

# BEHAVIORAL HEALTH AND FAMILY STUDIES INSTITUTE

## Mental Health Headlines and Trainings



April Edition - 2021

### Headlines

- ☑ Download the 2021 LookUP Mental Health Toolkit (sermon, Bible study, worship tools and graphics to support mental health ministry) - [VIEW AND DOWNLOAD TOOLKIT PDF HERE](#)
- ☑ New booklet for providers serving Hispanic and Latino populations - [Download](#)
- ☑ Can a young child have suicidal thoughts? - [https://afsp.org/story/can-a-young-child-have-suicidal-thoughts?fbclid=IwAR2wBrJRptU2\\_153G0dSW5mdgoAvTnGYTI5FFES9uUy5XSULURF73IGskac](https://afsp.org/story/can-a-young-child-have-suicidal-thoughts?fbclid=IwAR2wBrJRptU2_153G0dSW5mdgoAvTnGYTI5FFES9uUy5XSULURF73IGskac)
- ☑ He said he was going to watch cartoons. Instead, he opened his dad's gun safe - [https://www.washingtonpost.com/dc-md-val/2021/03/29/children-under-fire-excerpt/?utm\\_campaign=wp\\_post\\_most&utm\\_medium=email&utm\\_source=newsletter&wpisrc=nl\\_most&carta-url=https%3A%2F%2F52.washingtonpost.com%2Fcar-lt-tr%2F3163378%2F6061fad29d2fda1e56d83fed%2F596a9162ae7e8a0ef33faddb%2F9%2F72%2F6061fad29d2fda1e56d83fed](https://www.washingtonpost.com/dc-md-val/2021/03/29/children-under-fire-excerpt/?utm_campaign=wp_post_most&utm_medium=email&utm_source=newsletter&wpisrc=nl_most&carta-url=https%3A%2F%2F52.washingtonpost.com%2Fcar-lt-tr%2F3163378%2F6061fad29d2fda1e56d83fed%2F596a9162ae7e8a0ef33faddb%2F9%2F72%2F6061fad29d2fda1e56d83fed)
- ☑ The real reasons why parents are disconnected from their children - [https://www.elephantjournal.com/2021/02/the-gap-is-widening-between-us-and-our-grown-children/?fbclid=IwAR20iO-JU-4wAN\\_TaJaES\\_PAVFVikLzdryefGxkO1GHBQTALOADHB56koT](https://www.elephantjournal.com/2021/02/the-gap-is-widening-between-us-and-our-grown-children/?fbclid=IwAR20iO-JU-4wAN_TaJaES_PAVFVikLzdryefGxkO1GHBQTALOADHB56koT)
- ☑ Achieved webinar - Structural Racism and Black Mental Health - <https://attcnetwork.org/centers/southeast-attc/product/southeast-attc-aabh-x-coe-structural-racism-and-black-mental-health>
- ☑ Talking to kids about racism and violence - [READ MORE ►](#)
- ☑ What to do if you're worried about suicide - [READ MORE ►](#)
- ☑ National Action Alliance for Suicide Prevention's [Mental Health & Suicide Prevention National Response to COVID-19](#) (National Response) is launching a series of briefings for Congressional staff to discuss policy solutions that can address our national mental health and suicide crisis.
- ☑ Sesame Street's racial justice resource page for young children - [SSIC.org/Racial-Justice](https://www.sesame.org/racial-justice)
- ☑ Bent not Broken - [Read More](#)
- ☑ Click on [Opinion | I Don't Want Another Family to Lose a Child the Way We Did - The New York Times](#)
- ☑ Trauma-informed care model for immigrant and Hispanic and Latino clients - [Download](#)
- ☑ Mental health information in Spanish Click on - [Children and Mental Health: Is It Just a Stage?](#) - [Depression: Basic Information](#) - [Depression in adolescence](#) - [Schizophrenia](#) - [Eating disorders: A problem that goes beyond food](#) - [Chronic Illness and Mental Health: Recognizing and Treating Depression](#)
- ☑ Fact sheets: [After High School: Talking With Your Young Adult About Underage Drinking](#); [Be Prepared to Have the Difficult Conversation](#); [Prevent Unsafe Drinking Behaviors on Campus](#); [Getting Ahead of a Problem](#)
- ☑ Racial trauma is real - [https://www.bc.edu/content/dam/files/schools/lsoe\\_sites/isprc/pdf/Infograph.pdf](https://www.bc.edu/content/dam/files/schools/lsoe_sites/isprc/pdf/Infograph.pdf)
- ☑ College mental health - two reviews completed by Cornell University and Harvard University - [Cornell's Mental Health Review: Final Report](#); [Commending Cornell's Mental Health Recommendations](#); [Harvard Students: "Widespread Anxiety, Depression, and Loneliness"](#)
- ☑ How to ask your boss for a mental health day - click on [Read more.](#)
- ☑ How to Take Care of Yourself When You're Feeling Overwhelmed - click on [Read more.](#)
- ☑ Four Simple Tips to Help You Manage Anxiety Related to COVID-19 - click on [Read more.](#)
- ☑ Breaking the stigma - [Suicide Infographics](#)
- ☑ Parents guide to OCD - click on [READ MORE ►](#)
- ☑ OCD and suicide - click on [READ MORE ►](#)
- ☑ Three steps to show up for the people around us, one conversation at a time - <file:///C:/Users/jordana/AppData/Local/Microsoft/Windows/Internet%20Options/Content.Outlook/QLS7SNTP/V-A-R-Toolkit.pdf>
- ☑ Suicidal thoughts are increasing in young kids, experts say It began before the pandemic - <https://www.nbcnews.com/news/us-news/suicidal-thoughts-are-increasing-young-kids-experts-say-it-began-n1263347?fbclid=IwAR3-LXNEMEFQAQ4GmPzPyAms1b0wGHpI2FNcAhrnyCJUWxxx3WqCPov8ifM>



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## ~ Virtual Events ~

### *\*Virtual and FREE unless otherwise indicated\**

- April 13 - Race, Mental Health & Equity - 3pm to 4pmEST - [Register Today >](#)
- April 14 - Marijuana: Substance Use & Mental Health Fact vs. Fiction - 11:30am to 1pmCST - click on [Register Here](#)
- April 14 - Responding to Suicidal Ideation of Self-harm from a Dialectical Behavior Therapy (DBT) Perspective - 2pm to 3pmEST - click on to [Register in TRAIN](#)
- April 14 - Social Media Monitoring with Student Engagement - 4pm to 5:30pmEST - click on [ENROLL](#)
- April 15 - QPR Training for Trainers (T4T) - 8:30am to 4:30pmEST - cost: \$495 - to register click [https://docs.google.com/forms/d/e/1FAIpQLSc\\_g67u0JFCTGxNc99\\_uB92nVWFyu8-t6OzI6xK9wFM2Cgw/view-form](https://docs.google.com/forms/d/e/1FAIpQLSc_g67u0JFCTGxNc99_uB92nVWFyu8-t6OzI6xK9wFM2Cgw/view-form)
- April 15 - click on [Factors Associated with Suicidal Ideation Among Transgender Individuals](#) - 11am to 12:15pmEST
- April 16 - Promoting the developing brain: An intro to child brain development - 10am to 11:30amEST - click on <https://www.eventbrite.com/e/starke-county-virtual-youth-worker-cafe-registration-148917954611>
- April 21-24 - American Association of Suicidology Annual Conference (in person and virtual) - please click on link for registration fee and registration info [www.aasconference.org](http://www.aasconference.org)
- April 22 - click on [Engaging the Firearm Community in Suicide Prevention](#) - 11am to 12:15pmEST
- April 23 - Adult Mental Health First Aid - cost \$50 - 9am to 4pmEST - click to [REGISTER](#)
- April 24 - Indiana State Police 20<sup>th</sup> Drug Take Back Day - 10am to 2pmEST - @ any Indiana State Police Post
- April 25 - Let's Drive Together for Autism Acceptance - 1pm to 4pmEST - Glenbrook Square @ Carson's
- April 28 - Talking with Teens in a Way That Actually Works - noon to 2pmEST - click on to register <https://www.eventbrite.com/e/talking-with-teens-in-a-way-that-actually-works-registration-143830652353>
- April 29 - [Reversing the Trend of Irreversible Actions: Teen Suicide Prevention](#) - 11am to 12:15pmEST
- April 30 - Collaborative vs. Directive: Supporting Children and Adolescents When Someone Dies of Suicide - 1pm to 2:30pmEST - [Register Here](#)
- May 6 - 4<sup>th</sup> Annual Older Adult Mental Health Awareness Day Symposium - <https://www.ncoa.org/article/4th-annual-older-adult-mental-health-awareness-day-symposium>
- May 6 - Spiritual First Aid - 1pm to 5pmEST - <https://fb.me/e/OSsenPTmhttps://big.nyc3.cdn.digitaloceanspaces.com/lookup/documents/Spiritual-First-Aid-Description.pdf?mtime=20210127165812&focal=none>
- May 6 - [Suicide Risk in Uncertain Times](#) - 11am to 12:15pmEST
- May 13 & 18 - **IN PERSON** (Historic Women's Club - Ft. Wayne) - Non violent Crisis Prevention Intervention Workshop - 9:30am to 2:30pmEST - cost: \$30 - SAVE THE DATE
- May 14 - Part One of Two - Engaging Communities In The Aftermath of Suicide: Critical Immediate and Long Term Planning Steps For Community Postvention - 1pm to 2:30pmEST - [Register Here](#)
- May 21 - One More Day, Veteran Suicide Prevention Program - 2pmEST - <https://fb.me/e/OSsenPTm>
- May 22 - 2021 National LOSS Conference - 10am to 1pmCST - [Click here to register](#)
- May 26 - Setting Boundaries & Consequences for Youth - noon to 2pmEST - click on to <https://www.eventbrite.com/e/setting-boundaries-consequences-registration-144216939749>
- May 28 - Part Two of Two - Engaging Communities In The Aftermath of Suicide: Critical Immediate and Long Term Planning Steps For Community Postvention - 1pm to 2:30pmEST - [Register Here](#)
- June 2 - Supporting Students Impacted by Racial Stress and Trauma - 3pm to 4pmEST - click on to register [https://us02web.zoom.us/join/register/+zDaduivpz4qGtDS\\_lati3ebxPIBFzxfvXC](https://us02web.zoom.us/join/register/+zDaduivpz4qGtDS_lati3ebxPIBFzxfvXC)
- June 15 - **IN PERSON** - QPR Training - 4pm to 6pmEST - cost: \$75 - [QPR Suicide Prevention Training](#)
- June 22 & 23 - 2021 Indiana School Health Network Conference - 7:30am to 3:30pmEST - click to register <https://onlinexperiences.com/scripts/Server.nxp?LASCmd=AI:4:F:QSH10100&ShowUUID=186AC0C7-4617-4E4F-A935-73F6A6A63CCC>
- June 25 - Recovering after Loss: Postvention Strategies for Schools - 1pm to 2:30pmEST - [Register Here](#)