



September 2025 Newsletter



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

As we enter **September—Suicide Prevention Awareness Month**—we're called to speak openly about depression, suicide, and the mental health challenges facing our communities. These conversations are difficult, but they're essential. [Every life matters, and every connection can be a lifeline.](#)

Our team continues to be focused on supporting West Virginia youth, their families, and the adults who serve them. Through workshops, outreach, and resource-building, we're working to ensure young people feel seen, supported, and empowered. Our trainings this month focus on helping you more deeply understand and support youth affected by adverse childhood experiences (ACEs) and the critical role adults play in helping youth overcome and thrive. Check out our [training menu](#) and let us know if you want to [request a training](#).

Whether you're a caregiver, educator, advocate, or ally, your role is vital. Together, we can build relationships, resilience, reduce stigma, and make sure no one faces their struggles alone. To request a training for your organization

Thank you for standing with us—for our youth, for each other, and for a future filled with hope.

With gratitude,
Barbara Brady, PhD
IDN Executive Director

Upcoming IDN Trainings/Events

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 Milan Puskar Foundation*.



[Register Here!](#)

October ACES Training Series

Trainers: John Barton & Corey Beahm

ACES 101: Understanding Adverse Childhood Experiences

Tuesday, October 7

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

ACES 102: Overcoming Adverse Childhood Experiences

Tuesday, October 14

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

ACES 103: Preventing Adverse Childhood Experiences

Tuesday, October 21

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

[See Description Above](#)

[Register Here!](#)

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

Community

TOGETHER WE THRIVE: DRUG PREVENTION AND FAMILY ENGAGEMENT

September 18, 2025 | 5-8pm | 1 Mountwest Way, Huntington, WV 25701

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:

- **dinner** (*Chick Fil-A, Pizza, and more*)
- **door prizes** (*Walmart gift cards, an iPad, restaurant gift certificates, and more*)
- **interactive children's activities** (*fun activities to teach child coping skills, safety tips, emotional regulation, self-advocacy skills, and more*)
- **community resource exhibit tables** *showcasing resources and programs in the area, and*
- **expert speakers** who will provide **information, tools, and strategies** for reducing youth drug addiction.

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

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

[More Information](#)

[Register Here!](#)

[Sign Up as an Exhibitor](#)

Building Relationships and Resilience

Part I

When: October 9, 2025 | 1:00-2:00pm

Trainer: Dr. Barb Brady

Part II

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

Trainer: Dr. Barb Brady



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!](#)

What has IDN been up to?

IDN Expands Training Initiative with Support from the Benedum Foundation

Inspiring Dreams Network (IDN) is proud to announce the expansion of its statewide training initiative, supported by a \$60,000 grant from the Claude Worthington Benedum Foundation.

CLAUDE
WORTHINGTON
BENEDUM
FOUNDATION

In 2024, Benedum funding enabled IDN to deliver high-impact training to 27 afterschool programs across five counties. Building on this success, the new grant, combined with other partner grants, will allow IDN to reach **more than 200 staff members across 44 programs from 10 youth-serving organizations in 13 counties**. Collectively, these programs serve nearly **20,000 young people across West Virginia**.

The expanded trainings will equip afterschool and other youth-serving program staff with best practices in mentoring, success coaching, mental health support, resilience-building, child safety, trauma-informed care, and career exploration. By strengthening the skills of adults who serve at-risk youth, IDN seeks to disrupt cycles of poverty, trauma, substance use, and incarceration while opening pathways to brighter futures.

"We are deeply grateful for the Benedum Foundation's continued partnership in advancing this vision for West Virginia's youth," said Dr. Barb Brady, IDN Executive Director. "Together, we are ensuring that thousands of young people have the guidance, support, and opportunities they need to thrive."



IDN Board Position Open!

Join Our Team!

Inspiring Dreams Network (IDN) is now accepting self-nominations for individuals interested in joining our **Board of Directors**.

This is more than a leadership position—it's an invitation to walk alongside a growing movement focused on youth resilience.

**Apply
Here!**

community strength, and systems that work better for everyone.

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 Suicide Prevention Awareness Month**, we're highlighting resources that promote connection, resilience, and informed support for those navigating depression and suicide risk.



**Prevent Suicide WV
Website**

**Suicide Prevention Month Ideas for
Action**

**Suicide Disparities
Infographic**

Partner Updates



SAMHSA Suicide Prevention Awareness Month Toolkit is Live!

September is **Suicide Prevention Awareness Month**, a time to remember those we have lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and support the families and communities that have been affected by suicide. It is also a time to uplift the voices of those with lived experience and provide resources and information to help prevent suicide.

What's in the Toolkit?

Download the **2025 Suicide Prevention Awareness Month Toolkit** and share resources with your communities and networks. The toolkit includes:

- [Key Messages and Weekly Themes](#) to help you create impactful content for various audiences.
- [Social Media Shareables](#)—engaging posts, graphics, and animations you can share on your social media platforms.
- [Digital Stickers](#), [Digital Frames](#), and [Email Signatures](#) to show your commitment to suicide prevention.

- [Virtual Backgrounds](#) to personalize and brand your online meetings.
- [Hashtags](#), such as #SuicidePrevention, #SPM25, and #YouAreNotAlone to highlight Suicide Prevention Awareness Month on social media.

[View the Toolkit](#)

State-Funded Mental Health and Wellness Coaching



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](#)

Upcoming Relias Webinars

Suicide Prevention Through Postvention: An Organizational Approach

When: Thursday, September 25 | 1pm

Join Relias and the National Council for Mental Wellbeing to learn how postvention supports healing, builds organizational resilience, and creates safer, more responsive environments for staff and those they serve.



[Register Here!](#)

Breaking the Burnout Cycle

When: Wednesday, October 1 | 1pm

Learn how addressing burnout can foster a supportive culture, boost retention, and help healthcare professionals thrive.

[Register Here!](#)



Mindspring Mental Health Alliance Upcoming Webinars

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](#)

Mission WV Upcoming Webinar

September 18, 2025 | 2pm



Mission
WEST VIRGINIA

Join Mission WV for **Project iGuardian**, a free webinar presented by Homeland Security Investigations (HSI) — the principal investigative arm of the Department of Homeland Security and a global leader in combating online child sexual exploitation and abuse (CSEA). This session is designed for parents and trusted adults. HSI special agents will share real-world cases, investigative insights, and practical steps to help you recognize warning signs, protect children, and know what to do if victimization occurs.

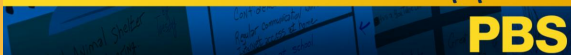
Topics include:

- Top apps & what kids are doing online
- Grooming tactics & sextortion
- How predators target youth
- Data permanency & online risks
- Using parental controls effectively
- How to start tough conversations with your child
- What to do if your child becomes a victim

[1.5 CEUs provided for social workers](#)

[Register
Here!](#)

Positive Behavior Support



Anger Management for Youth

Anger Management for Youth is a free, interactive session where **participants will learn strategies to identify and cope with their anger in healthier ways.** Parents and caregivers are highly encouraged to attend with their child.

Sessions are separated by age range, elementary (8-12 years) and secondary (13-17). A certificate of attendance will be given upon completion of end of session survey.

Elementary: September 30th, 2025 4:00PM – 5:00PM ET

Training Objectives:

- Identify what it feels like to be angry
- Discuss stress reduction tactics
- Practice relaxation strategies such as progressive muscle relaxation

**Register
Here!**

WVU CED Triple P Seminars

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



How did you like this email?



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

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