

# BEHAVIORAL HEALTH AND FAMILY STUDIES INSTITUTE

## Mental Health Headlines and Trainings

April Edition – 2025



### Headlines

- CONTACT YOUR SENATOR to protect Medicaid from budget reconciliation cuts - <https://mhanational.salsalabs.org/March2025MedicaidAlert/index.html?eType=EmailBlastContent&eld=027bcf5d-da02-48ec-b042-d10c1dd797d2>
- How can educators help establish healthy behaviors? - <https://www.apa.org/topics/children/healthy-eating>
- Attention Youth Mental Health First Aid Trainers – there are 5 opportunities to conduct Youth Mental Health Trainings. Contact Richard Dixon if you are interested [rdixon@namiindiana.org](mailto:rdixon@namiindiana.org)
- Trauma Healing Basics – resources - [Trauma Healing Basics site](#).
- Click on [5 Key Facts about Medicaid Coverage for Adults with Mental Illness](#)
- Click on [Mental Health Agency Loses 1 in 10 Staffers to DOGE Cuts, 988 Hotline Team Impacted](#)
- What helps? Setting functional boundaries after a suicide loss - [Read More](#)
- What I Have Learned About Grief in the Past 110 Days - [Read More](#)
- Gambling: The High Stakes of Mental Health & Suicide Risk - chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.ohiospf.org/wp-content/uploads/dlm\_uploads/2025/02/2025-February-Gambling-website.pdf
- Suicide Prevention in the Black Community - chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.ohiospf.org/wp-content/uploads/dlm\_uploads/2025/02/February-2025-Suicide-in-Black-Community-for-web.pdf
- **The connection between mental health and finances - [here](#).**
- How to work with our child's school on mental health support and resources - <https://www.youtube.com/watch?v=FPhnRIGKyTc>
- **Why you should let your teen fail - [Read more](#).**
- **How mindfulness and self-compassion help parents - [Keep reading](#).**
- Setting boundaries when a family member is angry - <https://www.familyaware.org/setting-boundaries-when-a-family-member-is-angry/>
- Continued grief work – forgiving myself - [Read More](#)
- What helps: A circle of support after a loved one's suicide - [Read More](#)
- Music playlists for when you're depressed - <https://www.familyaware.org/music-playlists-for-when-youre-depressed/>
- Click on <https://www.familyaware.org/5-ways-to-get-your-tween-talking-about-their-mental-health/>
- Finding mental health support in high school: A parent and teen story of hope - <https://www.youtube.com/watch?v=ZloiY6pev74>
- 10 ways parents can show their teens love - [Keep reading](#).
- MenLiving Insights - [https://menliving.org/blog/?utm\\_source=MenLiving&utm\\_campaign=731ecf52c9-EMAIL\\_CAMPAIGN\\_2025\\_03\\_19\\_04\\_43&utm\\_medium=email&utm\\_term=0\\_1c0197f965-731ecf52c9-481741276&mc\\_cid=731ecf52c9&mc\\_eid=80ccf1c4bd](https://menliving.org/blog/?utm_source=MenLiving&utm_campaign=731ecf52c9-EMAIL_CAMPAIGN_2025_03_19_04_43&utm_medium=email&utm_term=0_1c0197f965-731ecf52c9-481741276&mc_cid=731ecf52c9&mc_eid=80ccf1c4bd)
- The nation's mental health leaders express concern about proposed cuts to SAMHSA - [https://afsp.org/story/nation-s-mental-health-leaders-express-concern-about-proposed-cuts-to-samhsa?utm\\_source=Klaviyo&utm\\_medium=campaign](https://afsp.org/story/nation-s-mental-health-leaders-express-concern-about-proposed-cuts-to-samhsa?utm_source=Klaviyo&utm_medium=campaign)
- 7 ways to support teen brain growth - [Keep reading](#).
- Making rules teens will follow - [Keep reading](#).
- Protect Medicaid and mental health here in the state of Indiana - [click here](#)
- Click on [Supporting trans young people starts with education. Explore our guide on what it means to be an affirming ally and how you can make a difference. > >](#)
- The trifecta of loneliness in widowhood - [Read More](#)
- New study on Sources of Strength - <https://sprc.org/news/new-study-on-sources-of-strength/>
- 3 ways to increase hope in teens - [Keep reading](#).
- New YouTube series: Mind Matters - <https://www.youtube.com/playlist?list=PLK8w1YD1FokAnq3j40k5TD-GcTOvpIIIBu>

# Statewide Events

**FREE and IN Person unless otherwise noted**

- April 9-10 – **TRAINING** – VIRTUAL Assessment of PTSD & Suicide Risk Management in Veterans – 10am to 6:30pmEST - <https://deploymentpsych.org/TAPTSDSRMV>
- April 10 – **TRAINING** – Mindful Matters – Self Compassion & Coping Skills – Fort Wayne – 4:30pmEST - @ Purdue Fort Wayne, Neff hall 374
- April 10 – **PRESENTATION** – VIRTUAL Family & Culture as Protective Factors for Behavioral Health Disorders Among Latino Youth – 1pm to 2pmEST - [https://zoom.us/webinar/register/WN\\_rxJA59VFS76QTy8-miRjPg?fbclid=IwY2xjawJhC-dleHRuA2FlbQlxMAABHpo3YjfmYK1loeyhsfyqh3rxhlkzkeV95nsMbtFSOmTQrwpLZKKdrdvq-aT\\_aem\\_3fFeOrmtgubW\\_57ASbNJ6A#/registration](https://zoom.us/webinar/register/WN_rxJA59VFS76QTy8-miRjPg?fbclid=IwY2xjawJhC-dleHRuA2FlbQlxMAABHpo3YjfmYK1loeyhsfyqh3rxhlkzkeV95nsMbtFSOmTQrwpLZKKdrdvq-aT_aem_3fFeOrmtgubW_57ASbNJ6A#/registration)
- April 12 – **AFSP WALK** – Indiana State Out of the Darkness Walk – Terre Haute - [afsp.org/isu](https://afsp.org/isu)
- April 13 – **AFSP WALK** – Butler Out of the Darkness Walk – Indy - [afsp.org/butler](https://afsp.org/butler)
- April 17 – Indiana Youth Institute's 2025 Stat of the Child / Allen County – 11am to 1pmEST - <https://indianayouthinstitute.my.salesforce-sites.com/event/home/allen250417>
- April 17 – **AFSP WALK** – Ball State Out of the Darkness Walk – Muncie - [afsp.org/ballstate](https://afsp.org/ballstate)
- April 25 – **TRAINING** – QPR Training – Fort Wayne – 1pm to 3pmEST - <https://events.humanitix.com/copy-of-qpr-question-persuade-refer-suicide-prevention-training?hxchl=hex-pfl>
- April 29 – **WEBINAR** – Helping Teens Manage Depression: Practical Skills That Work – 7pm to 8:30pm EST - [Register to join us](#)
- April 29 – **TRAINING** – Soul Shop for Black Churches – Indianapolis – 8:30am to 4:30pmEST - <https://www.eventbrite.com/e/soul-shop-for-black-churches-indianapolis-in-tickets-1205389786299?aff=oddttdtcreator>
- April 29 – **SUMMIT** – Faith-based Suicide Prevention in the Black Community Summit – Columbus, OH – Cost: \$35 - <https://www.eventbrite.com/e/faith-based-suicide-prevention-in-the-black-community-summit-tickets-1273974404739?aff=oddttdtcreator>
- May 4 – **AFSP WALK** – Plymouth Out of the Darkness Walk – Plymouth - [afsp.org/plymouth](https://afsp.org/plymouth)
- May 6 – **CONFERENCE** – 2025 LookUP Conference on Faith and Mental Health – Fort Wayne – 8:30am to 4:30pmEST – Cost: \$35 - <https://www.eventbrite.com/e/2025-lookup-conference-on-faith-and-mental-health-tickets-1045116490557?aff=oddttdtcreator>
- May 6 – **TRAINING** – QPR Training – Adams County – 5:30 to 7:30pm - <https://events.humanitix.com/host/stop-suicide-northeast-indiana>
- May 6 – **SUMMIT** – VIRTUAL National Summit on Youth Well-Being – Cost: \$20 - <https://web.cvent.com/event/49d945e3-7234-416c-8450-8ba72c704bdb/websitePage:2db3ff21-0e35-4b60-aec9-5f3a787ed987>
- May 7 & 8 – **CONFERENCE** – 2025 Maternal Mental Health Conference – Fort Wayne – Cost: \$50 - <https://www.eventbrite.com/e/2025-maternal-mental-health-conference-tickets-1231430013319?aff=oddttdtcreator>
- May 8 – **TRAINING** – VIRTUAL Talk Saves Lives (Latino focus) – 7:30 to 9pmEST - <https://afspindianatsllatinxmay8.attendease.com/>
- May 12 – **TRAINING** – QPR and/or C-SSRS – Adams County – 5:30 to 7:30pm - see flyer
- May 14 – **SYMPOSIUM** – VIRTUAL Mental Health Matters – 11am to 5pmEST - [Register here](#)
- May 15 – **TRAINING** – C-SSRS Virtual Training – 9am to 10:30am - see flyer
- May 21 – **TRAINING** – VIRTUAL Mental Health First Aid Training (Adult) – 9am to 4:pmET - <https://web.cvent.com/event/e44c02cb-0466-40cb-98ae-a1dad4354752/summary>
- May 31 – **HIKE** – Indiana Construction Hike for Hope – Fishers – 10am to 3pm - <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=11012>
- June 16 -17 – **SAVE THE DATE** – 2<sup>nd</sup> Annual Rediscovering Resilience Conference - Bloomington
- June 19- **TRAINING** – VIRTUAL Mental Health First Aid Training (Adult) – 9:30am to 4:30pmET - <https://web.cvent.com/event/e44c02cb-0466-40cb-98ae-a1dad4354752/summary>
- June 23 – **TRAINING** – QPR and/or C-SSRS Suicide Prevention Training – Stueben County – 1pm to 4:30pm - see flyer
- July 4 – **5K Run** – NAMI Fort Wayne 5K – Shoaff Park – Cost \$15 - \$45 - [runsignup.com/namifortwayne](https://runsignup.com/namifortwayne)
- September 6 – **AFSP WALK** – Indianapolis Out of the Darkness Walk – Indianapolis - [afsp.org/indianapolis](https://afsp.org/indianapolis)
- September 10 – **TRAINING** – VIRTUAL Mental Health First Aid Training (Adult) – 9am to 4:30pmET - <https://web.cvent.com/event/e44c02cb-0466-40cb-98ae-a1dad4354752/summary>
- September 13 – **AFSP WALK** – St. Joseph County Out of the Darkness Walk – Madison - [afsp.org/madisonin](https://afsp.org/madisonin)
- September 14 – **AFSP WALK** – Anderson Out of the Darkness Walk – Anderson - [afsp.org/anderson](https://afsp.org/anderson)