



October 2025 Newsletter



Greetings from Executive Director, **Dr. Barb Brady**

Dear Inspiring Dreams Network Community,

October is a month of reflection, advocacy, and action. As we honor **National ADHD Awareness Month**, we recommit ourselves to amplifying voices, sharing knowledge, and building inclusive environments where neurodiverse individuals can thrive. ADHD affects millions of lives in unique and powerful ways—and **awareness is the first step toward understanding and empowerment.**

In that spirit of education and outreach, we're thrilled to offer a training by our neurodiversity expert to build your knowledge and skills to better understand and support youth with neurodiversity needs. We also invite you to request a training... whether you're an **educator, community leader, or caregiver**; our trainings are designed to equip you with tools and insights that foster empathy, engagement, and equity. *Let's work together to create spaces where every dreamer feels supported.* We're happy to contract with any organization when trainings are not covered by a grant.

☐ Click below to request a training and build a network of trained adults in your community who are prepared to support youth.

With gratitude,

Dr. Barb Brady
Executive Director, Inspiring Dreams Network

[Training Request Form](#)

Upcoming IDN Trainings/Events

October ACEs Training

Trainers: John Barton & Corey Beahm

ACES 103: Preventing Adverse Childhood Experiences

Tuesday, October 21

11:00am-1:00pm (Via Zoom)



Description: The youth you work with may struggle with the traumatic effects of

Adverse Childhood Experiences (ACES). We invite you to learn about ACES and the impact ACES have on brain development and behavior. ACES often interfere with school success and **can negatively impact** participation in activities, events, school, relationships, overall wellness, and life outcomes. This ACES training series is intended to help caregivers and adults who serve youth better understand the impact of ACES and to learn some **best-practice strategies** to help youth and families overcome and prevent the future occurrence of ACES, changing lives in a positive direction. This training series is brought to you through *funding provided by the Milan Puskar Foundation*.

***STARS credit, Licensed Professional Counselor (LPC), and Addictions CEUs offered! If you wish to receive STARS credit, please register on the STARS Portal www.wvstars.org**

IDN is partnering with the **Marshall University School Health Technical Assistance Center (MUSHTAC)** to offer continuing education units (CEUs) for **Alcohol and Drug Counselor (ADC)** and **Advanced Alcohol and Drug Counselor (AADC)**.



**Register
Here!**



Building Relationships and Resilience Part II

When: October 16, 2025 | 1:00-2:00pm

Trainer: Dr. Barb Brady

Description: Research consistently shows that young people from all backgrounds do better when they have **high-quality, positive relationships with adults**. They are more

likely to develop resilience in the face of obstacles, grow, learn, and develop social-emotional skills. Positive, healthy relationships enable young people to develop into successful and contributing adults. This training provides an **overview of researched-based strategies and resources** that participants can

immediately begin to implement to help adults build positive, supportive relationships with youth to increase resilience, their wellbeing, and help them thrive.

Register
Here!

Intro to Neurodiversity

When: October 29, 2025 | 1:00-2:30pm

Location: Zoom

Trainer: John Barton, MA

Description: Have you ever wondered what neurodiversity means and what exactly we are referring to when we mention adults or youth with neurodiverse needs?



This workshop:

- helps participants understand the term 'neurodiversity' and how to better address the needs of individuals with neuro diverse needs.
- describes common characteristics of neurodiversity, what it is, and what it looks like.
- provide best-practices strategies to manage common symptoms and how to improve accessibility to resources and services for the neurodiverse in your community.

LPC CEUs and STARS Credit offered

If you wish to receive STARS credit, please register on the STARS Portal

www.wvstars.org

Register
Here!



Step-By-Step Training Series

CYBER SAFETY: Online Sexual Abuse and Harassment and Keeping Youth Safe Online

Date: October 31st, 2025 | 9:00am-12:00pm

Location: Risen City Church | 123 Summers St, Charleston, WV 25301

Trainers: Dr. Barb Brady & Sarah Barton, Inspiring Dreams Network

Calming Volcanic Emotions

Date: November 11, 2025 | 10:00am-12:00pm

Location: Big Ugly Community Center | 15 Rosewood Rd, Harts, WV 25524

Trainer: Dr. Barb Brady, Inspiring Dreams Network

Partnering with Families to Inspire Youth Career Dreams

Date: December 18th, 2025 | 9:00-10:15am

Location: Zoom

Trainer: Heather McChesney, Higher Education Policy Commission

Supporting Youth in Building Financial Literacy Skills

Date: December 18th, 2025 | 10:30am-12:00pm

Location: Zoom

Trainer: Rashad Sanders, Chase Bank

Who Should Attend? Kanawha, Lincoln, and Logan County afterschool and summer school program staff, school student support staff, and other interested youth-serving adults!

Register
Here!



Upcoming **Calming Volcanic Emotions** Trainings

Description: More students (and adults) than ever are struggling with emotional regulation from lasting effects of the pandemic.. Calming Volcanic Emotions focuses on strategies, tools, and resources adults can use to help youth emotionally regulate and manage big emotions.

Participants will learn about strategies for helping deescalate volcanic emotions when they erupt, as well as learn about some **emotional regulation and coping skills** students can use to help them avoid buildup of big explosive emotions. Additionally, this session will review strategies for assessing and controlling **one's own emotional escalation** when working with emotionally charged youth.

Objectives:

- Understanding root causes of anger
- Differentiating between **Concerning and Unsafe behaviors** and how to address them
- Understanding the brain's response to anger and the emotional response cycle
- Understanding the six steps of de-escalation for the adult helper
- Understanding the **five step de-escalation process** to teach youth
- Practicing strategies to access and calm one's own volcanic emotions

Boys and Girls Clubs of the Eastern Panhandle

Date: **November 11, 2025** | 9:00am-12:00pm

Location: Martinsburg Boys & Girls Club | 105 W John St, Martinsburg, WV 25401

Trainers: Corey Beahm & Nick Larson, Inspiring Dreams Network

Who Should Attend? Kanawha, Lincoln, and Logan County afterschool and summer school program staff, school student support staff, and other interested youth-serving adults!

Register
Here!

Calming Volcanic Emotions Virtual Training

Date: November 6, 2025 | 11:00am-12:30pm

Location: Zoom

Trainer: Dr. Barb Brady, Inspiring Dreams Network

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**Register
Here!**

What has IDN been up to?

Together We Thrive: Drug Prevention & Family Engagement

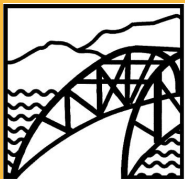
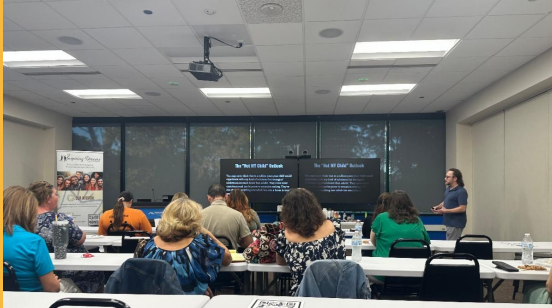
September 18th's Together We Thrive event was both **eye-opening and deeply engaging**. Attendees learned about the wide range of legal, over-the-counter products that can be misused to get high or conceal drugs and alcohol—an **important reminder of the hidden risks facing our communities**.



Participants also received **hands-on training** in how to **properly administer Narcan** and were given free doses to take home—because you never know when you might need it to save a life.

We extend our heartfelt thanks to everyone who made this event possible:

Mountwest Community and Technical College, our incredible speakers, exhibitors, and the generous donors who provided food and door prizes. A special thank you to the **WV Youth Promise Alliance** for funding this event and to our VISTA member Laren Iezzi for organizing such a **meaningful and impactful evening**!



IDN Receives Greater Kanawha Valley Foundation Grant to Advance Youth Empowerment in 2026

Inspiring Dreams Network is proud to announce a 2026 renewal grant award from *The Greater Kanawha Valley Foundation* to advance our mission to **foster, equip, and empower stronger, resilient community networks that inspire, prepare and support youth to thrive.**

This funding will expand our **positive youth development training** for afterschool providers in Kanawha, Lincoln, and Putnam counties—enhancing staff ability to support at-risk youth. It also allows us to partner with new programs, including the Salvation Army in Kanawha County and other youth-serving organizations in these three counties.

Through needs-based training in mentoring, coaching, and best practices, we're equipping frontline staff to help young people thrive.

Thank you to TGKVF for investing in brighter futures for West Virginia's youth. **Together, we're building stronger, more resilient communities.**

IDN is highlighting **Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month** this October with new resources on our [Youth Development Portal](#). This **free hub** offers tools for youth, families, and professionals—including guides on ADHD support, mentoring, mental health, and resilience-building.

Explore practical strategies to better understand and support youth with ADHD. Visit the portal and help raise awareness all month long!



**ADHD Across The Lifespan
Infographic**

**7 Facts You Need to Know About
ADHD**

Partner Updates

State-Funded Mental Health and Wellness Coaching for Parents



Families **statewide** have access to **state-funded mental health and wellness coaching**, thanks to a partnership with the West Virginia Department of Education and the Cook Center for Human Connection. Research shows that by increasing parenting knowledge and skills, children are more likely to be resilient and thrive. Parents can sign up for **FREE PARENT COACHING**. Click [HERE](#) to learn more.

This hub provides families and youth-serving adults with tools to share, promote, and access these services.

[Access Here](#)

WVU CED Triple P Seminars (Positive Parenting Program)

The WVU CED hosts a three-part **Positive Parenting Program (Triple P)** webinar series multiple times throughout the year for **parents and caregivers of children with disabilities who are up to 12 years old**. These free webinars provide general information about promoting child development.



When: October 21, 22, and 23 at 10:00 a.m. each day.

- **Seminar 1:** Positive Parenting for Children with a Disability
- **Seminar 2:** Helping Your Child Reach Their Potential
- **Seminar 3:** Changing Problem Behavior into Positive Behavior

[Register Here!](#)

Complete Our Training Needs Survey!

Inspiring Dreams Network is excited to provide training and partner with you to better support the youth you serve. Help us serve you better by clicking the button above to complete our training needs survey.

Training Needs Survey

**Visit our
Website**

If you have specific resource needs not available on our website, please contact Dr. Barb Brady at drbarbbrady@inspiringdreamsnetwork.org



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Inspiring Dreams Network | 4035 Ridgeview Lane | Hurricane, WV 25526 US

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