

WORKSHOP EIGHT: MENTAL HEALTH, RELATIONSHIPS & MONEY; FINANCIAL CRISIS PLANNING

Advanced Preparations for Workshop 8:

Set-up: Prepare room for class with adequate chair/table arrangement and sign-in sheets. Set up projector and PowerPoint slides. If facilitating an online session, set up the slides and Zoom meeting room.

Materials Needed For This Class:

1. Attendance sheet
2. Whiteboard (or virtual whiteboard)
3. Facilitator Guide
4. Student Guide: Workshop 8
5. Laptop & projector
6. PowerPoint slides: Workshop 8
7. Paper and pens or pencils
8. Workshop 8 Worksheets (Financial Crisis Planning)
9. "The Connection Between Poverty and Mental Health Issues" Handout
10. "Tips for Communicating with your Partner about Money" Handout
11. "Steps to Healthy Finances in Your Relationship" Handout
12. "Understanding Representative Payees" Handout
13. "When a Representative Payee Manages Your Money" Handout
14. "Understanding Financial Abuse and Safety Planning" Handout
15. "Information and Services for Survivors" Handout

Learning Objectives:

Upon conclusion of Workshop 8, participants will:

1. Possess greater insight on how their mental health challenges and/or addiction challenges affect their finances
2. Possess a greater insight on how financial difficulties affect their mental health
3. Have created (or started) a Financial Crisis Plan that works for their own unique situations
4. Understand how relationship issues and finances interact and learn new tips for communicating about finances with a partner
5. Know the warning signs of financial abuse and tips/resources to get out