

- BHR's First Edition of "BHR eCare Package" Launches
- Chris Coleman-Sandwell provides tips, coping skills and more
- 2017 BHR Trainings Schedule Available
- Crisis Line Numbers

INSIDE
THIS ISSUE:

Manager's Corner	2
Coping Skills, Tips, Etc.	2
Meet Our Trainers	2
Resources	3
Trainings Schedule	3
Crisis Line Numbers	4

BHR eCare Package

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WINTER 2017

Welcome to BHR's eCare Package

Welcome to our very first edition of "BHR's eCare Package". Our newsletter will be emailed quarterly to all future and past participants of BHR trainings. We will feature topics such as:

- **From the Manager's Corner**—Chris Coleman-Sandwell, CQI & Compliance Manager, at BHR will provide some coping skills, tips and self-care information for your use.
- **Meet Your Trainer**—We will introduce you to one of BHR's trainers in

each edition and give you a little more insight about them, their experience and why they train with BHR.

- **Resources**—We will introduce you to a couple of resources, that you may or may not be aware of, and provide their contact information.
- **Trainings Schedule**—Of course, we will include any BHR trainings at the time of press but it is always a good idea to check our trainings webpage for updates.

We hope you find the first edition of our newsletter both helpful and valuable and please feel free to pass this issue along to anyone whom might be interested in receiving our newsletter.

BHR's quarterly newsletter will be distributed to all past and future participants of BHR trainings. You may opt out of receiving BHR emails at any time by replying to the email with "UNSUBSCRIBE" in the subject line.



BHR Trainings Web Page MIA

BHR's website is currently undergoing maintenance and is not available. Please excuse the inconvenience while we develop a newer website to better serve you. Listed below are email addresses for things commonly requested:

- **For BHR Trainings—Registration, Schedules & Information:**
Contact trainings@bhrworldwide.com.
- **For BHR Resources—Gold Cards, Youth Connection Helpline Cards, Etc.:**
Contact resources@bhrworldwide.com.

We hope to have our website restored very soon and thank you for your continued patience and understanding.



Chris Coleman-Sandwell
CQI & Compliance Manager
BHR

“Mental illness is nothing to be ashamed of but stigma and bias shame us all.”
~ Bill Clinton ~



ALGEE Bear

From the Manager’s Corner

Welcome to BHR’s first newsletter – my first thought is I need a new picture. Beyond that moment, I want to thank each one of you for taking the time to attend one of BHR’s trainings. Your willingness to take time out of your day and be an active participant in trainings helps our community succeed. From Men-

tal Health First Aid trainings to Applied Suicide Intervention Skills Training BHR’s team has trained over 1,000 individuals in our community. It is great to know we have community members willing, ready and able to help others in some way who appear to be in crisis.

Please continue to show your support by referring

others to the trainings. As you can see by the schedule on the next page we have a lot scheduled in the next three months. Thank you to the St. Louis County CSF and St. Charles County CCRB for your continued financial support of many of our trainings.

Coping Skills, Tips & Self-Care

Let’s take care of ourselves!

1. Take stock of what’s on your schedule.

What factors are contributing to making your schedule too full? What life situations or things you have taken on? What would you like to change most? If you are comfortable sharing this with a trusted friend, family member or colleague, have a brainstorming discussion with them on strategies and new ideas

2. Start a self-care idea collection (at home or at work).

You could even start a contest for the best self-care idea of the week or have a “self-care board” where people post their favorite ideas. You could also have a “5 minutes of self-care” at each staff meeting (or with family and friends) where someone is in charge of bringing a new self-care idea each week. Once you have a

really nice long list, pick three ideas that jump out at you. Make a commitment to implementing these in your life within the next month.

3. Start a gratitude jar.

Each day write down what you were thankful for and put it in a jar. At the end of the month or end of the year, read them back to see what went well.

Meet BHR’s Trainers

In the next edition of BHR’s eCare Package, we will introduce you to one of our many trainers of Mental Health First Aid and ASIST. We will provide you with a glimpse into their knowledge and experiences

while helping those in need. They will offer their views on why providing Mental Health trainings are so important to them.

Did you know that not all of our trainers are em-

ployed with BHR? It’s true! Our trainers come from many different agencies and offer many different perspectives. Our trainers are top-notch and we are proud to have them assist us with our trainings.

Youth In Need (YIN)

Youth In Need (YIN) was founded in 1974 by community volunteers. YIN offers more than 50 direct service and support programs to children, teens and families. YIN provides programs and services to more than 20,000 children, teens and families at more than 40 sites, spanning 100 miles, in six counties in Eastern Missouri. YIN is one of a few programs in the nation that offers a continuum of care for children from birth to adulthood.

YIN offers the following:

- Adoption
- Case Management
- Counseling
- Education
- Emergency Shelter
- Foster Care
- Head Start & Early Head Start
- Infant, Child & Family Development
- Project Safe Place
- Residential Homes
- Resources
- Street Outreach
- Support Groups
- Teen Parenting
- Transitional Living

To contact YIN:

- St. Louis County: (314) 628-2929
- St. Charles County: (636) 642-0642
- St. Louis City (YIN's 24 Hour Helpline): (636) 946-3771
- www.youthinneed.org

"We know that mental illness is not something that happens to other people. It touches us all. Why then is mental illness met with so much misunderstanding and fear?"
~ Tipper Gore ~

2017 Trainings Schedule

- January 9—Adult Mental Health First Aid
- January 23—Project AWARE Youth Mental Health First Aid
- Jan 31/Feb 1—ASIST
- February 6—Adult Mental Health First Aid
- February 27—Project AWARE Youth Mental Health First Aid
- March 13—Adult Mental Health First Aid
- March 27—Project AWARE Youth Mental Health First Aid
- April 7—Youth Mental Health First Aid (St. Charles County Only)

BHR's website is currently undergoing maintenance and not available. To register for a training or obtain additional information on BHR trainings, email us at trainings@bhrworldwide.com

All trainings are in BHR's training room from 8am-5pm unless otherwise noted.

Youth Emergency Services (YES)

For 150 years, Epworth Children and Family Services has provided the St. Louis community with essential youth development services that have helped thousands of children overcome severe emotional and behavioral challenges caused by abuse or neglect.

More than 7,500 youth and families turn to Epworth each year for assistance. Epworth's strength-based therapeutic philosophy builds on the individual strengths of youth and families, thus

increasing the capacity of each to thrive in society.

YES offers the following:

- 24 Hour Helpline
- Counseling
- Emergency Shelter
- Family Reunification Therapy
- Foster Care Transition
- Foster Family Care
- Independent Living Program
- Intensive Treatment
- Prevention Services
- Psychological Services
- Residential Treatment
- Special Education
- Street Outreach Services
- Transitional Living Program
- Violence Prevention Program

To contact YES:

- 24/7 Helpline: (314) 7272-6294 or
- Toll Free (800) 899-KIDS (5437)
- www.epworth.org



Behavioral Health Response

12647 Olive Boulevard

Suite 200

St. Louis, Missouri 63141

Phone: 314.628.6229

Email: trainings@bhrworldwide.com

Website: www.bhrstl.org/mhfa-trainings

*We Care,
We Listen,
We Respond ...24 Hours A Day*

Established in 1994, BHR is a private nonprofit corporation that provides 24-hour access to mental health services free of charge to residents of the city of St. Louis, Missouri and the counties of St. Louis, St. Charles, Franklin, Jefferson, Lincoln, Warren, Iron, St. Francois and Washington. BHR offers confidential telephone counseling to people in mental health crises as well as mobile outreach services, community referral services, next day urgent appointments to mental health providers and critical incident stress management (CISM).

Crisis Hotline Information

BHR Crisis Line

Call: 314-496-6644; 1-800-811-4760 Toll Free

TTY: 314-469-3638

Text: 4HLP to 31658

St. Charles County Youth Connection Helpline

Call: 636-642-0642; 1-855-642-0642 Toll Free

Chat: www.stcharlescountykids.org

Text: BSAFE to 31658

St. Louis County Youth Connection Helpline

Call: 314-628-2929; 1-877-928-2929 Toll Free

Chat: www.keepingkidsfirst.org

Text: 4HLP to 31658

A yellow rectangular card with rounded corners. On the left side, there is a list of questions: "Need to talk?", "Feeling depressed?", "In a crisis?", and "Thoughts of Suicide?". On the right side, there is the BHR logo (three overlapping circles) and the text "BHR Behavioral Health Response". In the center, the text reads "Call us at BHR" in a large, bold, black font, followed by "FREE OF CHARGE" in a smaller, black font. At the bottom, there are two phone numbers: "314-469-6644" and "800-811-4760", with a small BHR logo between them. Below these numbers is the text "314-469-3638 (TTY)".

Need BHR Gold Cards or Youth Connection Helpline Cards?

Email your request to resources@bhrworldwide.com and receive them.

BHR's quarterly newsletter is distributed to all BHR training participants who have elected to receive emails from BHR. You may opt out of receiving emails at any time by replying with "UNSUBSCRIBE" in the subject of your email.