

Community Education

Five County Care Coordinators and Prevention Specialist can provide the following educational materials to the community:

- Booklets and Brochures
- Reproducible Fact Sheets
- Posters and Videotapes
- Educational Material in Spanish

Materials cover many areas such as substance abuse, mental health, depression, suicide, developmental disabilities and general health.

website:

www.fivecountymha.org

**Five County
Mental Health Authority
134 S. Garnett Street
Henderson, NC 27536**

Call Center:

1-877-619-3761

**Hearing Impaired: 1-800-735-2962
(Relay NC)**

In accordance with federal requirements, Five County Mental Health Authority recognizes as a priority, services to substance abusing pregnant woman and IV drug users.



Prevention Programs

Five County Mental Health Authority strives to provide consultation, prevention and intervention services to the general population of Franklin, Granville, Halifax, Vance and Warren counties.

The Prevention Specialist's primary role is to provide education and information to the general public regarding mental health, developmental disabilities and substance abuse.

For information contact:

Anne Williams — Prevention Specialist

252-430-3077

aewilliams@fivecountymha.org.

Care Coordinators provide information on substance abuse, mental health and developmental disabilities to the public.

They also develop and implement strategies to reduce the stigma associated with being a consumer of Mental Health and Substance Abuse services.

Anita Mason -Care Coordinator

252-430-3035

amazon@fivecountymha.org

(specialty areas include mental health support / advocacy, Mental Health First Aid)

Cynthia Fenner-Care Coordinator

252-430-3048

cfenner@fivecountymha.org

(specialty areas include senior citizens, faith based groups, law enforcement and veteran support)

The following **FREE programs** are provided in all five counties at central locations, but can also be provided at your agency, church, business, school or community setting. Presentations can be single session or a multi session groups as listed :

- **Parent To Parent:** Empowers the parents of teens and pre-teens by helping them improve communication skills, establish goals, recognize problem behavior, to help deter negative behaviors. A weekly series of 8, one and a half hour sessions.
- **Parenting Matters:** Parents of children 0-10 years, gain knowledge and improve parenting skills. Topics include parenting challenges, being a role model, understanding your child's behavior, healthy parent and child relationships, avoiding power struggles and taking care of yourself. A weekly series of 8, two hour sessions.
- **Coping with Work and Family Stress:** Helps adults identify stressors at work, home and the environment, improve communication skills, and develop and practice relaxation techniques. Includes a brief alcohol-depression screening and life coping skills screening. A weekly series of 8, one hour sessions.
- **Freedom from Smoking:** America's gold standard smoking cessation program developed by the American Lung Association . Prepares the foundation for success and provides skills and support. 8 weekly, one hour sessions.

- **Signs of Suicide (SOS) :** A short educational program to be used with teens or people that work with teens ages 14-18 that can be taught in schools, youth groups, group/foster homes, etc. The program raises the awareness of suicide and its related issues such as depression. Provides support and intervention for teens that may be at risk for depression or other mental illnesses. Three to four hour presentation.
- **Anger Management:** – Discover what makes you angry, how your health is affected by anger and how to manage your anger in healthy ways. Learn to share feelings without getting angry and practice relaxation and stress management. 6 weekly sessions 90 minutes each.
- **Mental Health First Aid:** Teaches the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors) until appropriate professional or other help, including peer and family support, can be obtained. This 12-hour program prepares members of the public to provide Mental Health First Aid to those in need. There is a \$15.00 fee for the book.

Short presentations on a single topic or area of interest such as " Drug Trends" " Signs and Symptoms of Depression" or "Stress Management." are also available