

# BEHAVIORAL HEALTH AND FAMILY STUDIES INSTITUTE

## Mental Health Headlines and Trainings



January Edition - 2022

### Headlines

- The U.S. Surgeon General Dr. Vivek Murthy is calling for immediate action to address the nation's [youth mental health crisis](#). The Surgeon General's Advisory on [Protecting Youth Mental Health](#) shows how everyone has a role to play in protecting and promoting the mental health of our nation's youth.
- Mental Health Technology Transfer Center Network – several great features including a searchable catalog – click on [Products and Resources Catalog](#)
- Click on [Transitioning Back to School During COVID-19 for Anxious Youth](#)
- The Center for Diseases Control (CDC) announced a new training website - [UrgentRelatedPreventable.org](#)
- The Action Alliance, in collaboration with the U.S. Department of Health and Human Services and the Office of the Surgeon General, released [The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention](#)
- The Action Alliance's [Mental Health & Suicide Prevention National Response to COVID-19](#) National Response) aims to address both the short-term and long-term mental health consequences of the COVID-19 pandemic.
- Tips for holiday resilience during uncertain times - [Read More >](#)
- How to support your employees' mental health during the holidays - <https://www.inc.com/gabrielle-bienasz/mental-health-recovery-holidays-tips.html#:~:text=When%20it%20comes%20to%20paid,extra%20time%20this%20holiday%20season>
- Nationwide holiday mental health poll reveals Americans are worried about contracting COVID, missing family members and procuring and affording gifts - <https://www.psychiatry.org/newsroom/news-releases/nationwide-holiday-mental-health-poll-reveals-americans-are-worried-about-contracting-covid-missing-family-members-and-procuring-and-affording-gifts>
- Click on [Dealing With Uncertainty in the Face of Omicron: How to stay positive and manage stress](#)
- Click on [Anxiety Over School Shootings: Finding proactive ways to deal with worried feelings](#)
- How to be present for loved ones during the holidays - [https://www.instagram.com/p/CXTwQXbrTJG/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CXTwQXbrTJG/?utm_source=ig_web_copy_link)
- How does anxiety affect kids in school? Click on [READ MORE >](#)
- Should kids take mental health days? Click on [READ MORE >](#)
- What's ADHD (and What's Not) in the classroom? Click on [READ MORE >](#)
- U.S. Surgeon General's Advisory: Protecting Youth Mental Health – click on [READ MORE >](#)
- Click on [The Best Gifts For A Loved One With Depression, According To Therapists](#)
- Psychological First Aid – custom training for your organization: schools, workplaces and more. Click on [Register Now](#)
- Grant announcement - [Harm Reduction Grant Program](#)
- Click on <https://afsp.org/story/we-asked-you-answered-what-do-you-find-difficult-about-the-holidays>
- Click on <https://afsp.org/talk-saves-lives#talk-saves-lives--an-introduction-to-suicide-prevention-in-the-correctional-environment>
- Click on <https://afsp.org/story/providing-tools-and-understanding-for-people-caring-for-those-at-risk-for-suicide>
- Click on <https://afsp.org/story/supporting-the-future-988-crisis-line-through-a-week-of-action>
- Click on <https://afsp.org/story/bake-my-day-making-something-sweet-for-suicide-prevention>
- Family-based Treatment for Eating Disorders – click on [READ MORE >](#)
- Click on [New Perspectives on Suicide Risk Among Military Personnel and Veterans](#)
- Breaking Intergenerational Patterns – view recorded presentation [here](#)



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## ~ Events ~

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

- **January 5** – IN PERSON / Fort Wayne – **Creativity, Horses and Healing** – 5:30pm to 7:30pm – see attached flyer for further details
- **January 13 – March 3, 2022** – **Mindful Self-Compassion Workshop** – 6 to 8:30pmEST - Cost: \$275 – Online via ZOOM - <https://www.eventbrite.com/e/mindful-self-compassion-msc-eight-week-workshop-tickets-186251442077>
- **January 18** – **Big Emotions & the Grief That Follows** – noon to 1pmEST – 1 CEU provided - <https://www.eventbrite.com/e/big-emotions-the-grief-that-follows-lunch-learn-tickets-227246539517>
- **January 20** – IN PERSON / Fort Wayne – **Reducing the Demand for Commercial Sexual Exploitation** – noon to 2pmEST – two CEU's provided – click to register - <https://www.eventbrite.com/e/reducing-the-demand-for-commercial-sexual-exploitation-tickets-230880258067>
- **January 25** – IN PERSON / Fort Wayne – **Involuntary Detentions and Commitments: Legal Aspects and Practical Implementation in Allen County** – 7pm to 9pmEST – see attached flyer for further details
- **February 4** – IN PERSON / Fort Wayne - **Procedural Justice: Are You a Leader Who is Willing to be Led?** – 10am to 12:30pmEST – Cost: \$30 – <https://www.eventbrite.com/e/procedural-justice-are-you-a-leader-who-is-willing-to-be-led-workshop-tickets-191240915727>
- **February 8** – SAVE THE DATE: **Healing School Communities – Shifting the Dominant Paradigm to Center Student Wellness!** – click on for more info <https://mhttcnetwork.org/centers/global-mhttc/coming-february-8-healing-school-communities-shifting-dominant-paradigm-center>
- **March 11** – SAVE THE DATE: **NAMI Mental Health & Criminal Justice Summit**