

We Champion Mental Wellbeing. Connect People. Build Relationships...One Friend at a Time. The Mental Health Education Program equips individuals and organizations with practical tools to recognize, respond to, and support mental wellbeing in our community. Please review this information to gain an understanding of what to expect when working with Compeer.

Training Opportunities:

Training	Audience	Duration	Cost
Mental Health 101	General (All)	60 min	\$350
Workplace Mental Wellness	Workplace Leaders	90-120 min	\$500
Adult Mental Health First Aid	Adults (18+)	6-8 hrs	\$3,000 (grant-funded options available)
Youth Mental Health First Aid	Adults (18+)	6-8 hrs	\$3,000 (grant-funded options available)
Teen Mental Health First Aid	Teens (14-18)	6-8 hrs	\$3,000 (grant-funded options available)

How to Get Started:

- ☐ Complete an [inquiry form](#) to discuss your training needs. Compeer will follow up within 3 business days.
- ☐ Confirm date availability and audience.
- ☐ Compeer will initiate an Agreement Form outlining expectations.
- ☐ Host site to submit signed Agreement Form to secure your training date.
- ☐ Receive invoice and process payment prior to training.

Host & Participant Expectations:

- ☐ Provide a distraction-free space with flexible seating and A/V.
- ☐ Share location and parking info at least 2 weeks prior.
- ☐ Ensure 10-30 participants; collaborate with partners if needed.
- ☐ Promote a respectful and confidential learning environment.
- ☐ Ensure participants complete post-training surveys.

Payment & Scheduling Policies:

- ☐ Training dates are not confirmed until the signed Agreement Form is received.
- ☐ Payment is due prior to training unless otherwise agreed.
- ☐ Cancellations require 48-hour notice for refund eligibility.
- ☐ Hosts have 60 days to reschedule a cancelled session.
- ☐ Minimum of 10 and maximum of 30 participants per session.

For more information: CompeerBuffalo.org/education | (716) 883-3331 | education@compeerbuffalo.org



Mental Wellness Starts With Friendship

Mental Health Education Training – Frequently Asked Questions

How far in advance should we schedule a training?

We recommend reaching out **at least** 60 days in advance to ensure scheduling availability and allow ample planning time.

I have limited date availability for a training. What is the likelihood I will be able to confirm my desired date?

It depends on how early you inquire. The sooner you request a date, the higher the likelihood of securing it. For schools, we understand that Professional Development days are often preferred; however, these dates tend to fill quickly when multiple districts request the same days.

Can sessions be customized to meet our organization's needs?

Where possible, yes. There are some curricula we are unable to change, but during a consultation call we will discuss your training needs to determine the best fit.

My training needs don't seem to fit into your current catalog of workshops. Can we still work together?

Let's discuss your needs. If we do not currently offer what you're seeking, we'll do our best to connect you with another organization. While we are always interested in expanding our offerings, our capacity may sometimes limit immediate development. Your feedback helps inform future additions to our catalog.

I am interested in the Workplace Mental Wellness training. Who should attend?

Originally designed for organization leaders (as defined by you), some companies choose to engage all employees. In these cases, we recommend two sessions: one for supervisors and another for non-supervisory staff. This approach encourages trust and meaningful dialogue. Activity responses are summarized anonymously and provided to the host contact for follow-up.

Can Compeer provide training for more than 30 participants?

Our standard maximum is 30 participants to ensure a quality learning experience. If you need to train more individuals, we can explore additional sessions or alternative formats.

Are there grant-funded options to reduce training costs?

Yes, certain audiences may qualify for grant-funded Mental Health First Aid sessions. Please inquire to determine eligibility. If funding is a barrier to bringing a training to your organization, we can brainstorm community resources. For example, if your organization participates in Child & Family Services EAP program, Compeer is listed as an eligible provider for using EAP credits.

Funding Disclaimer:

Compeer is pleased to offer Youth and Teen Mental Health First Aid training at no cost to participants, made

possible through grant funding. Please note that the availability of grant funds may not be confirmed at the time of scheduling. As such, training date(s) may be subject to rescheduling or cancellation based on funding availability. In the event grant funding is not available, host organizations will be offered the opportunity to proceed with training at a flat rate of \$3,000 per session. We appreciate your understanding and cooperation should such changes be required.

What technology is needed for virtual sessions?

Participants will need a stable internet connection, a device with a camera/microphone, and access to Zoom or a similar platform.

I have employees in multiple cities. Can I arrange a hybrid training?

It is recommended that all participants attend either in-person or virtually. A mixed environment can be challenging for engagement and interaction. We are happy to discuss your unique circumstances and help determine the best delivery format for your group.

What type of room setup is best for in-person training?

All trainings are interactive, so a room with space for participants to move around is ideal. Desks or tables are helpful for handouts and note-taking. The room should be equipped with A/V, including a screen for slide decks and videos. All seats should allow a clear view of the presentation.

While auditoriums can accommodate larger groups, they are not always ideal, as fixed seating and limited flexibility can hinder group work and interaction. Whenever possible, choose a space that allows for a more collaborative and engaging setup.

How do I best prepare my audience for this training?

Preparing your audience begins with setting expectations. We recommend sending a brief message to your organization highlighting the following:

- Purpose of the session and how it connects to your organization's commitment to mental wellbeing.
- What to expect during the training. It will be interactive, discussion-based, and participants are encouraged to share thoughts to their own comfort level.
- Provide clear information on the training date, time, location, and any materials they should bring.
- Encourage an open mindset! Reinforce that the training is a safe space to learn, ask questions, and explore strategies to support mental health. No prior knowledge required and the knowledge you do have is a welcomed addition to the discussion.

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