



Training, Presentations, Service Opportunities Available via our Members

Many of these resources and classes/training can be scheduled specifically for your organization / group at a preferred date/time plus they are offered at regular intervals.

For more information or to request speaker, please contact us at spbhrotary@gmail.com, use QR code or link above to complete request form or call/text Shirley Weddle at 972-890-7227

(Train the Trainer & Spanish language options are available for some programs)

Category	BTS A R *	Audience	Title Training – Presentation – Support Groups - Service Opportunity	Duration	Virtual In-Person Recording	Related Costs
Presentation	BTS A R	Customizable	“Let’s Talk Suicide Prevention and Brain Health” (Introductory Presentation). Created by SPBH Member to include Rotary references ***GREAT INTRODUCTON FOR ROTARY CLUBS***	Customizable 25min or more	V - IP	0
Presentation / Service Opportunity	BTS A R	Customizable. Service Opportunity for All Ages	“Let’s Talk Suicide Prevention and Brain Health – Rotarians in Action Creating Hope in the World” (follow up to introductory presentation demonstrating “action” – conversation, safety steps, stress reduction, resources, community action). Created by SPBH Member . Community Action Service Opportunities based upon local needs	Customizable 25min or more	V - IP	0
Training / Presentation/ Service Opportunity	BTS A R	Adult	“QPR (Question, Persuade, Refer)” Gatekeeper Training – Certification option ***SHIRLEY’s FAVORITE GATEKEEPER TRAINING for the time used***	Customizable 60 – 90 minutes	V - IP	0 if from SPBH
Presentation/ Service Opportunity	BTS A R	Adult	AFSP “Talk Saves Lives” Suicide Prevention Introduction. Multiple modules available for specific groups. Train the trainer options available so that can present locally	Customizable 25-60 min	V- IP	0
Presentation/ Service Opportunity	BTS A R	Adult ranges	***TREMENDOUS NEED*** “What is 988 and How can We Support Spreading Awareness?” (Can present to clubs and to communities)	Customizable 20 min or more if needed	IP – V - ?R	0
Service Opportunity	BTS A R	All Ages	***TREMENDOUS NEED*** Distribute “988” Crisis Line information in Community (GREAT for All SIZE Clubs with minimal or no cost- especially needed in rural communities) Contact SPBH for access to free resources.	Variable	V - IP	Free resources avail. Can choose to print also.

Service Opportunity	BTS A R	Adults	***TREMENDOUS NEED*** Collaborate with SPBH Rotary eClub and local colleges to sponsor or participate in more Mental Health Forums across Texas to determine needs and resources for communities (especially underserved areas). NE Texas March 2023 Rural MH Forum to become annual. Denton County and surrounding Counties Oct 2023. Planning to expand to E Texas, Central Texas, W Texas, Houston areas, etc.			
Training/Service Opportunity	BTS A R	Adults	***TREMENDOUS NEED*** Mental Health First Aid for Adults working with Adults . Promote in your area	8 hrs	V - IP	Funding avail from state. Contact SPBH
Training/Service Opportunity/Support Groups	BTS A R	Adults	***TREMENDOUS NEED*** Mental Health First Aid for Adults working with Youth. Promote in your area	6 hrs	V - IP	Funding avail from state. Contact SPBH
Training/Service Opportunity	BTS A R	Teens	***TREMENDOUS NEED*** Mental Health First Aid for Teens in High School – Peer Support Groups. Promote in your area	Ongoing	IP	Funding avail from state. Contact SPBH
Presentation/Service Opportunity	BTS A R	School Age – Middle and High School	***GREAT FOR INTERACT*** Grant Halliburton Foundation. Multiple Presentations for School Children and Families. Train the Trainer options available to be able to present locally to include schools. See SPBH for more options from Foundation	Variable	V - IP	0
Presentation/Service Opportunity	BTS A R	Middle school School Age and Adults	***GREAT FOR INTERACT*** NAMI Multiple Presentations for School Children and Families. Train the Trainer options available to be able to present locally to include schools.	Variable	V - IP	0
Training/Presentation/Service Opportunity/Interact	BTS A R	Adult Offering to Help Children and Families	***GREAT FOR INTERACT*** “Gizmo’s Pawesome Guide to Mental Health” for Adults to share with children. Has great mental health plan worksheet. See SPBH Rotary for training and more info. SPBH can offer training to Interact leaders, community presenters and school counselors who then share with other presenters/school counselors and use with Interact groups	Customizable 25 min and more depending upon presentation vs training	V - IP	0
Presentation/Service Opportunity/Interact	BTS A	Children (Elementary school and their families)	***GREAT FOR INTERACT*** “Gizmo’s Pawesome Guide to Mental Health” for reading/sharing with young children. Can order 1 free book per household (English or Spanish). See SPBH for customized form.	20 – 30 minutes	V - IP	0
Presentation/	BTS	Community, Family &	“Understanding Depression Among Teenagers”. Can engage	20-30 min	Recording	0

Service Opportunity	A R	Counselors of middle – high school students	local counselors to lead post presentation discussion in community		available	
Training/ Service Opportunity	BTS A R	Adults	*** TREMENDOUS NEED.*** “Applied Suicide Intervention Skills Training (ASIST)” Certification. Limited availability across state. Opportunity to host and literally SAVE LIVES.	2 days (8 hrs each day)	In person only	Variable. Contact SPBH for options
Presentation/ Service Opportunity		Adults	*** TREMENDOUS NEED.*** Introductory Presentation Discussing Action Plan followed by Service Project. Utilize SPBH Resource list as baseline for national/state/community resources. Project could be to collect additional community resources based upon “blank” spaces in Resource grid for each District. Request that final versions be provide to SPBH Rotary for inclusion on our website as master site. There is a real need to identify behavioral health professionals and Mental Health inpatient/residential and out patient programs in the state. Enables Rotarians to help find resources in other geographic areas. (GREAT for All SIZE Clubs with minimal or no cost- especially needed in rural communities) Includes opportunities to collaborate with other mental health/suicide prevention entities.	Variable	V - IP	0 - Time
Service Opportunity	BTS A R	All Ages	American Foundation for Suicide Prevention Out of the Darkness Walks – Team formation to walk and raise money to support AFSP efforts. Suicide Prevention and Brain Health Rotary eClub is regular sponsor and participant in multiple Texas walks. Contact SPBH Rotary for more info. Community Walks in the Fall. Campus (ISD and College) Walks in the Spring. Donations used for national efforts with half of money used to support local organization and efforts. See afsp.org for schedules	Variable	V - IP	Free to form team. Accepts donations. Sponsorship has different cost levels
Presentation / Service Opportunity	BTS A R	All Ages	“What are Brain Games and How Can They be Used to Improve Mental/Brain Health?” Can also be promoted at County Fairs and School events	Customizable 20 min - longer	IP – V - ?R	0
Service Opportunity	BTS A R	All Ages	Purchase “brain games” for local counselors to provide to students / clients	Variable	IP	Variable
Presentation/ Service Opportunity	BTS A R	All Ages	“Let’s Talk about Self Care: What Is It and Why Should We Do It?”	Customizable 20 min or more	IP – V - ?R	0
Service Opportunity	BTS A R	All Ages	Sponsor “Self Care” Opportunities and Awareness Info for Community	Customizable	V - IP	0 - Variable

Presentation	BTS A R	All Ages	Veteran Related Presentations for Adults, Veterans and families	Customizable	P – V – R?	0
Service Opportunities	BTS A	Veterans and families	Multiple Service Project options for Veterans, Active Military and Families – Contact SPBH for options	Variable	V - IP	0 – Variable
Presentation/ Service Opportunity/ Fundraiser	BTS A	FUN for all ages	“Pickleball for Mental Health” via SPBH Rotary and MHA – Tournament being discussed for January	Variable	V - IP	Variable
Service Opportunity	BTS A R		***GREAT SERVICE***Promote Free Mental Health Screening from Mental Health America. Follow up available	Variable	V - IP	0
Presentation/ Service Opportunity		Adults	Alzheimer’s and Cognitive Issues Presentations. Service Opportunity in supporting measures that help with these conditions or can participate in research study	Customizable 20 – 60 minutes	V – IP - ?R	0 for Presentation. Variable for SO
Presentation/ Service Opportunity	BTS A R	Customizable	“Understanding Eating Disorders” Eating Disorders have highest mortality rate of all mental health conditions	Customizable 20 – 60 minutes	V – IP - ?R	0 for Presentation
Support Groups/ Service Opportunity	BTS A R	Adults	Survivors of Suicide Loss Grief Support Groups. Promote availability of existing groups meeting via Zoom and in person. Training available if there is a desire to create a local support group	2 hrs/month	V - IP	0 – If in person, will need location
Support Groups/ Service Opportunity	BTS A R	Adults	General Grief Support groups for all types of loss. Unaddressed grief often leads to depression and other mental health challenges Promote availability of existing groups meeting via Zoom and in person. Training available if there is a desire to create a local support group	2 hrs/month	V - IP	0 – If in person, will need location
Support Groups/ Service Opportunity	BTS A R	Adults	NAMI Mental Health Peer Support Groups. Opportunity to provide location and or train to create support group for local community	Variable	V - IP	0

*BTS – Break the Stigma, A – Awareness, R - Resources