



afmcSM TIPP

Trauma-Informed & PACEs Project

TIPP supports various community-based organizations by providing public awareness, education, and support through focused trainings on positive and compensatory experiences (PACEs), social determinants of health (SDOH), health equity, and mental health, among other related topics.



TIPP Training Sessions

Adult Mental Health First Aid

Helps individuals provide initial support to adults experiencing mental health challenges or crises until professional help is available. This will involve two hours of online pre-work, followed by a six-hour, in-person class. A virtual option is also available.

ACEs and Maternal Health

ACEs (Adverse Childhood Experiences) and maternal health training can help people learn about the impact of ACEs on maternal health and how to create healing environments for patients. The length of this session can be individualized to meet your needs.



Adverse Childhood Experiences 101

Stakeholders will understand ACEs research, consider its implications for themselves and others and how it can be passed through generations, and identify prevention and response strategies. The length of this session can be individualized to meet your needs.

Building a Practice to Support Educator Wellness

A 3-hour, in-person course that empowers educators to prioritize their well-being in the service of fostering a supportive environment for students.

Trauma-Informed Classrooms and Campuses

A 3-hour, in-person course that delves into trauma-informed approaches to create safe and supportive student learning environments.

Trauma-Informed Workplace

Trauma-informed workplace training can help organizations create a culture of safety and compassion by acknowledging and responding to trauma in their employees. The length of this session can be individualized to meet your needs.



Youth Mental Health First Aid

Equips individuals with the skills to provide initial support to youth ages 12-18 experiencing mental health or substance use challenges or crises. This will involve two hours of online pre-work, followed by a six-hour, in-person class. A virtual option is also available.

Resiliency and Self-care

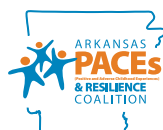
This session focuses on understanding resilience, stress management, and developing personalized self-care strategies. The length of this session can be individualized to meet your needs.



To learn more about AFMC's training options please visit real.afmc.org, email paces@afmc.org, or click on the QR code.



[afmc.org/
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