

COGNITIVE RESILIENCE TRAINING

Build mental health knowledge and skills for you and those you care about



Who is this training for?

Levels of stress and anxiety are increasing nationwide for both adults and young people. Mental health stabilization is needed in our schools, families, and workplaces. We provide training for:

- ✓ Administrators
- ✓ Teachers
- ✓ HR Professionals
- ✓ Community Forums
- ✓ Employees
- ✓ ...and more!



Can you fit it within

your already busy schedule? Of course!

We can't afford to *not* make time for mental health stabilization. Thankfully, we've created accessible, useful tools and education you can learn in just one day.

1 in 5 Adults in the U.S.

will experience a mental health issue this year



WHY DO WE NEED TO INCREASE OUR MENTAL HEALTH KNOWLEDGE?

- ✓ Annually, 1 in 6 youth ages 6 to 17 experiences a mental health disorder.
- ✓ 1 in 20 adults experiences a *serious* mental illness each year.
- ✓ Suicide is the 2nd leading cause of death among youth ages 10 to 14.



EARLY INTERVENTION

50% of all mental illness begins by age 14, and 75% by age 25. Intervening early is key to making a difference.



PROTECT OUR YOUTH

18% of girls have experienced sexual violence in 2021. This is an increase of 20% since 2017 according to the CDC.



SAVE OUR FAMILIES

Family conflicts and divorces are at an all time high. Families regularly experience a 2 to 3 month wait to see a provider.



COGNITIVE RESILIENCE TRAINING



Education to address the increasing, widespread mental health needs in our schools, communities, and workplaces. You are not alone, and you can make a vital difference in the lives of others.



MENTAL HEALTH 101

Gain a basic understanding of what mental health is and what it is not. Understand common mental health challenges and myths, recognize signs and symptoms, and identify indicators of when it's time to get help.



DEVELOPMENT AND DISRUPTIONS

Learn about brain development and what causes disruptions to it. Uncover natural ways to have conversations about mental health. Practice tools and strategies to actively address mental health needs.



CRISIS RESPONSE—PREVENTION, AND INTERVENTION

Prevention is an essential but often neglected part of mental health strategy. Using our Top Down Bottom Up™ model, we will teach you methods to both prevent and intervene, so that you feel more prepared and confident to address crises.



TRAUMA-INFORMED PRACTICES

Discover the impact of trauma and how to work with traumatized brains. Advocate for practices to open conversations and support-seeking, including connections to resources, in your community.



PERSONAL EMPOWERMENT

Practice tools to self-regulate, identify triggers, support yourself and your team. Become a leading example for those in your circle of influence.

*Training is available for in-person delivery or as live, online training. *CEUs available*



TRAINING BENEFITS

In addition to the one day training, we provide access to **exclusive instructional videos** and a thorough **mental health manual**.

***HR Professionals will love these resources!*

WE HELP ADDRESS

- Responses after a crisis has happened
- Burnout, stress and work-based trauma
- Family issues and their impacts on employee engagement
- Culture transitions (such as remote workers, changes in technology, or challenging schedules which can impact sleep)

Contact us
(385) 223-0777

hello@drchristykane.com today to prioritize mental health | drchristykane.com