

Mental and Behavioral Health Training Opportunities for Healthy Start Grantees Summer 2022

With support from the Division of Healthy Start and Perinatal Services (DHSPS), the Healthy Start TA & Support Center (TASC) is pleased to be able to provide scholarships for five mental health trainings to Healthy Start grantees! **TASC will cover the cost of the training registration for selected applicants.** Each staff member is limited to receiving **one** training scholarship, however, you may indicate your first and second choices within the application. TASC will select up to two staff members from each Healthy Start site to participate in each training.

Please see below for additional details about each training.

Postpartum Support International's Perinatal Mood and Anxiety Disorders: Components of Care Training

PSI's *Perinatal Mood and Anxiety Disorders: Components of Care Training* is a virtual two-day training, which provides a thorough and evidence-based curriculum designed for any provider interested in learning skills and knowledge for assessment, support, and treatment of perinatal mood and anxiety disorders. Topics include the many faces of perinatal mood and anxiety disorders; risks and exacerbating factors; special populations; trauma and culturally informed care; screening tools; intake and suicide assessment; and more. To view the full agenda, please [click here](#).

The two-day training will be offered on:

- **Wednesday, August 10 from 8:30 a.m. to 5 p.m. PT** (11:30 a.m.-8 p.m. ET/10:30 a.m.-7 p.m. CT) **and Thursday, August 11 from 8:30 a.m. to 5 p.m. PT** (11:30 a.m.-8 p.m. ET/10:30 a.m.-7 p.m. CT)
** This training will be offered on Pacific Time.

Shades of Blue's I.N.S.P.I.R.E Method Training

Shades of Blue's *I.N.S.P.I.R.E Method Training* is a virtual two-day training, which teaches participants compassion care methods they can use in their everyday professional practice when working with and inside the community. This training is specific to care for women of color and minorities and can be implemented by doulas, midwives, clinicians, and those facilitating support groups. Learning objectives include:

- Identifying unique stressors in Black women and minorities dealing with maternal mental health complications
- Implementing the I.N.S.P.I.R.E method into everyday practices and prioritizing maternal mental health in our communities
- Understanding social determinants of health and cultural barriers; the current outlook on maternal mental health among Black women and minorities; and how to change the outlook
- Demonstrating the I.N.S.P.I.R.E method of compassionate care, including mindfulness, hug therapy, music, and more!

There are two opportunities to participate in this training, which will be offered on the following dates and times:

- **Option 1: Thursday, August 4 from 9 a.m. to 2 p.m. ET** (6 a.m. -11 a.m. PT/8 a.m.-1 p.m. CT) **and Friday, August 10 from 9 a.m. to 12 p.m. ET** (6 a.m.-9 a.m. PT/8 a.m.-11 a.m. CT)
- **Option 2: Thursday, August 18 from 9 a.m. to 2 p.m. ET** (6 a.m. -11 a.m. PT/8 a.m.-1 p.m. CT) **and Friday, August 19 from 9 a.m. to 12 p.m. ET** (6 a.m.-9 a.m. PT/8 a.m.-11 a.m. CT)

Black Emotional and Mental Health Collective's Black Mental Health & Healing Justice Peer Support Training

BEAM's Black Mental Health & Healing Justice Peer Support training is a mental health literacy and healing justice training for individuals working, living in, and supporting Black and marginalized communities. The goal of the training is to increase Black communities' (and allies') capacity to identify mental health symptoms, respond to mental health crises in Black communities with dignity, and cultivate everyday liberation-centered wellness.

Learning objectives for the training include the following:

- Challenge and provide accurate information on common myths around medication, psychology, and mental health in Black communities.
- Name and identify common mental health diagnoses, challenges, and mental health treatments in Black communities.
- Apply and provide peer emotional support through a healing justice framework.

There are two opportunities to participate in this training, which will be offered on the following dates and times:

- **Option 1: Thursday, July 28 from 1 p.m. to 3 p.m. ET** (10 a.m.-12 p.m. PT/12 p.m.-2 p.m. CT)
- **Option 2: Thursday, August 18 from 1 p.m. to 3 p.m. ET** (10 a.m.-12 p.m. PT/12 p.m.-2 p.m. CT)

Institute for Wellness Education's Wellness Coaching Certification Training

The Institute for Wellness Education's (IWE) *Level 1 Wellness Coaching Certification Training* is a virtual training, which gives participants the skills they need to help themselves and others make changes in their lives that boost their personal well-being and the well-being of their families, friends, and community. This rigorous training program gives participants the caring, conversational skills to build trusting, supportive relationships; and strategies, tools, and techniques to help people reach goals that are important and meaningful to them.

The training is self-paced and participants typically spend 36-50 hours completing the course. In addition to the online course, participants join regular teleconferences with IWE staff to practice their coaching skills and ask questions. All participants must complete the training within 6 months of starting. Learning objectives include:

- List factors that enable people to make sustainable change.
- Describe the role Wellness Coaches can play at home, at work, and in their communities.
- Use tools and strategies that are part of the US National Registry of Evidence-based Programs and Practices (NREPP) to facilitate the self-change process for yourself, individuals, and groups.
- Help others set appropriate behavioral goals based on their unique interests, needs, desires, and abilities.
- Demonstrate empathy, understanding, and respect for client autonomy and choice.

National Council for Mental Wellbeing's Mental Health First Aid for Adults Training

The Mental Health First Aid for Adults Training introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and reviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. Participants learn a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

Dates for this training will be announced soon.

To apply for any of these training scholarships, please complete this [application](#) by **COB Friday, July 15th**.

Please contact healthystart@nichq.org if you have any questions or concerns.