

# Behavioral Health Training Catalog



# About Our Training Sessions

The Blue KC Behavioral Health Training Team offers virtual and in-person training sessions at no additional cost\* to your company or organization.

The training sessions in this catalog were created by Blue KC's team of behavioral health professionals. Two of the trainings – Mental Health First Aid and The Four Stages of Psychological Safety – were created by nationally recognized organizations.

## Customize Your Training

Blue KC will customize training sessions to your industry, audience, and special circumstances. Most sessions are one hour long but can be modified based on your time requirements.

## Schedule a Training Session

Please email  
[MindfulTraining@BlueKC.com](mailto:MindfulTraining@BlueKC.com)  
to schedule, ask about, or  
suggest a training topic.

\*For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, contact your Blue KC representative.



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# Common Behavioral Health Challenges

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## Behavioral Health 101: What it is and Why it Matters

Behavioral health encompasses how a person feels, thinks, and acts in everyday life. It is an integral part of overall well-being, but it is often misunderstood. This session will:

- Explore factors that impact emotional well-being, common mental health conditions, and signs someone may be struggling with a behavioral health challenge
- Identify strategies to boost mental well-being and cope with stress, tips for talking to others about behavioral health, when to seek professional help for yourself or a loved one, and what to expect when starting therapy
- Challenge common myths and misperceptions about behavioral health that contribute to stigma

*Also appropriate for Emotional Well-Being, Understanding and Addressing Stigma*

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## Bullying in School and in the Workplace

There are multiple forms of bullying: Physical, verbal, social, and cyberbullying. While bullying is typically associated with children in a school setting, adults engage in it as well. Bullying has negative physical and behavioral health consequences—and not just for the victims. Bullies and bystanders are also at risk for serious consequences, substance misuse, and behavioral health problems. Participants will learn what to do if they are being bullied, if their child is being bullied, or if they believe their child is a bully. This session will focus on the sources of bullying, types of bullying, effects of bullying, and what to do to prevent and address bullying.

*Also appropriate for Workplace Well-Being, Psychological Safety*

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## Confronting Seasonal Depression

Seasonal Affective Disorder (SAD) is a type of depression related to changes in seasons. It typically begins in the late fall or early winter and ends during the spring and summer months. Often called the winter blues, it can significantly impact mood, concentration, sleep, energy, and appetite. In this session participants will learn about self-care and professional approaches to combating SAD.

*Also appropriate for Emotional Well-being, Resilience and Coping*

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## Understanding Anxiety and Depression

Anxiety and depression are two of the most common behavioral health challenges faced by adults and youth. Depression and anxiety often occur together, and both can be incredibly debilitating and even disabling. This session will raise awareness about the common signs and symptoms associated with depression and anxiety, and it will describe the different types of each. Participants will learn how to help a friend or loved one experiencing depression or anxiety and how stigma is a barrier to individuals getting the treatment and care they need to overcome these treatable conditions.

*Also appropriate for Emotional Well-Being, Understanding and Addressing Stigma*

# Emotional Well-Being

## Thoughts, Feelings, Behaviors, and How They Work Together

The cognitive model describes how a person's thoughts and perceptions influence the way they feel and behave. Cognitive Behavioral Therapy (CBT) evolved from this model and is one of the most effective interventions used by behavioral health therapists treating individuals with depression, anxiety, substance use disorders, eating disorders, and other more serious mental health conditions. In collaboration with a therapist, a client can learn the cognitive model and then make significant progress outside the therapy appointment by acting as their own CBT coach. This session will teach the basics of the cognitive model with an introduction to identifying some of the unhelpful thoughts and cognitive distortions that can negatively influence mood and behaviors.

*Also appropriate for Common Behavioral Health Challenges, Resilience and Coping*

## Emotional Intelligence: Developing Self Awareness and Empathy

This session will help foster a more empathetic and emotionally intelligent environment as participants understand their own emotions and ability to empathize with others. We will cover the foundations of emotional intelligence, self-reflection, and practical strategies to improve interpersonal relationships.

*Also appropriate for Live Your Best Life, Resilience and Coping*

## Exploring the Mind-Body Connection

We often think of our physical and behavioral health as separate, but the mind and body are inextricably intertwined. Participants will learn:

- How physical health impacts mood, emotion, thoughts, and beliefs
- How thoughts, feelings, beliefs, and attitudes can positively or negatively affect physical health
- The importance of stress management and self-care in leading the healthiest life

*Also appropriate for Common Behavioral Health Challenges, Emotional Well-Being*

## Reframing Negative Self-Talk

Words are powerful and not just the words we say to others. How we talk to ourselves has a significant impact on how we see ourselves and the world. Research shows that internal dialogue has a powerful impact on physical and mental well-being. This session will teach how to recognize patterns of negative self-talk and replace negative self-talk with more constructive and positive self-talk.

*Also appropriate for Live Your Best Life*

## Maintaining a Healthy Mindset in Times of Stress

Stress is an inevitable part of being human. Adults and kids experience stress as part of everyday life. Chronic, toxic stress, however, can lead to burnout, serious medical and mental health conditions, and even death. This session will explore the different types of stress, the link between stress and poor physical and behavioral health outcomes, and why managing stress effectively is vitally important. Participants will learn how the stress mindset either enhances or impairs cognitive and affective functioning. And finally, the session will offer tips to prevent toxic stress, to deactivate the stress response, and to manage waves of acute stress and anxiety in the moment.

*Also appropriate for Resilience and Coping, Live Your Best Life*

# Live Your Best Life

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## Making Small Changes for Big Impact

Making major lifestyle changes, breaking bad habits, and establishing new routines can feel daunting. Studies show that bold resolutions are rarely successful. But what does work? This session will explore the elements that make changes stick, the importance of anchoring values, and how to anticipate and overcome the inevitable obstacles along the way. Participants will learn how small, almost imperceptible changes can contribute to achieving larger goals.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

## Setting Attainable Goals

Setting goals and working towards what matters often gives our lives meaning and increases positive emotions. In this session participants will identify values, create goals, form action steps, recognize obstacles, and commit to a values-based life.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

## Setting Balanced Boundaries

Healthy, balanced boundaries protect personal space, physical and mental well-being, and sometimes personal safety. This session will explore the importance of establishing and maintaining boundaries and why doing so can be quite difficult. Participants will learn the different types of boundaries, the differences between boundary types, and the most effective type to establish. The session will share ideas and strategies for setting healthy, balanced boundaries in personal and professional relationships.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

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## Embracing Vulnerability

Being emotionally vulnerable can feel uncomfortable and scary, but embracing vulnerability is the path to letting go of past failures to truly experience joy in the present. This session will explore steps to becoming more emotionally vulnerable, the benefits of vulnerability, and the importance of self-acceptance in everyday life.

Participants will explore practical ways to begin demonstrating vulnerability, how to begin taking some risks, and how vulnerability is a sign of strength, not weakness. Vulnerability can be an effective tool in the workplace, and leaders who demonstrate authenticity and vulnerability in the workplace and lead by example open the door for others to bring their whole selves to work.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

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## Cultivating a Growth Mindset for Positive Change

A growth mindset is essential for any new project or goal. This session will explore the elements of a growth mindset and how to develop it in yourself and others. The growth mindset will be compared to the fixed mindset for better understanding of the benefits of a growth mindset. Participants will leave with concrete action steps designed to promote a growth mindset.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

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## Optimizing Work-Life Balance

Managing professional and personal life can be a struggle. In this course participants will learn strategies for reducing stress, setting boundaries, and prioritizing self-care to achieve a healthier balance between work and personal well-being.

*Also appropriate for Resilience and Coping, Workplace Well-Being*

# Misuse of Alcohol and Other Substances

## Alcohol Misuse in Law Enforcement

Alcohol and substance misuse among law enforcement is significantly higher than the general population. This session will explore the factors contributing to alcohol misuse, the barriers to seeking care for recognized needs, and treatment options available to support those with alcohol or substance use disorders. Participants will learn signs to look for in colleagues and loved ones who may be misusing alcohol, how to support those who are struggling, and how to seek help.

*Also appropriate for Understanding and Addressing Stigma, Workplace Well-Being*

## Understanding Opioid Misuse and How to Help

According to the Centers for Disease Control and Prevention (CDC), the number of opioid-related deaths has been rising continuously since 1999. The complex issue of opioid misuse has been called a public health crisis. This presentation will provide a foundation for understanding the opioid epidemic, share information to help identify opioid misuse in friends and family, and dispel some myths surrounding the opioid crisis. Participants will learn how to support loved ones struggling with opioid misuse and how to seek help. The session will also discuss various public health strategies for addressing broader public health issues.

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

## Understanding Substance Use Disorders and How to Help

Substance Use Disorder (SUD) is more common than most people realize. This session will explore the complex issues of substance misuse and chemical dependence. It will identify the most-commonly misused substances, such as alcohol and prescription opioids, how to recognize the signs of SUD, when to seek professional help, and how to find treatment.

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

# Psychological Safety

## 4 Stages of Psychological Safety

Created by LeaderFactor professional training and coaching. Psychological safety has been defined as an environment that rewards vulnerability. The session explores psychological safety in the workplace and what employees need to survive and thrive on teams and within organizations. Participants will learn strategies to promote a workplace environment where everyone feels included, safe to learn, able to contribute, and able to challenge the status quo. The session highlights the organizational benefits of a psychologically safe work environment including improved innovation and performance. The training was developed by Timothy Clark, author of *The 4 Stages of Psychological Safety*. This is a 2.5-hour training.

*Also appropriate for Workplace Well-being*



# Relationships and Families

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## Navigating Grief and Loss

Grief is a natural response to the loss of someone or something important, but grief and loss are hard to discuss and difficult to navigate. While we associate grief with the death of a loved one, life events can also lead to loss. This training explores the grieving process, coping with loss, and how to support others experiencing grief and loss. Participants will learn tips on empathetic listening, helpful and supportive communication, and self-care while grieving.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

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## Back to School: Setting Kids up for Success

Returning to school is an exciting time, but it can evoke feelings of anxiety, fear, or dread – in kids and parents. Whether it is a new school, peer or social concerns, or an increased workload, there can be many sources of worry. This session will explore readiness to return to school, the role adults play in helping kids prepare emotionally, how to get kids to open up, and how to recognize when kids are struggling.

*Also appropriate for Emotional Well-Being*

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## Understanding the Cycle of Domestic Violence and Relationship Abuse

Relationship abuse is more than just physical violence. It can also be psychological, emotional, verbal, sexual, or economic acts or threats. Relationship abuse often intends to hurt, intimidate, control, or humiliate a family member or intimate partner. Relationship abuse and domestic violence affect people of every race, age, religion, gender, and socioeconomic group. This session explores the cycle of violence and uses the Power and Control Wheel to examine the complex issue of relationship abuse. Participants will learn about warning signs, how to communicate

concern for a loved one, and how to support survivors of relationship abuse.

*Also appropriate for Emotional Well-Being, Understanding and Addressing Stigma*

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## Fighting Fair: Rules of Engagement

Learning to fight fairly is an essential skill in relationships and in the workplace. This session will define fighting and identify action steps that will set the stage for a fair fight. Participants will learn tips to communicate effectively during conflict and what it means to win a fight and reach a mutually satisfying outcome that strengthens a relationship.

*Also appropriate for Emotional Well-being, Resilience and Coping*

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## Parenting Strategies to Promote Healthy Relationships

Raising children can be stressful and often feels like a thankless job. This session will explore parenting styles for all ages and developmental levels with an emphasis on approaches shown to be most effective. Participants will learn the importance of parent-child communication, skills to promote healthy communication, coping strategies for parents, and tips and tricks for prioritizing self-care in the midst of a busy schedule.

*Also appropriate for Emotional Well-Being*

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## Child Abuse, Neglect, and Exploitation: Knowing the Signs and Taking Action

This session will explore the types of child abuse, neglect, and exploitation and discuss the long-term impact on survivors' physical and behavioral health and well-being. Participants will learn to identify physical and behavioral indicators that a child may be abused, neglected, or exploited. The session will empower them to take concrete action steps if they suspect a child is being abused and provide information about advocacy groups and reporting agencies.

*Also appropriate for Emotional Well-Being*

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## Caregiver Support for the Sandwich Generation

The sandwich generation describes people caring for aging parents or relatives while also actively raising children. People in the sandwich generation are also often at the pinnacle of their careers. The stress of being a caregiver can impact a career, raising the risk of job loss, financial stress, emotional exhaustion, and health implications. This session offers caretaker tips for managing stress and focusing on ways to prioritize self-care while caring for others.

*Also appropriate for Live Your Best Life, Resilience and Coping*

# Resilience and Coping

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## Tips and Tools for Managing Anxiety

Everyone feels anxious sometimes. During this presentation, we will take a deeper look at anxiety, how to recognize it, anxiety disorders, evidence-based therapies, and effective ways to cope. We will share mindfulness exercises to help reduce feelings of anxiety and to increase awareness of emotions.

*Also appropriate for Common Behavioral Health Challenges, Emotional Well-Being*

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## Mindfulness: What is it Really?

Discover the meaning of mindfulness and how to practice it in everyday life. This presentation looks at the benefits of regular mindfulness practice and challenges common misconceptions. The session includes a live, guided mindfulness exercise and offers a set of pre-recorded exercises to jump start your mindfulness practice.

*Also appropriate for Emotional Well-Being, Live Your Best Life*

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## Harnessing the Power of Emotions

Emotions are a fundamental part of the human experience, but they can be powerful and overwhelming at times. This session explores our emotional state, the elements of emotion, and how to identify internal and external triggers of problematic emotional responses. It examines positive and negative emotions and takes a close look at anger. Participants will learn skills to effectively regulate emotions and to harness their power in everyday life.

*Also appropriate for Emotional Well-Being, Live Your Best Life*

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## Prioritizing Self-Care in a Busy Schedule

In today's fast-paced and demanding world, it is easy to neglect your own well-being. This session will define self-care and identify its benefits. Participants will be guided through an assessment to identify areas of strength and weakness in their self-care behavior and learn strategies to establish or improve a self-care routine. The session will include tips and tricks to overcome emotional and practical obstacles that interfere with self-care activities, including negative self-talk.

*Also appropriate for Emotional Well-Being, Workplace Well-Being*

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## Rest and Restore: The Benefits of Good Sleep Hygiene

Restful, restorative sleep is closely associated with brain, heart, lung, muscle, and bone health. Unfortunately, many struggle with falling asleep, staying asleep, or creating healthy sleep habits. This session will explore the link between sleep and health, teach strategies to create an environment conducive to sleeping, and address common disruptors of sleep.

*Also appropriate for Emotional Well-Being, Live Your Best Life*

# Suicide Awareness and Prevention

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## Suicide Awareness and Prevention

This session explores the difficult topic of suicide. Participants will learn about the prevalence of suicide, the sharp increase in deaths by suicide since 2000, risk factors, protective factors, and warning signs. The session will provide tips for engaging someone who is in a suicidal crisis, checking in on those at risk, and connecting with crisis and other behavioral health resources. It will emphasize the importance of reducing behavioral health stigma, using non-stigmatizing language, and supporting others as they seek treatment.

*Also appropriate for Emotional Well-Being, Understanding and Addressing Stigma*

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## Suicide Prevention: Restricting Access to Lethal Means

Many suicide attempts take place during a brief, acute behavioral health crisis. By restricting access to lethal means when a loved one is in distress and contemplating suicide, it may be possible to prevent a suicide attempt or death. Lethal means restriction involves removing and preventing access to firearms, pills, ligatures, knives, and any other potentially harmful means someone may use to attempt suicide. This session will raise awareness about suicide, provide information about suicide prevalence, and provide strategies to keep loved ones safe during a behavioral health crisis.

*Also appropriate for Emotional Well-being, Understanding and Addressing Stigma*

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## Suicide Prevention in the Construction Industry

The number of deaths by suicide in the construction industry is significantly higher than the national average. This session provides information to those in the construction industry to raise awareness and prevent deaths by suicide. It explores why construction industry workers are more vulnerable to depression, suicidal ideation, and substance misuse. Participants will learn to recognize signs and engage a colleague who may be struggling with behavioral health challenges, thinking about suicide, or misusing substances that may be harmful. Finally, the session will focus on concrete action steps construction industry colleagues and leaders can take to support colleagues, connect them with professional help, and raise awareness about this complex issue.

*Also appropriate for Psychological Safety, Workplace Well-being*

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## Adult Suicide Awareness and Prevention

Deaths by suicide have increased dramatically in the U.S. since 2000. This session will shine a light on the complex issue of suicide. It will teach participants to recognize the risk factors and warning signs that someone may be contemplating suicide. Finally, the session will offer practical tools and resources to support behavioral health needs and prevent suicide.

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

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## Youth Suicide Awareness and Prevention

Deaths by suicide have increased dramatically in the U.S. since 2000, and suicide is the second leading cause of death for adolescents and young adults. This session will shine a light on the complex issue of youth suicide. It will teach participants to recognize the risk factors and warning signs that a young person may be contemplating suicide. It will explore developmental issues that may make it more difficult to recognize those warning signs. Finally, the session will offer practical tools and resources to support youth behavioral health needs and prevent suicide.

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

# Understanding and Addressing Stigma

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## The Damaging Impact of Stigma on Men's Mental Well-Being

This session will focus on the unique behavioral health needs that impact men. Men and women both struggle with behavioral health challenges, but stigma plays a significant role in preventing men from seeking behavioral health treatment. Participants will learn about the prevalence of mental health conditions in men, the rate of men dying by suicide, and signs and symptoms to look for. The session will offer tips for talking with men about behavioral health and actions everyone can take to fight the stigma of behavioral health conditions and treatment.

*Also appropriate for Common Behavioral Health Challenges, Emotional Well-Being*

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## Standing Up to Behavioral Health Stigma

According to the Substance Abuse and Mental Health Service Administration, more than one in five U.S. adults will experience a diagnosable mental health condition in any given year, yet fewer than half will receive treatment. Stigma remains a significant barrier to accessing behavioral health treatment, especially in certain age groups, ethnic and minority groups, and regions in the U.S. This session will tackle the impact of stigma and how to stand up to stigma and normalize conversations about behavioral health.

*Also appropriate for Common Behavioral Health Challenges, Emotional Well-Being*

# Workplace Well-Being

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## Navigating the Emotional Transition to Retirement

Working adults spend years envisioning and planning for the ideal retirement. However, they often overlook the psychological impact of leaving the workforce. Initially, escaping the daily grind, commute, workplace politics, or a difficult boss may feel like a relief. But for some, the novelty wears off after just a few months. This session will explore common challenges new retirees face and the unanticipated impact on emotional well-being. Participants will learn about the importance of self-care during this life transition and tips and tools to maintain good physical and mental well-being.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

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## Communicating Effectively with Professionalism

Whether at work or play, with friends or intimate partners, communication plays a critical role. Effective communication can enhance relationships, deepen connections, and build trust. In contrast, poor communication skills may contribute to conflict, disconnection, and mistrust. This session will explore different communication styles and identify the best style to use in most situations. It will teach how to approach difficult conversations at work with professionalism to achieve the optimal outcome. Participants will walk away with specific tools for engaging assertively with others in any setting.

*Also appropriate for Psychological Safety*

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## Behavioral Health Awareness in the Workplace

This session explores the prevalence of untreated behavioral health needs in the workplace, what can be done to reduce the stigma of seeking help, and how to support colleagues with behavioral health needs. It will examine:

- What an organization and its leaders can do to create a psychologically safe environment for employees to reduce job strain and improve work-related risk factors.
- How the positive elements of a workplace can be enhanced to become protective factors for employees who otherwise may be vulnerable to behavioral health struggles.
- How everyone can play a role in identifying colleagues who are struggling with behavioral health challenges and how to help them without judgment.

*Also appropriate for Psychological Safety, Understanding and Addressing Stigma*

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## Collaborating and Connecting in the Workplace

Collaboration and connection are key components of most jobs, but doing this effectively can be more challenging than the work itself sometimes. Participants will learn to identify their own style of work and effective ways to connect with colleagues to establish a positive working relationship.

*Also appropriate for Psychological Safety*

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## Identifying and Addressing Burnout

Let's explore the complex issue of burnout. This session will identify the causes and signs of burnout. It will also focus on the physical, emotional, and workplace consequences of burnout. Participants will learn the difference between stress and burnout, explore risk and protective factors influencing burnout, and identify practical strategies to prevent and address burnout. The course will offer tips to boost resilience, foster healthy work-life balance, and promote physical and mental well-being.

*Also appropriate for Emotional Well-being, Resilience and Coping*

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## Promoting a Supportive, Psychologically Safe Work Environment

This session will define psychological safety and explore its role in the workplace. Participants will learn about the benefits of a psychologically safe work environment and the essential components to creating such an environment. The session will identify proven strategies leaders and individual contributors can use to create a supportive environment where all employees feel safe bringing their whole selves to work.

*Also appropriate for Emotional Well-Being, Psychological Safety*

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## Resilience: Bouncing Back from Setbacks at Work

Having the skills and mindset to cope with and overcome work-related challenges is an essential part of career success. This course covers various techniques and approaches for enhancing resilience, managing stress, and maintaining well-being in a professional setting. Participants will learn practical strategies for navigating workplace difficulties and emerging stronger and more resilient.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

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## The Power of Empathy in the Workplace

This course is designed to enhance interpersonal skills and foster a positive work environment. Participants will explore the impact of empathy on communication, team collaboration, and overall workplace well-being. Participants can expect to develop a deeper understanding of empathetic practices to create a more supportive and resilient workplace culture.

*Also appropriate for Emotional Well-Being, Resilience and Coping*

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## **Coping with Transitions in the Workplace**

Change in the workplace is inevitable, but even positive changes can induce feelings of fear, uncertainty, and anxiety. Humans are wired to resist change and feel comfort with the status quo, even when change is needed. This course will explore strategies to manage uncertainty and cope with the stress that inevitably accompanies periods of change. It will offer insight into human behavior and practical tips to boost resilience and thrive amidst workplace change.

*Also appropriate for Resilience and Coping*

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## **Workplace Well-Being for the Remote Worker**

Working remotely is a relatively new option for many industries. For some, remote or hybrid work arrangements offer flexibility and reduce stress. For others, remote work can lead to social isolation, forgetting to take breaks, and blurring of boundaries between work and home life. This presentation will explore strategies for maintaining balance, managing isolation, and coping with work stress at home. Participants will leave with tips and resources to support mental well-being while working remotely.

*Also appropriate for Live Your Best Life, Resilience and Coping*

# Mental Health First Aid

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## Adult Mental Health First Aid

Mental Health First Aid for Adults (MHFA) teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics include anxiety, depression, psychosis, and substance misuse. The training is offered live and in-person, virtually, or hybrid. At the conclusion participants will receive a certified Mental Health First Aiders certificate. This is an 8-hour training.

You may schedule the foundational MHFA training or choose one that focuses on the unique experiences of the following groups.

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

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## Youth Mental Health First Aid

Youth Mental Health First Aid (YMHFA) teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or substance use challenge or is in crisis. YMHFA is primarily for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in crisis and non-crisis situations. Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

YMHFA also offers a specialty training focused on the unique needs of indigenous youth.

At the conclusion participants will receive a certified Mental Health First Aiders certificate. This is a 7-hour training.

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

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## Adult Mental Health First Aid Specialty Trainings

Adult Mental Health First Aid offers specialty trainings for the unique needs of the following audiences.

- Correctional professionals
- Fire/EMS professionals
- Higher education
- Military, veterans and their families
- Older adults
- Public safety professionals
- Rural communities

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

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## Teen Mental Health First Aid

Blue KC does not offer Teen Mental Health First Aid (tMHFA), but schools or youth-serving organizations may apply to bring [tMHFA](#) to their community.

*Also appropriate for Common Behavioral Health Challenges, Understanding and Addressing Stigma*

# DEFINITIONS

## Anxiety

An emotion characterized by apprehension and tension when an individual anticipates impending danger, catastrophe, or misfortune. The body often mobilizes itself to meet the perceived threat: Muscles become tense, breathing is faster, and the heart beats more rapidly.

## Behavioral Health

Behavioral health is a general term that encompasses the promotion of emotional health; the prevention of mental illnesses and substance use disorders; and treatments and services for mental and/or substance use disorders.

## Behavioral Health Challenge

A major change in a person's thinking, feeling, or acting. The change interferes with the person's ability to live their life, and it often does not go away quickly and lasts longer than typical emotions or reactions.

## Boundaries

Limits people set in order to create a healthy sense of personal space. Boundaries can be physical or emotional in nature, and they help distinguish the desires, needs, and preferences of one person from another.

## Depression

A negative affective state – ranging from unhappiness and discontent to an extreme feeling of sadness, pessimism, and despondency – that interferes with daily life. Depressed individuals may experience altered eating or sleeping habits, lack of energy or motivation, difficulty concentrating or making decisions, and withdrawal from social activities.

## Emotional Abuse

A pattern of behavior in which one person deliberately and repeatedly subjects another to nonphysical acts that are detrimental to behavioral and affective functioning and overall mental well-being. It may include verbal abuse; intimidation and terrorization; humiliation and degradation; exploitation; harassment; rejection and withholding of affection; isolation; and excessive control.

## Empathy

Understanding a person from their frame of reference rather than one's own, or vicariously experiencing that person's feelings, perceptions, and thoughts.

## Fixed Mindset

The mindset that views intelligence, abilities, and talents as inherently stable and unchangeable over time.

## Grief

The anguish experienced after significant loss, usually the death of a beloved person. Grief often includes physiological distress, separation anxiety, confusion, yearning, obsessive dwelling on the past, and apprehension about the future. Grief may also take the form of regret for something lost, remorse for something done, or sorrow for a mishap to oneself.

## Growth Mindset

The mindset that views intelligence, abilities, and talents as learnable and capable of improvement through effort.

## Lethal Means Restriction

Lethal means safety is a suicide-prevention practice that involves making a suicide attempt method less available or more difficult to access immediately, therefore less likely to cause a fatal suicide attempt.

## Mental Health/Mental Well-Being

A state of well-being in which a person realizes their own abilities, can cope with the normal stresses of everyday life, can work productively and fruitfully, and can contribute to their community.

## Mental Health Condition (also called Mental disorder)

A mental health condition or mental disorder is a diagnosable disorder that affects a person's thinking, emotional state, and behavior. It disrupts the person's ability to work, carry out daily activities, and engage in satisfying relationships.

## Mindfulness

Awareness of one's internal state and surroundings. The concept applies to various therapeutic interventions to help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.



## **Protective Factors**

Something that decreases the chances of developing a condition and/or balances out an existing risk factor.

## **Psychological Safety**

A shared belief held by members of a team that it is OK to take risks, to express their ideas and concerns, to speak up with questions, and to admit mistakes – without fear of negative consequences.

## **Psychosis**

An abnormal mental state involving significant problems with reality testing. It is characterized by serious impairments or disruptions in the most fundamental higher brain functions – perception, cognition and cognitive processing, and emotions or affect – and manifests itself in behaviors, such as delusions, hallucinations, and significantly disorganized speech.

## **Resilience**

The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility, and adjustment to external and internal demands.

## **Risk Factors**

Something that increases the chances of developing a condition.

## **Sandwich Generation**

Midlife adults who simultaneously care for dependent children and ailing parents or other older relatives. Being a multigenerational caregiver can negatively affect health and behavior by decreasing one's level of exercise, increasing one's frequency of cigarette smoking, and increasing one's risk of depression.

## **Seasonal Affective Disorder**

A mood disorder in which there is a predictable occurrence of major depressive episodes, manic episodes, or both at particular times of the year, such as during the fall or winter months.

## **Self-care**

Activities required for personal care, such as eating, dressing, or grooming, that can be managed by an individual without the assistance of others.

## **Sleep Hygiene**

Techniques for the treatment of insomnia that involve following certain routines aimed at improving sleep patterns, such as using the bed only for sleeping and sex, not napping during the day, decreasing caffeine intake or eliminating it after a certain point in the day, going to bed regularly at a set time, and keeping a sleep diary.

## **Stigma**

The negative social attitude attached to a characteristic of an individual. The negative social attitude may be regarded as a mental, physical, or social deficiency. A stigma implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual.

## **Stress**

The physiological or psychological response to internal or external stressors. Stress involves changes that affect nearly every system of the body – palpitations, sweating, dry mouth, shortness of breath, fidgeting, accelerated speech, augmentation of negative emotions – influencing how people feel and behave.

## **Substance Use Disorder (also Substance Dependence and Substance Misuse)**

The recurring use of a substance (legal or illegal) to the point that it interferes with the user's responsibilities and/or physical health.

## **Suicide**

Death caused by injuring oneself with the intent to die.

## **Vulnerability**

Susceptibility to developing a condition, disorder, or disease when exposed to specific agents or conditions.

*Sources: Dictionary.apa.org, online.hbs.edu, hbr.org, samhsa.gov, goodtherapy.org, mhanational.org, cms.gov, cdc.gov*

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