

Virtual Mental Health Awareness Training Detailed Course Menu

In order to best meet the Professional Development needs of educators during the COVID-19 pandemic, NAMI Georgia has moved several MHAT programs online. Please review the available options below, and submit your request here: <https://namiga.org/virtual-mhat-request/>



NDT1001 Ending the Silence

Audience: All Staff Duration: 90 mins Capacity: 75 Available: 4.1.2020

NAMI Ending the Silence for School Staff is a 90-minute presentation for teachers and other school personnel to raise their awareness about mental illness, help them recognize the early warning signs, and reinforce the importance of early intervention. Empowering teachers and school personnel to make a lasting difference in the lives of their students, this presentation opens the door for schools to make a difference. Topics include a) understanding the difference between "bad behavior" and symptoms of a mental health condition; b) recognizing early warning signs; c) communicating effectively with families; d) linking to community resources quickly; e) creating a supportive learning environment for all students.



NDT1006 QPR (Question, Persuade, Refer)

Audience: All Staff Duration: 2 hrs Capacity: 30 Available: 4.1.2020

The QPR Gatekeeper Training for Suicide Prevention is a two hour program designed to teach gatekeepers—those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers)—the warning signs of a suicide crisis and how to respond by following three steps: Question the individual's desire or intent regarding suicide, Persuade the person to seek and accept help, Refer the person to appropriate resources. The training includes a short video that shows interviews with people who have experienced suicide in their families, schools, and neighborhoods, and it provides standardized role-play dialogue for use in a behavioral rehearsal practice session. Learning objectives include a) epidemiology of suicide and current statistics; b) myths & misconceptions about suicide and suicide prevention; c) warning signs of suicide; d) the Three Gatekeeper Skills (question, persuade, refer).



NDT1007 Trauma 101

Audience: All Staff Duration: 3.5 hrs Capacity: 25 Available: 4.20.2020

This 3.5 hour workshop will provide participants with the foundational knowledge about child trauma and child traumatic stress. Three types of child trauma are defined. The workshop focuses on the impact of complex trauma behavior and development, and helps participants identify strategies for working with children who have experienced trauma. Topics include: a) definitions and types of child trauma; b) how trauma affects children and youth; c) overview of impact of trauma on the brain; d) managing physical and psychological safety for children; d) enhancing child well-being and resilience.



NDT1008 BrainDev 101

Audience: All Staff Duration: 3.5 hrs Capacity: 25 Available: 5.4.2020

This 3.5 hour workshop provides participants with foundational knowledge about how adversity and trauma can impact brain development. The workshop introduces brain architecture and early brain development in children and focuses on the impact of adverse experiences in child trauma on the brain. Topics and learning objectives include a) adversity & trauma and the impact on brain development; b) brain systems c) adverse childhood experiences and brain development d) resilience and brain development.



NDT1017 Trauma/Brain 201: Building Resiliency

Audience: All Staff Duration: 3.5 hrs Capacity: 25 Available: 5.11.2020

In this course, participants will build on knowledge gained from Trauma 101 and Brain 101 courses. Participants will learn the characteristics of resilience, examine myths and facts about resilience, and learn specific strategies for building resilience in children and youth.

Key Learning Objectives:

- At the conclusion of this training, participants should be able to:
- Explain the concept of resilience, including key characteristics
- Explain the relationship between resiliency and safety
- Explain the role that relationships, responsibilities, and regulation play in building resilience



Please note: these programs will be delivered on virtual platforms hosted by the subcontractor who is delivering the program. Participants will need access to a computer, internet, and a web camera to participate in discussions. Platforms to be used include (but are not limited to) Zoom, Cisco Webex, and Adobe Connect. Information about how to connect will be sent with the program approval email.

We appreciate your patience and flexibility during this time. If you have questions or concerns, please contact mhat@namiga.org

Virtual Mental Health Awareness Training Detailed Course Menu

In order to best meet the Professional Development needs of educators during the COVID-19 pandemic, NAMI Georgia has moved several MHAT programs online. Please review the available options below, and submit your request here: <https://namiga.org/virtual-mhat-request/>



NDT1018 Trauma II: Recognizing and Managing Secondary Trauma Stress

Audience: All Staff Duration: 3.5 hrs Capacity: 25 Available: 5.1.2020

This course is designed to improve school personnel's understanding of Secondary Traumatic Stress (STS) and its impact. Participants will learn how to assess STS symptoms in themselves and others, explore factors that help to protect professionals from the negative effects of STS, and discover strategies to use these protective factors to manage STS. Participants will also assess their own personal and professional self-care and develop self-care plans.



NDT1010 DECAL: Social-Emotional Strategies Tier 1 - Relationships and Environment

Audience: Elementary Staff Duration: 4 hrs Capacity: 75 Available: 5.18.2020

This 4-hour DECAL training has participants (a) explore the dynamics of relationship building in early learning; (b) analyze how positive relationships with children and families effect positive behavior; (c) acquire strategies to foster positive relationships with colleagues, families, and children; (d) understand how environment effects behavior; (e) learn ways to optimize the physical design of the classroom space; (f) understand the importance of environmental cues; (g) identify strategies to enhance meaningful communication with children, and (h) learn ways to build and support classroom community. Recommended for elementary or pre-kindergarten teachers and staff. ****DECAL classes are only available on Tuesdays and Thursdays. Also note that DECAL classes are offered over 2 days (1.5 hrs on Tues & 1.5 hrs on Thurs).****



NDT1015 DECAL: Behavior Communicates: Are you listening?

Audience: Elementary Staff Duration: 4 hrs Capacity: 75 Available: 5.18.2020

This 4 hour DECAL training explores collecting, analyzing, and utilizing data to address challenging behavior: Participants will (a) define challenging behavior and other key terms related to behavior, intervention, and data; (b) discuss the difference between topography and function of behavior; (c) identify strategies and methods for collecting data within the classroom environment; (d) identify strategies for visualizing, analyzing, and sharing data and; (e) describe evidence-based interventions. Recommended for elementary or pre-kindergarten teachers and staff. ****DECAL classes are only available on Tuesdays and Thursdays. Also note that DECAL classes are offered over 2 days (1.5 hrs on Tues & 1.5 hrs on Thurs).****



NDT1013 Nurturing an Effective Workforce - Leadership Strategies and Considerations

Audience: All Staff Duration: 3 hrs Capacity: 75 Available: 6.16.2020

Participants will (a) describe an evidence-based framework for addressing social-emotional development and challenging behavior; (b) identify strategies to address common challenges to evidence-based practices; (c) identify effective leadership strategies including collaborative planning and professional development and; (d) apply collaborative action planning strategies for improving children's social-emotional and behavioral outcomes. ****DECAL classes are only available on Tuesdays and Thursdays. Also note that DECAL classes are offered over 2 days (1.5 hrs on Tues & 1.5 hrs on Thurs).****



NDT1002 CIT-Youth/ Youth-in-Crisis

Audience: All Duration: 20 hrs; 2.5 days Capacity: 30 Available: 6.1.2020

This 20 hour course provides training for School Resource Officers, educators, school administrators, and other professionals on the most common Seriously Emotionally Disturbed (SED) diagnoses of children and youth, contemporary issues that can lead to crisis (i.e., Commercial Sexual Exploitation of Children, LGBTQ, Cyber-bullying, etc.), how to identify children and youth in crisis, and equip participants with the skills needed to effectively intervene. Participants will be provided with skills and resources that will assist them in providing safe, healthy environments for children and youth, and refer their parents/caregivers to appropriate professionals/agencies for assistance specific to their child's needs.

**** CEUs and POST credit available for qualified attendees****



Please note: these programs will be delivered on virtual platforms hosted by the subcontractor who is delivering the program. Participants will need access to a computer, internet, and a web camera to participate in discussions. Platforms to be used include (but are not limited to) Zoom, Cisco Webex, and Adobe Connect. Information about how to connect will be sent with the program approval email.

We appreciate your patience and flexibility during this time. If you have questions or concerns, please contact mhat@namiga.org