



Horizon Health Services In-Person & Virtual Speakers Bureau

Education and Awareness

Education and awareness play a vital role in what Horizon does and we are looking forward to working with you and providing the necessary presentations and resources to those in our community. Across every industry, field and background, employers, schools and our community as a whole have an incredible opportunity to enhance the quality of life of employees, community members and their families and loved ones by educating around mental health and substance use.



Contact Us Today!

Set up an impactful and resourceful in-person or virtual presentation around topics listed on the back of this page. We can customize any of these discussions to fit the time provided to us. To ensure everyone can fully participate, please reach out to us in advance if you would like information and support regarding interpretation services for this presentation.



For Inquiries About Presentations:
Contact Our Speakers Bureau Group
SpeakersBureau@horizon-health.org

Mental Health Awareness Topics

- **Mental Health First Aid**
 - Explanation of depression and mood disorders, anxiety disorders, trauma informed care, and substance use disorders. Presentation also covers how to have conversations with loved ones or colleagues, appropriate help/resources for treatment, and more.
- **Stress Management, Wellness, and Mindfulness Practices**
 - Brief overview, wellness activities and suggestions on what staff, students and adults can do to work through their stressors, understanding self-care, and how mindfulness can increase organizational productivity and employee wellness. Resources and information on levels of treatment are provided.
- **Well-Being in the “New-Normal”**
 - Normalizing what everyone is feeling and experiencing after the COVID-19 pandemic, including signs, symptoms and treatment of anxiety and depression, how to have conversations with teams or loved ones, ways to provide support, and identifying stressors and how to navigate them.
- **Compassion and Connection**
 - Strategies and approach for increasing compassion towards each other.
- **Suicide Prevention**
 - Discussion of signs and symptoms to look for in addition to assisting employees or loved ones in conversations following those who may have been impacted by suicide.
- **Grief and Loss**
 - This presentation offers compassionate guidance on understanding the many levels of grief—whether from the loss of a loved one, a job, or a major life change and introduces ways to cope, heal, and support one another. An overview of how grief affects our minds and bodies and what resources and support are available to our community.
- **Trauma-Informed Care**
 - Gain an understanding of trauma-informed care and the role trauma plays in an individual's life. Attendees will learn how to take a trauma-informed approach to interacting with coworkers and loved ones, and how to provide support to those experiencing trauma.

Substance Use Awareness Topics

- **Understanding Substance Use**
 - Alcohol & Opiates: learn about the signs & symptoms
- **Family Education and Involvement**
 - How to support your loved one, connecting with resources and continued education.
- **Treatment**
 - What does that look like? How do I go about receiving treatment, and what options are available to me?
- **Cannabis 101**
 - Learn all the basics of cannabis as a plant, product, medicine, and potential drug of abuse.
- **Opiate Overdose Prevention**
 - We believe that being prepared is an important step in preventing death from an overdose. Training attendees will receive an Opiate Overdose Prevention Kit to help opiate users, friends, and family be prepared in the case of an overdose.

Other Topics

- **Learn About Horizon**
 - Presentation provides an overview of Horizon Health Services, what services we offer, how to refer a colleague, same day access programming, introduction to our admissions team, what does confidentiality look like if an employee reaches out, insurance barriers and questions on how to find resource advocates to assist with insurance and more.
- **Fostering Inclusive Practices and Cultural Humility**
 - Our Director of Health Equity and Impact will provide an interactive session focused on key concepts and terms related to cultural awareness, strategies for inclusive environments, and tools for navigating critical conversations within teams and groups. The presentation will also highlight the value of safe spaces and cultural humility in our relationships with coworkers, families, friends, and the broader community. Presentations can be tailored for general understanding and foundational knowledge or focused on specific topics relevant to the organization or the community need.

(Topics would be a presentation on the understanding and explanation of each, in addition to the available resources and take-a-ways)



*Our Mission: Together for Recovery.
Changing Lives. Saving Lives.*

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HORIZON-HEALTH.ORG