Review:

NCRCRD Webinar: Dreamland: America’s Opiate Epidemic and How We Got Here.

<https://www.youtube.com/watch?v=In0A21oyBGk&feature=youtu.be>





## Video Lecture 2. Mental Health First Aid

### Overview:

In this video, we provide additional information about the scope and scale of mental health problems in the U.S. and the Mental Health First Aid program.

### Thought Questions:

- If someone came to you expressing a sense of anger or frustration, are you more inclined to listen empathetically or do you try to “fix” the problem as quickly as possible? How well do you think you listen?
- How well do you think you know signs of suicidal thoughts or behavior? Would you know what to do if you had strong suspicion that someone was contemplating suicide?
- How well do you think you know signs of substance abuse and addiction? Would you know what to do if you had strong suspicion someone might be abusing drugs?
- To what degree do you view drug addiction as a lack of willpower and self-control? Once addicted, can a person ever be cured?

### Recommended Review:

Mental Health First Aid Website: <https://www.mentalhealthfirstaid.org/>

## Video Lecture 3. Community Action Planning Overview

### Overview:

In this video, we provide additional information about the CAPE community mobilization and action planning process. We'll also present a sample plan for creating and sustaining a community mental health coalition.

### Thought Questions:

- Have you ever attempted to mobilize a broad cross section of a community's population to take action regarding some issue? If so, what was it?
  - What is a community needs assessment? Have you ever been involved in conducting a community needs assessment? If so, what was the focus? Have you ever led a community needs assessment? Can you articulate four major components of a community needs assessment? How comfortable would you be if asked to lead a community needs assessment? How confident are you that you would know what to do?
  - Can you define what a Logic Model is? Why might we want to use a Logic Model? Can you identify the three major components of a Logic Model?
  - What strategies would you use to sustain a community initiative over an extended period of time (multi-year)?
  - How confident are you that you could organize an effort to create and sustain a community coalition to address the broad behavioral health needs of your community? Where would you start, and what would you do?
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Required Readings:

CAPE Action Plan Worksheet. CAPE Website: <http://www.healthbench.info/community-behavioral-health-training.html>

Riley County Community Coalition Plan. CAPE Website.

**Webinar 1. CAPE Training: Discussion, Objectives, Schedule, Expectations, and Outcomes (Approximately 60 minutes)**

We'll answer any questions prospective participants may have regarding the training program. We'll make clear what we hope each participant will contribute to the program and what each participant will get from the program. At this point, those continuing in the program are expected to fully participate.

**Workshop. Mental Health First Aid Training**

**Location: To Be Announced**

**Mental Health First Aid Certification teaches participants to:**

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery. Assess their own views and feelings about mental health problems and disorders.
- Participants will receive MHFA Certification certificates upon completion.

**Webinar 2. Mental Health First Aid Debriefing: Discussion and Addressing Mental Health Stigma in the Community (Approximately 60 minutes)**

We'll give you a chance to offer your views and impressions of the Mental Health First Aid training program and ask any follow up questions. We will invite a Mental Health First Aid trainer to be on hand to answer questions. Then, we'll discuss the problem of stigma surrounding mental health and substance abuse disorders. We'll talk about what can be done to reduce stigma in the community.

Required Readings:

CAPE Exercise for Webinar 2: Reducing the Stigma of Mental Illness. CAPE Website.





### Recommended Readings:

Substance Abuse and Mental Health Services Administration. Developing a Stigma Reduction Initiative. CAPE Website.

The Central East Addiction Technology Transfer Center and the Danya Institute. Anti-Stigma Toolkit: A Guide to Reducing Addiction-Related Stigma. CAPE Website.

## **Video Lecture 4. Community Needs Assessment: Secondary Data Resources**

### Overview:

This will be the first in a series of videos that cover a host of community development principles and practices. We're going to begin by talking about community needs assessment. That is, gathering the information necessary for the broader community to see the needs that exist and to determine priorities to address. In this video, we'll discuss gathering government behavioral health data from the Internet, and preparing and communicating the information obtained to community leaders and the broader community.

### Thought Questions:

- Reflecting on the sources of information different community leaders use to formulate their views of priority community behavioral health needs, what sources of information do you use to formulate your own opinions?
- What are the federal/state/private secondary data sources you use most frequently?
- Where would you obtain secondary data relating to behavioral health conditions in your community?

### Exercise:

Review the CAPE Data Resources found here:

<http://www.healthbench.info/capedataresources.html> and here:

<http://www.healthbench.info/othermetricsdatabases.html>.

Find data relating to the general behavioral health situation in your community/service area.

Alternatively, if you are interested in a specific population group or a specific behavioral health problem, find some relevant secondary data that can inform you about the needs that exist.

### Required Review:

CAPE Website: <http://www.healthbench.info/home.html>.

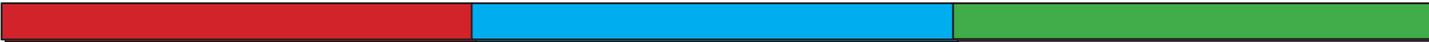
CAPE Data Resources: <http://www.healthbench.info/capedataresources.html>.

CAPE Other Metrics and Databases: <http://www.healthbench.info/othermetricsdatabases.html>.

### Recommended Readings:

CAPE Community Behavioral Health Data: How to Create County Community Behavioral Health Profiles. CAPE Website.





## **Video Lecture 5. Community Needs Assessment: Conducting Primary Research in the Community**

### Overview:

In this video, I'll continue discussing community needs assessment by talking about conducting primary research in the community using community surveys.

### Thought Questions:

- Think of a survey initiative in which you were involved. If you could go back and do one thing differently, what would it be?
- Surveys frequently require some type of sampling method. What are some of the alternatives you might consider using?
- When working on designing a survey, what are some of the characteristics you would want to include? What are characteristics you want to avoid?
- Who might be the source(s) of local or unique data related to behavioral health you could use?

### Exercise:

Make a list of the key informants in your community who can help you understand the situation or problem with which you are concerned.

### Recommended Readings:

CAPE Community-Level Behavioral Health Surveys: A Primer. CAPE Website.

## **Video Lecture 6. Community Needs Assessment: Survey Alternatives**

### Overview:

In this video, we'll continue discussing community needs assessment by talking about conducting primary research in the community using alternatives to surveys.

### Thought Questions:

- If you didn't have the capacity or resources to conduct a formal survey, how would you go learn about emerging issues, or whether a problem is getting better or worse?
- If you wanted to know the status of the drug abuse problem in a community, what agencies/entities might have unique data or insight into the problem?
- What evidence could you obtain that would convince others to join you in undertaking the initiative you want to do?

### Exercise:

Make a list of local service providers in your community that would gather information related to the problem you want to address. Identify the information they have and how you might access it.





Recommended Review:

CAPE Webinar: Measuring and Building Public Value of Health Intervention Programs

<https://www.youtube.com/watch?v=VfTe6VDqDhE&feature=youtu.be>

## **Video Lecture 7. Assessing Community Preparedness: Community Assets**

Overview:

In this video, we'll talk about successful communities and identifying community assets that can be mobilized to respond to a problem.

Thought Questions:

- What do you think is/are some of the key(s) to what you consider the vibrant, successful community?
- What are the current behavioral health gaps that exist in your community?
- What assets does your community have that can be brought to bear on the problem with which you are concerned?

Exercise:

Make a list of the key stakeholders who would ideally work with you on your project. Identify their current mission and priorities.

## **Video Lecture 8. Assessing Community Preparedness: Leadership & Public Relations**

Overview:

In this video, we'll continue our discussion of assessing community preparedness by talking about the essential leadership that's required for undertaking a community-scale initiative. We'll also talk about the public relations of community engagement.

Thought Questions:

- What are the essential leadership roles that need to be fulfilled to work on your community issue, and who will fulfill them?
- What are your strengths and weaknesses in the planning and execution of a community public relations campaign?
- What types of social media do you use? Which might be useful to apply to your issue?

Exercise:

Review the CDC Social Media Resources made available for you. Identify two or three new social media tools/platforms you could apply to your work. Indicate how you would use them.





### Recommended Readings:

University of Kansas Community Tool Box: Communications to Promote Public Interest. CAPE Website.

U.S. Department of Health, Center for Disease Control. CDC Social Media Works. CAPE Website.

### Recommended Review:

University of Kansas. Work Group for Community Health and Development.

<https://ctb.ku.edu/en>

Center for Disease Control: Social Media at CDC. <https://www.cdc.gov/socialmedia/index.html>

Center for Disease Control. Social Media Toolkit. CAPE Website.

Center for Disease Control. Guide to Writing for Social Media. CAPE Website.

## **Video Lecture 9. Engaging the Community & Building Consensus**

### Overview:

In this video, we'll discuss the organization of effective public meetings and use of a technique to achieve group consensus over shared priorities.

### Thought Questions:

- Think about your most successful meeting(s) with stakeholders or the public. What made it/them successful?
- What public participation techniques are you skilled in using?
- How would you establish a consensus on a priority (versus majority rules or power dictates)?

### Exercise:

Make a list identifying what you think are discrete and achievable accomplishments that are possible in your community.

### Recommended Readings:

EPA Public Participation Guide. CAPE Website.

## **Video Lecture 10. Community Action Planning**

### Overview:

In this video, we're going to begin a discussion of community action planning. We'll start by talking about how to sustain a community-scale initiative over the long-term. That will lead into a discussion of community strategic action planning.





Thought Questions:

- In your experience, what are key elements to sustaining community initiatives?
- In addressing your community concern or problem, how will you start? What can you accomplish in the next year? What can you accomplish in the next three years?
- Is there currently a local coalition capable of addressing community behavioral health needs?

Exercise:

Sit down and write answers to the following questions. What is the behavioral health situation in your community you would like to see changed? What are the most important things that need to be done to address the situation? What will be the situation or condition in your community when you have attained your goal?

Required Readings:

CAPE Action Plan Worksheet. CAPE Website.  
Riley County Community Coalition Plan. CAPE Website.

Recommended Readings:

Stanton County CHNA Final Report

## **Video Lecture 11. Community Action Planning to Address the Opioid Crisis**

Overview:

In this video, we'll continue our discussion of community action planning by focusing on the opioid abuse problem. We'll start by talking about some general action planning strategies for responding to opioids. We'll then consider some guidelines for community-scale action. Finally, we'll offer a sample community opioid action plan.

Thought Questions:

- What are the people within your community currently doing to combat the opioid problem?
- What more do you think is needed?
- What role can you play to help?

Exercise:

Sit down and write answers to the following questions. What is the first thing I can do to help my community respond more effectively to the crisis? What will be my personal/professional goal for making the community stronger and more resilient in the next year? What kind of help do I need? How will I measure my progress?

If you have been thinking about all of the suggested exercises, you have most of what you need for your action plan. Go to the Community Action Planning Worksheet, and keep writing!





Required Readings:

Community Opioid Action Strategies. CAPE Website.

Combatting Opioids: A Community Action Plan. CAPE Website.

**Webinar 3. Community Development and Community Action Planning Discussion  
(Approximately 60 minutes)**

We'll talk about organizing and managing a community-scale initiative. You can ask any questions or share your experiences. Then, we'll talk specifically about the planning exercise participants will undertake and the action plan we hope you'll complete. The plan can be for one's self, a team initiative, or something undertaken with a community coalition.

**Webinar 4. Participant Presentation of Community Action Plans and Discussion  
(Approximately 90 minutes)**

Participants can share their draft action plans with the group. In return, all can offer ideas and suggestions for available resources or other ways the plans might be strengthened.

**Webinar 5. Six-month Follow Up**

We'll meet again after approximately six months to hear about the progress you are making and the obstacles you may be dealing with. Participants can offer suggestions and encouragement for your continuing effort and eventual success.

**More Information**

To learn more about the CAPE Community Behavioral Health Training program contact:

- Dr. John Leatherman, Kansas State University (785-532-4492 or [jleather@ksu.edu](mailto:jleather@ksu.edu)) or
- Dr. Mark Skidmore, Michigan State University (517-355-9172 or [mksidmor@msu.edu](mailto:mksidmor@msu.edu)).

Registration questions:

- Rosa Soliz-McKelvey, Michigan State University (517-355-3373 or [soliz@msu.edu](mailto:soliz@msu.edu))
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