



NEWS RELEASE

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For Immediate Release

Free Mental Health Training and Child Care for Foster and Adoptive Parents and Workers

Sioux Center, IA – Seasons Center for Behavioral Health is hosting a mental health training event for foster and adoptive parents on Thursday, April 1, 2021, at the Dordt Agricultural Stewardship Center in Sioux Center, IA. The 8-hour Mental Health First Aid workshop will consist of two parts: a two-hour online self-paced portion and a 6.5 hour in-person training with powerful audiovisuals, discussions, and simulations. Training attendees will have the opportunity for free child care for the duration of the training event.

According to the National Conference of State Legislatures, up to 80 percent of children in foster care have significant mental health issues. The Center for Disease Control states that approximate 1 in 6 (or 17.4 percent of) children aged 2-8 years old had a diagnosed mental, behavioral, or developmental disorder within the last year.

"We know that there are children in foster care or who have been adopted who are struggling with mental health challenges and there are parents and/or caregivers who need support and education on how to best care for these children," said Kim Scorza, CEO/President of Seasons Center. "We want to provide a learning opportunity for caregivers and professionals."

Mental Health First Aid is a FREE 8-hour course that teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives participants skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Free child care is available to a limited number of children. Registration is required. Children must be 4 years old or older and must be potty-trained in order to be eligible for child care.

Register today at <https://www.eventbrite.com/e/137695534049>.

To learn more about these trainings offered by Seasons, or other training opportunities, please contact Taylor Prather at tprather@seasonscenter.org and visit Seasons' website at Facebook Page at <https://www.facebook.com/SeasonsCenterForBehavioralHealth/>.

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.