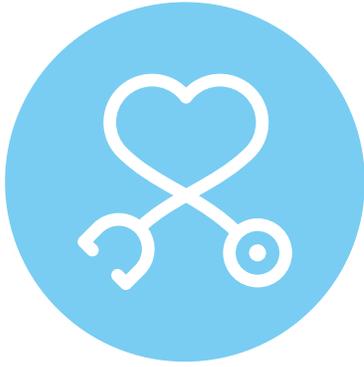


HPOG PROMISING PRACTICE

EDUCATION, TRAINING, & SUPPORT SERVICES | EMPLOYMENT STRATEGIES

CareerAdvance Healthcare Job Training Program
at Community Action Project of Tulsa County, Inc.

 TULSA, OK



Mental health matters

CareerAdvance Healthcare Job Training Program at the Community Action Project of Tulsa County, Inc (CAP Tulsa) is a free healthcare career training program. They offer coaching, education, training, and job opportunities for low-income families in Tulsa. CareerAdvance helps participants build the academic skills necessary to enter a healthcare training program, earn an industry recognized certificate, and find employment through local partner employers.

The CareerAdvance team identified that participants' engagement after enrollment has been an issue since the start of the program. They tried many different approaches to reduce post enrollment drop off. Eventually, they recognized that mental health issues are often the cause for participants' inability to cope with obstacles that arise while in training. To better help their students, CAP Tulsa requested Mental Health First Aid training (MHFA) for their HPOG team.

Mental Health First Aid teaches participants how to respond in a mental health emergency and offer support to someone seemingly in emotional distress. By taking this course, the CareerAdvance team members gained basic knowledge and skills to respond to an individual in crisis. They learned about signs and symptoms such as depression, anxiety, substance abuse, eating disorders, trauma, psychosis, and deliberate self-injury. The ultimate goal of MHFA is to get a person experiencing a mental health emergency appropriate help from a mental health professional.

As a result of training, Career Advisors now feel more capable. They recognize when a participant is struggling and know what steps to take to intervene early on.

This Promising Practice was self-identified by the grantee and information contained in this document was provided by the grantee.