



May 2026 Newsletter

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



As we move through **May**, I want to extend my gratitude to everyone in the Inspiring Dreams Network community for the heart, dedication, and hope you bring to this work. This month, we're proud to honor *National Mental Health Month* by uplifting **new resources** on our [Youth Development Portal](#) that support emotional well-being, reduce stigma, and help young people navigate life's challenges with confidence and care. In support of National Mental Health Month IDN is training and certifying *Youth Mental Health First Aiders* across WV to build their capacity to support youth experiencing mental health struggles, completing our fifth full-day training this week. If your organization would like your staff and volunteers trained reach out to me.

We're also thrilled to welcome three **new board members** whose experience, passion, and commitment to youth will strengthen our mission and expand our impact. I invite you to read more about them below and explore the newly added Mental Health Month tools that continue to grow our trauma-informed, youth-centered resource hub.

Thank you for standing with us as we create brighter pathways for young people and families across our communities.

With appreciation,
Dr. Barb Brady

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.



May ACEs Training Series

ACEs 102: Overcoming ACEs

Date: May 20th, 2026 | 2:00-3:30pm

ACEs 103: Preventing ACEs

Date: May 27th, 2026 | 2:00-3:30pm

Trainers: Corey Beahm & John Barton

Location: 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, Benedum, and TGKVF.

***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 **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!

Shack Neighborhood House Upcoming Staff Trainings



June 2, 2026

- **Mandated Reporting** | 9:00-11:00am | Trainer: Sara Robinson
- **Lean On Me (Part I)** | 11:15am-12:15pm | Trainer: Paula Kerner
- **Lunch** | 12:15-1:00pm
- **Lean On Me (Part II)** | 1:00-2:00pm | Trainer: Paula Kerner
- **Preparing Students for a Successful Summer** | 2:15-3:30pm | Trainers: Dr. Barb Brady & Nick Larson

Location: Shack Neighborhood House, 537 Blue Horizon Dr, Pursglove, WV 26546

June 3, 2026

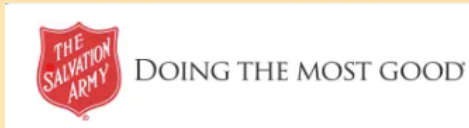
- **Calming Volcanic Emotions** | 9:00-11:00am
- **Peaceful Conflict Resolution (Part I)** | 11:15am-12:15pm
- **Lunch** | 12:15-1:00pm
- **Peaceful Conflict Resolution (Part II)** | 1:00-3:00pm

Trainers: Dr. Barb Brady & Nick Larson

Location: Shack Neighborhood House, 537 Blue Horizon Dr, Pursglove, WV 26546

School & community partners who support Shack Neighborhood House youth are invited to participate on an availability basis.

[Register Here!](#)



Salvation Army Afterschool Program & Summer Camp Staff Training Series

June 8, 2026

- **Toxic Stress: Supporting Youth to Overcome Trauma** | 10:00am-12:00pm
- **Lunch** | 12:00-1:00pm
- **Calming Volcanic Emotions** | 1:00-3:00pm

Location: The Salvation Army Red Shield Youth Center, 301 Tennessee Ave, Charleston, WV 25302

June 9, 2026

- **Peaceful Conflict Resolution** | 10:00am-12:00pm
- **Lunch** | 12:00-1:00pm
- **Cyber Safety** | 1:00-4:00pm

Location: The Salvation Army Red Shield Youth Center, 301 Tennessee Ave, Charleston, WV 25302

[Register Here!](#)

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**.

Our 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.

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



June 5 | Family Fun Day 5:30–7:30pm

Building Relationships and Resilience: Supporting Youth to Thrive | 5:30-6:00pm

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

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?

IDN Welcomes New Board Members!

We're thrilled to welcome three incredible new board members to the IDN family! Each brings a wealth of experience, fresh perspectives, and the kind of leadership that will help us reach new heights. Their expertise fills vital gaps and strengthens our mission to support youth, families, and the dedicated adults who serve West Virginia's young people every day.

Join us in giving a warm welcome to these outstanding leaders who are ready to help IDN grow, thrive, and make an even greater impact across the Mountain State!



Renee Eccles-Hardy

Renee is Vice President and Dean of Students at Amerion College and is a licensed school psychologist and former IDEA Part B Data Manager for the West Virginia Department of Education. An award-winning children's author and publishing consultant, she is deeply committed to diversity, inclusion, literacy, and student success. Renée brings to the Inspiring Dreams Network Board a powerful blend of educational expertise, data-driven leadership, and a passion for

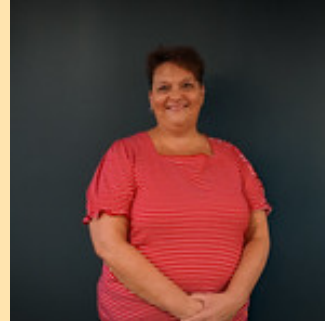
supporting youth and families.

Read Full Bio

Angela Via-Hairston

Angela Via-Hairston, MA, is a licensed psychologist and workplace leader in PSIMED's Juvenile Division, where she builds supportive, trauma-informed teams equipped to provide compassionate care to youth. Known for her clarity, collaboration, and commitment to staff well-being, Angie strengthens evidence-based practice and fosters environments where both professionals and

young people can thrive. She brings to the Inspiring Dreams Network Board a relationship-centered perspective, a passion for mentorship, and a deep dedication to uplifting youth with mental health needs.



[Read Full Bio](#)



Brenda Wylie

Born in Beckley and a graduate of Marshall University, she began her career in the legal system before discovering her true calling in youth-serving work. For more than 25 years, she led multi-state programs supporting at-risk children, advocating for those whose voices often go unheard and helping young people become the best version of themselves. After years away, she returned home to West Virginia to continue that mission, bringing deep experience, unwavering passion, and a lifelong commitment to strengthening opportunities for vulnerable youth.

[Read Full Bio](#)



EXCITING OPPORTUNITY!!

Full-Time AmeriCorps VISTA

In partnership with WV's Promise Youth Alliance, Inc., Inspiring Dreams Network (IDN) is recruiting a motivated full-time AmeriCorps VISTA to serve a year-long term beginning **August 4th, 2026**. This role focuses on capacity-building to strengthen programs that support youth, families, and communities across West Virginia.

What You'll Do:

- Develop curricula and training materials
- Support grant writing, data collection, and reporting
- Assist with fundraising and community outreach
- Build partnerships and support IDN committees
- Create marketing materials, websites, and social media content
- Design templates, manuals, and program infrastructure
- Support youth-voice data collection and IDN training initiatives

Who Can Apply:

- 18+

- U.S. Citizen/National/Legal Resident
- HS diploma/GED
- Able to pass background checks
- Must apply through the AmeriCorps portal.

Benefits:

- Bi-weekly living allowance (~\$960)
- End-of-service award (\$7,395 education award or \$1,800 cash)
- Healthcare allowance
- Loan forbearance
- Professional development
- 10 personal and 10 medical days
- NCE eligibility
- WV SB 610 tuition waivers.

Apply by: July 17th, 2026 | Start date: August 4th, 2026

Applicants must complete the AmeriCorps online application and provide two professional references. IDN Leadership will interview candidates and recommend final selections before AmeriCorps issues official offers.

Learn more and apply through the [My AmeriCorps portal](#).

For more information, contact Dr. Barb Brady at
drbarbbrady@inspiringdreamsnetwork.org.

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. In recognition of **Mental Health Month**, we're highlighting new resources that uplift emotional well-being, reduce stigma, and offer accessible strategies for supporting youth through stress, overwhelm, and everyday mental health needs. These additions reinforce our commitment to helping young people build resilience, strengthen coping skills, and feel seen, supported, and empowered.



2026 Mental Health Month Action Guide

What is Mental Health?

10 Affirmations to Remind You of Your Power

Partner Updates



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!](#)

May 26, 2026 | 2:00-3:00pm

International Fundraising

Description: This session will break down what actually makes international fundraising work and where organizations commonly go wrong. Drawing on nearly two decades of experience supporting projects across 75+ countries, Nichole Yamchuk, of Advocate Fundraising, will walk through the realities of entering and working within communities, navigating cross-border compliance considerations, and positioning programs in a way that funders can trust and support.

[Register Here!](#)



2026 Try This WV Youth Summit

This year's **Youth Summit** is bigger than ever, now a two-day event celebrating the theme of **West Virginia Heritage**, chosen by the Youth

Advisory Board. Hosted **June 5–6 at WV Wesleyan College**, the Summit remains **free** and **open to ages 13–22** (and all others), with meals and overnight lodging provided. Youth will explore topics like labor rights, Appalachian arts and culture, and community advocacy—alongside hands-on activities, outdoor fun, creative projects, and opportunities to connect with peers from across the state.

Registration is now open!

For presentation ideas, group coordination, or questions, contact director@trythiswv.com or schedule a meeting through the link on our website.

[Learn More & Register](#)

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



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](#)

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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