

BEHAVIORAL HEALTH AND FAMILY STUDIES INSTITUTE

Mental Health Headlines and Trainings



February Edition – 2026

Headlines

- One Year of Policy Shifts – The Health Consequences We Can't Ignore - https://bwhi.org/2026/01/23/a-year-of-policy-shifts-and-the-health-consequences-we-cant-ignore/?utm_medium=email&hsenc=p2ANgtz-9j2k41TZweUG-GXfuHd3U30syqc4gXW6Fcj4KwXIQwAEWdxCjKfw1hRKcjkOF_HSd7Er1MstQbzHjycCARLtvQZgeSq&hsmi=400128949&utm_content=400128949&utm_source=hs_email
- Indiana Center for Recovery launches mental health campaign - https://www.wndu.com/2025/12/11/mental-health-thursdays-indiana-center-recovery-launches-holiday-mental-health-campaign/?utm_campaign=Email&utm_medium=Organic&utm_source=Mailchimp
- Suicide Prevention Resource Center (SPRC) – see below some key resources
 - Suicide Prevention in Health Care Settings
 - [Suicide Risk Assessment Toolkit](#)
 - [Suicide and Intimate Partner Violence: Screening and Safety Planning With Adults](#)
 - Centering Lived Experience in Prevention Efforts
 - [The Foundations of Lived Experience](#)
 - [Considerations and Best Practices for Lived Experience Programs](#)
 - Promoting suicide prevention in communities, states and territories
 - [Incorporating Suicide Prevention Where We Live, Work, and Play](#)
- Click on [Predicting imminent suicide risk in a crisis hotline chat using machine learning](#);
- Click on [Framework for Successful Messaging](#)
- Click on [Suicide in U.S. Immigration and Customs Enforcement Detention: Retrospective Analysis of Deaths in Custody, 2018-2015](#)
- Click on [Suicide in U.S. Immigration and Customs Enforcement Detention: Retrospective Analysis of Deaths in Custody, 2018-2015](#)
- Click on [Suicide Death Among Medicaid Beneficiaries](#)
- Click on [Pronoun Usage and Mental Health Impacts of Pronoun Respect in Transgender Nonbinary \(TGNB\) Young People](#);
- Click on [Supporting Clients Between Sessions: Peer Support and New Data from NowMattersNow](#)
- What to do when your child is being bullied and won't talk about it - [READ MORE ►](#)
- How to arm your child against bullying - [READ MORE ►](#)
- How to help kids deal with cyberbullying - [READ MORE ►](#)
- What is social and emotional learning - [READ MORE ►](#)
- Would you like info on anxiety and how it effects people differently - <https://www.nimh.nih.gov/health/topics/anxiety-disorders>
- My mental health: Do I need help? https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help?utm_campaign=shareNIMH&utm_medium=Portal&utm_source=NIMHwebsite
- Self-care for parents isn't selfish - [Keep reading](#).
- Prevent the negative impact on teen stereotypes - [Keep reading](#)
- Click on [How to Help Kids Learn to Fail](#)
- Click on [How to Model Healthy Coping Skills](#)
- Click on [Parnet Self-Care Isn't Selfish](#) - [Keep reading](#).
- Click on [How to Help Kids Learn to Fail](#)
- Click on [Raising Resilient Kids Who Are Prepared for the Future](#)
- Click on [How to Model Healthy Coping Skills](#)
- Click on [Military Life and Substance Use](#)
- Not All Attention Problems are ADHD - [READ MORE ►](#)
- Learning Disabilities and Depression - [READ MORE ►](#)
- Men, Football and Ugly Sweaters - [Read it Here](#)
- How Parents' Calm Can Impact Teen Behavior - [Keep reading](#).
- Mental Wellness Toolkit for Hispanics - <https://hispaniclatinobehavioralhealth.org/wp-content/uploads/2026/01/Entre-Nos-01-2026.pdf>
- More Joy, Less Stress: Why Giving Back Makes Kids Happier - <https://iyi.org/resources/giving-back-happier-kids/>
- Building a Future Where Every Child Has Five Supportive Adults - <https://iyi.org/resources/building-a-future-five-supportive-adults/>
- The New Life: A Glimpse of the Heart - <https://allianceofhope.org/this-new-life-a-glimpse-of-the-heart/>
- This I know - <https://allianceofhope.org/this-i-know/>
- Be the Kind Parent Teens Talk to - [Keep reading](#).
- Eating Well Helps Teens Manage Stress - [Keep reading](#).
- 15 Habits of People With Concealed Depression - https://awarenessact.com/15people-withconcealed-depression-common-habits-psychology/?fbclid=IwY2xjawPi2hpleHRuA2FibQlXMAbicmIkETFTU2ITQldwR1RETG02ZEJc3J0YwZhchBfawQQMjlyMDM5MTc4ODlwMDg5MgABHgkhlKj9yuWxYK8YG6GYrWXhhEJuv0CrXSeQJk6rrA02XgK1jo131DCwzvq_aem_4fc0uTYOMBbaHi3ZBVQsUw

Events

FREE and IN Person unless otherwise noted

- February 3 – Training – Conversations on Access to Lethal Means (CALM)** – Ft. Wayne VFW (2202 W. Main St)– 3pm to 5pm - <https://events.humanitix.com/calmtraining/tickets>
- **February 4 – MEET & GREET** – NAMI's Indiana Annual Legislative Meet & Greet – Indy – 9am to 1pm @ the Indiana Statehouse, 3rd floor, north atrium
 - **February 4 – National Black HIV/Aids Awareness Day** – Ft. Wayne – 12:30 to 5:30pm – FREE STD Testing – 525 Oxford St.
 - **February 9 – VIRTUAL TRAINING** – Talk Save Lives – 4 to 5pm - <https://afspindianatsfeb9.attendase.com/register/registration/form>
 - **February 10 – VIRTUAL TRAINING** – Youth Mental Health First Aid Training – 10am to 3:30pmET – email to register morgan.pritchett-taylor@parkview.com
 - **February 10 – VIRTUAL YOUTH WORKER CAFÉ** – Engagin Parents and Caregivers – 11AM TO 1PMcCT - [Register Here](#)
 - **February 11 – WORKSHOP** – Protecting Our Youth in the Immersive Tech Age -Mt. Vernon – 11am to 1pmCT - <https://indianayouthinstitute.my.salesforce-sites.com/event/home/poseycoywc021126>
 - **February 17 – WORKSHOP** – Youth Driven Mental Wellness: Teen Workshop & Panel – Avon – 11:30 to 1pmEST - <https://indianayouthinstitute.my.salesforce-sites.com/event/home/hendricks260217>
 - **February 18 – VIRTUAL Training** – Talk Saves Lives – Latinx + Hispanic Communities – 7pm to 8:30pmEST - <https://afspindianatslatinxfeb18.attendase.com/register/registration/form>
 - **February 19 – TRAINING** – When Trauma Grows Up With You: Developmental Trauma in Youth – 10 to noon - https://lp.constantcontactpages.com/ev/reg/bf9a8lp/68b5cc19-51f3-42fb-a0be-7c797503565a?source_id=bc1c8d7f-9c9f-443e-a5a8-076d8b28940d&source_type=em&c=4S6xJGpZwedCQkGX70gAP964rNNJP_0jdxavtbHIN2eHBjVdcnyQ=
 - **February 19 – TRAINING** - Talk Saves Lives – Fishers – 10 am to 11amEST - <https://app.smartsheet.com/b/form/b6cf8cdc2ffd40a4bcbdb21f7>
 - **February 20, 21 & 22 – VIRTUAL TRAINING** – AFSP Suicide Bereavement Facilitator – 2pm to 6pmEST - https://february-sbft-afsp.attendase.com/?_ql=1%2A1plp822%2A_ql_au%2AMTY2Nlc2OTE3Mi4xNzY5ODA0NjMx
 - **February 24 – EDUCATION NIGHT** – NAMI Fort Wayne – 7 to 9pmEST - @ Carriage House
 - **February 25 – PRESENTATION** – Wired for Survival: How Trauma Affects the Developing Brain – Auburn – 9am to 10:30CT - [Register Here](#)
 - **March 3 – WEBINAR** – Addressing Veteran Substance Use: Promoting Recovery Through Collaboration and Compassion – 2 to 3:30pm - <https://twi.ticketspice.com/6th-annual-summit?t=Organizations#ticketBlock>
https://prainc.zoom.us/webinar/register/WN_ez-Bdfv3QTGgOxpvuFUcW#/registration
 - **March 6 – SUMMIT** -NAMI Indiana Mental Health and Criminal Justice Summit – Cost: \$125 - Plainfield – 9am to 4pm – click to register <https://www.namiindiana.org/events/mental-health-criminal-justice-summit>
 - **March 6 – VIRTUAL Conference** – Risk, Responsibility, and Ethics – Cost: \$60 – 8:30am to 4:30pm - https://www.eventbrite.com/e/risk-responsibility-and-ethics-tickets-1978425923194?aff=oddticketcreator&utm_content=399749110&_hsenc=p2ANotz-m-dNL40_tIDKOL_TixyxJq5Atk64FMC3-tqJaeJQIAxxk5XCKJnaTUF5ldSNi16DxnUJXah8TbBnaSILOR_qS6lJRQ&utm_medium=email&utm_source=hs_email&_hsmi=399749110
 - **March 10 & 11 – VIRTUAL SUMMIT** – 6th Annual Annual Summit: Safer Care in Clinical Practice – Cost: \$99 to \$249 -1 to 4pmEST both days - <https://twi.ticketspice.com/6th-annual-summit?t=Organizations>
 - **March 12 – FUNDRAISER** – Solutions Not Sentences – Ft. Wayne – Club Soda – Cost: \$75 – see attached flyer
 - **March 12 – TRAINING** - L.E.T.S. Save Lives – Indy – 6pm to 7:30pmEST - <https://afspindianaletsmarch12.attendase.com/register/registration/form>
 - **March 26 – VIRTUAL ACTION DAY** – AFSP Advocacy Action Day – 7 to 8:30pm - <https://afspindianaadarmarch26.attendase.com/register/registration/form>
 - **April 9 – CONFERENCE** – The Power of Us – Valparaiso University – 8am to 3:30pm - https://www.eventbrite.com/e/the-power-of-us-tickets-1975124642976?utm_campaign=social&utm_content=attendeeshare&utm_medium=discovery&utm_term=listing&utm_source=wsa&aff=ebdsshwebmobile
 - **May 5 – SAVE THE DATE** – National Summit on Youth Well-Being – Indianapolis
 - **May 9 – HIKE** – Indiana Construction Hike for Hope – Fishers – click to register afsp.org/inconstruction
 - **May 19 – SAVE the DATE** – SUMMIT – The Indiana Mental Health Summit – Ft. Wayne
 - **June 15 – 17 – SAVE THE DATE** – 2026 Champions in Action: Empowering Healthier Hoosier Kids Conference– Plainfield
 - **July 14 – TRAINING VIRTUAL** – Youth Mental Health First Aid Training – 10am to 3:30pmET – email to register morgan.pritchett-taylor@parkview.com
 - **September 24 – SAVE THE DATE** – 2026 Heart to Heart Conference - Indianapolis