

Behavioral Health

Professional Learning Session Catalog



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**Indicates Continuing Education Units (CEUs) available

\$\$ Indicates fee associated with the training

The Mesabi Behavioral Health Network created this catalog to showcase professional learning sessions offered by local presenters, designed to strengthen skills, foster collaboration, and inspire positive change. Sessions are available in various formats, customizable to meet the unique needs of your school, district, or organization.

Whether you're seeking targeted skill development, creative instructional strategies, or leadership growth, you'll find offerings here that can be adapted for different content areas and professional fields. Many sessions are also relevant for professionals in healthcare, business, and non-profits.



Connecting Expertise, Inspiring Growth, Empowering Change

Mental Health & Wellbeing Trainings

HOPE Training (Healthy Outcomes from Positive Experiences)– Flexible duration

\$\$ Fostering resilience through Positive Childhood Experiences. This training explores how positive relationships, safe environments, meaningful activities, and emotional growth opportunities can protect children from the long-term effects of adversity. Participants learn practical strategies for applying the HOPE framework in schools, health care, and community programs to strengthen resilience, promote healthy development, and support family well-being.

Building Resilience Through Protective Factors– 30-60 minutes

\$\$ This workshop focuses on understanding how protective factors help children and youth thrive even when they experience challenges. Participants learn about the seven key protective factors—including supportive relationships, positive activities, and caring adults—and how these can buffer the effects of stress or trauma. By exploring the connection between Adverse Childhood Experiences (ACEs) and wellbeing, attendees gain insight into how to strengthen resilience in schools, homes, and communities.

Through interactive discussions and activities, adults identify ways to increase protective supports within their environments and help young people feel valued, safe, and connected. The goal is to empower communities to promote healthy development and lifelong well-being for every child.

Youth Mental Health First Aid– 8 hours

This evidence-based training teaches adults how to identify, understand, and respond to signs of mental health challenges in youth ages 12–18. Participants learn risk factors, warning signs, and a five-step action plan: assess for risk, listen nonjudgmentally, provide reassurance, encourage professional help, and promote self-help strategies. Using role-play and simulations, the course builds confidence in supporting youth through crises such as anxiety, depression, substance use, eating disorders, and more—connecting them to appropriate care.

Adult Mental Health First Aid – 8 hours

This evidence-based course teaches participants how to identify and respond to signs of mental health or substance use challenges in adults. Using real-world scenarios and interactive activities, MHFA builds skills to offer initial support and connect individuals to professional help. Learn to recognize symptoms, interact effectively during a crisis, and address issues such as trauma, substance use, and self-care.

Mental Health & Wellbeing Trainings

Understanding and Supporting Mental Health Across the Continuum – 1 hour

\$\$\$ This presentation helps parents, educators, and community members understand that mental health exists on a continuum—from thriving to crisis—and that everyone moves along it throughout life. Participants learn how to recognize signs and symptoms of mental health challenges in youth, ways to support them at every stage, and how to respond when a young person is struggling or in crisis. The session also focuses on breaking stigma, promoting open communication, and identifying local and national resources such as 988 and community-based supports.

Building Resilience Through Protective Factors- 30-60 minutes

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Nutrition and Mental Well-Being: Understanding the Mind-Gut Connection- 1 hour

\$\$\$ This presentation explores how what we eat directly impacts how we think, feel, and function. Participants learn about the mind-gut axis—the two-way communication between the brain and digestive system—and how it influences mood, energy, and emotional health. The session breaks down how neurotransmitters like serotonin and dopamine are made from nutrients such as protein and B-vitamins, and how stress can disrupt both digestion and mood balance. Through practical examples, attendees discover how to support brain health through nutrition, manage stress, and nurture a healthy gut microbiome. The goal is to empower adults with knowledge and tools to promote mental wellness through food, movement, and lifestyle choices



Trauma & Resilient Informed Trainings

NEAR Science – 1.5–2 hours

(Neuroscience, Epigenetics, Adverse Childhood Experiences, and Resilience)

This engaging training offers a powerful framework for understanding how experiences shape health, behavior, and wellbeing. Participants explore how the brain and nervous system adapt to lived experience, how trauma can influence gene expression across generations, and how early adversity impacts lifelong outcomes. The session highlights the vital role of resilience in healing and growth, connecting cutting-edge research to practical strategies for supporting individuals, families, and communities. Highly recommended for educators and school staff, this training is especially valuable for those seeking to build trauma-informed, supportive learning environments where students and families can thrive.

Rewiring for Connection: The Neuroscience of Trauma and Mindset Shift – Flexible duration

\$\$ This inspiring session blends neuroscience and trauma-informed practice to explore how lasting change begins with understanding the brain. Through storytelling and real-life application, this training illustrates how trauma impacts regulation and connection—and how shifting our own mindset can transform the way we show up for others. Grounded in evidence-based strategies and practitioner experience, this training offers practical tools to help participants move from reactivity to intentional, compassionate action.

Learning Objectives:

- Understand how trauma and stress impact the brain and behavior.
- Explore how practitioner mindset and regulation influence relationships and outcomes.
- Apply simple, evidence-based strategies to foster safety, connection, and resilience.

Suicide Prevention Trainings

safeTALK – 4 hours

LivingWorks safeTALK teaches participants to recognize signs of suicide, engage with empathy, and connect individuals to further help. This highly interactive training uses presentations, discussions, skill practice, and video examples to build confidence in having life-saving conversations. A community resource person is present for participant support.

Question, Persuade, Refer (QPR) – 1.5 hours

QPR equips participants with three simple steps—Question, Persuade, Refer—to help save a life from suicide. In just 90 minutes, community members learn how to recognize warning signs, start a supportive conversation, and connect someone in crisis to help. Modeled after CPR, QPR empowers everyday people to respond effectively to a suicide crisis.

Changing the Narrative – 1.5 hours

This training equips participants to engage in safe, effective conversations about mental health and suicide. Learn how to avoid harmful messaging, reduce stigma, and encourage help-seeking behavior. Gain practical skills to recognize warning signs, understand risk and protective factors, and respond appropriately when someone may need support.

Counseling on Access to Lethal Means (CALM)– 2 hours

This free, evidence-based course prepares health care, mental health, and social service providers to discuss lethal means safety with individuals at risk for suicide. Participants learn how to identify those who may benefit from lethal means counseling, raise the topic effectively, and work with individuals and families to reduce access to firearms, dangerous medications, and other lethal methods. Practical strategies for secure storage, collaborative safety planning, and ongoing follow-up are included.

Applied Suicide Intervention Skills Training (ASIST)– 2 days

ASIST is an intensive, evidence-based workshop that prepares participants to provide immediate, life-saving intervention for someone at risk of suicide. Through hands-on practice, participants learn to recognize warning signs, explore the reasons behind suicidal thoughts, and create a collaborative safety plan. The training emphasizes connecting individuals with community resources, promoting life, and practicing caregiver self-care.

Substance Misuse Trainings

Change the Outcome – Flexible duration

This training provides practical, life-saving knowledge on opioid use, addiction, and emerging drug trends. Learn about fentanyl and other novelty drugs, the risks of prescription medications, predisposition to substance use disorder, and alternatives for pain relief. Participants will gain skills in overdose recognition, naloxone (Narcan) use, safe medication disposal, and ways to support individuals struggling with addiction.

Crisis Response Training

Psychological First Aid (PFA)– Flexible duration

PFA is an evidence-informed approach that equips participants to provide compassionate, practical support to people in distress following a crisis, disaster, or traumatic event. Training covers core actions—assessing needs, listening with empathy, and connecting individuals to resources—while promoting safety, stability, and resilience. Adaptable for all ages and settings, PFA can be delivered by anyone trained, from first responders to community volunteers, and serves as a vital first-line intervention to foster recovery.

Youth Trainings

You Have What It Takes to Thrive! – 30-60 minutes

\$\$ Everyone goes through tough times—but those challenges don't define you. This session is all about discovering your protective factors—the people, places, and activities that help you feel safe, supported, and strong. You'll learn how things like having caring adults, good friends, and fun activities that give you energy can help you bounce back from stress and build confidence. Through group discussions and a "Protective Factor Map," you'll explore what already helps you and how to find even more support at school and in your community. This workshop is about realizing that you matter, that help is always around you, and that every connection can make a difference.

Digital Wellbeing– 1 hour

\$\$ A powerful message about kindness, confidence, and the impact of our digital actions. Through personal reflection and real-life insight, the speaker encourages youth to pause before they post, choose empathy over judgment, and understand that strong self-esteem leads to compassion—not harm. Students are invited to look inward, reflect on their strengths, and find words of affirmation that remind them of their worth. A reminder that digital wellbeing begins with how we treat ourselves and others.

Healthy Relationships & Conflict Resolution– 1 hour

\$\$ Youth to engage in learning centering around CASEL's core competencies: self-awareness, social awareness, and critical thinking. In this interactive session, students participate in a fast-paced critical thinking activity designed to test their decision-making under pressure. With proven success, participants leave with meaningful takeaways and increased confidence in their ability to navigate conflict and build positive relationships.

I Am... I Like...– 1 hour

\$\$ Understanding who you are and what you enjoy is critical to building a healthy relationship with yourself. In this creative, art-based activity, students explore their identities and envision their goals for the future. Grounded in CASEL's core competencies of self-awareness and self-management, participants leave feeling more confident in who they are and inspired about where they're headed.

Youth Trainings

Your Mental Health Matters: Learning the Continuum– 1 hour

\$\$\$ This session explores what mental health really means and shows that it's normal for everyone to move through different stages—from thriving and doing great, to feeling stressed, struggling, or even in crisis. Youth learn how to recognize changes in their emotions, when to reach out for help, and how to use healthy coping tools like talking to someone, exercising, journaling, or spending time outside. The message is clear: you're not alone—mental health challenges are part of being human, and asking for help is a sign of strength. The presentation also highlights supportive resources and how to help friends or classmates who may be having a hard time.

Fueling Your Brain: How Food Affects Your Mood– 1 hour

\$\$\$ Did you know your stomach and your brain talk to each other? This session explains how what you eat can help you feel happier, more focused, and less stressed. You'll learn about the “gut–brain connection,” why nutrients like protein, fruits, and veggies matter, and how healthy foods help your body make “feel-good” chemicals like serotonin and dopamine. The presentation also shares easy ways to boost your energy and mood—from eating balanced meals to managing stress and getting enough sleep. It's a reminder that taking care of your body helps take care of your mind, too



School Staff Training

Trauma-Informed Practices for Educators – 2 hours

\$\$ Designed specifically for school environments, this session equips staff with an understanding of trauma's impact on learning and behavior. Participants will gain strategies for building safe, supportive classrooms that foster trust, engagement, and emotional regulation.

Supporting Student Behavior through Positive Interventions – 90 minutes

\$\$ This workshop provides practical tools for responding to challenging behaviors with compassion and effectiveness. Learn how to reinforce positive behaviors, address issues early, and create an environment where students feel seen and supported.

Recognizing Signs of Student Distress – 90 minutes

\$\$ Educators are often the first to notice when a student is struggling. This training outlines the warning signs of emotional or mental health challenges and teaches staff how to respond appropriately, including when and how to connect students with additional supports.

Restorative Practices in Schools – 2 hours

\$\$ Discover how restorative approaches can reduce conflict, repair harm, and strengthen school community. Participants will learn the principles of restorative practice and how to integrate them into everyday interactions and formal processes.

Crisis Response and De-escalation for Educators – 2 hours

\$\$ This session focuses on verbal de-escalation techniques, situational awareness, and practical steps for keeping students and staff safe during moments of crisis—without escalating tensions.

Thank YOU!

If you'd like more information or want to schedule a training, please contact:

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&

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Looking for a training not listed? Let us know, we're happy to create or locate one that fits your needs.

