



Living Life to the Full Facilitator Training Workshops Application Process

Would your branch or organization like to be able to deliver Living Life to the Full in your community? It is possible by having your staff trained to become Living Life to the Full facilitators.

CMHA BC has trained over 200 facilitators in communities across Canada. We have trained facilitators from most provinces and from diverse communities, including Indigenous and Ismaili communities.

Submitting an application is your first step to the Living Life to the Full Facilitator Training Workshop

Applications must be received **prior** to a facilitator training workshop.

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Who should apply to become a Living Life to the Full Facilitator?

In general, Living Life to the Full facilitators are CMHA staff members. We also train individuals working for partner organizations with whom CMHA has already built a solid relationship. In certain circumstances, individuals or organizations serving specific communities can also be accepted to the Living Life to the Full Facilitator two-day training workshop.

Selection criteria

Priority is given to CMHA affiliates. All applicants to the Living Life to the Full Facilitator two-day training workshop must meet the following criteria:

- ✓ Experience teaching effectively to adult learners
- ✓ Excellent interpersonal and communication skills
- ✓ Good knowledge of cognitive behavioral principles (CBT)
- ✓ Good knowledge of mental health conditions and their treatment
- ✓ Knowledge of local and regional mental health services
- ✓ Positive attitude towards addressing mental health concerns
- ✓ Good knowledge of how to respond to emergent crisis situations
- ✓ Experience networking and marketing with community partners
- ✓ Demonstrated commitment to ending the stigma and discrimination associated with mental illness



Application process

Submitting an application is your first step to the Living Life to the Full Facilitator Training Workshop

Applications must be received **prior** to a facilitator training workshop.

Upon receiving your application, the Living Life to the Full National Manager will evaluate both your suitability for the program and your potential to partner with a local CMHA branch or within a specific community.

You can expect to be contacted within a couple of weeks with the outcome of this application.

❖ If you are not affiliated with CMHA or a with a CMHA partner

Please initiate contact with your local CMHA branch's Executive Director to see if there is an interest to either bring Living Life to the Full to the branch or expand current capacity at the branch, and if the executive director supports your application.

❖ No CMHA locally

We have trained facilitators from diverse communities, including Indigenous and Ismaili communities.

CMHA BC will also consider Living Life to the Full facilitator applications from employees or contractors working at other non-profit organizations. **Please note that we do not accept applications from therapists working in private practice.**



Fees

Program Cost

The cost of the Living Life to the Full Facilitator Training Workshop is CAD \$2,500.

We offer a reduced training rate of CAD \$2,100 for CMHA staff.

This fee covers the cost of the two-day, 15-hour intensive training program. Additionally, new facilitators will receive:

- A Living Life to the Full Facilitator Training Kit, which includes 9 booklets, worksheets, posters, and other materials
- Access to the Living Life to the Full Facilitator-only online community on the website
- Access to updated Living Life to the Full materials
- Ongoing program evaluation

Breakfast and lunch are included in the program fees. Participants are responsible for all travel and accommodation costs associated with taking the training.

Program cancellation policy

Please note: No refund will be issued for cancellations received less than 2 days prior to the Facilitator Training Program start date. A fee of \$200 will be charged for cancellations received 2-4 business days prior to the Facilitator Training Program start date.

Maintenance cost

All sub-licensees (CMHA branches or partner organizations) operating Living Life to the Full courses are required to pay CMHA BC an annual Living Life to the Full sub-license fee of \$150 to maintain the Living Life to the Full sub-license. The fee should be submitted at one-year intervals, starting from the date the first Living Life to the Full facilitator was trained. Failure to pay the license fee will lead to termination of the license.

Questions

If you have questions regarding the Living Life to the Full Facilitator Training Program, please email Anne, the facilitator support coordinator at:

annelaure.combot@cmha.bc.ca