



Overall Training Calendar (July 1, 2023-June 30, 2024)

Region 3 Behavioral Health Services has developed an annual training plan and calendar to address the various training needs that our system partners have identified and 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 are occurring both virtually and in-person format.

July 2023

1. July 10th, 2023 CALM Counselor 9:00-4:00, Boystown Kearney, In-person (Hunter) **(32)**
2. July 12th, 2023 QPR 3:00-5:00, Sargent Pipe, Broken Bow, In-person (Hunter) **(22)**
3. July 13th, 2023 QPR 9:00-10:00, Sargent Pipe, Broken Bow, In-person (Hunter) **(13)**
4. July 18th, 2023 Gizmo's Pawsome Guide to Mental Health, 6:00-7:00 CNCAA, Grand Island, in-person (Hunter) **(5)**
5. July 19th, 2023, Mental Health First Aid, 8:00-5:00, R3, Kearney, In-person (Jordan & Shyanne) **(15)**
6. July 19th, 2023, AMSR, 9:00-5:00, R3, Kearney, in-person (Kate) **(7)**
7. July 20, 2023, Youth Mental Health First Aid, 9:00-5:00, CNCAA, GI, In-Person (Taunya & Keanna) **(18)**
8. July 24th, 2023, Trauma 101, 9:00-12:00, CCC, Hastings, In-Person **(25)**
9. July 24th, 2023, Trauma Healing and Recovery, 1:00-4:00, CCC, Hastings, in-person **(4)**
10. July 25th, 2023, Brain-Wise Strategies to Support Children and Adolescents in a Meaningful Way, 8:30-12:00, R3, Kearney, In-Person **(20)**
11. July 26th, 2023, QPR, 10:00-12:00, BCCP, Kearney, in-person (Hunter) **(18)**

Total: 179

August 2023

1. August 9th, 2023, Mental Health First Aid, 8:00-5:00, UNK, Kearney, In-person (Jordan & Mary) **(21)**
2. August 9th, 2023, Compassion Fatigue, ASAAP, Hastings, In-person **(14)**
3. August 11th, 2023, Mental Health First Aid, 8:00-5:00, UNK, Kearney, In-person (Keanna & Mary) **(15)**

Total: 50

September 2023

1. September 5th, 2023, Psychological First Aid, 9:00-3:00pm, Loup Basin Public Health Department, Ord, In-person **(24)**
2. September 6th, 2023, Drug Free Workplace Training, 10:00-11:00, Webinar **(7)**
3. September 7th, 2023, Tony Hoffman, 10:30-11:30, Phelps County Schools, Holdrege, In-person **(700)**
4. September 7th, 2023, Tony Hoffman, 1:15-2:15, Hanny Arram School, Kearney, In-person **(85)**
5. September 7th, 2023, Tony Hoffman, 7:00-8:30, UNK, Kearney, In-person **(650)**
6. September 12th, 2023, Fall Substance Use Training: Vaping/Nicotine, Jim Pavlik, 11:00-12:00, Webinar **(30)**
7. September 12th, 2023, Compassion Fatigue and Vicarious Trauma, 10:00-11:00 am, Nebraska Culture Change Coalition, Webinar **(7)**

8. September 13th, 2023, Mindfulness and Grounding, 11:00-12:15, Nebraska Chapter of National Association of Housing Redevelopment Officials Conference, Kearney, In-person **(13)**
 9. September 13th, 2023, Compassion Fatigue, 3:30-4:45, Nebraska Chapter of National Association of Housing Redevelopment Officials Conference, Kearney, In-person **(28)**
 10. September 14th, 2023, Tips for Improving Client Interaction and Communication, Nebraska Chapter of National Association of Housing Redevelopment Officials Conference, Kearney, In-person **(35)**
 11. September 19th, Mindfulness & Grounding, 12:30-1:30, UNK Leadership Class, in-person – Kay only **(25)**
 12. September 21st, Stress Hacks, 9-10:30 am, Region 3, In-Person **(4)**
 13. September 29th, Trauma 101, 9:05 – 10:10 am, UNK Psych class, in-person **(39)**
 14. September 30th, Youth Mental Health First Aid, BHECN-UNK, Kearney, in-person (Keanna & Erin) **(10)**
- Total: 1,657**

October 2023

1. October 2nd, Trauma 101, 9:05 am – 10:10am, UNK Psych class, in-person **(37)**
 2. October 4th, 2023, Fall Substance Use Training: Marijuana, Dale Quigley, 10:00-11:00, Webinar **(43)**
 3. October 13th, 2023, Mindfulness, 2:00-3:00pm, UNK BHOP, Kearney, In-person – Kay only **(7)**
 4. October 16th, 2023, Tips for better Communication, 4:40-6:30pm, KCLC, Kearney, in-person **(45)**
 5. October 16th, 2023, QPR, Ansley school, 9:00-11:00, Ansley (Hunter) **(48)**
 6. October 19th, 2023, Healthy Communication: The art of verbal connection, 9:00-10:30am, R3, Kearney, In-person **(17)**
 7. October 25, Trauma 101, 1:30-4:30 pm, Region 3, In-person **(12)**
 8. October 26, Trauma Train the Trainer, 9 am-5 pm, Region 3, In-person **(13)**
 9. October 27th, Mental Health First Aid, Ravenna Library, Ravenna, In-person (McKenzie) **(12)**
 10. October 30th, 2023, Calmer Classrooms, 9:00-11:00am, ESU 11, Holdrege, In-person **(24)**
 11. October 31st, 2023, SOS, Kearney High, 11-4, Kearney, in-person, (Four trainings) (Hunter) **(105)**
- Total: 363**

November 2023

1. November 1st, 2023, Trauma 101, 10:00-12:00pm, UNK-Social Work, Kearney, In-person **(8)**
2. November 1st, 2023, SOS, 8:00-11:00, Kearney High, Kearney, in-person (Hunter) **(81)**
3. October 30/November 1st, 2023, Adult Mental Health First Aid (Day 2), 1:00-5:00pm, UNK-Social Work, in-person (Mary) **(9)**
4. November 3rd, 2023, Compassion Fatigue, 10:00-12:00pm, CNCAA, GI, In-person **(18)**
5. November 6th, Compassion for the Healers, 10:00-12:00, R3, Kearney, In-person **(14)**
6. November 6th, Life Hacks for Thriving, 9:30-11:00am, HOSA, Kearney, In-person **(125)**
7. November 6th, Compassion Fatigue, 11:30-1:30, Webinar **(12)**
8. November 7th, QPR, 2:30-4:30, R3, Kearney, in-person (Hunter) **(8)**
9. November 8th, 2023, Holiday Stress Hacks podcast, NABHO, 9-10 am
10. November 8th, 2023, Trauma Informed Care podcast, NABHO, 10-11 am
11. November 9th, 2023, QPR, Church of Latter Day Saints, Grand Island, in-person (Hunter) **(53)**
12. November 11th, Mental Health First Aid, 9:00-4:30pm, BHECN, UNK, In-Person (McKenzie) **(12)**
13. November 13th, Dealing with Difficult People, 4:00-5:00pm, UNK-Health Science, Kearney, In-person **(42)**

14. November 14, Holiday Stress Hacks, 10-11:30 am, Region 3, webinar (Kay only) **(28)**
15. November 17th, 2023, Compassion Fatigue, 9:00-11:00am, UNK-Social Work, Kearney, in-person **(6)**
16. November 17th, Fall Substance Use Training: Opioids, Dr. Kenneth Zoucha, 9:00-11:00am, Region 3, Kearney, In-person **(25)**

Total: 441

December 2023

1. December 5th, 2023, Stress Hacks, 12:30-1:30pm, UNK-Health Science, Kearney, In-person **(20)**
2. December 7th, 2023, Stress Hacks, 2:00-3:00pm, UNK-Health Science, Kearney, In-person **(16)**
3. December 11th, 2023, Trauma 101, Part 1, 12:25-1:55 pm, GIPS, Grand Island, **(15)**
4. December 11th, 2023, Trauma 101, Part 1, 2-3:30 pm, GIPS, Grand Island **(13)**
5. December 12, Holiday Stress Hacks, 1:30-3 pm Region 3, webinar **(27)**
6. December 13th, 2023, Trauma 101, Part 2, 12:25 – 1:55 pm, GIPS, Grand Island **(15)**
7. December 13th, 2023, Trauma 101, Part 2, 2-3:30 pm, GIPS, Grand Island **(13)**
8. December 20th, 2023, QPR, 10:00-12:00, CNCAP, Loup City (Hunter) **(38)**

Total: 157

January 2024

1. January 3rd, 2024, Calmer Classrooms, 9:00-11:00am, Holdrege Public Schools, in-person **(100)**
2. January 11, 2024, Trauma 101, 9:00-11:00am, Webinar **(54)**
3. January 11th, 2024, Compassion Fatigue, 10:00-12:00pm, CNCAA, GI, In-person **(21)**
4. January 16th, 2024, Tips for Improving Communication, 11:00-1:00pm, Loup City Health Department, Webinar **(12)**
5. January 18th, 2024, Mental Health First Aid, CNCCA, GI, In-person (Sarah + Shyanne) **(23)**
6. January 19th, 2024, Mental Health First Aid, UNMC, Kearney, In-person (McKenzie) **(7)**
7. January 19th, 2024, SOS, 8:30-2:30, Ravenna public schools, Ravenna, in-person (Hunter) **(84)**

Total: 301

February 2024

1. February 1, 2024, MHFA, UNK-Susan Thompson Scholars, Kearney, In-Person (Mary) **(24)**
2. February 1st, 2024, Trauma 101 (P1), 8:05-9:35, GIPS Sr. Class, GI, In-person **(21)**
3. February 6th, 2024, Compassion Fatigue for Educators, ESU 9, Hastings, In-person **(13)**
4. February 6th, 2024, Tips for Improving Communication, ESU 9, Hastings, In-person **(12)**
5. February 8th, 2024, Trauma 101 (P2), 8:05-9:35, GIPS Sr. Class, GI, In-person **(22)**
6. February 8th, 2024, SOS, Ravenna public schools, Ravenna, 10:00-12:30, (Hunter) **(13)**
7. February 12th, 2024, Youth QPR, GISH, Grand Island, 8:00-3:00 (Four trainings) (Hunter) **(73)**
8. February 13th, 2024, Youth QPR, GISH, Grand Island, 8:00-10:00 (Hunter) **(25)**
9. February 14th, 2024, QPR, CHI, Grand Island, in-person, 4:30-6:30 (Hunter) **(23)**
10. February 15th, 2024, QPR, CHI, Grand Island, in-person, 12:00-2:00 (Hunter) **(22)**
11. January 15th-February 12th, 2024, Restorative Yoga, Kearney, in-person, **(10)**
12. February 13th, 2024, Effective Strategies when Dealing with Difficult People, 12:30-1:30pm, UNK-COE, Kearney, in-person **(23)**

13. February 15th, 2024, Compassion Fatigue, 1:30-3:30pm, Webinar **(47)**
14. February 16th, 2024, Coping with Grief, 9:00-10:00 am, UNK-Psych Class, Kearney, In-person (P1) **(13)**
15. February 20th, 2024, SOS, 9:00-11:00, Ansley schools, Ansley, in-person, (Hunter) **(72)**
16. February 22nd, 2024, Daily Hacks for Thriving, 12:30-2:00pm, UNK-Leadership Class, Kearney, in-person **(11)**
17. February 23rd, 2024, Rewiring the Anxious Brain, 9:00-12:00, Region 3, Kearney, webinar **(24)**
18. February 24th, 2024, Mental Health First Aid, Public, In-Person, Ravenna (McKenzie) **(7)**
19. February 26/28, 2024, Mental Health First Aid, UNK-Social Work, Region 3, Kearney, In-person (Mary) **(6)**

Total: 461

March 2024

1. March 1st, 2024, Coping with Grief, 9:00-10:00 am, UNK-Psych Class, Kearney, In-person (P2) **(14)**
2. March 4th, 2024, Trauma 101, 1:25-3:30, UNK-SW, Kearney, In-person **(12)**
3. March 5th, 2024, Coping with Grief, 9:30-11:30 am, Webinar **(44)**
4. March 6th and 7th, 2024, WRAP 1 training, ESU #10, Kearney, In-person **(11)**
5. March 13th, 2024, Compassion Fatigue, Leading Age Nebraska Conference, Kearney, In-person **(19)**
6. March 14th, 2024, QPR, CNCAA, Grand Island, in-person, (Hunter) **(24)**
7. March 18th, Mental Health First Aid, Hall County Juvenile Services, Grand Island, in-person (Sarah + Taunya) **(7)**
8. March 22nd, 2024, Coping with Grief, 10:30-12:00pm, BHECN Conference, Wayne NE, in-person **(21)**
9. March 25th, 2024, SOS, Kearney High, Kearney, in-person (Hunter) (three trainings) **(138)**
10. March 26th, 2024, SOS, Kearney High, Kearney, in-person (Hunter) (two trainings) **(78)**
11. March 28th, 2024, Navigating Relationships with Children and Adolescents 9:00-12:00, R3, Kearney, in-person **(11)**
12. March 28th, 2024, Trauma 101, 1:00-4:00pm, South Central Behavioral Services, Kearney, In-person **(14)**
13. March 29th, 2024, Compassion Fatigue, 9:00-11:00am, UNK-SW, Kearney, in-person **(9)**

Total: 402

April 2024

1. April 1-5th, WRAP 2 Facilitator training, ESU #10, Kearney, In-person, **(12)**
2. April 2st, 2024 Nicotine with Cannabis or Opioids: Patterns and Treatment w/ Jim Pavlik, 1:30-2:30pm (CT), Webinar **(44)**
3. April 4th, 2024 Simple and Effective Strategies to Support Children's Regulation, 9:30-11:30am, R3, Kearney, in-person **(15)**
4. April 8th, Trauma & Children, in-person, 6:15-8:15 pm, Hastings Child Care, In-person **(12)**
5. April 9th, 2024 QPR, Bridgstone, Kearney, 8:00-11:00, in-person, (Hunter) **(43)**
6. April 10th, 2024, SOS, Ravenna schools, Ravenna, 9:00-10:30 (Hunter) **(52)**
7. April 10th + 12th, 2024, Tips for Improving Communication, 9:00-10:00am, UNK Psych Class, Kearney, In-person **(19)**
8. April 16th, 2024, Dealing with Difficult People, 10-Noon, School Counselors, ESU 11, Holdrege **(11)**

9. April 16-18th, 2024, Youth Mental Health First Aid, 12:50-3:20 GIPS, GI, In-person (Keanna, Taunya) **(15)**
10. April 17th, 2024, Compassion Fatigue, 11:00-1:00, Central District Health Department, Grand Island, in-person **(27)**
11. April 19th, 2024, Youth Mental Health First Aid, 8:30a – 4:00p, Faith Christian School (Sarah + Taunya) **(13)**
12. April 19th, 2024, Stress Hacks for Students, 9:30-10:30, Arcadia Public Schools, Arcadia, In-person **(50)**
13. April 19th, 2024, Stress Hacks for Students, 10:30-11:30, Arcadia Public Schools, Arcadia, In-person **(50)**
14. April 19th, 2024, Brain-Wise Strategies to Impact Adolescents Who Come from Hard Places, Hanny Arram, Kearney, webinar **(22)**
15. April 26th, 2024, Compassion Fatigue, 9:30-11:30 am, Region 4, Webinar **(8)**

Total: 393

May 2024

1. May 7th, How to Cope with Grief, 12:45-1:45 pm Consumer Conference, GI, in-person **(7)**
2. May 7th, Mindful Movement, 1:45-2:45 pm, Consumer Conference, GI, in-person **(11)**
3. May 14th, 2024, Tips for improving Communication, 9:30-11:30 am, R3, Kearney, In-person **(23)**
4. May 16th, 2024, Tips for Improving Communication, 10:45-11:45 am, UNK Health Sciences, Kearney, In-person **(20)**
5. May 17th, 2024, Trauma in Immigrant and Refugee Populations, 10:30-11:30am, Welcome Initiative, GI, in-person (SG) **(16)**
6. May 20th-21st, 2024, Coalition Capacity Training, Region 3, Kearney, In-person **(14)**
7. May 23rd, 2024, Compassion Fatigue, 5:30-8:00pm, Buffalo County CASA, Kearney, In-person **(12)**
8. May 29th, 2024, Youth Mental Health First Aid, 9:00-4:00 pm, R3, Kearney, In-person (Erin &Keanna) **(13)**
9. May 30th, 2024, EMDR Therapy with Children and Adolescents, 8:30-3:30 pm Region 3, Kearney, In-person **(22)**

Total: 138

June 2024

1. June 6th, Adult Mental Health First Aid, Kearney, Help Care Clinic, In-Person (Jordan + Keanna) **(9)**
2. June 8th, 2024, MHFA, YWCA, Hastings, in-person (Michelle) **(11)**
3. June 14th, 2024, Navigating our work with vulnerable children and families, Region 3, Kearney, In-person **(15)**
4. June 18th, 2024, Trauma Trainer Booster, 9:00-11:00am, Webinar **(8)**
5. June 27th, 2024, QPR, Goodwill, Grand Island, 10:00-12:00, in-person (Hunter) **(26)**
6. June 28th & 29th, 2024, Youth Mental Health First Aid(Bilingual), GI, In-person **(16)**

Total: 85

Total People Trained: 4,612

Total Trainings Conducted: 142