



Community Cares Training can come to you in person.

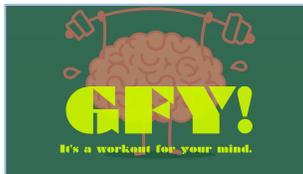
Here are our current classroom-based course offerings:



- **Community Cares: Mental Health Response Training**

This is the classroom-based version of our very popular online mental health training. CC:MHRT addresses crisis response and beyond. Other content includes: local resources; stigma; culture; community-based teams; addiction and more. We can teach all 8 modules or any portion of them. Each module is 3 hours long. Students complete tests and homework as part of this course.

- **Focus On...** These courses specifically focus on common diagnoses and mental health problems, including **Anger, Anxiety, Autism** or **Addiction**. We can also design focus courses for other diagnoses. (Each course is usually 6 hours long, typically delivered in two 3-hour sessions. An all-day approach can also be used.)



- **GFY! (Go Find Yourself!)** These are exercise-based courses that build on the lessons of positive psychology. Rather than focusing on mental illness, they help learners to define and improve their mental wellness. They're great courses for team building, staff development and reducing burnout. These courses can be tailored easily to fit your agency's needs. They fit well into

in-service training or retreat-based training, and durations can be almost anything you desire.

- **Community Living Leadership Academy** - This course is taught in 6 sessions, broken into three modules. Learners develop a strong sense of the history and philosophy of community living and psychosocial approaches; develop specific management tools and an understanding of leadership styles; and work on personal development and self-care. They produce and present a Visioning Assignment as part of the course.





- **CISD - Critical Incident Stress and Debriefing** - This course teaches students about *Critical Incident Stress Syndrome*, the importance of understanding stress, trauma and debriefing; and how to perform Peer-to-Peer Debriefing. (6 - 8 hours, usually in two sessions.)

- **Communicate Like a Pro!** – This course focuses on many elements of professional communication, including relationship-building; presenting; meeting practices; written communications; therapeutic communication skills; conflict resolution; effective feedback and more. (9-12 hours, usually in 4 sessions, but can be done as a workshop.)



- **Volunteer Training** – This course covers the basics needed for community service volunteers, including relationship skills, boundaries and navigation; professionalism and ethics; local resources and basic interpersonal communication skills. (6-12 hours, usually in 4 sessions.)

We love to tailor courses to fit your needs, so please reach out to us with your ideas.

In most cases, our courses include:

- **Assessment of student work;**
- **Certification of continuing education that includes hours of study (We usually provide .pdf versions of these to both the learner and the employer).**
- **After hours access to the instructor for follow-up questions.**
- **All handouts and materials.**

We can teach at your location or at Riverside College in Mission, BC.



All courses offered by BootStrap Consulting.

**Contact us at 604-897-0239 or
BootStrapConsulting@shaw.ca**

About the Instructor:

For more than 35 years, Paul Horn (B.Arts, TEP, MSc.) has worked as a front-line professional, leader and educator in community-based services for people with mental health and developmental diagnoses. He has been the **Community Support Work / Educational Assistant Instructor** at Mission's Riverside College since it opened in 2001 and has delivered instruction at a variety of other colleges and conferences. He is the creator and instructor of the **Community Cares: Mental Health Response Training, Focus On...** and **GFY: Go Find Yourself** courses taken by more than 4000 learners from Canada and around the world.



Paul is a very experienced consultant, speaker and educator. Through his company, *BootStrap Consulting*, Paul has developed community initiatives; consulted on human resource policy, strategic planning and curriculum development; and supported communications and community development for political campaigns, sporting organizations and not-for-profit societies.

Paul is a certified Professional Teacher (British Columbia); Class B Assessor (Queen's University); and an ABA practitioner. He holds a B.A. (Thompson River's University), Teacher's Education Certification (University of the Fraser Valley) and a MSc. in Performance Management & Workplace Learning (University of Leicester).