

NORTHERN MN SUICIDE PREVENTION TRAINING



Training sponsored by:
Minnesota Department of Health
Suicide Prevention Regional
Coordination Grant Funds

MOVING UPSTREAM

Are you looking for tangible strategies for suicide prevention and mental health/well-being promotion for yourself and/or the people you serve? The goal of this training is to review ways to increase hope and protective factors in the work we do within schools, worksites, healthcare facilities, the community and more. All are welcome to attend and a clock-hour certificate of attendance will be provided.

TOPICS

The Power of Positive Childhood Experiences (PCEs)

One of the most exciting applications of the Science of the Positive is in the developing body of scientific research around positive experiences as a counterbalance to the harmful physical, mental, and behavioral effects of Adverse Childhood Experiences (ACEs) across the lifespan. This ongoing research is transforming how we address the prevention and mitigation of trauma and its harmful effects, and opening new avenues for increasing community and individual health and wellness. In this interactive workshop, you will learn about the latest data, implications for the people you serve, opportunities for application within your community and emerging research to cultivate PCEs for greater community well-being.

Provided by Carla Ritz, Managing Director at the Montana Institute



Advancing Digital Well-being Through Community Resilience and Collective Action

Join us for an engaging session where we delve into the intersection of digital well-being and health equity. Experience a LiveMore ScreenLess overview while we explore how digital media influences social and structural determinants of health.

Participants will learn actionable strategies for leveraging community power and advocating for policies that support digital well-being.

Provided by Linnea Imhof, Public Health Educator at Koochiching Public Health and Human Services



REGISTER BY 5/9/25:

<https://www.surveymonkey.com/r/May25Train>



Thursday,
May 22, 2025



Questions?

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9:00 a.m. to 3:00 p.m.



Training is FREE
Lunch will be provided



SouthShore Hotel on Lake Bemidji
1019 Paul Bunyan Dr S, Bemidji, MN 56601