



MENTAL HEALTH

Awareness Training

A RESA/GaDOE collaboration to bring high-quality mental health training to *educators and school staff* throughout Georgia.

Live Training By Request

Choose from 40+ courses to schedule for your school, district, or RESA

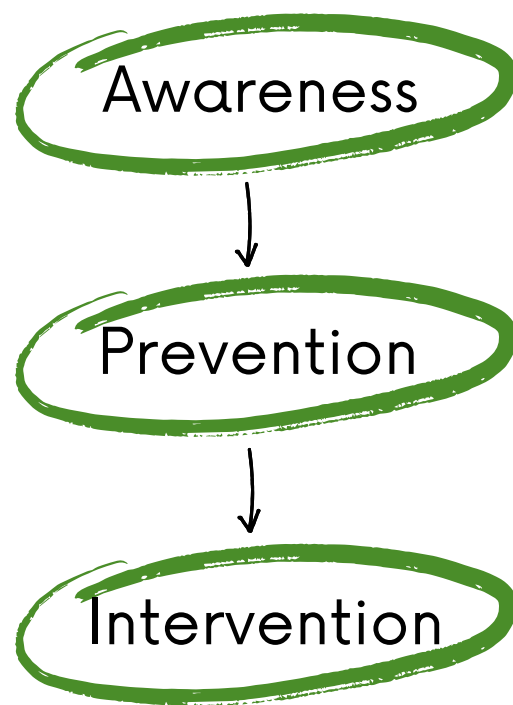
Topics include

- General Mental Health
- Trauma and Grief
- Resilience
- Suicide Prevention
- Stress Management

Duration ranges from 1 hour to 2 days

Training for all school and district staff including, teachers, administrators, mental health staff, school nurses, safety staff, student support staff, coaches, and more

No cost to schools, districts, or RESAs



COURSE OVERVIEW

Check out the course offerings for the 2024-25 school year.
View the full catalog for course descriptions and additional details.

General Mental Health Awareness

- Introduction to Behavioral Health and Addictive Diseases *8 hours*
- Mental Health First Aid: Adult *8 hours*
- Mental Health First Aid: Youth *8 hours*
- NAMI Ending the Silence for School Staff *1 hour*
- OWL Seminar: Mental Health 101 *1 hour*
- OWL Seminar: Mental Health Crisis *1 hour*
- OWL Seminar: Supporting Veterans and Families *1 hour*

Bullying

- Navigating Bullying and Trauma in Schools *1.5 hours*
- Unmasking the Trauma of Bullying *3.5 hours*

Grief

- Child Bereavement 101 *1 hour*
- Responding to Crisis: Supporting the School Community After a Death *1.5 hours*
- Supporting the Grieving Student: Activity Toolkit *1 hour*
- When Grief Comes to School *3 or 6 hours*

Resilience

- An Introduction to Creating Psychological Safety in the Classroom *1.5 hours*
- Community Resiliency Model (CRM) *2.5 hours*
- Mental Health First Aid: Adult *8 hours*
- Mental Health First Aid: Youth *8 hours*
- OWL Seminar: Building Resilience in Youth *1 hour*
- Psychological Safety: A Pathway to Resilience *3.5 hours*
- Recognizing and Managing Secondary Traumatic Stress *3.5 hours*
- Resilience Enhancement and Leadership Model (REALM) *2.5 hours*
- T.R.U.S.T.: Transforming Relationships Under Stress Through Trust *1.5 hours*
- Tracking Thoughts *1.5 hours*
- Trauma to Resilience: Strategies to Support Children's Well-Being *3.5 hours*
- Trauma-Informed Care: Help for the Helper Workshop *1.5 hours*

Stress Management

- Embracing Self-Care: A Holistic Approach *1.5 hours*
- OWL Seminar: Stress Management *1 hour*
- Recognizing and Managing Secondary Traumatic Stress *3.5 hours*
- School-Based Trauma-Sensitive Mindfulness *3 hours*
- Self-Compassion for Educators *3 hours*
- Tracking Thoughts *1.5 hours*
- Trauma-Informed Care: Help for the Helper Workshop *1.5 hours*

Suicide Prevention



- Applied Suicide Intervention Skills Training (ASIST) *16 hours*
- Mental Health First Aid: Adult *8 hours*
- Mental Health First Aid: Youth *8 hours*
- Question, Persuade, Refer (QPR) *1.25 hours*
- safeTALK *4 hours*

Trauma

- A Journey to Becoming Trauma-Informed Workshop *1.5 hours*
- An Introduction to Creating Psychological Safety in the Classroom *1.5 hours*
- Brain 101: Understanding the Impact of Trauma on the Brain *3.5 hours*
- Community Resiliency Model (CRM) *2.5 hours*
- Connecting Childhood Trauma and Poverty *1.5 hours*
- Navigating Bullying and Trauma in Schools *1.5 hours*
- Psychological Safety: A Pathway to Resilience *3.5 hours*
- Recognizing and Managing Secondary Traumatic Stress *3.5 hours*
- Tackling Trauma One Element at a Time Workshop *1.5 hours*
- Trauma 101: Understanding the Impact of Trauma on Children *3.5 hours*
- Trauma to Resilience: Strategies to Support Children's Well-Being *3.5 hours*
- Unmasking the Trauma of Bullying *3.5 hours*
- When Trauma Meets Brain Science and Epigenetics Workshop *1.5 hours*

Young Students (K-5)

- Behavior Communicates: Are You Listening? *3 or 4 hours*
- Tier 1: Relationships and Classroom Environment *3 or 4 hours*
- Tier 1: Schedules, Routines, Transitions, Rules & Expectations *3 or 6 hours*
- Tier 2: Targeted Self-Regulation Strategies *3 or 6 hours*
- Understanding Children's Emotional and Behavioral Development *3 or 4 hours*

: Available in-person only : Available virtually only