



Early recognition of serious mental illness and early treatment can reduce the burden of mental illness on your clients and their families

Would you like your staff to learn how to start the conversation in your community about serious mental illness in a caring and hopeful manner?

ABOUT LA CLAVE'S TRAINING WORKSHOP

La CLAVE, a USC based program, is offering a free four-hour training workshop to help outreach coordinators with explaining serious mental illness in the community. The free training workshops includes a toolkit that highlights the following:

- How to start a conversation about serious mental illness in the community
- How to detect the early signs of a serious mental illness
- The importance of seeking professional help in a timely manner
- The common barriers that make it difficult for families and individuals to seek help

La CLAVE was designed as a non-judgmental approach that promotes conversations about mental health issues in a non-clinical, non-technical way. It opens up a conversation about mental health to reduce stigma and helps people recognize signs of mental illness to encourage people to seek care. It can also serve as a tool to share information about your organization and the services you provide.

LA CLAVE TRAINING TOOLKIT-*included as part of the training*

There are 3 versions to the La CLAVE training toolkit: La CLAVE film, La CLAVE sin luz (developed to be used without the need for power and/or multimedia resources) and La CLAVE Class.

- **La CLAVE Film**
Tells the story of Adriana, a young woman going through a divorce and presenting symptoms of a serious mental illness. The 15 minute film shows how her parents realize she has a substantive problem and needs professional help. It is ideal for any group size.
- **La CLAVE sin luz**
Is an interactive workshop guided by a 15-page flipchart, which includes many images and few words. It tells the story of Olga a young woman going through a divorce and presenting the symptoms of a serious mental illness. It is especially useful in small groups.
- **La CLAVE Class**
Is an engaging talk that uses popular Latino cultural icons of song, television, cinema and art to describe the signs of serious mental illness and to facilitate seeking services without delay. After watching the video, viewers are open to talking about this highly stigmatized topic with others. It can be used for any group size

Utilizing the outreach tools developed by La CLAVE will help start a conversation and encourage individuals to seek help for their loved ones.