



**Annual Training Report**  
July 1, 2021-June 30, 2022

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 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 individuals, families, and communities. Due to the continuing impact of the COVID 19 pandemic, the majority of trainings were provided virtually.

A total of **2,028 individuals** who participated in **70 training workshops**. **888** of these participated in trainings supported by Region 3's partnership with the Behavioral Health Education Center of Nebraska. **293** individuals participated in Mental Health First Aid and Youth Mental Health First Aid.

**July 2021**

1. July 2, Trauma & Children, 9:00-11:00 am, YWCA Child Development Center, Grand Island, via Zoom **(17)**
2. July 13, Returning Back to Work, 11-Noon, via Zoom **(13)**
3. July 15, Trauma Healing & Recovery, 9:00-11:00 am, via Zoom **(29)**
4. July 20, 5 Essential Skills to Transform Stress & Anxiety for Kids and Teens, 11-Noon, via Zoom **(22)**
5. July 22, Compassion Fatigue, 10:30-Noon, via Zoom **(21)**

**August 2021**

1. August 6, Question, Persuade, Refer (QPR), 11:00 am—1:00 pm, Grand Island Public Library, Grand Island **(17)**
2. August 23, Helping Adults Cope with Grief, 9:00 am-11:00 am, Region 3 BHS Tan Conference room, Kearney **(11)**
3. August 24, Trauma 101 & Recovery Train the Trainer, 9:00 am-4:00 pm, Region 3 BHS Tan Conference room, Kearney **(3)**
4. August 24, 10 Daily Stress Hacks for Thriving this Semester, UNK Psychology Club, 6:45-7:45 pm-NSU 310-UNK **(47)**
5. August 26, Compassion Fatigue, 9:00 am-12:00 pm, Region 4, Divots Bountiful Harvest conference room, Norfolk **(32)**
6. August 26, Trauma Healing & Recover 2.0, 1:00 pm-4:00 pm, Region 4, Divots Bountiful Harvest conference room, Norfolk **(25)**
7. August 27, Trauma 101 & Recovery, Nebraska Indian Community College, Macy Reservation **(23)**
8. August 27, Trauma Healing & Recovery 2.0, Nebraska Indian Community College, Macy Reservation **(21)**

**September 2021**

1. September 22, 10 Daily Stress Hacks for Thriving webinar, 11-Noon, Region 3, via Zoom **(32)**

2. September 27, Trauma Healing webinar, 9-11 am, Region 3, via Zoom **(33)**
3. September 28, Trauma Trainer Booster webinar, 9-11 am, Region 3, via Zoom **(14)**
4. September 30, Compassion Fatigue webinar, 10-11:30 am, South Heartland District Health Department, Hastings, via Zoom **(10)**

### **October 2021**

1. October 8, Mental Health First Aid (MHFA), 8:30am-4:30pm, CNCAA, Grand Island **(6)**
2. October 19, Mindfulness, 9:30-11am, Grand Island Public Schools students, Grand Island, via Zoom **(16)**
3. October 19, Mindfulness, 12:30-2pm, Grand Island Public Schools students, Grand Island, via Zoom **(10)**
4. October 22, 9-Noon – Trauma 101 – Macy Reservation, Macy **(18)**
5. October 22, 1-4 pm – Trauma Healing & Recovery – Macy Reservation, Macy **(17)**
6. October 25, 9 am – Noon – Trauma 101, Region 3, Kearney **(10)**
7. October 25, 1-4 pm – Trauma Healing & Recovery, Region 3, Kearney **(9)**
8. October 26, 10-Noon – Compassion Fatigue, Region 3, Kearney **(10)**
9. October 26, 1:30-3:30 pm – Mindfulness, Region 3, Kearney **(6)**
10. October 27, 9:05 – 9:55 am – Compassion Fatigue, UNK General Psychology class, Copeland 131, Kearney **(22)**
11. October 27, 11:15 – 12:05 pm – Mindfulness, UNK Psychopathology class, Copeland 131, Kearney **(49)**
12. October 27, 10:00am-12:00 pm—Building Hope and Resilience through Trauma Informed Care, CNCAA, Grand Island **(27)**

### **November 2021**

1. November 1, Trauma 101, 10-Noon, UNK Social Work, via Zoom **(17)**
2. November 3, Compassion Fatigue, 5:00-6pm, UNK First Leaders, via Zoom **(28)**
3. November 13, Mental Health First Aid (MHFA), 9am-4pm, University of Nebraska at Kearney, Kearney **(37)**
4. November 16, Life Hacks for Stress Free Holidays, 11-Noon **(12)**
5. November 18, Trauma & Children, 1:30-3:30 pm **(18)**

### **December 2021**

1. December 2, 6:30-8:30 pm, Compassion Fatigue, Grand Island Early Childhood **(22)**
2. December 7, Trauma Healing & Recovery, 10-Noon **(7)**
3. December 15, Life Hacks for Stress Free Holidays, 11-Noon **(13)**
4. December 20, Mental Health First Aid (MHFA), 9am-4pm, Head Start, Kearney **(75)**

### **January 2022**

1. January 17, Trauma Informed Schools, Kearney Public School, 9:00 am-12:00 pm **(11)**
2. January 18, Trauma and Children, Grand Island Early Childhood, 6:30-8:30 pm **(31)**

### **February 2022**

1. February 1, Question, Persuade, Refer (QPR) Training, 4pm-6pm, CNCAA, Grand Island, webinar **(21)**

2. February 9, Trauma 101, 10-Noon, webinar **(36)**
3. February 11, Mental Health First Aid (MHFA), 9am-4pm, University of Nebraska at Kearney, Kearney **(34)**
4. February 15, Question, Persuade, Refer (QPR) Training, Friendship House, Grand Island **(13)**
5. February 19, Mental Health First Aid (MHFA), 9am-4pm, University of Nebraska at Kearney, Kearney **(22)**
6. February 21, Grounding Skills webinar, 9am-10am, University of Nebraska at Kearney, Kearney **(24)**
7. February 21, 10 Daily Stress Hacks webinar, 11am-12pm, University of Nebraska at Kearney, Kearney **(45)**
8. February 26, Mental Health First Aid (MHFA), 9am-4pm, University of Nebraska at Kearney, Kearney **(50)**

### **March 2022**

1. March 3 and 4th WRAP I 8am-4pm, ESU #10 **(12)**
2. March 23, Trauma 101 webinar, 10am-12pm, University of Nebraska at Kearney, Kearney **(22)**
3. March 25, Youth Mental Health First Aid (YMHFA), 9am-4pm, CNCAA, Grand Island **(13)**

### **April 2022**

1. April 5, Compassion Fatigue, 2pm-3pm, University of Nebraska at Kearney pre-nursing class, Kearney **(8)**
2. April 19, Peer Support Ethics webinar Part 1, 1-3pm **(8)**
3. April 20, Compassion Fatigue, Family Violence Summit Conference, 3pm-4:30pm, Norfolk **(11)**
4. April 21, Compassion Fatigue, Faith Regional Health Center, 12pm-1pm, Norfolk **(49)**
5. April 21, Tony Hoffman presents at Elm Creek Public Schools, (2-3:15pm) **(155)**
6. April 21, Tony Hoffman presents at UNK, (7-8:30pm) **(265)**
7. April 22, Tony Hoffman presents at Ravenna Public Schools (1:15-2:20pm) **(185)**
8. April 22, Mental Health First Aid (MHFA), 9am-4pm, UNK Social Work, Kearney **(21)**
9. April 26, Peer Support Ethics webinar Part 2, 1-3pm **(7)**
10. April 29, Mental Health First Aid (MHFA), 9am-4pm, Buffalo County Youth Advisory Board, Kearney **(49)**
11. April 30, Mental Health First Aid (MHFA), 9am-4pm, UNMC Physical Therapy, Kearney **(5)**

### **May 2022**

1. May 3, 10 Daily Stress Hacks, 12:30 pm-2:00pm, UNK Health Science class, webinar **(14)**
2. May 3, Peer Support Ethics webinar part 3, 1-3pm **(7)**
3. May 9-14 WRAP II 8am-5pm, ESU #10 **(12)**
4. May 26 & 27, Youth Mental Health First Aid (YMHFA), 1-5pm, Safe Center, Kearney **(8)**
5. May 31, LEAP virtual training 9-12 **(35)**

### **June 2022**

1. June 14, Mental Health First Aid (MHFA), 8:30am-4:30pm, CNCAA, Grand Island **(11)**
2. June 19, LEAP Virtual training 9-12 **(35)**
3. June 23, Youth Mental Health First Aid, 9am-5pm, Region 3 BHS, Kearney **(4)**