

## Training Schedule for February to April 2022

### Week 1

#### Tuesday, February 22, 6pm – 9pm (Note: only Tuesday due to Family Day holiday)

- **Session 1:** Introduction to Crisis Line Skills – Listening Skills, What Is Crisis?
- **3 hour group training via Zoom (attendance mandatory)**

#### Wednesday, February 23, 6pm – 9pm

- **Session 2:** Levels of Severity; Crisis Intervention Model
- **Wednesday, February 23<sup>rd</sup> 6 PM to 9 PM: 3 hour group training in-person in Nanaimo (attendance mandatory)**
- Homework to be completed: Actively Listening Exercise Reflection, Quiz 1 – The ADEPT Model, Session 1 Reflection, Lead-In Exercise, Defining the Level of Severity.

### Week 2

#### Monday, February 28, 6pm – 9pm

- **Session 3:** Trauma Informed Care and Boundaries
- **3 hour group training via Zoom (attendance mandatory)**

#### Wednesday, March 2, 6pm – 9pm

- **Session 4:** Grief, Loneliness, Introduction to Mental Health
- **Wednesday, March 2<sup>nd</sup> 6 PM to 9 PM: 3 hour group training in-person in Nanaimo (attendance mandatory)**
  - In-class training

### Week 3

#### Monday, March 7, 6pm – 9pm

- **Session 5:** Mental Health System
- **3 hour group training via Zoom (attendance mandatory)**

### Wednesday, March 9, 6pm – 9pm

- **Session 6:** Mental Illness, Continued
- **Wednesday, March 9<sup>th</sup> 6 PM to 9 PM: 3 hour group training in-person in Nanaimo (attendance mandatory)**
- Quiz #2 to be completed
  - In-class training, listening to calls, roleplays

### Week 4

#### Monday, March 14, 6pm – 9pm

- **Session 7:** Suicide Assessment/Intervention
- **3 hour group training via Zoom (attendance mandatory)**

#### Wednesday, March 16, 6pm – 9pm

- **Session 8:** Suicide Continued, Nonsuicidal Self-Injury, and Child Abuse
- **Wednesday, March 16<sup>th</sup> 6 PM to 9 PM: 3 hour group training in-person in Nanaimo (attendance mandatory)**
  - In-class training, roleplays

### Week 5

#### Monday, March 21, 6pm – 9pm

- **Session 9:** NSSI; Survivorship, Assault, Cycle of Violence
- **3 hour group training via Zoom (attendance mandatory)**

#### Wednesday, March 23, 6pm – 9pm

- **Session 10:** First Nations, 2SLGBTQ+, Back to Basics
- Quiz #3 to be completed
  - In-class training in Nanaimo, roleplays

### Week 6

#### Monday, March 21, 6pm – 9pm

- **Session 11:** Serving Vancouver Island; Crisis Response Teams
- **3 hour group training via Zoom (attendance mandatory)**

**Wednesday, March 23, 6pm – 9pm**

- **Final quiz and roleplays Wednesday, March 23<sup>rd</sup> 6 PM to 9 PM: 3 hour group training in-person in Nanaimo (attendance mandatory)**

**Week 7 March 31 – April 6**

- **First Observation Shift to be completed in-person**

**Week 8 April 7 – April 13**

- **Second Observation Shift to be completed in-person**

**Weeks 9 - 12 April 14 – May 12**

- **Minimum of four (4) Support Shifts to be completed in-person**