



July 2026 Newsletter

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

As we step into **National Minority/BIPOC Mental Health Awareness Month**, I'm grateful for the opportunity to uplift the voices, strengths, and lived experiences of the young people and families we serve. This July, our [Youth Development Portal](#) continues to grow with new supports that reflect the realities and resilience of **communities of color**... tools that challenge persistent mental health myths, mobile resources created specifically for Black wellness and crisis care, and Indigenous youth-led projects that use art and storytelling to nurture identity, connection, and healing.



Each addition strengthens our commitment to building a **trauma-informed** space where young people can explore who they are, find language for what they're feeling, and access culturally grounded guidance that meets them with dignity and hope. **Thank you** for being part of this work and for championing environments where every young person feels seen, supported, and empowered.

As we continue working alongside communities to inspire and empower young people, we invite you to explore the exciting opportunities ahead with IDN and our partners. We would be honored to partner with you in this important work. Explore our [Training Menu](#) and complete the training request form below to discover how IDN can support your team with **engaging, evidence-based training** designed to strengthen relationships, foster hope, and help every young person reach their full potential. We have some availability in August to provide teacher in-service. Reach out if we can support you!

With gratitude and hope,

Dr. Barb Brady, IDN Executive Director

Upcoming IDN Trainings

These **FREE** training opportunities are provided through funding from The Claude Worthington Benedum, Milan Puskar, and Greater Kanawha Valley Foundations. We appreciate our partnerships with these organizations.

Family Fun Days “Helping Families Thrive” Series - Educational Sessions (30 minutes) Provided by IDN

Horseshoe Heaven on Smith Farm—home of the Itty Bitty Therapy Horses—is honored to partner with Inspiring Dreams Network to bring you a one-of-a-kind **Family Fun Day** experience!



After a brief presentation, your family will spend 1.5 hours immersed in the beauty and calm of our *160-acre farm*. You'll enjoy guided, hands-on interactions with our miniature therapy horses and friendly farm animals, peaceful nature walks along our trails, and engaging activities designed to promote connection, confidence, and **fun for all ages**.

Their Certified Equine Specialists in Mental Health and Learning (ESMHLs), Educators, and Recreational Therapists will lead simple, meaningful experiences that encourage teamwork, relaxation, and joy—no horse experience needed! Whether you're grooming a mini horse, taking a quiet moment in nature, or sharing laughs together as a family, this experience is all about slowing down, connecting, and creating lasting memories.

Check out the video below to learn more about this fun event!

\$25/pp | \$50/family- includes parents and one child. Additional children \$5.

July 24 | Family Fun Day 5:30–7:30pm
***Peaceful Conflict Resolution* | 5:30-6:00pm**

August 14 | Family Fun Day 5:30–7:30pm
***Supporting Youth and Families with Neurodiversity Struggles* | 5:30-6:00pm**

[Watch Video](#)

[Register Here!](#)

ACEs Training Series for Logan County Schools Staff

Date: August 6, 2026

Trainers: Dr. Barb Brady & Laren Iezzi, IDN VISTA

Location: Chapmanville Regional High School | 506 Crawley Creek Rd,
Chapmanville, WV 25508



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.

Licensed Professional Counselor (LPC) and Addictions CEUs offered!

IDN is partnering with **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)**.



Marshall University School Health
Technical Assistance Center



Youth Mental Health First Aid

Date: August 12, 2026 | 8:30am-4:30pm

Trainers: Dr. Barb Brady, Paula Kerner, & Laren Iezzi

Location: BGC Martinsburg | 105 W John St,
Martinsburg, WV 25401

Description: Youth Mental Health First Aid (YMHFA) is an interactive, skills-based training course that teaches participants about common adolescent mental health issues and teaches a five-step process on how to identify, understand and respond to these youth issues. Participants are able to practice using the skills to build confidence in supporting youth. Those who successfully complete the course earn a Mental Health First Aider Certificate.



Objectives:

- Describe the PURPOSE of Youth Mental Health First Aid and the ROLE of the Youth Mental Health First Aider.
- Recognize the SIGNS and SYMPTOMS of mental health challenges that may impact youth.
- Explain the role of RESILIENCE and the impact of traumatic experiences on adolescent development.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) in CRISIS and NON-CRISIS scenarios.
- Practice appropriate methods for SELF-CARE following the application of Youth Mental Health First Aid in a crisis or non-crisis situation.

While this training has been requested for the Boys and Girls Club of the Eastern Panhandle staff, **others may register on an availability basis.**

Graduate Credit, Nursing, & Social Work CEUs pending

Register Here!



Keep Them Safe: Suicide Safety Planning & Lethal Means Accessibility Conversations

Date: August 26, 2026 | 1:00pm-4:00pm

Location: Zoom

Trainers: Michelle Toman & Barri Faucett

Description: Keep Them Safe is an interactive, evidence-based training that teaches participants how to have compassionate, honest conversations with individuals experiencing suicidal thoughts. The

training focuses on developing personalized safety plans, recognizing suicide risk, reducing access to lethal means, strengthening coping strategies and support systems, and creating a safe, trusting environment that promotes connection and helps prevent suicide.

Learning Objectives: Participants will...

- learn to collaboratively develop an individualized safety plan for individuals at-risk for suicide.
- be introduced to effective communication techniques for initiating and navigating conversations about access to lethal means.
- learn techniques of applying best practices for safety planning and reducing accessibility to lethal means when suicide risk is present.

LPC CEUs and STARS credit offered! Addictions, Nursing, and Social Work CEUs Pending!

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

www.wvstars.org

Register Here!

Interested in IDN providing a training for your organization? Check out our [Training Menu](#) and complete our [Training Request Form](#)!

What Else is Up With IDN?

Join Our Team! IDN Board Member Position Now Open

Inspiring Dreams Network is now accepting self-nominations for our [Board of Directors](#).

Join a mission-driven team working to strengthen youth resilience, community well-being, and systems that truly support young people.



We're filling **one Board seat** and welcome leaders of all backgrounds—no prior Board experience required. Members serve a three-year term, meet monthly (virtual), and help guide IDN's strategy, values, and impact. Walk with us as we build a more supportive, youth-centered future.

For any questions, contact Dr. Barb Brady at drbarbbrady@inspiringdreamsnetwork.org

Apply Here!

IDN is excited to share a new collection of supports now available on our [Youth Development Portal](#), our free, trauma-informed hub for youth, families, educators, and professionals. The portal continues to grow with **practical, evidence-based tools** that help young people navigate identity, transition, and moments of challenge with confidence and care.

This July, for **National Minority/BIPOC Mental Health Awareness Month**, we're spotlighting a fresh set of culturally grounded supports now live on the Youth Development Portal. These additions include tools that debunk common mental health myths faced by **youth of color**, mobile supports designed specifically for Black mental wellness with crisis guidance and self-care practices, and creative, **youth-led Indigenous campaigns** that use art and storytelling to strengthen identity, connection, and help-seeking. Together, they expand our trauma-informed library with resources that honor lived experience and empower young people to care for their mental health with confidence.



BIPOC Mental Health Myth-Busting

IndigiLOVE Campaign

The Safe Place App

Partner Updates

Unpuzzled Parents Connect Second Annual Empowering Families Event

Date: August 25, 2026 | 11am-4pm

Location: Center on Market: 328 2nd Street Parkersburg, WV 26101



This event brings together families, caregivers, educators, professionals, and community members for a day of connection, advocacy, education, and support for those raising children with autism and intellectual and developmental disabilities. **Attendees**

can explore community resources, connect with other families, and participate in meaningful conversations that promote inclusion and acceptance. Ticket access will begin with a lottery for UnPuzzled Parents Connect families, with any remaining tickets made available to the public. Register below to save your spot!

UnPuzzled Parents Connect is a nonprofit organization based in Parkersburg, West Virginia, serving families throughout West Virginia and Ohio who are raising children with [autism, intellectual and developmental disabilities, and other special needs](#).

Their mission is to connect families to community, education, resources, and support while creating a world of acceptance where every child and family can thrive.

Through **free educational trainings, caregiver support groups, mental health and wellness initiatives, advocacy programs, inclusive community events, and professional development opportunities**, UnPuzzled Parents Connect is helping families feel seen, supported, and empowered. Since their founding, they have impacted thousands of families and continue to build "The Village"—a community where no family has to navigate this journey alone.

To learn more about their programs and upcoming events, visit

www.unpuzzledparentsconnect.com or follow them on Facebook at UnPuzzled Parents Connect.

UnPuzzled's Second Annual
EMPOWERING FAMILIES
INSPIRATION ADVOCACY
Bringing together families, educators, professionals and resources to the Mid-Ohio Valley

DR. TEMPLE GRANDIN
World-Renowned Autism Advocate, Speaker, Author, Animal Activist, Scientist

RUSSELL LEHMANN
Professional Speaker, Advocate, The Art of America

THE CENTER ON MARKET
328 2ND ST, PARKERSBURG, WV 26101

JULY 25TH 2026
DOORS OPEN AT 9:30

UnPuzzled Parents Connect

[Register Here!](#)

Fairness WV Safe & Healthy
Schools Initiative

FAIRNESS
WEST VIRGINIA

Research consistently shows that youth who have at least one accepting adult in their lives are significantly less likely to attempt suicide. This is particularly true for LGBTQ+ youth who may be more vulnerable due to harassment, intimidation or bullying. Their goal is to make sure that every student has multiple caring adults they can rely on, no matter where they live in West Virginia. To do that, we are building a broad coalition of educators, families, students, and community members committed to student well-being.

Through the [Safe & Healthy Schools Initiative](#), Fairness West Virginia offers:

- **A practical Toolkit outlining the key ingredients schools need to create safe and healthy learning environments for all students**
- **Clear legal guidance to help students, families, and educators understand their rights and responsibilities**
- **Resources and training designed to build confidence, knowledge, and capacity to better support LGBTQ+ youth**
- **Ongoing support and collaboration with GSAs, schools, and community partners across the state**

The Toolkit and resource pages linked below are **living resources** that will continue to grow and evolve as laws, best practices, and community needs change. Fairness WV is grateful to the students, families, educators, and advocates who have helped shape this initiative — and we welcome your continued partnership as we work toward safer, healthier schools for every West Virginia student.

Don't miss out. Email paula@fairnesswv.org to get started planning interactive skill building sessions for youth, educators and families designed to improve the safety and wellness for all students. Thanks for all you do to support vulnerable students.

Paula Kerner, Program Manager Safe & Healthy Schools, Fairness WV



[Access Toolkit & Resource Portal](#)

Corey Beahm, Director of Family Resource Network of the Panhandle

We are incredibly proud of our board member, **Corey Beahm**, who also serves as the **Executive Director of the FRNOTP!** We want to give a special shoutout to Corey for being featured as a keynote speaker at the recent [Teach Resort 2026](#) Conference.

Corey presented on "[Solving Messy Community Problems to Strengthen Children and Families](#)," sharing valuable insights on the importance of collaboration, innovative problem-solving, and building strong community



partnerships to better support children and families. His passion for **creating meaningful change** and improving outcomes for families is an inspiration, and we are grateful to have his leadership and expertise as part of our organization.

Congratulations, Corey, on this well-deserved recognition! We are excited to see the positive impact your work continues to have throughout our communities.

Please [click the links below](#) to see FRNOTP's current newsletter and their website, which provides information on [community resources](#), [family support services](#), [training opportunities](#), [events](#), and [partnerships](#) that strengthen children and families in **West Virginia's Eastern Panhandle**.



**Family Resource Network
of the Panhandle, Inc.**

Serving Berkeley, Jefferson, and Morgan Counties, West Virginia

[See Current Newsletter](#)

[Visit Website](#)

Nonprofit 411 Upcoming Workshops

WV Nonprofit 411 supports nonprofit organizations in diversifying and expanding funding. Owner, Sarah Barton invites you to participate in the upcoming workshops.



Every Monday | 2:00-3:00pm

The Fundraising Roadmap Small Nonprofits Need

Description: In this free workshop, Sarah Barton from Nonprofit411 walks you through the Fundraising for Small Teams Roadmap — a 9-step framework designed to help small nonprofit teams move from scattered fundraising efforts to a structured system that builds reliable, recurring donor revenue.

[Register Here!](#)

West Virginia Behavioral Health Ethics Conference: **Upholding Integrity Across the Continuum**

Don't miss this full day virtual event with tracks in **behavioral health**, **addiction/prevention**, and **peer recovery**. Clinicians, counselors, social workers, peer specialists, and prevention pros: Save the date to connect, learn, and strengthen ethical practice across the continuum of care!

Date: Tuesday, August 4, 2026 |
8:30am-4:35pm

Conference session titles and conference speakers have been announced! Check out the registration page below for more information.



Register Here!

"Caring for the Caregiver" Conference 2026

Save The Date

"Caring for the Caregiver" Conference



November 17-18, 2026

Embassy Suites Hotel
300 Court Street
Charleston, WV 25301

Metro Area Agency on Aging invites you to our FREE "Caring for the Caregiver Conference". This is an event for both family caregivers and provider agencies to gather and learn more about caregiving.

CEUs will be available

For more information contact:

Kim Young
kyoung@metroaaa.com
(304)720-6861



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



How did you like this email?



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

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