



August 2025 Newsletter

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

Dear Friends and Partners,

As the school year begins and we recognize **National "Don't Be a Bully" Month**, IDN is here to support you in creating safe, welcoming spaces for youth. If you're seeing signs of distress and want to strengthen your response, check out our [Training Menu](#) featuring positive youth development training options, designed to help staff meet students with care and confidence.



We're also excited to invite you to our **upcoming community event**, focused on youth wellness, prevention, and resource sharing. It's a great opportunity to connect with families, educators, and service providers. Organizations are welcome to **exhibit or host a free info table**, and we welcome **donations** to help make it all possible (details below).

Wishing you a joyful, successful school year. Let's keep building community—together.

Warmly,
Dr. Barb Brady
Executive Director, IDN

Upcoming IDN Trainings/Events

ACEs 101: [Understanding Adverse Childhood Experiences](#)

Wednesday, September 3rd, 2025
1:00 - 2:30 pm (Via Zoom)

ACEs 102: [Overcoming Adverse Childhood](#)

Experiences

Wednesday, September 10th, 2025

1:00 - 2:30 pm (Via Zoom)

ACEs 103: Preventing Adverse Childhood Experiences

Wednesday, September 17th, 2025

1:00 - 2:30 pm (Via Zoom)

Trainers: John Barton & Corey Beahm

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 Mylan Puskar Foundation*.



**Register
Here!**

You're Invited: An Evening of Empowerment, Connection, and Community

IDN is thrilled to host a dynamic, family-focused event centered around **drug prevention and community engagement**. This enriching evening will feature powerful presentations that equip families with practical tools and insights to support youth and build stronger support systems.

☐ Highlights Include:

- Eye-opening and informative sessions, including "Hidden in Plain Sight" and SAMHSA's "Talk. They Hear You."
- Exciting prizes (including a brand-new iPad!) ☐
- Delicious food ☐
- Fun activities for all ages ☐

This is more than just an event—it's a celebration of community, awareness, and action. Come connect, learn, and leave inspired !

***CEUs Provided and STARS Credit Pending
See attached flyer for more information.**

Together We Thrive: Drug Prevention & Family Engagement

Thursday, September 18th, 2025 | 5–8pm

1 Mountwest Way, Huntington, WV 25701

5–5:30pm | Enjoy dinner on us & visit our community resource fair!

5:30–6:30pm | “Hidden in Plain Sight”

Presenter: Joshua Murphy- Community Prevention Liaison, Mingo County Prevention Coalition

6:30–6:45 | Break

6:45–7:15 | Narcan Training & Distribution

Presenter: Nicole Horton- WV State Opioid Response Regional Coordinators Program, Presteria Health Services

7:15–7:30pm | SAMHSA’s “Talk. They Hear You.”

Presenter: John Barton- MA; Founder, WV Autism; Board Member, Inspiring Dreams Network

7:30–8pm | Door prizes

Interactive children’s activities & info. on staying safe and healthy offered from 5:30–7:30pm

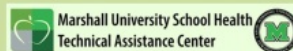
Who should attend?

School-aged children, their families, youth-serving individuals, school staff, counselors, addiction specialists, or anyone wanting to learn more about drug prevention among youth

For questions, donations, or registration, contact: Laren Iezzi, IDN Administrative Assistant
lareniezzi@inspiringdreamsnetwork.org | (304) 982-9146



**Sponsored by Inspiring Dreams Network & WV Promise Youth Alliance, Inc.
In partnership with MUSHTAC**



**Register
Here!**

Sign Up as an Exhibitor

What has IDN been up to?



Student Success Summit

On July 23rd and 24th, IDN attended the Student Success Summit at the Charleston Coliseum and Convention Center in Charleston, WV. We had the pleasure of meeting



many hardworking educators and community leaders from all over the state. IDN also held a raffle for children's books to inspire children to read, and we had multiple lucky winners!



IDN is consistently adding **new resources** to our [Youth Development Portal](#), a hub for free, hand-picked sources for youth, their families, and youth-serving adults. This August, in honor of **National Don't Be a Bully Month**, we're highlighting resources from the CDC and [StopBullying.gov](#) focused on bullying, youth violence, and prevention. From building safe, supportive school environments to promoting digital citizenship and reducing youth violence, these tools offer practical ways to help young people feel **connected, protected, and empowered**.



Safe and Supportive School Environments

Digital Citizenship Skills

Preventing Youth Violence

IDN VISTA and Board Member become YMHFA Instructors

As IDN continues to increase the number of certified trainers, we're





pleased to announce that our VISTA, Laren Iezzi, and Secretary/board member, Nick Larson, recently became **certified Youth Mental Health First Aid Instructors!** They underwent a 3-day training including self-paced coursework and live instruction to master the curriculum and teaching strategies.

If you or your organization could benefit from **Youth Mental Health First Aid training**, [click the button](#) and let us know—let's equip our community with the tools to support young minds.

[Request a Training](#)

RECENT TRAININGS



IDN continues to provide transformative training, using an adult-learning model, to youth-serving organizations across the state. This month, IDN provided multiple trainings for **Step-By-Step** staff. On August 18th, Dr. Barb Brady led the *ACEs training series*, and on August 19th, IDN collaborated with Paula Kerner from **Fairness WV** to provide the *Connections Matter* and *Lean on Me* trainings. Fairness WV is one of our consistent partnerships, and we greatly value the perspective they add to our trainings. These trainings were offered in a **hybrid format**, meaning that we had attendees in person and virtually. In total, we had about *35 attendees*.

Dr. Barb Brady and Sarah Barton, IDN President, led an interactive *ACEs Training Series* for the passionate staff of **The Boys & Girls Club of Parkersburg** on *August 22nd* through funding provided by the McDonough Foundation. We were so impressed by the staff's engagement and eagerness to learn how to better support the youth they serve who are impacted by ACEs.



Partner Updates

Mindspring Mental Health Alliance Upcoming Webinars

- August 26** | Managing Work Stress and Burnout
- August 27** | Understanding Depression
- September 2** | Self-Care and Workplace Wellness
- September 3** | Boundary IQ
- September 4** | Understanding Personality Disorders
- September 10** | Understanding Stress Responses: Effects on Your Body and Behavior
- September 15** | Responding to Children in Crisis
- September 16** | Creating a Low-Stress Environment and Minimizing Crises
- September 17** | Understanding Suicide
- September 29** | Strategies to De-escalate Children in Distress



[Browse All Upcoming Webinars & Register](#)

National Council for Mental Wellbeing Upcoming Webinars

August 20 | Creating a Trauma-Informed



Recovery-Oriented System of Care (Part I)
August 25 | Creating a Trauma-Informed
Recovery-Oriented System of Care (Part II)
September 4 | Social Current: Leading Change
Workshop
September 15 | YSBIRT Overview Training
September 17 | SBIRT Overview Training

**Browse All Upcoming Webinars &
Register**



QPR Suicide Prevention Training

Date: August 28, 2025 | 2pm-4pm
Via Zoom
2.0 CEUs offered

Objectives:

- Learn to recognize common suicide warning signs.
- Learn how to offer hope.
- Learn how to get help and save a life.
- Practice active listening skills.
- Recognize the importance of self-care.
- Understand the 3-step intervention plan of QPR.

Instructor: Kenneth Jordan, MS, PRSS-SUD, RCT, Project Coordinator, WV Peer Recovery Training Center | jordank@marshall.edu

Register



WVU CED Positive Behavior Support De- Escalation Techniques Webinar

Date: September 4, 2025 | 10am-12pm

This free, interactive online training explores ways to recognize and manage one's own stress as well as ways to **de-escalate a crisis**. Participants can expect to learn how to recognize compassion fatigue and burn out. Assess your level of stress and anger, along with the effects and ways to manage those effects. The crisis cycle will be discussed along with tools and techniques to de-escalate a crisis.

After attending, you will be able to:

- Differentiate between compassion fatigue and being burned out
- Recognize a power struggle and ways to avoid it
- Identify ways to effectively de-escalate a situation

2 Social Work CEUs will be available for this webinar.

More Info. &
Registration

Youth Engagement Best Practices- Free Virtual Training

Date: September 8, 2025 | 9am-12pm
Via Zoom

The Pallottine Foundation of Huntington, in partnership with Glimmer Collaborative, will provide a free, three-hour virtual training course titled "Youth Engagement: Best Practices" for nonprofit organizations focused on youth prevention efforts. Experts will provide an overview of the 10 Youth Engagement Best Practices that help groups and organizations create safe environments and positive experiences for young people.



Register

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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