



**BEHAVIORAL HEALTH TRAINING**



**Mindful**  
By Blue KC

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To inquire about hosting a training session email: [MindfulTraining@BlueKC.com](mailto:MindfulTraining@BlueKC.com)

## Managing Emotions and Anxiety

<p><b>COPING WITH ANXIETY</b></p>	<p>Let’s take a moment to learn more about anxiety. During this presentation, we will take a deeper look anxiety, anxiety disorders, evidenced-based therapies, and learning effective coping skills. We will also engage in a mindfulness exercise in an attempt to help reduce feelings of anxiety and increase our awareness of our emotions. <i>45-minute training</i></p>
<p><b>GRIEF AND LOSS</b></p>	<p>Grief and loss are two topics that are often hard to discuss but have become an important topic recently. This training takes a moment to discuss the grief process, how to cope with grief, and talking to others about their grief. At the end of the training, you will be offered a moment to practice mindfulness and identify ways you can help yourself work through any potential grief you may be experiencing. <i>1-hour training</i></p>
<p><b>MANAGING POST PANDEMIC ANXIETY</b></p>	<p>Most of us react in some way to changes in routine or changes in plans. Just as it was an adjustment when the pandemic hit and so many places shut down or changed how they did business. This, too, is a shift back to normal—a new normal. Given the amount of time that we were living under restrictions, we all adapted to a new way of getting groceries, of going to work across the hall in our pajamas and sending our kids to virtual school. Those adaptations, such as mask-wearing, became habits. Now we are asked to restart those habits, and it all remains confusing. The ups and downs of the pandemic are causing real trauma for many individuals. This training discusses anxiety not only as it relates to the pandemic, but provides general advice and guidance on managing anxiety, even in the best of times. <i>1-hour training</i></p>
<p><b>MINDFULNESS: WHAT IS IT REALLY?</b></p>	<p>Discover the meaning of mindfulness and how to begin engaging in mindfulness exercises. This presentation takes a deeper look at mindfulness, common misconceptions, and the benefits of regularly engaging in mindfulness. Then, take a moment to begin mindfulness practice to take a sense of relaxation throughout the rest of the day. We can also provide you with a set of three to five pre-recorded mindfulness exercises. This training is a favorite. <i>30-minute or 1-hour training</i></p>
<p><b>TAKING ADVANTAGE OF EMOTIONS</b></p>	<p>Let’s get together to talk about our emotions, the elements of emotions, and how to effectively cope with emotions. Specifically, anger will be discussed in more detail and learn some skills to help you take advantage of your anger! <i>30-minute training</i></p>

## Coping with Stress

<p><b>BACK TO SCHOOL: PREPARING OUR KIDS, PREPARING OURSELVES</b></p>	<p>Whether it is fear of the virus, a new school setting, an anticipated increase in workload, or peer social concerns, there are plenty of things for our kids to worry about. And if our child is worrying, we are typically worrying right along with them—maybe 10 times over about all of their worries plus our own. We will talk about readiness to return to school—beyond the school supplies. We will dive into how our kids are really feeling about this return to school, how to get them to open up to us, the role we play in helping them to be mentally prepared, and how to know when our children are struggling along the way. <i>30-minute training</i></p>
<p><b>BEHAVIORAL HEALTH BASICS</b></p>	<p>This training will teach someone who is <u>not</u> a behavioral health professional what “behavioral health” is, what it is not, how to know when you or a loved one needs professional help. What are the most common behavioral health problems we all experience, and what to expect when seeking professional care? This training will also talk about future opportunities for Mental Health First Aid training to dive deeper into this topic. <i>30-minute training</i></p>
<p><b>DEFINING SELF-CARE</b></p>	<p>Discover the meaning of self-care and how to begin engaging in self-care to release stress and promote well-being. This presentation takes a deeper look at self-care by not only providing a definition, but also discussing self-care examples and how to create a personal self-care plan. Furthermore, this training looks at sleep and how sleep is an important part of your self-care routine. Learn about sleep hygiene and how to create healthy sleep habits. <i>1-hour training</i></p>
<p><b>DOMESTIC VIOLENCE: KOWING THE SIGNS AND COMMUNICATING CONCERNS</b></p>	<p>Domestic violence has been defined as any violent or aggressive acts within the home. Domestic Violence is a huge issue with many negative outcomes and affects all ages, socioeconomic statuses, sexual orientations, genders, races, and religions. According to the National Coalition Against Domestic Violence, in the state of Missouri 41.8% of women and 35.2% of men will experience some form of domestic violence. This training focuses on how to recognize the warning signs of domestic violence, how to communicate your concern for a loved one, and how to support survivors of domestic violence. <i>30-minute training</i></p>
<p><b>MAINTAINING A HEALTHY MINDSET IN TIMES OF STRESS</b></p>	<p>The past year has been filled with struggle, inconvenience, disruption, and loss. But it has also been a hotbed for innovation, adaptation, and making the best of the challenges in front of us. As we get busier every day, we need more opportunities to find workarounds, ways to innovate, and strategies for coping with the pandemic. We hope you will join us to talk about how we can manage expectations and cope with stress to truly enjoy a work-life balance. <i>1-hour training</i></p>
<p><b>MAKING SMALL CHANGES FOR BIG IMPACT</b></p>	<p>We all know what we need to do to be healthy: Eat healthy foods, exercise, get enough rest. Why, then, is it so difficult to make changes in our lifestyle, to break bad habits and create good habits? We will explore some ways to start small and create meaningful changes, form good habits, and make them stick. This training will focus on caring for our physical, spiritual, intellectual, and emotional selves. <i>1-hour training</i></p>

## Strategies for Workplace Well-Being

<p><b>THE COGNITIVE MODEL AND THE WORKPLACE</b></p>	<p>Look at the cognitive model and begin to learn how one’s thinking influences behaviors and beliefs. This training introduces the cognitive model, how to begin changing one’s thinking, identifying one’s beliefs, and using the cognitive model within the workplace. <i>1-hour training</i></p>
<p><b>HEALTHY COMMUNICATION: HAVING DIFFICULT CONVERSATIONS WITH PROFESSIONALISM</b></p>	<p>Discover the importance of communication by discussing the different communication styles, interpersonal skills, and nonverbal behaviors. Dive deeper into assertive communication and learn skills for how to engage assertively with those around you. Lastly, we will take time to walk through some examples to identify assertive communication. <i>45-minute training</i></p>
<p><b>SETTING ATTAINABLE GOALS</b></p>	<p>Setting goals and working towards what matters to us often gives our lives meaning and increases the positive emotions we experience. Spend some time identifying your values, creating goals, forming action steps, recognizing obstacles, and committing to a values-based life. <i>45-minute training</i></p>
<p><b>SETTING BALANCED BOUNDARIES</b></p>	<p>A boundary is “a line that marks the limits of an area.” During this training, we will begin discussing different types of boundaries, including personal boundaries. The differences between rigid, porous, and balanced boundaries will be explored and we will discuss how to set balanced boundaries in all of our personal relationships. <i>1-hour training</i></p>



## Substance Use and Lethal Means Education

<p><b>CHILD ABUSE, NEGLECT, AND EXPLOITATION</b></p>	<p>We will explore different types of child abuse including physical abuse, emotional abuse, and neglect. We will discuss both the physical and behavioral signs that may indicate a child is being abused or neglected. We will define child exploitation and sex trafficking as a significant problem in the metro area. We will also discuss concrete action steps to take if you believe a child is being abused, neglected, or exploited. <i>30-minute training</i></p>
<p><b>A DRUG-FREE WORKPLACE IS A HEALTHY WORKPLACE: ALCOHOL MISUSE AND LAW ENFORCEMENT</b></p>	<p>The 2019 National Survey on Drug Use and Health reports that 139.7 million Americans aged 12 or older were past month alcohol users, 65.8 million people were binge drinkers in the past month, and 16 million were heavy drinkers in the past month. In addition, research shows that alcohol use and misuse has increased over the past year, likely because of the COVID 19 pandemic. Alcohol misuse is a serious issue in the United States. Binge drinking and alcohol misuse among law enforcement can have serious consequences. This training describes the unique issues law enforcement personnel face when addressing alcohol misuse, reasons for misuse, and how to seek treatment. <i>1-hour training</i></p>
<p><b>OPIOID MISUSE</b></p>	<p>According to the National Institute on Drug Abuse, nearly 50,000 people in the United States died from opioid-involved overdoses in 2019. The misuse of and addiction to opioids is a serious national crisis that affects public health as well as social and economic welfare. The Centers for Disease Control and Prevention estimates that the total "economic burden" of prescription opioid misuse alone in the United States is \$78.5 billion a year, including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement. This presentation will look at the basics of opioid misuse, including statistics, symptoms of use, and best practices in opioid use disorder treatment. <i>1-hour training</i></p>

## Psychological Safety

<p><b>PSYCHOLOGICAL SAFETY</b></p>	<p>Psychological safety has been defined as an environment that rewards vulnerability. This training involves learning more about this new and important aspect that is found within groups of people and has been linked to the effectiveness of groups in a workplace. Not only does this training discuss the meaning of psychological safety, but it also discusses the 4 stages of psychological safety, including inclusion safety, learner safety, contributor safety, and challenger safety. <i>1.5-hour training</i></p>
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## Suicide Prevention

<p><b>LETHAL MEANS REDUCTION AS SUICIDE PREVENTION</b></p>	<p>Reducing access to lethal means of self-harm for a person at risk of suicide is an important part of a comprehensive approach to suicide prevention. Firearms are the most lethal among suicide methods. Also of concern are medications that are lethal at high doses. This workshop addresses both the public health issues surrounding lethal means and the personal issue around keeping one another safe. <i>1-hour training</i></p> <p>Why it is important: Many suicide attempts take place during a short-term crisis, so it is important to consider a person’s access to lethal means during these periods of increased risk; Access to lethal means is a risk factor for suicide; And reducing access to lethal means saves lives.</p>
<p><b>SUICIDE PREVENTION: FROM A CONSTRUCTION VIEWPOINT</b></p>	<p>Suicide prevention has become of increasing importance in the field of construction as research has shown the rate of suicide is higher in these professions. This training is geared toward helping educate those in this profession on the importance of recognizing signs of a mental health concern and learning how to engage another person in a conversation surrounding this. <i>2-hour training</i></p>

## Mental Health First Aid

<p><b>MENTAL HEALTH AWARENESS IN THE WORKPLACE</b></p>	<p>This training event will explore the prevalence of untreated mental health needs in the workplace and what can be done to reduce the stigma around seeking help and supporting colleagues to seek help. It will look at what an organization and its leaders can do to create a psychologically safe environment for employees to reduce job strain and improve work-related risk factors. Participants will explore how the positive elements of a workplace can be enhanced to become protective factors for employees who otherwise may be vulnerable to mental health struggles. Finally, this training will explore how everyone can play a role in helping to identify colleagues who are struggling with mental health or substance use issues and how to help them in a non-judgmental way. <i>1-hour training</i></p>
<p><b>MENTAL HEALTH FIRST AID</b></p>	<p>Mental Health First Aid teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addiction and mental illnesses.</p> <p><i>This class contains 2.5 hours of pre-work to do on your own, and a 4-hour class that can be broken into two sessions. Participants will receive a certificate showing that they are Mental Health First Aiders.</i></p>
<p><b>YOUTH MENTAL HEALTH FIRST AID</b></p>	<p>Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.</p> <p><i>This class contains 2.5 hours of pre-work to do on your own, and a 4-hour class that can be broken into two sessions. Participants will receive a certificate showing that they are Mental Health First Aiders.</i></p>