



NEWSLETTER: WINTER 2023

GREETINGS FROM DR. BARB BRADY - EXECUTIVE DIRECTOR

Inspiring Dreams Network is looking forward to continuing to support WV youth and their network with great training opportunities and resources as we begin the new year. This newsletter outlines some of the upcoming training events and partner opportunities.

Through our grants with *The Greater Kanawha Valley Foundation* and *The Pallottine Foundation of Huntington*, we are delighted to offer high-quality training opportunities in youth development to

support adults who serve youth. We are also proud to continue the development of our dynamic Youth Development Resource Portal, filled with vetted, best-practice resources for youth, families, and the adults who serve them.



It is with great excitement that we roll out our new program initiative, **Success Coaching and Mentoring** developed by our own experts using best-practice approaches to empower school and community coaches and mentors to support students in achieving their maximum potential.

We invite you to join us in our upcoming training opportunities, spread the word about these amazing opportunities by sharing our newsletter with your network, check out our Youth Development Resource Portal and share with us any feedback or additional resources, and let us know how best to serve you and your community by filling out our [training needs survey](#) located at the bottom of this newsletter.

UPCOMING TRAINING OPPORTUNITIES

January

Cultural Competence: Embracing Diversity
I'm Okay You're Okay

When: Tuesday, January 17, 1:00 pm – 3:00 pm
Where: Meeting Room #311B, Kanawha County Public Library, 123 Capital Street Charleston, WV

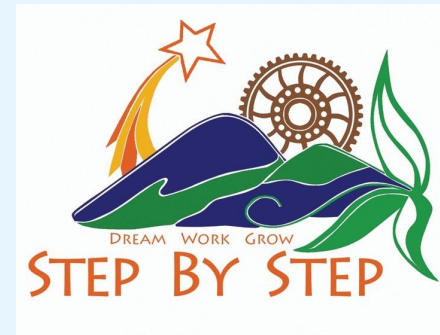
Primary audience: Directors and staff in afterschool programs in WV.

This training is being provided by the WV Statewide Afterschool Network and Step-by-Step.

TRAINING OBJECTIVES: Participants will...

- Be able to explain what cultural competence is
- Be able to describe multiple components of culture
- Understand why conflict occurs between various cultures, disrupting cultural competence
- Understand and practice ways to build cultural competence
- Understand how to support individuals with disabilities in building cultural competence

Contacts: Loren Farmer
loren.farmer@mail.wvu.edu and Cassidy Bailey
CBAiley@stepbystepwv.org



Dispelling The Myths of Autism

When: Wednesday, January 25, 10 am - 11 am
Where: Zoom

Primary Audience: Staff and volunteers who serve youth, parents, grandparents, caregivers, school staff, and others... if you're struggling to understand how to best support youth with autism, this training is for YOU!!!

This training is being offered by John Barton, IDN Board Member, Director, WV Autism.

DESCRIPTION: Autism is the fastest-growing neurological disorder in the world. In the US, one in every 44 children is diagnosed with Autism. This workshop will focus on explaining autism in everyday language and dispelling common myths about autism including causes, characteristics, and impact. Participants will also learn about treatment options, resources, and best practices in behavior management and positive learning supports.



REGISTER:

<https://forms.office.com/r/pbrwah9BBh>

**COMMUNITY SPOTLIGHT**

Regional Transition Navigator Services (RTNS)
Thursday, January 19, 12 pm - 12:30 pm

PRESENTER: Rebekah M. Gletner, Regional Transition Administrator, Regional Transition Navigator Services, Center for Excellence in Disabilities (CED), West Virginia University (WVU)



DESCRIPTION: Regional Transition Navigator Services (RTNS) is an initiative at the WVU Center for Excellence in Disabilities to support struggling youth between the ages of 14 and 25. The RTNS team works directly with at-risk youth and young adults to address their needs as they move toward independence. This can include assistance with challenges such as housing, employment, mental health and/or recovery services, academic support, food insecurity, and more. The eligibility requirements include, they must be 14 to 25 years of age, must live in the state of West Virginia, and must be facing, or have a history of, Severe Mental Illness (SMI), Substance Use Disorder (SUD), and/or fear of becoming homeless. Their services are free, and referrals can be made through the RTNS website. This info session will provide more details about the program and how to refer for services.

REGISTER: <https://forms.office.com/r/0Qv3q0dqgn>



**Adverse Childhood Experience Training
Series**

February 8, 15, 22

**ACES 101: Understanding
Adverse Childhood Experiences**
February 8, 2023
10:00 - 11:30 a.m. (Via Zoom)

**ACES 102: Overcoming
Adverse Childhood Experiences**
February 15, 2023
10:00 - 11:30 a.m. (Via Zoom)

**ACES 103: Preventing
Adverse Childhood Experiences**
February 22, 2023
10:00 - 11:30 a.m. (Via Zoom)

TRAINER: Dr. Barb Brady - Executive Director, Inspiring Dreams Network and Awareness Task Team Chair, The ACES Coalition of WV

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.

REGISTER: <https://forms.office.com/r/JZh1WiyMZf>



COMMUNITY SPOTLIGHT

Expanded School Mental Health (ESMH)
Thursday, February 9, 12 pm - 12:30 pm
(Via Zoom)

PRESENTER: Tiffany Pittman - School Mental Health Coordinator, School Health Technical Assistance Center, Division of Community Health, Marshall University School of Medicine

DESCRIPTION: The WV ESMH Initiative exists so that every student in West Virginia can benefit from a school environment that supports social and emotional well-being to achieve his or her full potential. Schools, families, and strategic community partners assume a shared responsibility to provide mental health support for ALL students. ESMH includes prevention, early intervention, and treatment that are naturally integrated into the school day, so students do not have to leave school to get the support they need. This spotlight will help you understand ESMH, determine

if it is in your local school, and how to best help students benefit.

REGISTER: <https://forms.office.com/r/ZEgMtjvif2>

BUILDING RELATIONSHIPS & RESILIENCE

March 1 & 29

Part I: Wednesday, March 1, 12:00 pm - 1:00 pm
(Via Zoom)

Part II: Wednesday, March 29, 12:00 pm - 1:00 pm
(Via Zoom)

This is a CLOSED event for Education Elevators' mentors. Questions about this training or any attendance exceptions should be directed to Allison McJunkin at allison@educationelevators.org



TRAINER: Dr. Barb Brady - Executive Director,
Inspiring Dreams Network

DESCRIPTION: Supportive, caring relationships are critical building blocks for healthy youth development and the heart of what youth need to learn, grow, and thrive. Relationships provide an environment of trust, positive reinforcement, good modeling, and constructive feedback for social-emotional and intellectual growth. This presentation covers researched best practices in establishing healthy adult/youth relationships and the role of adult mentors/coaches in helping youth identify and connect with protective factors and build resilience. (This workshop has been broken down into 2 smaller units to accommodate participant schedules.)

Part I - Objectives

1. To share research about healthy adult/youth relationship outcomes
2. To identify and discuss key elements of healthy adult/youth relationships
3. To understand nonjudgement listening and effective feedback practices that form healthy adult/youth connections

Part II - Objectives

4. To review the 7 keys to building resilience
5. To identify 7 positive experiences that help youth thrive and have positive outcomes
6. To understand protective factors and the mentor's role in connecting with youth

Youth Mental Health First Aid

Thursday, March 2, 9:30 am - 4:30 pm
Kanawha County Public Library, 123 Capital
Street, Charleston, WV

TRAINERS: Sarah Brown, MA - MHFA Trainer, Pretera Center, and Dr. Barb Brady - Founder and Executive Director of Inspiring Dreams Network



Youth Mental Health First Aid (YMHFA) is a 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. Those who successfully complete the course earn a **Mental Health First Aider Certificate**.

This YMHFA training is very interactive and engaging, teaching a 5-step action plan for how to help young people (ages 12 - 18) in both crisis and non-crisis situations. Come prepared to have fun and learn how to better interact with and support middle and high-school-age youth with mental health needs.



Regrounding Our Response (RORWV): Helping Change the Trajectory of the Opioid Epidemic to Improve Outcomes for Families

March 9 – 8:00 am – 4:00 pm
The Cottage
400 Patterson Lane
Charleston, WV 25311

DESCRIPTION: When caregiver outcomes improve so do outcomes for youth. That is why Inspiring Dreams Network (IDN) chose to be part of this initiative and has trained presenters for each component of this training. The Regrounding Our Response West Virginia (RORWV) initiative supports a multi-disciplinary network of Master Presenters across the state trained in five core concepts: Stages of Change, Adverse Childhood Experiences, Social Determinants of Health, Medically Assisted Treatments, and Comprehensive Health Framework. This training is crucial to addressing the stigma around substance use, raising awareness about public health approaches, improving treatment approaches, optimizing services, reducing substance-related overdoses, and improving outcomes for WV families. See attached flyer for more information about each training component. Participants may participate in up to three of the training components during our full-day in-person event as some topics run concurrently. IDN provides trainers and is a co-sponsor of this training event.

REGISTER by February 28th: <https://forms.gle/rrmo5Hm7diAsnsP58>

IDN is partnering with the **Rural Communities Opioid Response Program (RCORP)** to offer this series in weekly Zoom segments in April for those unable to attend this full-day event. Dates to be determined.

CONNECTIONS MATTER

Tuesday, March 14, 9:00 a.m. - 12:00 p.m. (Via Zoom)

TRAINERS: Jessica Dianellos & Michelle Baranaskas - *Team for WV Children*,
Dr. Barb Brady - *Inspiring Dreams Network*

DESCRIPTION: Connections Matter is designed to engage community members in building caring connections for youth and families to improve resiliency and well-being. Everyday connections are more important than we ever believed. Our brains, our relationships, and our community are all interconnected. Science tells us that relationships have the power to shape our brains. Relationships help us learn better, work better, and parent better. When we experience tough times, they help us heal. With each positive connection, we develop a healthier, stronger community. This session uses video, discussion, and experiential activities to engage participants in exploring connections to build stronger, more connected communities to support youth and families.



REGISTER: <https://forms.office.com/r/06pGhiDcvC>



Success Coaching and Mentoring Introduction

Tuesday, March 16, 9:30 a.m. - 12:00 p.m.

Room 319, Marshall University
Graduate College
South Charleston, WV

PRESENTERS: Linda Bragg, Teresa Epperley, and Mary Jane Pope Albin - *Board Members, Inspiring Dreams Network*

See their bios on our website.

Contact Linda Bragg at lindabragg@inspiringdreamsnetwork.org with any questions.

ABOUT THIS OVERVIEW: This training will provide an overview of Inspiring Dreams Network's (IDN) Success Coaching and Mentoring reform-focused, advocacy model. This overview is designed for school and community mentoring program leaders. This intro will provide information for them to decide if they have the interest, staff, and funding to implement the program.

WHO IS INVITED: School and organizational leaders interested in providing success coaching to middle and high school students in the six-county region of The Greater Kanawha Valley Foundation (Boone, Clay, Kanawha, Fayette, Lincoln, and Putnam). Also invited are interested county leaders from counties served by the *Mountain State Educational Services Cooperative*.

ABOUT OUR MODEL: Success coaches practice transformative leadership and support by first building a relationship of trust, truth, and empowerment. Our focused concepts and steps are designed to transform students from the status of "at-risk of academic failure" to a trajectory of improvement and empowerment. Our success coaching model focuses on clear and tangible steps of student engagement, grit, perseverance, and responsible reactive behavior choices. These practices help students to witness the correlation between these steps and improvement, leading them to believe that success is possible for them.

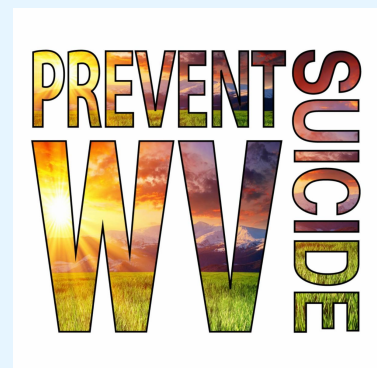
Those who commit to the training will then participate in a two-day intensive workshop and be provided with a year of follow-up consultations and support by IDN. The trainings are culturally responsive and evidence-based -- a hybrid model of standards from the University of Minnesota's Check and Connect Program and the United States Department of Education's Graduation 2020 Program.

IDN's highly professional success coaching trainers embody the vision of supporting youth in reaching success in education in the direction of their passion so that they may achieve their dreams. During the work, success coaches often observe specific needs of their mentees and are skilled in recognizing and carrying out referral procedures with the utmost discretion.

REGISTER: <https://forms.office.com/r/ZC3ctKWqDF>

PARTNER OPPORTUNITIES

IDN is working with Prevention Suicide WV to schedule a Suicide Prevention workshop in the next few weeks and working with co-presenters to schedule a full-day Youth Mental Health First Aid certification training for late February or early March.



Professional Development Webinar Series

Each webinar will be held twice a day, at 9:00 am and at 3:30 pm for 30 minutes LIVE via Zoom. They will be recorded and housed on [CFWV's YouTube channel](#) for later viewing. CFWV welcomes counselors, administrators, educators, and business partners to join. Register for one topic or all topics in the series. Please note that each date in the series will have a unique



ZOOM link. Therefore, participants must register for each session that they plan to attend. Be sure to check your inboxes/spam boxes for your registration email as it will have the link to the Zoom training.

- **January 19, 2023:** CFWV for the Middle School student
- **February 2, 2023:** CFWV Resources and Creating a College-Going Culture
- **March 2, 2023:** CFWV and the Career Clusters and Pathways
- **March 16, 2023:** CFWV and the PEP
- **April 6, 2023:** CFWV a Family Guide
- **April 20, 2023:** CFWV Tools and The Counselor's Work Plan: A Crosswalk and Discussion

**REGISTER
HERE**

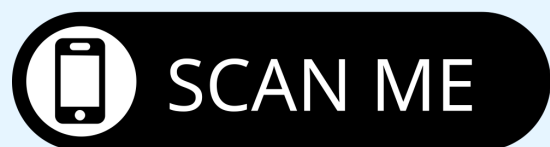
FILL OUT OUR TRAINING NEEDS SURVEY!

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

**TRAINING NEEDS
SURVEY**

CHECK OUT OUR YOUTH DEVELOPMENT RESOURCE PORTAL!

IDN has been awarded a Healthy Communities Grant through the **Pallottine Foundation of Huntington**. Through this grant, IDN has developed a Youth Development Resource Portal to provide free resources to support West Virginia youth and their network in areas they commonly struggle with, such as academic, career, mental health, and social supports. The resource portal caters to three broad stakeholder groups: youth, families, and youth-serving adults.



Education Elevators is Hiring!

Looking for part-time work that's

personally gratifying on a flexible schedule while earning extra money? Education Elevators is looking for part-time program coordinators to manage some of our new programs next fall. Ideal candidates are current or retired counselors, elementary and special education/resource teachers, family support specialists, or others that are detail-oriented and passionate about children!



Education Elevators connects a West Virginia-based business or organization with a local elementary school to create a mutually beneficial partnership. Volunteers ("Elevators") from the partner business mentor students in need of one-on-one attention who attend the partner school. By impacting individual students, we respond to fundamental needs in our communities. Our Mission is to elevate the abilities and aspirations of students to make them more confident in themselves and more receptive to learning.

If you are interested in learning more about the position, please contact allison@educationelevators.org.



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

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