



*Training Calendar*

*The Mental Health Center of Greater Manchester believes that a highly skilled workforce is vital to the care of our patients and the health of our community. We are committed to the professional development of behavioral health providers across the region.*

*With over four dozen unique trainings and an equal number of expert training staff, MHCGM courses provide cutting edge, research driven curricula with continuing education hours through the National Association of Social Workers and the American Nurses Credentialing Center.*

*We are excited to have trained 1,125 individuals in 2024 and look forward to expanding that number in 2025!*

*We hope you decide to join us for one of our trainings found in this calendar. If you would like to bring a training to your place of employment reach out to Pete Costa at [costapet@mhcgm.org](mailto:costapet@mhcgm.org).*



Pete Costa, LICSW, CCISM  
Director of Training



Elaina Pousland, MS  
Coordinator of Training

# January 2025



Foundations of  
Zero Suicide:  
Clinical  
Competency

1/6/25

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Motivational  
Interviewing

1/7/25 & 1/9/25

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Cultivating  
Wellbeing in a  
Challenging  
World

1/10/25

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Assessing  
Suicidal Risk  
Using the C-SSRS

1/13/25

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Lunch and Learn:  
Caring for the  
Queer  
Community

1/13/25

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CPI  
MHCGM STAFF  
ONLY

1/15/25

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Medicaid 101

1/16/25

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# January 2025



**Trauma  
Stewardship**

1/17/25

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**Safety Planning  
for Suicide  
Prevention and  
Intervention**

1/20/25

[Click for More Info](#)

**The Quest for  
Cultural  
Effectiveness and  
Responsiveness**

1/24/25

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**CALM:  
Counseling on  
Access To Lethal  
Means**

1/27/25

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**Trauma Informed  
Care: Moving from  
What's Wrong with  
You? to What  
Happened to You?**

1/29/25

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**Mental Health  
First Aid--Adults**

1/31/25

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# February 2025

Benefited from one of  
our free trainings?  
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today! Click here!

[PHI Coaching  
Approach to  
Supervision](#)  
**MHCGM STAFF  
ONLY**

[2/4/25 & 2/6/25](#)  
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[Responding to  
Intersectional  
Stigmatization](#)

[2/7/25](#)  
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[Lunch and Learn:  
Caring for the  
Queer  
Community](#)

[2/10/25](#)  
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[Stages of Change](#)  
[2/11/25 & 2/13/25](#)  
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[CPI](#)  
**[MHCGM STAFF  
ONLY](#)**

[2/19/25](#)  
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[L.E.T.S. Save  
Lives](#)

[2/27/25](#)  
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[Mental Health  
First Aid--Adults](#)

[2/28/25](#)  
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# March 2025



IMR: Illness Management and Recovery

3/5, 3/6, 3/7/25  
Click for More Info

Lunch and Learn: Caring for the Queer Community

3/10/25  
Click for More Info

Risk Formulation for Those Living with Psychosis

3/11/25  
Click for More Info

NAMI Connect for Suicide Prevention and Intervention

3/14/25  
Click for More Info

Youth Mental Health First Aid

3/14/25  
Click for More Info

CPI  
**MHCGM STAFF ONLY**

3/19/25  
Click for More Info

NAMI Connect Refresher

3/25/25  
Click for More Info

TMBI: Teachable Moment Brief Intervention

3/27/25  
Click for More Info

Mental Health First Aid--Adults

3/28/25  
Click for More Info

# April 2025



**Responding to  
Intersectional  
Stigmatization**

4/4/25

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**Foundations of  
Zero Suicide:  
Clinical  
Competency**

4/7/25

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**Defusing High  
Intensity  
Situations**

4/8/25

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**Motivational  
Interviewing for  
Adolescents**

4/8/25

[Click for More Info](#)

**LEAP: Listen,  
Empathize,  
Agree, Partner**

4/11/25

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**Lunch and Learn:  
Caring for the  
Queer  
Community**

4/14/25

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**L.E.T.S. Save  
Lives**

4/10/25

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# April 2025



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[Assessing  
Suicidal Risk  
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4/16/25  
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[Safety Planning  
for Suicide  
Prevention and  
Intervention](#)  
4/21/25  
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First Aid--Adults](#)  
4/25/25  
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[CALM:  
Counseling on  
Access To Lethal  
Means](#)  
4/28/25  
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# May 2025

ITCOD: Integrated Treatment of Co-Occurring Disorders  
5/2/25  
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DBT for the Non-DBT Practitioner  
5/5/25 & 5/6/25  
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Cultivating Wellbeing in a Challenging World  
5/9/25  
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CBT: Cognitive Behavioral Therapy  
5/12/25  
[Click for More Info](#)

Trauma Stewardship  
5/15/25  
[Click for More Info](#)

Understanding Military Culture  
5/16/25  
[Click for More Info](#)

Trauma Informed Care: Moving from What's Wrong with You? to What Happened to You?  
5/20/25  
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CPI  
MHCGM STAFF ONLY  
5/21/25  
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Mental Health First Aid--Adults  
5/23/25  
[Click for More Info](#)



# June 2025



PHI Coaching  
Approach to  
Supervision

**MHCGM STAFF**

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6/2 & 6/4/25

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**The MHCGM**  
**Pride Panel**

6/11/25

Save the Date!

The Quest for  
Cultural  
Effectiveness and  
Responsiveness

6/12/25

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CPI  
**MHCGM STAFF**  
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6/18/25

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Mental Health  
First Aid--Adults

6/20/25

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# July 2025



Foundations of  
Zero Suicide:  
Clinical  
Competency

7/7/25

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Assessing  
Suicidal Risk  
Using the C-SSRS

7/14/25

[Click for More Info](#)

CPI  
MHCGM STAFF  
ONLY

7/16/25

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Safety Planning  
for Suicide  
Prevention and  
Intervention

7/21/25

[Click for More Info](#)

Motivational  
Interviewing

7/22 & 7/24/25

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Mental Health  
First Aid--Adults

7/25/25

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CALM:  
Counseling on  
Access To Lethal  
Means

7/28/25

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# August 2025



[Responding to Intersectional Stigmatization](#)

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[Stages of Change](#)

[8/12 & 8/14/25](#)

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[8/20/25](#)

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[Mental Health First Aid--Adults](#)

[8/22/25](#)

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# September 2025

[Foundations of  
Zero Suicide:  
Clinical  
Competency](#)

9/8/25

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[Trauma-Informed Care:  
Moving from 'What's  
Wrong with You?' to  
'What Happened to  
You?'](#)

9/10/25

[Click for More Info](#)

[NAMI Connect  
for Suicide  
Prevention and  
Intervention](#)

9/12/25

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[Assessing  
Suicidal Risk  
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9/15/25

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[CPI  
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9/17/25

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[Risk Formulation  
for Those Living  
with Psychosis](#)

9/18/25

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# September 2025

[Safety Planning  
for Suicide  
Prevention and  
Intervention](#)  
[9/22/25](#)  
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[NAMI Connect  
Refresher](#)  
[9/23/25](#)  
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[TMBI: Teachable  
Moment Brief  
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First Aid--Adults](#)  
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[CALM:  
Counseling on  
Access To Lethal  
Means](#)  
[9/29/25](#)  
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# October 2025



[DBT Skills Training](#)  
[for Borderline](#)  
[Personality Disorder](#)

[Oct 6th, 7th, 13th,](#)  
[14th, and 20th](#)  
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[MATCH](#)  
[MHCGM STAFF](#)  
[ONLY](#)

[Starting 10/9/25](#)  
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[Defusing High](#)  
[Intensity](#)  
[Situations](#)

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[LEAP: Listen,](#)  
[Empathize,](#)  
[Agree, Partner](#)

[10/28/25](#)  
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# November 2025

Understanding  
Military Culture

11/7/25

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DBT for  
Adolescents

11/10/25

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Cultivating  
Wellbeing in a  
Challenging  
World

11/14/25

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CBT: Cognitive  
Behavioral  
Therapy

11/17/25

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CPI  
MHCGM STAFF  
ONLY

11/19/25

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Mental Health  
First Aid--Adults

11/21/25

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# December 2025



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Approach to  
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12/1 & 12/3/25  
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[DBT for the Non-  
DBT Practitioner](#)

12/1/25 and  
12/2/25  
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[Responding to  
Intersectional  
Stigmatization](#)

12/5/25  
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12/17/25  
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12/19/25  
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giving! Make a  
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