



MENTAL HEALTH TRAINING

Programs designed to meet your organization's specific needs.

ArcaMind is a global training institute dedicated to expanding access to quality mental health services. We provide you with the opportunity to lead in supporting the mental health of your organization — creating a place where people thrive.

Our programs are grounded in evidence-based tools developed by the World Health Organization (WHO) that enable non-mental health specialists to effectively support individuals experiencing stress, anxiety, and other challenges. This stepped-care model meets people where they are to provide practical tools and low-cost approaches to improving quality of life.

ArcaMind offers both direct facilitation and a training of trainers model for the following evidence-based interventions:

INTERVENTION	PURPOSE	FORMAT
Psychological First Aid (PFA)	<i>Broad application training to help anyone in the community identify individuals experiencing distress, as well as steps to take to assist them.</i>	<i>2-3 hour training done by a facilitator virtually or in person.</i>
Self Help Plus (SH+)	<i>Five-step stress management course. It teaches skills to deal with life stresses and is a first step in a stepped care program.</i>	<i>2-3 hour self-guided training online.</i>
Early Adolescent Skills for Emotions (EASE)	<i>An evidence-based group psychological intervention to help 10–15-year-olds, and their caregivers, affected by internalizing problems (e.g., stress and symptoms of anxiety, depression).</i>	<i>7 group sessions for adolescents and 3 additional group sessions for caregivers.</i>
Problem Management Plus (PM+) Group	<i>A group intervention to help adults experiencing distress or anxiety. This is effective for groups experiencing similar stresses (migrant communities, seniors, community affected by a natural disaster).</i>	<i>5 group sessions for adults, ideally in-person, but can be done virtually.</i>
Problem Management Plus (PM+) Individual	<i>An evidence-based intervention to help individuals better manage their practical problems. It can help people with depression, anxiety and life stress.</i>	<i>5 individual sessions for adults which can be done virtually or in-person.</i>
Dialectical Behavior Therapy (DBT) Skills	<i>DBT skills are designed to manage intense emotions, reduce impulsivity, and improve relationships through four core modules. These evidence-based tools, rooted in cognitive-behavioral techniques, foster emotional stability.</i>	<i>Flexible model depending on organizational needs.</i>

Training Examples

YMCA

The Duluth YMCA had staff trained as PM+ Helpers and began advertising this service in the lobby. They have had a steady stream of members seek out PM+ and will be training more staff to meet the demand.

"I am forever a better fitness instructor and human being after going through PM+ training."

True North Goodwill

The organization trained their Career Counselors as PM+ Helpers to support clients. While the Counselors are now supporting clients, they also say they are using PM+ strategies to manage their own stress and as a tool to be a better manager.

Faith Community Program

Three retired professional women from the same congregation trained as PM+ Helpers and now facilitate a support group for older members to help them deal with loneliness, grief, estate planning and other real-life problems. At the end of each meeting, new participants ask: "How can I start PM+?"

Impact

Early U.S. pilot programs of scalable mental health programs show measurable improvement among participants. Comparing baseline and post-session follow-up scores revealed:

- ✓ Significant reductions in depression and anxiety
- ✓ Notable improvements in general mental health
- ✓ Increased confidence in providing emotional support

These outcomes demonstrate that low-intensity, community-based approaches can make a profound difference.



Empower your organization with practical mental health skills — contact us to get started.

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