



Behavioral Health Services

**Fiscal Year 23 Training Report
(July 1, 2022-June 30, 2023)**

Region 3 Behavioral Health Services develops an annual training plan and calendar to address the various training needs that our system partners have identified and to enhance the system of care. It is important to unify the various initiatives into one comprehensive training plan as the topics support various stakeholders in their work with children and families. Trainings occur both virtually (web-based) and in-person.

July 2022 (94)

July 13th, Tips for Improving Client Communication & Interaction webinar, 10-11:30 am, Region 3 **(19)**

July 27th, Mindfulness & Grounding, 3-5 pm, in-person, Region 4, Norfolk **(28)**

July 28th, Trauma & Children, 9-Noon, in-person, Region 4, Norfolk **(14)**

July 28th, Tips for Improving Client Communication & Interaction, 1-3 pm, in-person, Region 4, Norfolk **(33)**

August 2022 (192)

August 15th, Trauma 101 – 9-Noon, Region 3, Kearney, NE, In-person **(26)**

August 15th, Trauma Healing & Recovery, 1:30 – 4:30 pm, Region 3, Kearney, NE, In-person **(21)**

August 17th, Helping Adults Cope with Grief, 2-4:30 pm, Region 3, Kearney, NE, In-person **(25)**

August 17th, Mental Health First Aid, 8-5pm, UNK RA's, Kearney, NE, In-Person **(21)**

August 18th, Mindfulness Skills, 10-Noon, CNCAA, Grand Island, NE, In-person **(43)**

August 18th, Trauma & Children, 1:30-4:30 pm, CNCAA, Grand Island, NE, In-person **(42)**

August 19th, Compassion Fatigue for Supervisors, 10 am – Noon, CNCAA, Grand Island, NE, In-person **(14)**

September 2022 (110)

September 12th, Compassion Fatigue webinar, UNK Psych Class, 9-10 am **(42)**

September 20th, Mental Health First Aid, UNK Professors, Kearney, 8-5pm, In-person **(18)**

September 27th, Mental Health First Aid, NE-Coalition, Kearney, 8am-5pm, In-person **(12)**

September 27th, 5 Essential Skills to Transform Stress & Anxiety for Kids and Teens webinar, 9-11 am, Regions 1-4 **(38)**

October 2022 (184)

October 3rd, DFWP, Region 3, Kearney, 9am-10:30am, webinar **(14)**

October 5th, QPR, CNCAA, Grand Island, 10:00am-12:00pm, In-person **(16)**

October 8th, Mental Health First Aid, UNK, Kearney, 9am-4pm, In-person **(29)**

October 25th, Mental Health First Aid, UNMC, Kearney, 9am-5pm, In-Person **(31)**

October 25th, Tips for Improving Client Communication & Interaction webinar, 10-Noon, Regions 1-4 **(37)**

October 26th, Promotion of Trainings, South Central Area on Aging, 11:30-Noon **(17)**

October 28th, Mental Health First Aid, UNK-Professors, Kearney, 8:00am-5:00pm, In-person **(11)**

October 29th, Youth Mental Health First Aid, UNK, Kearney, 9am-4pm, In-person **(29)**

November 2022 (426)

November 2nd, Holiday Stress Podcast, NABHO, 1 hour

November 3rd, Compassion Fatigue in-person, NE State Parole, Platte River State Park, 1-5 pm **(70)**

November 7th, Trauma 101, 10-Noon, UNK Social Work, Warner 2103, Kearney NE, in-person **(21)**

November 7th, 5 Essential Skills to Transform Stress and Anxiety for Kids & Teens, 3:30-5 pm, UNK College of Education, room 104, Kearney NE, in-person **(24)**

November 7th, Trauma 101, 5:30-8pm, UNK Psych Club, location TBD, Kearney NE **(60)**

November 8th, Mindfulness & Grounding, Probation, Hastings, 3-5 pm **(28)**

November 8th, Trauma & Children, Grand Island Childcare, Grand Island, 6:30-8:30 pm **(10)**

November 9th, 10 Stress Hacks for Thriving, UNK Psych class, 11:15-12:05 pm, Copeland, 131 **(49)**

November 9th, 10 Stress Hacks for Thriving in person, First Leaders, Antelope Room, Union, UNK, 5-6 pm **(8)**

November 10th, 5 Essential Skills to Transform Stress & Anxiety for Kids and Teens, 11:00 – 12:15 pm, UNK College of Education, Room 104 **(25)**

November 10th, 10 Stress Hacks for Thriving in-person, UNK Health Sciences, 2-2:50 pm, Bruner Hall? **(22)**

November 10th, Trauma 101 in person, open to all UNK Health Science students, 4 pm **(16)**

November 10th, Calmer Classrooms Working with Traumatized Students, 7-8:30 pm, UNK College of Education, Location TBD **(60)**

November 10th, Mental Health First Aid, R3, Kearney, 8am-5pm, in-person **(13)**

November 11th, Compassion Fatigue in person, UNK Social Work Seminar, Warner Hall 2103, 2 hours **(7)**

November 15th, Life Hacks for Stress Free Holidays, Webinar, 9:30-11am, Region 3 **(13)**

December 2022 (59) (1,065)

December 1st, Life Hacks for Stress Free Holidays, Region 3, Kearney NE, 2-3:30 pm, webinar **(8)**

December 2nd, Trauma 101, Region 3, Kearney NE, 9-Noon, in-person **(16)**

December 5th, QPR, Sargent Irrigation, Holdrege NE, 10-12, in-person **(10)**

December 8th, AMSR, Region 3, Kearney NE, 9-4, Webinar **(21)**

December 19th, Drug Free Work Place Training, Region 3, Kearney NE, 9-10 am, In-person **(4)**

January 2023 (95)

January 17th- February 3rd, Mental Health First Aid, 9:00-5:00, UNK Professors, UNK, In-person **(9)**

January 18th, Compassion Fatigue, webinar, 9-11am, Region 1-4 **(27)**

January 25th, Tips for Improving Communication and Interaction, webinar, 9-11 am, Region 1-4 **(28)**

January 28, Compassion Fatigue, 12:30-2pm, Webinar, Wayne State College **(31)**

February 2023 (590)

February 3rd, Secondary Trauma in Staff, 9:00am-12:00pm, in-person, Bryan Behavioral Health Services, Lincoln **(135)**

February 7th, Mental Health First Aid, 9:00-5:00, UNK, Kearney, In-Person **(24)**

February 8th, QPR Training, Grand Island Senior High, Grand Island, in-person **(17)**

February 8th, QPR Training, Grand Island Senior High, Grand Island, in-person **(16)**

February 16th, Mental Health First Aid, UNK-PT, Kearney, in-person **(7)**

February 16th, Deputy David Gomez-The Normalization and Glamorization of Drugs and Sexual Misconduct through Social Media, 10:15-11:15 am, Ravenna Public Schools, Ravenna, in-person**(120)**

February 16th, Deputy David Gomez-The Normalization and Glamorization of Drugs and Sexual Misconduct through Social Media, 7:30-8:30pm, UNK & Region 3, Kearney, In-person **(150)**

February 17th, Deputy David Gomez-The Normalization and Glamorization of Drugs and Sexual Misconduct through Social Media, 10-11:30 am, Region 3 at ESU 10, Kearney, In-person **(37)**

February 21st, Compassion Fatigue and Vicarious Trauma, 2:30-4:00pm, in-person, Hope Harbor, GI **(16)**

February 22nd, Drug Free Work Place, Kearney, webinar **(7)**

February 24th, Cluster Based, Region 3, Kearney NE, 10-2:30, In-person **(15)**

February 25th, Mental Health First Aid, UNK, Kearney 9am-4pm, In-person **(36)**

February 28th, Calmer Classrooms, 10-Noon, webinar, ESU 10 school counselors **(10)**

March 2023 (428)

March 14th, QPR, South Central Behavioral Health, Hastings, 9-11 **(8)**

March 22nd, Dealing with Difficult People webinar, UNK Psych class, 9:05-10 am **(17)**

March 23, Healthy Boundaries Across Cultures, Young Professionals of Color, GI, In-person 6:00-6:45pm **(12)**

March 25th, 2023, Youth Mental Health First Aid, UNK, Kearney, 9am-4pm, In-person **(35)**

March 26th, QPR, UNK, Kearney NE, 8pm-9:30pm, In-person **(37)**

March 28th, Stress Hacks webinar, UNK Health Science class, 1:20-2:05 pm. **(11)**

March 28th & 30th, Youth Mental Health First Aid, GIPS, Grand Island, 8:05am-11:10am (2 parts), In-person **(21)**

March 28th, SOS, Kearney High, Kearney NE, 11-12:15, in-person **(55)**

March 28th, SOS, Kearney High, Kearney NE, 12:15-1:30, in-person **(38)**

March 28th, SOS, Kearney High, Kearney NE, 1:30-2:45, in-person **(33)**

March 29th, SOS, Kearney High, Kearney NE, 8-9:15, in-person **(22)**

March 29th, SOS, Kearney High, Kearney NE, 9:15-10:30, in person **(51)**

March 29th, SOS, Kearney High, Kearney NE, 10:30-11:45, in person **(12)**

March 29th, SOS, Kearney High, Kearney NE, 11:45-1, in-person **(40)**

March 29th, Trauma 101 webinar, UNK Psych class, 10-11:30 am **(28)**

March 30th, QPR, CHI, Grand Island NE, 11-12:30 **(8)**

April 2023 (137)

April 1, 2023, Trauma 101, 12:30-2pm Webinar, Wayne State College (34)

April 10, Trauma 101 webinar, 10-Noon, UNK Social Work class (8)

April 11, Building Wellness through Healthy Boundaries, In-person, 8:30-9:30 am, Central Nebraska Human Resources, GI (21)

April 14, Compassion Fatigue, 2 hours, UNK Social Work class (14)

April 15th, Youth Mental Health First Aid, 8:00am-1:00pm, UNK COE, Kearney, in-person (18)

April 17th-20th, Substance Abuse Prevention Skills Training, 10:00-3:00, Virtual (26)

April 19th, QPR, Region 3, Kearney NE, 2-4, In-person (5)

April 27th, Mental Health First Aid, 8:00-5:00pm, Public-R3, Kearney, in-person (11)

April 27th Psychological First Aid, 9:00-5:00pm, Region 3, Grand Island, in-person (22)

April 28th, Psychological First Aid Train the Trainers, 9:00-12:00pm, Region 3, Grand Island, in-person (10)

May 2023 (86)

May 1st, Connect Postvention, Region 3, Kearney NE, In-person (25)

May 2nd, 2023, MHFA, In-person, UNMC-PT, Kearney (7)

May 3rd, QPR, Region 3, Kearney NE, In-person (4)

May 16th, CAMS For Teens, Region 3, Kearney NE, In person (8)

May 3rd-31st, 2023, Restorative Yoga, in-person, Kearney (10)

May 16th, 2023, Compassion Fatigue and Vicarious Trauma, Grand Island, Public-CNCAA, 10:00-12:00 In-person (39)

May 20th, QPR, Region 3, Kearney NE, In-Person (3)

June 2023 (67)

June 7th, 2023, Trauma 101, 9:00-12:00am, In-Person, The Bridge, Hastings (29)

June 12th, 2023, Burnout-Prevention, 2:00-3:00pm, In-Person, Region 3, Kearney (17)

June 15th, 2023, Trauma 101, In-Person, Region 3, Kearney (21)

Top 5 Training Topics	
The Normalization and Glamorization of Drugs and Sexual Misconduct through Social Media	307 attendees
Mental Health First Aid (MHFA)/Youth Mental Health First Aid (YMHFA)	303 attendees
Compassion Fatigue	253 attendees
Signs of Suicide (SOS)	251 attendees
Trauma 101	231 attendees

Total: 2,468* Individuals Participated in Training During Fiscal Year 2023

**number does not represent unique individuals*