

# SAN ANTONIO MOBILE MENTAL WELLNESS COLLABORATIVE



## CURRICULUM GUIDE 2021-2022

**NO-COST TRAININGS**

**MENTAL WELLNESS • SUBSTANCE USE • GRIEF  
RELATIONSHIP BUILDING • AND MORE**

# CURRICULUM GUIDE

The San Antonio Mobile Mental Wellness Collaborative offers no-cost education and training opportunities for mental health professionals, school employees, caregivers, students, and the community.

These trainings can be tailored to the audience, and are available virtually or in person.

With the ever-changing state of mental wellness, there will be additional curriculum offerings throughout the school year. Visit [www.mentalwellnesscollaborative.org](http://www.mentalwellnesscollaborative.org) for updates.

The curriculum guide is organized by the broad categories of:

- General Information
- Mental Wellness
- Substance Use
- Grief
- Relationship Building
- Groups

Each training identifies the intended audiences:

 Adults/Caregivers

 Counselors

 School Staff

 Youth

# REQUEST A TRAINING

For more information or to request a training, please email the Collaborative at [mobilementalwellness@gmail.com](mailto:mobilementalwellness@gmail.com) or fill out the form at [www.mentalwellnesscollaborative.org](http://www.mentalwellnesscollaborative.org).

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## GENERAL INFORMATION

### **San Antonio Mobile Mental Wellness Collaboration**

This presentation is an overview of the history and mission of the San Antonio Mobile Mental Wellness Collaborative. Attendees will learn about the six partnering agencies, as well as services available for free to students, family members, teachers and district staff. They also will review the referral process and the impact of the program.

*Duration: 15-30 minutes* **S** **★**

### **Recovery High School**

Adolescents experiencing a substance use disorder need a vital piece to their continuum of care in San Antonio – a high school dedicated to providing an impactful and effective way to support youth in drug and alcohol recovery. This presentation will discuss why a recovery high school is necessary, who is eligible to attend, and how to refer students to the program.

*Duration: 1.5 Hours* **S** **★**

# MENTAL WELLNESS

## Anger and Stress Management

This training is designed to explore what stress is, identify triggers and effects of stress, and examine the makeup of stress. Participants will learn practical calming techniques and coping skills for managing stress, such as changing self-talk, breathing exercises, and ways to relax.

Duration: 1.5 Hours **A S Y**

## Anxiety in an Ever-Changing World

In a world that is no longer predictable, this past year has seen a large wave of mental health challenges surface. Some are experiencing high levels of stress, anxiety, and panic attacks for the first time. This training provides an open conversation about anxiety and stress. Participants will learn the brain science behind why their body is reacting the way it is to fear, get tips on how to calm their emotions,

and discover ways to harness these emotions into empowering skills for the future.

Duration: 1 Hour **A S ★ Y**

## Becoming Your Child's Best Advocate

This workshop helps parents and caretakers understand why they are the best advocate for their children. Participants will learn tips, techniques, and advocacy essentials. They'll be able to determine their family's current need for mental health services, recognize resources available, and determine eligibility requirements.

Duration: 1.5 Hours **★**

## Bending Blend: Mindfulness and Yoga

Bending Blend uses yoga techniques to help reduce stress, anxiety, and depression symptoms. It is available to all people, regardless of age and range of motion. Modifications will be used to accommodate all.

Duration: 1 Hour **A S ★ Y**

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## AUDIENCE KEY



Adults/Caregivers



School Staff



Counselors



Youth

### **Building Children’s Resiliency in the COVID-19 Pandemic**

This training provides psychoeducation to caregivers regarding building resiliency in children as they navigate the social and emotional impact of the pandemic. In addition, participants will learn practical interventions caregivers can use to build resiliency in their children and themselves.

*Duration: 1.5 Hours*  

### **Change in Minds: Neuroscience Social Service Transformation/Application**

This training will discuss and share learning opportunities and social service improvements through the application of neuroscience basics in Social Services. The process of embedding brain science principles will lead to improved outcomes for children and families. Participants will discuss how to translate brain science concepts into programs, practice, and policy change.

*Duration: 1.5 Hours* 

### **Cognitive Distortions**

“Nothing ever goes my way!”  
“What if I get into an accident?” “You made me feel bad.” Cognitive distortions, such as the examples above, are exaggerated patterns of thought not based on facts and are usually negative. In

this training, participants will learn how to recognize cognitive distortions, discover when the brain starts to twist its thinking, as well as how to recognize when it occurs and ways to untwist distorted thinking.

*Duration: 1 Hour*    

### **Community Resiliency Training**

The Community Resiliency Model (CRM)<sup>®</sup> trains community members to help themselves and help others within their more comprehensive social network. The primary focus of this skills-based stabilization program is to re-set the natural balance of the nervous system. CRM aims to help create “trauma-informed” and “resiliency-focused” communities that share a common understanding of the impact trauma and chronic stress have on the nervous system. Also, learn how resiliency can be restored or increased using this skills-based approach.

*Duration: 1.5 Hours* 

### **Compassion Fatigue**

Depression, anxiety, grief, and substance use are on the rise, so it’s even more critical for those in helping fields to take care of themselves and actively prevent compassion fatigue. This course will take a deep dive into what compassion

fatigue is, how to spot it and how to combat it. By the end of this course, participants will be able to define compassion fatigue, recognize the red flags of compassion fatigue, and utilize tools to prevent and reduce compassion fatigue.

*Duration: 1.5 Hours* **S** **★**

### **Coping Skills**

Coping skills help us tolerate, minimize and deal with stressful situations in life. This training will go into detail about the benefits of using coping skills. Then participants will discuss several experiential examples, such as deep breathing, grounding, positive self-talk, using your words, exercise, creativity, emotionally focused tapping, and more.

*Duration: 1 Hour* **A** **S** **★** **Y**

### **Early Childhood Development and Mental Health**

Early life experiences shape the developing brain's architecture and the foundations of sound mental health. Disruptions to this developmental process can impair a child's capacity for learning and how they relate to others – with lifelong implications. This training will discuss how improving children's environment, relationships, and experiences early in life can positively impact many costly

societal problems, including incarceration, homelessness, and the failure to complete high school.

*Duration: 1.5 Hours* **A** **S**

### **Mental Health and Wellness for Youth**

This discussion introduces the concept of mental health and wellness to youth. There will be an emphasis on normalizing that all people encounter challenges at times, and that a lifelong awareness and effort to strive toward wellness is necessary, much like other areas of health. Topics include how to support a friend who is struggling, when to consider counseling, and when someone might seek medication intervention.

*Duration: 1 Hour* **Y**

### **Mental Health First Aid**

This course teaches participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training enables participants to identify, understand, and respond to signs of addictions and mental illnesses.

*Duration: 8 Hours* **A** **S** **★** **Y**

## **Mental Wellness: Enhancing Wellness in Difficult Times**

Wellness is an awareness, understanding, and acceptance of your emotions, and your ability to manage them effectively through challenges and change. And just like every other aspect of our health, we are always working on it. In this presentation, attendees will learn about different mental health challenges and how counseling can be a useful tool for improving overall wellness. Attendees also walk away with 13 different strategies they can implement when coping with difficult times.

*Duration: 1 Hour* **A** **S** **★** **Y**

## **Play Therapy Techniques**

Play therapy is a form of counseling or psychotherapy that uses play to communicate and help people, especially children, prevent or resolve psychosocial challenges. Play is a child's natural medium to learn, communicate, and explore their world. Play Therapy allows children to explore feelings, as well as make sense of and recover from difficult life experiences in a safe and trusting environment. It is a

primarily non-verbal approach. In this training, participants will learn techniques to help a client develop positive self-concept, self-responsibility, self-accepting, self-directing, and self-reliance.

*Duration: 1.5 Hours* **★**

## **Resilience: The Ordinary Magic**

When researchers tried to predict who was most susceptible to mental health challenges, they discovered some people who seemed to be invincible to the risk factors. What superpower did those people have that made them different from others? The answer was the ordinary magic of resilience. All of us have resilience within ourselves to help overcome the adversities of life. We just have to learn how to harness it. This training explores five simple practices of resilience and provides practical tasks attendees can do to make resilience part of their everyday life. As a bonus, attendees will have access to a free bullet journal to practice gratitude, the resilience superpower that takes only five minutes a day.

*Duration: 1 Hour* **A** **S** **★** **Y**

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## **AUDIENCE KEY**

**A** Adults/Caregivers

**S** School Staff

**★** Counselors

**Y** Youth

## Self-Care

Go beyond the typical self-care routines of bubble baths and a leisurely walk to learn the importance of taking care of yourself. In this training, participants will discuss self-compassion; body image and perfectionism issues; the importance of accepting oneself; setting attainable, challenging goals; and how to develop small daily habits to demonstrate love for oneself.

*Duration: 1 Hour*    

## Stigma of Mental Health

Why are so many people afraid to talk about mental health challenges? It is often because there is a stigma associated with these challenges. This session provides an open, safe space to discuss what stigma is, misconceptions and myths about mental illness, and why the way we talk about mental health challenges matters.

*Duration: 1 Hour*   

## Trauma-Informed Care

With the growing number of children and caregivers who have been impacted by traumatic events, it has become increasingly important to broaden our understanding and modify our approach when working with this popu-

lation. Trauma-informed care is the act of asking “what happened to you?” instead of “what is wrong with you?” In this training, participants will review how trauma-informed care and neuroscience intersect. Topics covered include what trauma is, how trauma negatively impacts health, the brain science of trauma, and practical ways to provide trauma-informed care.

*Duration: 1-1.5 Hours*  

## Triple P: Positive Parenting

Triple P is the flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation. Triple P is an evidence-based parenting program with a toolbox of ideas that you can choose to use. Triple P helps parents raise happy, confident kids and manage misbehavior, so everyone in the family enjoys life more. Caregivers will learn to set rules and routines that everyone respects and follows, while encouraging positive behavior. Participants also discover ways to take care of themselves as a caregiver, and feel confident doing the right thing.

*Duration: 1.5 Hours* 

## **Understanding Adverse Childhood Experiences**

In the ACE Interface training, you will learn about the Adverse Childhood Experiences (ACE) study and the neurobiology that explains why ACEs significantly affect people's lives. This training will provide information on how we can dramatically improve health and resilience for this and future generations. This training is foundational to learning about trauma-informed care.

*Duration: 1.5 Hours*   

## **SUBSTANCE USE**

### **Boundary Setting with Teens**

Boundaries are one of the most effective tools for bringing stability to families dealing with substance use disorder (SUD). Boundaries and rules are similar, but they are not the same. The subtle change in thought could mean the difference between bringing reason back to the family or remaining in pain. This workshop will teach the differences of rules and boundaries, guide how to set boundaries, and provide tools for setting healthy boundaries.

*Duration: 1.5 Hours*  

### **Cycle of Addiction**

This session will detail the cycle the individual will go through who is using substances, as well as the process the family member will go through while their loved one uses substances. Participants will explore what it is like to be in each cycle for a substance user and for the family member. They will leave the session with a better understanding of the cycle of substance use and with tools they can use to break the cycle.

*Duration: 1.5 Hours*  

### **Family Dynamics**

This workshop explores various roles within a family when substance use is involved. Participants will learn the role each person plays, how it impacts the family system, and discuss the cycle when a family does not receive help. Participants also will understand the functions of the family dynamics, how the family cycle plays out, and what tools are available to help a family heal.

*Duration: 1.5 Hours*  

### **Family Illness**

Families are effected by substance use. This session will detail the disease of addiction, and how each family member can receive help related to

the family illness of substance use. By the end of the session, participants will understand how substance use is a family illness, recognize their part in the family illness, and utilize tools for healing.

*Duration: 1.5 Hours*  

### **Feelings Grief and Loss with Substance Use**

When letting go of substances, there are often feelings of grief an individual goes through. This session will discuss the five stages of grief and loss around the substance, as well as the emotions the family members go through when their loved one gets help. Participants will be able to define the stages of grief, learn about the process of letting go, and gain resources they can use during their acceptance in the grief process.

*Duration: 1.5 Hours*  

### **Signs and Symptoms in Teens with Substance Use**

This topic will detail the signs that appear in behavior regarding teens who are experiencing substance use. Participants will discuss what to look for and how to spot the signs among teens, as well as what to do if someone notices these signs in their teen. By the end of this course, participants will be able to define the

stages of substance use, recognize the signs of substance use in teens, and utilize tools to help teens who are experiencing substance use.

*Duration: 1.5 Hours*   

### **Substance Use Education**

This workshop will discuss how drugs and alcohol affect the brain. Participants will learn the four stages of addiction, the parts of the brain affected by substance use, how to recognize stages and the cycle of addiction.

*Duration: 1.5 Hours*   

### **Why Am I Here?**

One of the questions parents always ask is, “Why am I here? My child has the problem, not me.” Substance use, abuse, or addiction is a family affair. It affects the substance user, and their family. Our experience and multiple studies have shown the effectiveness of family involvement in helping the substance user recover, as well as helping the family recover. Participants will learn how the family is affected, recognize the effectiveness of family involvement, and utilize tools to bring sanity back to the family.

*Duration: 1.5 Hours* 

## **WRAP: Wellness Recovery Action Plan**

Mold your life the way you want it. Join this session to discuss a self-designed prevention and wellness process that anyone can use to discover and stay well. Learn ways to overcome mental health issues and move on to fulfilling life dreams and goals. WRAP will help individuals address various physical, mental health, and life issues so they can live life to the fullest. By the end of this course, participants will be able to recognize what WRAP is and its focus, as well as use WRAP tools.

*Duration: 1 Hour* **A** **Y**

## **GRIEF**

### **COVID-19 and Grief: Talking to Your Children About Death and Illness**

Speaking to children about death and illness isn't an easy thing to do. This presentation will provide caregivers a guideline to use when it comes time to have these difficult conversations. In addition, this interactive training will offer examples of what

to say and what not to say to children experiencing grief.

*Duration: 1.5 Hours* **A**

### **Grief 101: Educator's Grief**

This presentation considers the impact of grief on the educator. Discussion includes how educators can recognize their grief, why self-care is important, what activities could help with self-care, and building resiliency.

*Duration: 1.5 Hours* **S**

### **Grief 101: Supporting a Grieving Child/Student**

This psychoeducation training will discuss the basics of grief and how it might present in children. Participants will learn the developmental stages and tools for supporting a grieving child, as well as what to say and what not to say. This session can be slightly adapted to fit for caregivers or school staff based on the audience.

*Duration: 1.5 Hours* **A** **S** **☆**

### **Grief 101: Supporting A Grieving Child on the Autism Spectrum**

Learn how grief may present for individuals on the Autism Spectrum. This training pro-

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## **AUDIENCE KEY**

**A** Adults/Caregivers

**S** School Staff

**☆** Counselors

**Y** Youth

vides psychoeducation regarding how children experience grief developmentally, and offers tools and suggestions for caregivers as they support their children through grief.

*Duration: 1.5 Hours*  

## RELATIONSHIP BUILDING

### **Communication Skills**

Participants will learn about the different styles of communication: Passive, aggressive, passive-aggressive, and assertive. They'll then practice different ways to express themselves through activities.

*Duration: 1 Hour*    

### **Conflict Resolution**

This training explains what conflict resolution is, as well as strategies that can be incorporated to assist with conflict resolution. Participants will discuss how to identify emotions, how to apologize, helpful forms of communication, what tactics to avoid, and how to deescalate communication.

*Duration: 1 Hour*    

### **Developmental Assets**

This session will go into detail about the five elements of the Developmental Relationships Framework. Participants will learn what each element means and why each one is

essential. They also will explore how to recognize and evolve their prioritized elements to open a doorway to a greater understanding and utilization of developmental relationships. By the end of the training, participants will be able to define the five elements of the Developmental Relationships Framework, recognize which element they thrive in, and fully utilize all five elements in their relationships.

*Duration: 1.5 Hours*   

### **FAST: Family and School Together**

FAST® is an internationally-acclaimed parent engagement program that supports the family bonding necessary for children to thrive. Built on evidence-based practices and rigorously tested, FAST empowers parents as leaders of their families, builds positive connections and social capital between families and schools, and creates a supportive community engaged in fostering children's well-being and education.

*Duration: 2 Hours*   

### **Healthy Teen Relationships**

In this interactive workshop, young people will learn about healthy relationships, choices, boundaries, communication, and empathy. It addresses at-

titudes and behaviors related to dating abuse and healthy relationships.

*Duration: 1.5 Hours* **Y**

### **Nurturing Parent Workshop**

The Nurturing Parenting Programs are a family-centered, trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. By teaching positive parenting behaviors, the long-term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse. The Nurturing Parenting Program is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Registry for Evidence-based Parenting Programs (NREPP).

*Duration: 1.5 Hours* **A** **G**

### **Recognizing Abusive Relationships**

Everyone deserves relationships free from physical, verbal, and emotional abuse. In this training, participants will learn ways to identify abusive dynamics in intimate and family relationships. They'll

also discover ways to identify abusive dynamics in intimate and family relationships, as well as different myths and facts connected to abusive relationships.

*Duration: 1 Hour* **A** **S** **G** **Y**

### **Talking to Youth About Healthy Relationships**

Relationships are foundational to the positive cognitive, social, and emotional growth of youth. Research illustrates that the more developmental relationships youth have, the more positive their academic and life outcomes are. Participants will learn ways to help their child navigate relationships; warning signs to look for in youth relationships; and how to provide compassionate, respectful support.

*Duration: 1.5 Hours* **A**

## **GROUPS**

We offer a variety of group sessions designed to help student's mental wellness. The groups can be adapted for elementary, middle, or high school (except for the healthy relationship group, which is toward upper grades).

*Duration: Weekly sessions, 3 to 6 weeks each* **Y**

## **Group Topics Include:**

### **Depression 101**

Learn what depression is and how it affects people.

### **Healthy Relationships**

Talk about how to build a healthy romance. Topics include assertiveness, boundaries, communication skills, and recognizing unhealthy relationship patterns.

### **Managing Anxiety**

Learn about anxiety and how to reduce it.

### **Mental Health 101**

Discuss why mental health is important and explore available resources.

### **Mindfulness 101**

Practice techniques to stay calm and in the moment.

### **Perfectionism & How It's Going to Affect You**

Gain insight into healthy vs. unhealthy perfectionism.

### **Respecting Your Story**

Identify your self-worth and how to practice self-compassion.

### **Seeking Safety**

Learn ways to address trauma and addiction without diving into the trauma narrative.

### **Study Skills**

Discover effective ways to focus and the art of uni-tasking.

### **Time Management**

Learn to stop procrastinating and use your time effectively.

## **SUBSCRIBE TO OUR NEWSLETTER**

Do you want to receive the Collaborative's monthly newsletter full of mental wellness tips, articles, and information about upcoming education opportunities? To subscribe, use your phone's camera to scan this QR code, and then fill out the form.



# ABOUT THE PROGRAM

The San Antonio Mobile Mental Wellness Collaborative was founded in 2019 by six nonprofits wanting to provide a holistic approach to mental wellness by breaking barriers and bringing services right into the schools.

The group currently serves school districts by offering individual and group counseling, psychiatry, education, outreach, and wraparound support to students, families, teachers, and district staff.

Organizations in the Collaborative include:



For more information or to request an education training:

**[www.mentalwellnesscollaborative.org](http://www.mentalwellnesscollaborative.org)**

210-965-2962