

# BEHAVIORAL HEALTH AND FAMILY STUDIES INSTITUTE

## Mental Health Headlines and Trainings



September Edition – 2024

### Headlines

- Introducing Alternatives to Suicide: A New Approach to Crisis - <https://www.communitypsychology.com/new-approach-to-suicide/>
- Click on [Talking About Lethal Means: A Course for Crisis Counselors](#).
- Click on [Online Health and Safety for Children and Youth: Best Practices for Families and Guidance for Industry](#)
- Sustaining the Crisis Workforce: A National Road Map - <https://theactionalliance.org/resource/sustaining-crisis-workforce-national-road-map>
- Following the Brain in Child Development - [Click here](#) to view the recording
- Life is Better With You Here – Black men’s mental health - [Watch Now](#)
- Back-to-School Tips for Kids Who are Struggling - [READ MORE ▶](#)
- School Success Kit for Kids with Sensory Processing Issues - [READ MORE ▶](#)
- The Role of Faith Communities in Suicide Prevention - <https://www.familyaware.org/the-role-of-faith-communities-in-suicide-prevention/>
- Caring for a Veteran with PTSD: Essential Tools for Caregivers - <https://www.familyaware.org/caring-for-a-veteran-with-ptsd-essential-tools-for-caregivers/>
- Living with Suicide Loss – It’s OK to tell kids the truth about how their loved one died - [https://vimeo.com/871478652?utm\\_source=Klaviyo&utm\\_medium=campaign](https://vimeo.com/871478652?utm_source=Klaviyo&utm_medium=campaign)
- The Check-In Rule Helps Teens Avoid Risk - [Keep reading](#).
- Distress is Part of Teen Life - [Read more](#).
- Click on [Tips for School Counselors Supporting Students with Eating Concerns](#)
- Click on [Treating Suicide Risk in Outpatient Settings: Resources for Providers](#)
- Supporting Kids During a Divorce - [READ MORE ▶](#)
- What are Adjustment Disorders? - [READ MORE ▶](#)
- Click on [Autism Spectrum Disorder and Suicide: A Case Report](#);
- Click on [Parents to Parents: After Your Child’s Suicide Attempt](#)
- Click on [Supporting Diverse Communities](#)
- Adolescents Who Do Not Report Risk on the PHQ-9 - <https://files.constantcontact.com/b43efd83801/a188960a-98ee-4c72-baae-21bd4710e5a4.png?rdr=true>
- Creating Safer Spaces in School for LGBTQ+ Young People - [Support LGBTQ+ Students](#)
- Embracing Equity and Cultural Humility to Improve Care for Youth with Trauma - [https://www.thenationalcouncil.org/resources/youth-care-equity/?mc\\_cid=1b6f6e038e&mc\\_eid=87ab43df5e](https://www.thenationalcouncil.org/resources/youth-care-equity/?mc_cid=1b6f6e038e&mc_eid=87ab43df5e)
- Click on [Guide to Obtaining Insurance for Mental Health Care](#) - <https://www.moneygeek.com/insurance/health/navigating-mental-health-care/>
- Click on [Impact of Debt on Mental Health](#) - <https://www.moneygeek.com/debt/resources/how-debt-can-harm-your-health/>
- How to Help Teenagers Get More Sleep - [READ MORE ▶](#)
- Understanding the Mental Health Challenges Young People Are Facing and How You Can Help - <https://teamchangingminds.org/youth-mental-health/>
- Click on [How to Start a Conversation About Suicide With a Friend](#)
- Webinar – Mental Health in Collegiate Athletics - <https://www.youtube.com/watch?v=TbqKiHFAObY>
- Click on [Suicide Prevention Resources Playlist](#)
- Click on ["A Mother’s Perspective: The Need for Mental Health and Suicide Prevention Education in Schools"](#)
- Click on [Seize the Awkward](#)
- Supporting Young Minds - <https://mhanational.org/young-minds?eType=EmailBlastContent&eld=3b1aa1b4-e8ee-4082-8a25-9c506469b9ae>
- 21Investigates: A Modern Day Tragedy - <https://www.21alivenews.com/2024/08/21/21investigates-modern-day-tragedy/>
- How to Talk to Kids About Schools Shootings - [READ MORE ▶](#)
- How to Avoid Passing Anxiety on to Your Kids - [READ MORE ▶](#)
- Preventing Parent Burnout - [READ MORE ▶](#)
- Parenting Through Depression - [READ MORE ▶](#)
- How Do I Tell My 10-Year-Old About My Mental Health Issues? - [READ MORE ▶](#)

# Statewide Events

## FREE and IN Person unless otherwise noted

- **September 12** – **TRAINING** – Shield of Care for Juvenile justice professionals – Indianapolis – 8am to 5pmEST – to register email [Mia.Johnson@porterco.org](mailto:Mia.Johnson@porterco.org)
- **September 12** – **EVENT** – Suicide Awareness – Dyer – 11am – call 224.730.9779 for info [bwelty@elkhartcounty.com](mailto:bwelty@elkhartcounty.com)
- **September 13** – **SUMMIT** – Veteran's Administration Mental Health Summit – Fort Wayne - 8am to 3:30pm - <https://events.eventzilla.net/e/2024-va-mental-health-summit-2138631779>
- **September 14** – **WALK** – AFSP Out of Darkness – Madison - [Madison Indiana Walk, Bicentennial Park - Madison, IN](#)
- **September 14** – **Kick the STIGMA** @ North Vermillion High School Football Game – Cayuga – Gates open 10am
- **September 15** – **WALK** – AFSP Out of Darkness – Chesterton - [Chesterton Walk, Coffee Creek Watershed Preserve - Chesterton, IN](#)
- **September 17** – **WALK** – Walking Together: Raising Suicide Awareness in Elkhart County – Elkhart – 5 to 7pm – email for info [bwelty@elkhartcounty.com](mailto:bwelty@elkhartcounty.com)
- **September 17** – **VIRTUAL TRAINING** – QPR Suicide Prevention Training – 2:30 to 4pm - [www.parkview.com/preventsuicide](http://www.parkview.com/preventsuicide).
- **September 17** – **WEBINAR** – The Changing Landscapes of Crisis Services in Northeast Indiana – 11am to 12:30pm - <https://bit.ly/NEIndianacrisisservices>.
- **September 19** – **TRAINING** – QPR Gatekeeper & Columbia-Suicide Severity Rating Scale–Wells County – 9am to 12:30pmEST - <https://www.eventbrite.com/e/qpr-andor-c-ssrs-suicide-prevention-training-in-person-tickets-795400854367?aff=oddtcreator>
- **September 19** – **VIRTUAL TRAINING** – Making Sense of Confusing Laws: HIPAA and FERPA for School-Based Health Professionals – 1 to 2:30pmEST - <https://mhctnetwork.org/event/making-sense-of-health-privacy-laws-hipaa-and-ferpa-for-school-based-health-professionals/>
- **September 19 & 20** – **TRAINING** – Applied Suicide Intervention Skills (ASIST) Training – Fort Wayne – 8:30am to 4:30pm – Cost: \$200 – click to register <https://www.eventbrite.com/e/applied-suicide-intervention-skills-training-asist-tickets-943136174687>
- **September 21** – **WALK** – AFSP Out of Darkness – South Bend - [St. Joseph County Walk, Howard Park - South Bend, IN](#)
- **September 22** – **WALK** – AFSP Out of Darkness – Anderson - [Anderson Walk, Harrah's Hoosier Park Racing & Casino - Anderson, IN](#)
- **September 29** – **WALK** – AFSP Out of Darkness – Fort Wayne - [Fort Wayne Walk, Headwaters Park - Fort Wayne, IN](#)
- **September 30 & October 1** – **VIRTUAL WORKSHOP** – A Harm Reduction Approach to Self-Injury - [Information and registration HERE](#)
- **October 6** – **WALK** – AFSP Out of Darkness – Highland - [Northwest Indiana Walk, Wicker Memorial Park - Highland, IN](#)
- **October 10** – **VIRTUAL SUMMIT** – Church Mental Health Summit 24 - <https://www.churchmentalhealthsummit.com/register-2024?ref=https%3A%2F%2Fwww.churchmentalhealthsummit.com%2Fa%2F2147852404%2Fz5N7EJA9>
- **October 11** – **SUMMIT** – 2<sup>nd</sup> Annual Northeast Indiana Regional Mental Health Summit – Fort Wayne – Cost: \$25 (scholarships are available) to register <https://www.neimentalhealthsummit.com/> *see attached flyer*
- **October 12** – **WALK** – AFSP Out of Darkness – Richmond - [East Central Indiana Walk, Wayne County Fairgrounds - Richmond, IN](#)
- **October 13** – **WALK** – AFSP Out of Darkness – Monticello - [White County/ Wabash Valley, Pine View Golf Course - Monticello, IN](#)
- **October 14 to 16** – **CONFERENCE** – LOSS Conference – Columbus, OH – more info <https://losscs.org/suicide-postvention-conference/>
- **October 18 & 19** – **TRAINING** – AFSP Adult Support Group Facilitator Training – Indy – 9am to 5pmEST – Cost: \$100 - <https://afspindianasgftadultoct18.attendase.com/>
- **October 19** – **WALK** – AFSP Out of Darkness – New Albany - [Floyd and Clark Counties Walk, Indiana University Southeast - New Albany, IN](#)
- **October 27** – **WALK** – AFSP Out of Darkness – Bloomington - [Bloomington Indiana Walk, Switch Yard Park - Bloomington, IN](#)
- **December 3 -4** – **CONFERENCE** – IYI Kid's Count Conference – Indy - [Register Here](#)