

Mental Health Awareness Training 2023-2024 Course Catalog

A RESA/GaDOE Collaboration



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Introduction

Since 2018, the Georgia Department of Education has partnered with the sixteen Regional Education Service Agencies to provide mental health awareness training (MHAT) to school staff through the RESA/GaDOE MHAT Project. The Project brings high-quality, evidence-informed and evidence-based training to schools and districts throughout the state, regardless of location or size, through a network of training partners. This catalog of trainings can be used as a tool to identify training that is designed to support the mental health awareness of school staff, community members, caregivers, and students at all levels of prevention and intervention, from awareness to gatekeeper.

Understanding the Catalog

Example of course listing:

Title of Course

ORGANIZATION PROVIDING THE COURSE

DURATION: LENGTH OF THE COURSE IN HOURS

AUDIENCE: RECOMMENDED POPULATIONS FOR THE COURSE

FORMAT: IF THE COURSE IS OFFERED LIVE VIRTUALLY AND/OR IN-PERSON

CAPACITY: MAXIMUM RECOMMENDED PARTICIPANTS PER SESSION

Course description

Audiences:

- **All school staff:** the course is suitable for all educators and staff within a school system
- **Elementary school staff:** the course is intended for educators and staff of students PreK - 5
- **Secondary school staff:** the course is intended for educators and staff of students 6 - 12
- **Community members:** the course is suitable for members of the community including, first responders, public safety workers, government workers, volunteers, business owners, and more.
- **Students:** the course is suitable for students in grades 6 – 12
- **Parents/Caregivers:** this course is suitable for adults caring for school-aged children

Catalog of Courses

Applied Suicide Intervention Skills Training (ASIST)

CHATHAM COUNTY SAFETY NET PLANNING COUNCIL

DURATION: 16 HOURS (2 DAYS)

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: IN-PERSON ONLY

CAPACITY: 30

ASIST is a resource for the whole community. Participants must be age 16 or older. It helps people apply suicide first-aid in many settings: with family, friends, co-workers, and teammates, as well as formal caregiving roles. Many organizations have incorporated ASIST into professional development for their employees. Its widespread use in various communities creates a common language to understand suicide safety issues and communicate across different organizational backgrounds. In the course of the two-day workshop, ASIST participants learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life promotion and self-care

A Journey to Becoming Trauma-Informed Workshop

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 1.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 25

This workshop introduces the concept of trauma and what it means to use a trauma lens in interactions with children, others in an organization, or community.

Note: This is a workshop version of the more in-depth Trauma 101 course

Adults and Children Transforming Schools (ACTS)

CHATHAM COUNTY SAFETY NET PLANNING COUNCIL

ENGAGE LIFE'S CHOICES

DURATION: 8 HOURS

AUDIENCE: ALL SCHOOL STAFF

FORMAT: IN-PERSON ONLY

CAPACITY: 30

Adults and Children Transforming Schools (ACTS) uses the evidence-based Trauma Drama curriculum, an immersive theatre-based group intervention designed to integrate the core components of complex trauma intervention with children and youth.

This training is for anyone who is interested in integrating improvisation-based activities into the school day through a trauma-informed lens. This training will equip participants with knowledge and skills for implementing cooperative play activities and improv techniques to promote opportunities for student self-expression, cognitive flexibility, creative problem solving, conflict resolution, and enhanced sense of personal agency.

Course Outcomes:

- Build an understanding of the basic rules of trauma-informed improv
- Explore the benefits of using improv in a school setting
- Learn how to integrate improv techniques and exercises in a classroom
- Practice facilitating improv games and activities

Behavior Communicates: Are You Listening?

DECAL (DEPARTMENT OF EARLY CARE AND LEARNING)

DURATION: 4 HOURS

AUDIENCE: ELEMENTARY SCHOOL STAFF

FORMAT: VIRTUAL (2 DAYS) OR IN-PERSON

CAPACITY: 50

Participants will define challenging behavior and other key terms related to behavior, intervention, and data. Participants will identify strategies and methods for collecting data within the classroom environment, identify strategies for visualizing, analyzing, and sharing data and describe interventions based on the data collected.

Brain 101: Understanding the Impact of Trauma on the Brain

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 3.5 HOURS

AUDIENCE: ALL SCHOOL STAFF

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 25

This course provides participants with foundational knowledge about how adversity and trauma can impact brain development. The course introduces brain architecture and early brain development in children and focuses on the impact of adverse experiences and child trauma on the brain. The course also introduces participants to various strategies for promoting brain health using “brain break” activities. Participants will be better prepared to recognize the effects of adversity and trauma on the developing brain and take actions to support children’s well-being and recovery.

This course is approved for three hours of continuing education for social workers (core), licensed professional counselors and licensed marriage and family therapists (related), DECAL/Bright from the Start, Family Violence Intervention Programs (FVIP), GA Peace Officers Standards and Training (POST), Babies Can’t Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing. All attendees completing the training receive CEU certificates of completion.

Crisis Intervention Teams for Youth (CIT-Y)

NAMI GEORGIA

DURATION: 20 HOURS (3-DAYS)

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Crisis Intervention Team for Youth (CIT-Youth) provides training for law enforcement, educators, and other professionals on the most common Seriously Emotionally Disturbed (SED) diagnoses of children and youth, contemporary issues that can lead to crisis, how to identify children and youth in crisis, and equip participants with the skills needed to effectively intervene. Over the course of this 20 hour training, participants are provided mental health awareness and education, suicide risk and protective factors, de-escalation strategies, as well as early intervention skills for children and youth. This course is approved for continuing education credits (CEs) for licensed professional counselors (LPCs), licensed clinical/masters social workers (LCSW/LMSW), and law enforcement (POST).

Introduction to Behavioral Health and Developmental Disabilities

NAMI GEORGIA

DURATION: 8 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

NAMI's Introduction to Behavioral Health and Addictive Diseases (IBHAD) is designed to provide first responders, school staff and other school personnel with a better understanding of mental illness and developmental disabilities such as autism and addictive diseases. Individuals who complete this class will be able to identify available community resources, have an overview of national and state mental health laws, and understand basic principles of de-escalation. IBHAD provides mental health awareness, suicide risk and protective factors, de-escalation techniques and strategies, as well as early intervention and detection skills in children and youth. This course is approved for continuing education credits (CEs) for licensed professional counselors (LPCs), licensed clinical/masters social workers (LCSW/LMSW), and law enforcement (POST).

LEAP (Leadership Access and Empowerment): Adulting 101

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 0.5 HOUR

AUDIENCE: COMMUNITY MEMBERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Youth and young adults are juggling completing school, finding a career, staying healthy, and trying to maintain a social life. This often leaves little time to figure out complicated life choices such as household maintenance, budgeting and managing credit, health and life insurance. Inability to manage the daily expectations of adulthood can have a negative effect on the mental health of youth and young adults. This course aims to provide a general overview of things to know as you adapt to gaining independence and transition to adulthood.

LEAP: Building Character for Success

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 0.5 HOUR

AUDIENCE: COMMUNITY MEMBERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Navigating thoughts, feelings, and behaviors within the world can be challenging and confusing. While trying to gain self-awareness, we have to manage our own emotions, build positive and healthy relationships with others, and be responsible in our decision-making. In this Building Character for Success workshop, participants will be able to identify the characteristics needed to increase interpersonal skills, assess needs, manage positive outcomes, and practice maintaining healthy environments and relationships. Trust us, you can do it all!

LEAP: Developing a Life Plan

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 0.5 HOUR

AUDIENCE: COMMUNITY MEMBERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Often, it can be difficult and discouraging to set up goals for ourselves, especially when we may not know where to start. Take a step forward into this goal-setting workshop guided with tools and strategies for developing your own life plan, learn how to set and accomplish both short and long-term goals, and how to generate future goals that will bring you closer to living your best life.

LEAP: Networking 101

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 0.5 HOUR

AUDIENCE: COMMUNITY MEMBERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Networking can feel intimidating at first, but when you prepare and practice how to lead conversations with new people, it can be quite rewarding. Through the Networking 101 workshop, we will help you learn how to confidently navigate social settings, prepare networking intentions to encourage success, use coping skills to reduce anxious feelings when speaking with other individuals, and manage appropriate conversations with a networking audience.

LEAP: Preparing for Interviews

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 0.5 HOUR

AUDIENCE: COMMUNITY MEMBERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Whether you are preparing for employment, school admissions, or even trying to gain more knowledge about a person, place, or thing, your interviewing skills will determine the outcome. Preparation is key in having a successful interview. In this workshop, participants will learn appropriate tools to effectively engage in any type of interview, prepare for successful interactions through virtual or in-person settings, and how to present the best follow-up that will make you the one to remember.

Mental Health First Aid: Adult

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 8 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

Expected outcomes include:

- Recognizing common signs and symptoms of mental health challenges.
- Recognizing common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Mental Health First Aid: Public Safety

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 8 HOURS

AUDIENCE: COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Mental Health First Aid for Public Safety teaches public safety professionals how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

Expected outcomes include:

- Learn common mental health and substance use disorders.
- How to recognize common risk factors and warning signs.
- Crisis diffusion and follow-up tactics.
- Affirming and reassurance tactics.
- How to encourage appropriate help.
- Self-help and support strategies.

Mental Health First Aid: Youth

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 8 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

This is an 8-hour course that teaches a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, and self-help care. It teaches adults how to recognize symptoms of mental health disorders, how to offer and provide initial help, and how to guide a youth toward appropriate treatments and other supportive help. The overall aims of YMhFA are to: (1) Preserve life when a person may be a danger to self or others; (2) Provide help to prevent the problem from becoming more serious; (3) Promote and enhance recovery, and; (4) Provide comfort and support.

NAMI Ending the Silence for School Staff

NAMI GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 50

NAMI's Ending the Silence for School Staff is a 1-hour presentation by individuals with lived experience to provide information on mental health awareness, suicide risk and protective factors, and early intervention and detection of mental illness in youth. Empowering teachers and school personnel to make a lasting difference in the lives of their students, this presentation opens the door for schools to make a difference.

NAMI In Our Own Voice

NAMI GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 50

NAMI's In Our Own Voice (IOOV) is a 1-hour presentation designed to change attitudes, assumptions and ideas about people with mental health conditions. Led by (2) peers with lived experience, IOOV provides a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition. During this hour-long presentation, participants are provided with mental health awareness skills as well as a unique perspective into recovery.

Nurturing an Effective Workforce

DECAL (DEPARTMENT OF EARLY CARE AND LEARNING)

DURATION: 3 HOURS

AUDIENCE: ALL SCHOOL STAFF

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 50

Participants will describe a framework for addressing early childhood development and challenging behavior and identify strategies to address common challenges to evidence-based practices. They will identify effective leadership strategies including collaborative planning and professional development and apply strategies for improving outcomes for the whole child.

OWL (Outreach Wellness Learning) Seminar: Building Resilience in Youth

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

While a child is developing, their emotional development is just as important as their physical growth. Emotional development is a child's ability to understand the feelings of others, control their own feelings, and get along with peers. At any point that their development is hindered through trauma or Adverse Childhood Experiences (ACEs), the child can experience difficulty with their emotional responses as they grow into adulthood. Teaching youth how to be resilient will provide them the tools to adapt well while facing adversity, trauma, tragedy, threats, or any additional significant sources of stress.

OWL Seminar: Living with Mental Illness

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Mental health disorders or mental illnesses are common in the United States. Nearly one in four adults live with a mental illness. Mental illnesses include many different conditions that vary in degree of severity and can affect your thinking, feeling, mood, and behavior. Through this program, participants will learn common mental health disorders, effective ways to support someone with a mental illness, and how to promote wellness and eliminate stigma associated with mental illness.

OWL Seminar: Maternal Mental Health Education & Screening

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: COMMUNITY MEMBERS, PARENTS/CAREGIVERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

While pregnancy and childbirth can be an exciting and celebratory time for mothers and families, perinatal mood and anxiety disorders (PMADs) can have profound adverse effects on

the women, children, and their family's mental, physical and emotional health. The term perinatal refers to the time during pregnancy and right after the child is born. Through this program, participants will learn common PMAD's signs, symptoms & treatment options, and demonstrate effective ways to screen for postpartum depression using the Edinburg Screening Tool.

OWL Seminar: Mental Health 101

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Often mental health and mental illness are misunderstood by individuals due to lack of knowledge, stigma associated with mental illness, and avoidance of conversations regarding mental health and wellness. It is important to understand that everyone has mental health, but not everyone is or will be diagnosed with a mental illness. Many situations can affect mental health such as work, family, and other everyday stressors.

OWL Seminar: Mental Health Crisis

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

While understanding the differences between mental health and the diagnosis of a mental illness, it is important to understand that individuals can experience a crisis in any mental state that they are in. A crisis is understood to be "the perception or experience of an event or situation as an intolerable difficulty that exceeds the person's current resources and coping mechanisms." Through this program, participants will learn types of mental crises, identify effective coping strategies to empower individuals to seek help, and demonstrate ways to effectively respond to a person in crisis.

OWL Seminar: My Life is a Gift: Suicide Prevention

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

In Georgia, suicide rates have steadily climbed 16% in the last decade and are affecting more individuals each day around our nation. Suicide is the 10th leading cause of death overall in Georgia, making it a major public health concern. It is the 2nd leading cause of death among individuals between the ages of 10-34 and the 4th leading cause of death for individuals who are 35-54 years of age. Through this program, participants will learn the impact of suicide and the relation to behavioral health, describe signs, symptoms & interventions effective for suicide prevention, and explore ways to provide support to individuals after a suicide attempt.

OWL Seminar: Stress Management

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Everyone will experience stress during their lifetime. If not managed properly, stress can have detrimental impacts to one's physical, mental, and emotional wellbeing. Chronic stress can even create a host of chronic mental and physical health problems. In this course, participants will learn that as we experience stress, it is important to engage coping techniques that will help combat the negative effects of stress and practice self-care daily.

OWL Seminar: Supporting Veterans and Families

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

Often mental health and mental illness are misunderstood by individuals due to lack of knowledge, stigma associated with mental illness, and avoidance of conversations regarding mental health and wellness. It is important to understand that everyone has mental health, but

not everyone is diagnosed with a mental illness. Understanding the scope of suicide among veterans and recognizing risk factors to administer immediate intervention is crucial to supporting veterans suffering with experience-related mental health challenges.

OWL Seminar: Workplace Wellness

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1 HOUR

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

There are many risk factors for mental health that may be present in the working environment. Most risks relate to interactions between type of work, the organizational and managerial environment, the skills and competencies of employees, and the support available for employees to carry out their work. This course will help participants to understand that maintaining wellness in the work environment and advocating for your mental health and wellness are important to maintaining overall health in life.

Psychological Safety: A Pathway to Resilience

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 3.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 25

This course explores the concept of psychological safety as a tool to help build resilience in children. Participants will examine their role in building a culture of psychological safety for the children and families they serve. Participants will be better prepared to foster psychologically safe environments that support resilience building in children.

This course is approved for three hours of continuing education for social workers (core), licensed professional counselors and licensed marriage and family therapists (related), DECAL/Bright from the Start, Family Violence Intervention Programs (FVIP), GA Peace Officers Standards and Training (POST), Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing. All attendees completing the training receive CEU certificates of completion.

QPR: Question, Persuade, Refer

MENTAL HEALTH AMERICA OF GEORGIA

DURATION: 1.25 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 30

The QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a brief educational program designed to teach gatekeepers--those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworker, police officers)--the warning signs of a suicide crisis and how to respond by following three steps: Question the individual's desire or intent regarding suicide, Persuade the person to seek and accept help, Refer the person to appropriate resources.

Recognizing and Managing Secondary Traumatic Stress

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 3.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 25

This course is designed to educate school faculty, staff, and administrators and other community partners on Secondary Traumatic Stress (STS) and its impact. STS occurs because of professionals' work with children and families who have experienced trauma. Participants will learn how to assess STS symptoms in themselves and others, explore factors that help to protect professionals from the negative effects of STS, and discover strategies to use these protective factors to manage STS. Participants will also assess their own personal and professional self-care and develop STS management/self-care plans. Participants will understand the potential negative impact of STS on their personal and professional lives and be better prepared to manage the effects of work-related traumatic stress. Teaching staff to identify their own traumatic stress symptoms and utilize coping and self-care skills is a part of operating as a trauma-informed organization.

This course is approved for three hours of continuing education for social workers (core), licensed professional counselors and licensed marriage and family therapists (related), DECAL/Bright from the Start, Family Violence Intervention Programs (FVIP), GA Peace Officers Standards and Training (POST), Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing. All attendees completing the training receive CEU certificates of completion.

safeTALK

CHATHAM COUNTY SAFETY NET PLANNING COUNCIL

ENGAGE LIFE'S CHOICES

DURATION: 4 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS, PARENTS/CAREGIVERS, STUDENTS

FORMAT: IN-PERSON ONLY

CAPACITY: 30

safeTALK is designed for anyone age 15 or older, including individuals in formal “helping” roles. The steps learned in safeTALK have helped participants from all walks of life be alert to situations where suicidal thoughts may be present. safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect individuals with thoughts of suicide with life-affirming help. Over the course of this training, safeTALK participants will learn to:

- Notice and respond to situations where suicidal thoughts may be present,
- Recognize that invitations for help are often overlooked,
- Move beyond the common tendency to miss, dismiss, and avoid suicide,
- Apply the TALK steps: Tell, Ask, Listen, Keep Safe, and
- Know community resources and how to connect someone with thoughts of suicide to them for further help.

School-Based Trauma Sensitive Mindfulness

CHATHAM COUNTY SAFETY NET PLANNING COUNCIL

DURATION: 6 HOURS

AUDIENCE: ALL SCHOOL STAFF

FORMAT: VIRTUAL ONLY

CAPACITY: 30

School-based Trauma Sensitive Mindfulness is for anyone who is interested in adding stress management skills to the school day through a trauma-informed lens. This training will provide specific tools to support participants in integrating these techniques into their lesson plans and using meditation, breathing techniques, and mindful movement.

Participants will be able to learn:

- How trauma affects the mind and body
- What makes mindfulness practices trauma-sensitive
- How to use trauma-sensitive mindfulness to assist students in returning to their window of tolerance throughout the school day
- How to integrate mindfulness techniques into a lesson plan
- How to practice various scientifically proven breathing, mindfulness, and reflection techniques to help bring calm and focus

Self-Compassion for Educators

CHATHAM COUNTY SAFETY NET PLANNING COUNCIL

DURATION: 6 HOURS

AUDIENCE: ALL SCHOOL STAFF

FORMAT: VIRTUAL ONLY

CAPACITY: 30

Self-Compassion for Educators is a 6-hour, evidence- and skills-based training designed for educators to dive into the research, practice, and experience of self-compassion, enhance their personal well-being, and revitalize their deep motivation for helping others.

Our brains are wired for survival and have a natural tendency, or negativity bias, to focus on and be motivated by negative thought patterns like criticism, pain, and danger. This self-compassion training helps educators understand and transform these habitual responses and develop the ability to motivate with compassion rather than self-criticism.

The science shows that self-compassion has a significant positive impact on educator well-being, resilience, and stress management. Practicing self-compassion involves taking action and making positive changes in our lives, and through this process, we see educators reconnecting with their deep motivation and excitement for helping others.

Course Outcomes:

- Build an understanding of mindful self-compassion and its elements
- Explore the benefits of self-compassion
- Learn how to integrate mindfulness and self-compassion into daily life
- Use self-compassion to handle difficult emotions with greater ease
- Practice motivating yourself with kindness rather than criticism
- Use self-compassion to live in accord with your values

suicideTALK

ENGAGE LIFE'S CHOICES

DURATION: 2 HOURS

AUDIENCE: STUDENTS

FORMAT: IN-PERSON ONLY

CAPACITY: 30

suicideTALK is a program aimed directly for students. It will help the participants (students) explore the issue of suicide, attitudes towards it, and how they can find ways to prevent it for themselves, their friends, and in their communities. It is a 1 to 2-hour session that is an excellent first step towards suicide prevention. suicideTALK helps to create a climate for open and direct talk about suicide, reduces stigma, and supports life protection, prevention, and promotion of

activities. The goal is to make the idea of suicide prevention accessible and invite students to partake in helping their community become more suicide-safe. This session is ideal for service learners, student leadership programs and clubs. suicideTALK is part of Engage Life's Choices' outreach programs. suicideTALK is an in-person workshop for students and will have to be completed in tandem with one of the other workshops provided by Engage Life's Choices, such as ASIST or SafeTALK.

Tackling Trauma One Element at a Time Workshop

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 1.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL ONLY

CAPACITY: 25

This workshop, designed for school and community leaders, provides attendees with a look into what it means to operate as a trauma-informed organization. Attendees will learn about the key elements of a trauma-informed school system, reflect on the state of these elements within their school or organization, generate ideas for change, and create action items for moving their organizations toward trauma responsiveness. Possible resources for next steps will be shared.

Tier 1: Relationships and Classroom Environment

DECAL (DEPARTMENT OF EARLY CARE AND LEARNING)

DURATION: 4 HOURS

AUDIENCE: ELEMENTARY SCHOOL STAFF

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 50

Participants will explore relationship building and analyze how positive relationships impact positive behavior. They will acquire strategies to foster positive relationships with colleagues, families, and children. Participants will understand how the environment impacts behavior and learn ways to build and support a positive classroom community.

Tier 1: Schedules, Routines, Transitions, Rules & Expectations

DECAL (DEPARTMENT OF EARLY CARE AND LEARNING)

DURATION: 6 HOURS

AUDIENCE: ELEMENTARY SCHOOL STAFF

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 50

Participants will describe the differences between schedules and routines and explain the importance of teaching and reinforcing the expectations within the classroom environment. Participants will acquire strategies for providing feedback to acknowledge children when they meet expectations.

Tier 2: Targeted Self-Regulation Strategies

DECAL (DEPARTMENT OF EARLY CARE AND LEARNING)

DURATION: 6 HOURS

AUDIENCE: ELEMENTARY SCHOOL STAFF

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 50

Participants will understand the importance of teaching self-regulation skills and identify strategies to encourage the use of these skills by children. They will also explore the significance of helping children learn to control anger and impulses and identify strategies for teaching children problem-solving skills.

Trauma 101: Understanding the Impact of Trauma on Children

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 3.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 25

This course provides participants with foundational knowledge about child trauma and child traumatic stress. The course focuses on the impact of complex trauma on behavior and development and helps participants identify strategies for working in a school setting with children who have experienced trauma. Training participants will be better prepared to recognize the effects of trauma and take actions to support children's well-being and recovery. This course is approved for three hours of continuing education for social workers (core), licensed professional counselors and licensed marriage and family therapists (related),

DECAL/Bright from the Start, Family Violence Intervention Programs (FVIP), GA Peace Officers Standards and Training (POST), Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing. All attendees completing the training receive CEU certificates of completion.

Trauma to Resilience: Strategies to Support Children's Wellbeing

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 3.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 25

This course focuses on resilience as a primary strategy for combating the effects of trauma. Participants will examine the characteristics of resilience and learn specific strategies for building resilience in children and youth. Participants will be better prepared to use resilience as a strategy to improve child well-being and help children recovery from the effects of trauma. This course is approved for three hours of continuing education for social workers (core), licensed professional counselors and licensed marriage and family therapists (related), DECAL/Bright from the Start, Family Violence Intervention Programs (FVIP), GA Peace Officers Standards and Training (POST), Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing. All attendees completing the training receive CEU certificates of completion.

Trauma-Informed Care: Help for the Helper Workshop

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 1.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL ONLY

CAPACITY: 25

This workshop focuses on the impact of trauma on anyone involved in a helping relationship, including educators, school staff and caregivers. Participants will explore ways to manage reactions to trauma exposure and engage in a self-assessment of their self-care practices. Specific strategies for managing the effects of trauma exposure will be shared and practiced, and participants will develop individual self-care/wellness strategies they can implement after the training.

Note: This is a workshop version of the Secondary Traumatic Stress course.

Understanding Children’s Emotional and Behavioral Development

DECAL (DEPARTMENT OF EARLY CARE AND LEARNING)

DURATION: 4 HOURS

AUDIENCE: ELEMENTARY SCHOOL STAFF

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 50

Participants will define emotional development and its impact on a variety of outcomes for children. They will also describe the impact of exclusionary discipline practices on children and families and identify state-level resources to support emotional and behavioral development in early learning environments.

Unmasking the Trauma of Bullying

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 3.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL OR IN-PERSON

CAPACITY: 25

This course focuses on examining bullying through the lens of trauma. Participants will learn about the negative impacts of childhood adversities and trauma on children and youth, how bullying can be a childhood adversity or trauma, the key characteristics of bullying, basic dos and don'ts for preventing and responding to bullying, and how childhood adversities can affect teachers and administrators in their dealings with children and youth in the school. Participants will be better prepared to recognize bullying when it occurs, take action to respond to bullying incidents, and support a healthy school climate for children and staff.

This course is approved for three hours of continuing education for social workers (core), licensed professional counselors and licensed marriage and family therapists (related), DECAL/Bright from the Start, Family Violence Intervention Programs (FVIP), GA Peace Officers Standards and Training (POST), Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing. All attendees completing the training receive CEU certificates of completion.

When Trauma Meets Brain Science and Epigenetics Workshop

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE

DURATION: 1.5 HOURS

AUDIENCE: ALL SCHOOL STAFF, COMMUNITY MEMBERS

FORMAT: VIRTUAL ONLY

CAPACITY: 25

This workshop introduces participants to the concept of epigenetics and explores the impact of trauma on brain development.

Note: This is a workshop version of the more in-depth Brain 101 course. This workshop puts a greater emphasis on brain plasticity as a counteracting force to trauma.

About Our Providers

CHATHAM COUNTY SAFETY NET PLANNING COUNCIL

<https://www.chathamsafetynet.org/>

Chatham County Safety Net Planning Council is a county-wide planning body of key stakeholders, including providers, government representatives, advocates, funders, academics and consumers. Our goal is to strengthen the health care infrastructure for primary and behavioral health care and build capacity within our community's safety net system, improving access to affordable care and the quality of that care for the uninsured and underinsured. Ultimately, we strive to improve health outcomes in Chatham County by working together on common problems. The vision of the Planning Council is to create a resilient Chatham County through improved health outcomes by working together on common problems.

ENGAGE LIFE'S CHOICES (ELC)

<https://www.elc4training.org/>

Engage Life's Choices brings awareness and a better understanding of how to perform an intervention successfully and systematically by giving the person with thoughts of suicide both the power and the means to choose a third option that allows them to be safe for now and seek further help for a long-term solution.

DECAL (DEPARTMENT OF EARLY CARE AND LEARNING)

<https://www.dec.ga.gov/>

Bright from the Start is responsible for meeting the child care and early education needs of Georgia's children and their families. It administers the nationally recognized Georgia's Pre-K Program, licenses child care centers and home-based child care, administers Georgia's Childcare and Parent Services (CAPS) program, federal nutrition programs, and manages Quality Rated, Georgia's community powered child care rating system.

GEORGIA STATE UNIVERSITY CHILD WELFARE TRAINING COLLABORATIVE (CWTC)

<https://peprogram.gsu.edu/programs/child-welfare-training-collaborative/>

The Georgia State University School of Social Child Welfare Training Collaborative (CWTC) works to support the child and family service system in Georgia by providing training and professional development opportunities for public child welfare, K-12 education, early care and learning, behavioral and physical health, and other community-based organizations. These trainings help to create shared understanding of issues facing families and children, promote strategies for supporting their well-being, and strengthen collaborations among community partners.

MENTAL HEALTH AMERICA OF GEORGIA

<https://www.mhageorgia.org/>

Mental Health America of Georgia (formerly known as the National Mental Health Association of Georgia) is a non-profit organization dedicated to improving the lives of individuals with mental health challenges as well as promoting mental wellness throughout Georgia. We represent a growing movement of Americans who promote mental wellness for the health and well-being of everyone in our state, emphasizing mental health as a critical component of a healthy lifestyle. We work to increase the quality of life and advocate for independence for individuals with a severe and persistent mental illness through our training programs and supports. We advocate with community partners to eliminate health disparities and reduce stigma and discrimination.

NAMI GEORGIA

<https://namiga.org/>

NAMI Georgia trains teachers and group facilitators, who then offer classes and support groups through our local affiliates. We work with legislators and leaders across the state to press for change that improves the lives of everyone affected by mental illness. Across the state of Georgia, hundreds of trained volunteer leaders and 18+ local affiliates work together to provide peer-led education programs, support groups, presentations, and trainings to a variety of communities and groups. NAMI programs are provided at no-cost to participants.

Contact Information

Ready to schedule a training? Visit mhatgeorgia.com

Questions or concerns? Contact mhatscheduling@doe.k12.ga.us

Molly Sims
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Office of Whole Child Supports
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The **Office of Whole Child Supports** assists districts/schools and communities in identifying and addressing student barriers to success while expanding learning opportunities. The divisions located within the Office of Whole Child Supports include: Positive Behavioral Interventions and Supports (PBIS, School Climate, Mental Health and Wellbeing, Integrated Wellness, School Safety, and School Nursing. For more information, visit www.gadoe.org/wholechild.

205 Jesse Hill Jr. Drive • Atlanta, GA 30334 • www.gadoe.org

Richard Woods, *Georgia's School Superintendent*

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