



Educational Services Packet

Office of Faith-Based Initiatives

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This educational service packet includes typical events, presentations, and trainings that are provided, without cost, through the Tennessee Department of Mental Health and Substance Abuse Services, Office of Faith-Based Initiatives (OFBI). Although, this is not an exhaustive list, it establishes an opportunity for the faith community to begin or continue the needed work of offering help and support to individuals so they can begin their recovery journey and become a part of something amazing!

Tennessee's Office of Faith-Based Initiative's Statewide Efficacy in Reducing Stigma and Increasing Understanding of Behavioral Health Challenges

The following information was provided by attendees of the OFBI's events, presentations, and trainings. The data was collected throughout the 2023 Fiscal Year via pre- and post-training surveys which offer the following results:

93% of respondents reported the event/training was beneficial in helping change their understanding of individuals with behavioral health challenges.

96% of respondents report being positively impacted by the presentations provided by our coordinators.

92% of respondents report a reduction in personal stigma because of the event/training provided by the OFBI.

95% of respondents report being more willing to assist someone in finding help with behavioral health challenges because of our events/trainings.

INITIAL EVENTS AVAILABLE FOR CONGREGATIONS AND COMMUNITIES

Faith Forum: A 2-hour information session assessing the needs of the faith/general communities and how many needs can be met by existing resources through the Faith-Based Initiatives.

Town Hall Meeting: A 2-hour panel discussion with members from various sectors of the community discussing what issues the community is facing and how the faith community can have a huge impact in addressing the issues and provide hope to those in need of help.

What is a Certified Recovery Congregation? A 1-hour training providing congregations with an understanding of what a Certified Recovery Congregation is and how to be recovery friendly, effectively establishing a safe place for individuals to seek help and to become an active part of the faith community as they progress in their recovery journey.

FOLLOW-UP ACADEMIES

Back to Basics Academies:

- ***Faith and Mental Health Academy:*** A 3-hour evidence based/evidence informed event providing a choice of trainings on Person-First Language, Suicide Prevention (QPR), Basics of Mental Health, Overcoming Compassion Fatigue and Burnout, and Self-Care Strategies.
- ***Faith and Recovery Academy:*** A 3-hour evidence based/evidence informed event providing a choice of trainings on Person First Language, Suicide Prevention (QPR), The Addicted Mind, The Cycle of the Struggle, and Self-Care Strategies.

INDIVIDUAL FOLLOW-UP TRAININGS

Suicide Prevention

Question, Persuade, Refer (QPR): A 1 hour basic or 2-hour Behavioral Health Focused, evidence-based, basic training for suicide prevention covering how to ask someone if they are thinking about suicide, how to persuade the individual to live, and how to refer the individual to the appropriate help. Individuals will become certified as a Gatekeeper. As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

What is a Gatekeeper?

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that

someone may be contemplating suicide.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Applied Suicide Intervention Skills Training (ASIST): LivingWorks ASIST is an evidence-based, two-day, face-to-face workshop featuring powerful audiovisuals, discussions, and simulations. At a LivingWorks ASIST workshop, you'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive. Two knowledgeable, supportive trainers will guide you through the course, ensuring your comfort and safety.

During the two-day workshop, ASIST participants learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions.
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs.
- Identify the key elements of an effective suicide safety plan and the actions required to implement it.
- Appreciate the value of improving and integrating suicide prevention resources in the community at large.
- Recognize other important aspects of suicide prevention including life- promotion and self-care.

Adverse Childhood Experiences (ACEs)

Building Strong Brains: A 1 hour introduction or 3-hour evidence-based training that aids in building a knowledge around early childhood brain development. The training helps individuals see how ACEs negatively impact the architecture of the developing brain but how a safe, stable, and nurturing environment can help a child to thrive.

This training aids in building a knowledge mobilization movement around early childhood brain development.

This knowledge mobilization means developing a common understanding about early childhood through a shared, up-to-date, clear storyline based on science, including the following:

- The architecture of a young child's brain is shaped by the interaction between genes and experiences, and this can have either a positive or negative result.
- Science makes it clear that Adverse Childhood Experiences negatively impact the architecture of the developing brain.

- Children thrive in a safe, stable, nurturing environment of supportive families, caregivers, neighborhoods, and communities.

Trauma Informed Care: A 1-hour introduction or in-depth 4-hour evidence-based training covering the effects of trauma and the need to build resilience in children and adults alike. The training focuses on the importance of community and connection as well as helps organizations and congregations create a safe place for difficult but healing conversations to begin.

Training Objectives:

- Participants will be able to recognize Adverse Childhood Experiences (ACEs).
- Participants will be more knowledgeable about the prevalence of trauma.
- Attendees will learn how trauma informed programs operate with the universal expectation that trauma has occurred.
- Attendees will become familiar with the 4 “R’s” of a trauma informed program, organization, or system.
- Participants will gain Understanding of SAMHSA’s principles and why each is important.

Mental Health

Mental Health First Aid: These courses teach participants the risk factors and warning signs of a variety of mental health challenges including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders, and substance use disorder.

- *Adult:* An 8-hour training that provides participants with an overview of common mental health challenges and offers resources to help develop a plan of action for individuals experiencing a mental health challenge or mental health crisis. The training explains how to give appropriate first aid until proper treatment and supports are received or until the crisis resolves.
- *Youth:* An 8-hour training that takes adult participants through an overview of common mental disorders and provides an understanding of how to assist a young person developing a mental health challenge or experiencing a mental health crisis. The training explains how to give appropriate first aid until proper treatment and support are received or until the crisis resolves.

Participants will learn how to implement the Mental Health First Aid Action Plan:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

Basics of Mental Health: A 1-hour training providing an understanding of the differences between mental health challenges and mental health diagnoses. A basic knowledge of common issues will be discussed as well as possible resources for assistance.

Training Objectives:

- Raise awareness about the mental health continuum
- Reduce stigma associated with mental illness
- Promote help seeking behaviors and emotional well-being practices.

Addiction

The Addicted Mind: A 1-hour presentation discussing the impact of addiction on the brain and the importance of connection in recovery.

During this training, attendees will learn:

- Why people use, abuse, and become addicted to substances
- How substance misuse impacts perception, decision-making, and self-control
- What the mind needs to recover from substance use disorder

Tale-Tell Signs of Use: A 1-hour presentation on signs someone may be using, research showing major factors for initialization and continued use, and resources that can assist the recovery process.

Training Objectives:

- Participants will learn to recognize common signs of drug use, abuse, and addiction.
- Participants will understand how to provide resources to individuals seeking help.
- Participants will learn what can be done in order to create an environment of prevention and recovery.

All-Recovery Support Group Facilitation Workshops:

A 5-hour workshop allowing individuals in recovery with group experience the understanding of how to effectively chair/facilitate 12-step support groups for individuals with behavioral health challenges and/or life-controlling issues.

or

An 8-hour workshop allowing individuals in recovery without group experience the understanding of how to effectively chair/facilitate 12-step support groups for individuals with behavioral health challenges and/or life-controlling issues.

Self-Care

Overcoming Compassion Fatigue and Burnout: A 1-hour presentation on practicing practical & proactive Self-Care methods to prevent or heal from burnout.

Training Objectives:

- Participants will learn how to identify burnout and compassion fatigue.
- Participants will understand common physical and mental/emotional symptoms of burnout and compassion fatigue.
- Participants will develop strategies to prevent compassion fatigue and develop a personal self-care routine to avoid burnout and compassion fatigue.

Self-Help Workshop: A 1-hour walkthrough providing mindfulness practices such as breathing techniques, grounding techniques, and creating your own daily grounding statement as well as basic Cognitive Behavioral Techniques to establish and maintain change in one's own life.

During the workshop, participants will learn to:

- Utilize mindful breathing and grounding techniques
- Recognize and acknowledge negative automatic thoughts
- Turn negative "self-statements" into positive thoughts and actions

Harm Reduction (Provided by ROPS): A 1 – 2-hour evidence-based training that establishes harm reduction as being a way of preventing disease and promoting health that meets people where they are rather than making judgments about where they should be. This includes scientifically proven methods of mitigating risks associated with use and the distribution of the lifesaving opioid overdose antidote: Naloxone.

Training Objectives:

- Introduction to key terms
- Review overdose trends in Tennessee and your county/region
- Discuss the science of addiction
- Understand stigma and harm reduction
- Recognize the signs and symptoms of opioid and stimulant overdoses
- Learn how to respond to a drug overdose with naloxone Understand compassion fatigue and burnout.

**The listed events, trainings, presentations, and workshops are provided as a service of the Office of Faith-Based Initiatives or in conjunction with other partnering agencies to offer the highest standard of quality for your community.

Certificates are available upon request

**To schedule trainings or to become a Certified Recovery Congregation,
contact the Faith-Based Community Coordinator in your region!**

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