

# Make It OK Ambassador Training - Change Culture, Reduce Stigma



It's time to start talking about mental health. [Start Here.](#)

“Make It OK” is a national campaign and part of Iowa’s Healthiest State Initiative with focus areas on individuals, communities, and workplaces. The campaign provides resources and curriculum for better understanding mental illness and assists people with communication skills to reduce stigma to support those around us to live their best life.

The “Make It OK” ambassador training will prepare long-term care providers to make cultural change within their community to de-stigmatize mental illness and “Make It OK” for residents, families, and staff to talk about mental health, seek treatment, and/or get the necessary help.

Join us to become a “Make It OK” Ambassador and receive training on the “Make It OK” model:



“Make It Ok” Ambassadors can train other staff, residents, and potentially family. They will be given access to the “Make It OK” PowerPoint and several resources and tools to promote “Make It OK” within their community for the benefit of residents, families, and staff.

## Who Should Attend

Ambassadors can include any person within an Iowa long-term care community who enjoys connecting, engaging, educating and promoting mental health awareness. There is no limit to the number of individuals that long-term care communities can have participate in the training over the 24 sessions. Each participant should register individually to receive their own unique connection.

**Requirements:** Participation in the “Make It OK” Ambassador training will require a commitment to serve as an ambassador in their long-term care community and for the long-term care community to register as a “Make It OK” Workplace at [www.iowahealthieststate.com/makeitok/workplace](http://www.iowahealthieststate.com/makeitok/workplace). Registered “Make It OK” workplaces gain access to the “Make It OK” Employer toolkit, resources to share with employees and to assist with implementation in your community, and recognition on the Healthiest State “Make It OK” website. Participants will need a computer with internet connection and speakers.

## Calendar of Events



### Make It OK Ambassador Live Virtual Training Sessions

Session	Date	Time
1	Tuesday, December 13, 2022	10 a.m.-12 p.m.
2	Tuesday, January 10, 2023	11 a.m.-1 p.m.
3	Wednesday, January 18, 2023	8:30-10:30 a.m.
4	Monday, February 6, 2023	2-4 p.m.
5	Wednesday, February 15, 2023	12-2 p.m.
6	Thursday, March 2, 2023	1:30-3:30 p.m.
7	Wednesday, March 8, 2023	2-4 p.m.
8	Tuesday, April 4, 2023	11 a.m.-1 p.m.
9	Thursday, April 6, 2023	12:30-2:30 p.m.
10	Tuesday, May 9, 2023	2:30-4:30 p.m.
11	Wednesday, June 7, 2023	9-11 a.m.
12	Tuesday, July 11, 2023	8-10 a.m.
13	Monday, July 17, 2023	1-3 p.m.
14	Wednesday, August 23, 2023	10 a.m.-12 p.m.
15	Tuesday, August 29, 2023	3-5 p.m.
16	Wednesday, September 20, 2023	9:30-11:30 a.m.
17	Wednesday, October 4, 2023	1-3 p.m.
18	Wednesday, October 25, 2023	8:30-10:30 a.m.
19	Thursday, November 2, 2023	2-4 p.m.
20	Tuesday, December 5, 2023	12-2 p.m.
21	Wednesday, December 13, 2023	9-11 a.m.
22	Wednesday, January 17, 2024	10 a.m.-12 p.m.
23	Tuesday, January 23, 2024	3-5 p.m.
24	Tuesday, February 13, 2024	2-4 p.m.

## Registration & Other Information

Register at [www.LeadingAgeIowa.org/MakeItOK](http://www.LeadingAgeIowa.org/MakeItOK).

Cost: *FREE*

Advance registration is requested. Each participant should register individually to receive their own unique connection. LeadingAge Iowa is able to offer this free training to skilled nursing facilities through a CMS Civil Money Penalty (CMP) Quality Improvement Initiative grant. Funds from the CMP grant will support presentations on “Make It OK” to long-term care teams and leaders and live, virtual training of “Make It OK” Ambassadors within long-term care.

## **Continuing Education Information**

CE credit is NOT available for this informational event.



## **Virtual Programs Code of Conduct**

The world of virtual learning is changing how we interact with each other – and our goal is to create a positive, safe and welcoming environment for all program participants. All are expected to abide by our Virtual Programs Code of Conduct. Go to [www.LeadingAgeIowa.org/VPCodeofConduct](http://www.LeadingAgeIowa.org/VPCodeofConduct) to view the LAI Virtual Programs Code of Conduct.

## **Photographs, Video & Intellectual Property**

Registration and attendance at, or participation in, LeadingAge Iowa virtual meetings and other activities constitutes an agreement by the participant for LeadingAge Iowa to use and distribute (both now and in the future) the participant's image, voice or text in photographs, videotapes, electronic reproductions and audiotapes of such events/activities. No personal video or audio recordings are allowed. Presentations, images and text chats are the intellectual property of the speaker, and participants are not permitted to record them or share the images or text chats for personal or business use.

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515-440-4630 or [www.LeadingAgeIowa.org](http://www.LeadingAgeIowa.org)*