

# PROFESSIONAL DEVELOPMENT OPPORTUNITIES

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## CLASSROOM WISE

Audience: Schools

Trainer: Liz MacDonald, Janelle Visser, & Nicole Berosek

Length: Customizable

Cost: FREE!

Classroom WISE offers evidence-based strategies to promote student mental health and support students with mental health challenges. Skills are based on the scientific literature on school climate, mental health literacy, social-emotional learning, and school-based interventions for mental health problems.

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## WRAP (WELLNESS RECOVERY ACTION PLAN)

Audience: Schools, Organizations, Community Groups

Trainer: Emily Timm, Cheri Farris & Nicole Berosek

Length: Customizable, but 2-hour minimum

Cost: FREE!

A Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

- Discover simple, safe, and effective tools to create and maintain wellness
  - Develop a daily plan to stay on track with your life and wellness goals
  - Identify what throws you off track and develop a plan to keep moving forward
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## MENTAL HEALTH MATTERS

Audience: Schools, Organizations, Community Groups

Trainer: Cheri Farris & Nicole Berosek

Length: Customizable

Cost: FREE!

Mental Health Matters is a focused training dealing with several aspects of mental health, such as dealing with anger, de-escalation, stress management, resiliency, and coping.

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## RESILIENCE & THRIVING

Audience: Schools, Organizations, Community Groups

Trainer: Cheri Farris

Length: 60 - 90 minutes

Cost: FREE!

We all have an innate ability to deal with stress which also helps us to transform stress into something that helps us prosper and thrive. This evidence-based training will provide some powerful tools to tap into your raw coping power and make the stress encountered in everyday life work for you.

# **PROFESSIONAL DEVELOPMENT OPPORTUNITIES**

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## **RESILIENCE FIRST AID STARTER TRAINING**

Audience: Schools, Organizations, Community Groups

Trainer: Nicole Berosek

Length: 120 minutes or other customizable resilience options are available

Cost: FREE!

Connected resilience training to build mental wellness in groups through the 6 domains of resilience, along with psychosocial awareness training.

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## **COMET (CHANGING OUR MENTAL & EMOTIONAL TRAJECTORY)**

Audience: Schools, Organizations, Community Groups

Trainer: Nicole Berosek

Length: 60-minutes

Cost: FREE!

Suggests five questions and statements to help you start a conversation with someone who might be dealing with a mental health issue. The questions are written to feel natural and to give you an entry point into the "trajectory" of the situation.

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## **PSYCHOLOGICAL FIRST AID (PFA)**

Audience: Schools, Organizations, Community Groups

Trainer: Cheri Farris & Nicole Berosek

Length: 8-hours

Cost: FREE!

PFA is a supportive behavioral intervention for use in the immediate aftermath of disasters and other traumatic events, and is an evidence-informed approach to assist individuals in the immediate aftermath of disaster and terrorism. Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.

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## **QPR (QUESTION. PERSUADE. REFER.)**

Audience: Schools, Organizations, Community Groups

Trainer: Cheri Farris, Liz MacDonald, Janelle Visser, & Kelsy Sasse

Length: 60-75 minutes

Cost: FREE!

QPR, like CPR, can be a lifesaver. QPR training helps participants recognize the warning signs and risk factors for suicide. QPR empowers anyone with the tools and skills to make a positive difference in the life of someone they know. It is an innovative, practical and proven suicide prevention training.

## **HOPE SQUAD**

Audience: Schools

Trainer: Liz MacDonald, Janelle Visser & Nicole Berosek

Length: Year-long school-based program

Cost: FREE!

Hope Squad is a peer-to-peer suicide prevention program. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors

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## **MY ASCENSION**

Audience: Schools, Organizations, Community Groups

Contact: Cheri Farris, Liz MacDonald & Nicole Berosek

Length: 90 minutes

Cost: FREE!

A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed but propelled her on a mission to use her painful experience to inspire others to find hope and stay alive. My Ascension is a feature-length documentary that chronicles Benoit's inspiring journey.

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## **YOUTH MENTAL HEALTH FIRST AID**

Audience: Schools, Organizations, Community Groups

Trainer: Liz MacDonald & Nicole Berosek

Length: 2 hour of on-line pre-work and 6 hours of in person or virtual instruction

Cost: FREE!

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

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## **ADULT MENTAL HEALTH FIRST AID**

Audience: Schools, Organizations, Community Groups

Trainer: Nicole Berosek

Length: 2 hour of online pre-work and 6 hours of in person or virtual instruction

Cost: FREE!

Teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

## **BASE EDUCATION**

Audience: Schools  
Trainer: Tabi Prochazka  
Length: School Curriculum  
Cost: FREE!

BASE Education is a comprehensive student mental health platform that provides a psychologically safe, interactive, and evidence-based curriculum. Developed by mental health professionals, BASE Education is recommended by CASEL and designed to help students understand and articulate their emotions, develop self-regulation skills, and build healthy relationships with peers and adults.

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## **40 DEVELOPMENTAL ASSETS**

Audience: Schools  
Trainer: Janelle Visser & Nicole Berosek  
Length: Customizable  
Cost: FREE!

Search Institute has identified 40 positive supports and strengths that young people need to succeed. Half of the assets focus on the relationships and opportunities they need in their families, schools, and communities (external assets). The remaining assets focus on the social-emotional strengths, values, and commitments that are nurtured within young people (internal assets).

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## **BRIDGES OUT OF POVERTY**

Audience: Schools, Organizations, Community Groups  
Trainer: Cheri Farris & Nicole Berosek  
Length: One hour, two hours, OR full-day training  
Cost: FREE!

This workshop is a comprehensive approach to understanding poverty. Bridges Out of Poverty uses the lens of economic class and provides concrete tools and strategies for communities, schools, and organizations.

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# PREVENTION, ADDICTIONS, SAFETY

## HEALTH ROCKS

Audience: Schools  
Trainer: Liz MacDonald  
Length: Evidence-Based School Prevention Program  
Cost: FREE!

Health Rocks! applies 4-H's successful Positive Youth Development model with life skill development and decision-making philosophy to the challenge of reducing tobacco, alcohol, e-cigarette/vaping and drug use. Available for grades 3-9.

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## OPIOID AND TOBACCO EDUCATION

Audience: Schools & Organizations  
Contact: Emily Timm and Liz MacDonald  
Length: Customizable  
Cost: FREE!

Learn more regarding opioids & tobacco and how they impact your school/organization, plus prevention and treatment options. This customizable training is great for lunch & learns or in-service days.

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## HOW TO TALK WITH YOUNG PEOPLE ABOUT VAPING

Audience: Schools, Organizations, Community Groups  
Trainer: Nicole Berosek  
Length: 60-90 minutes  
Cost: FREE!

Becoming a trusted adult requires skill development and practice. At this workshop, participants will get both: learning the keys to being a trusted adult and applying that approach to conversations with the youth in their life. You will be able to use trusted adult principles to have conversations with youth about electronic nicotine devices, e-cigarettes, and vaping.

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## CATCH MY BREATH

Audience: Schools  
Trainer: Liz MacDonald, Janelle Visser & Nicole Berosek  
Length: School prevention program  
Cost: FREE!

CATCH My Breath is the only evidence-based youth nicotine vaping prevention program for grades 5-12 that has been proven to substantially reduce students' likelihood of vaping.

# PREVENTION, ADDICTIONS, SAFETY

## ALL STARS

Audience: Schools

Trainer: Liz MacDonald

Length: Evidence-Based School Prevention Program

Cost: FREE!

All Stars is a continuum of prevention programs, for grades 4-12, designed to delay the onset of risky behaviors with adolescents.

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## OPERATION PREVENTION

Audience: Schools, Organizations, Community Groups

Contact: Emily Timm

Length: Customizable

Cost: FREE!

Operation Prevention provides educators & organizations with engaging tools that are aligned to national health and science standards, and integrate seamlessly into classroom/worksite instruction.

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## TEENS IN THE DRIVER SEAT

Audience: Schools

Trainer: Janelle Visser & Nicole Berosek

Length: School Educational Program

Cost: FREE!

Teens in the Driver Seat® is a peer-to-peer safety program for America's youth.

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## HIGHWAY SAFETY INITIATIVES

Audience: Schools, Organizations, Community Groups

Trainer: Janelle Visser & Nicole Berosek

Length: Customizable

Cost: FREE!

Offer an assembly with Chuck Elley or Cara Filler OR provide education/training for your students, staff, and parents through EndDD. All programs and initiatives are customizable for your school's needs. Join the effort on decreasing distracted driving, highway safety, and seatbelt use.

# SAFETY & OTHER

## SILO THE FILM

Audience: Schools, Organizations, Community Groups

Contact: Nicole Berosek

Length: 90 minutes

Cost: FREE!

SILO is the First Ever Feature Film about a Grain Entrapment

Disaster strikes in a small American farm town when a teenage boy becomes the victim of a grain entrapment. As corn becomes quicksand inside of a 50-foot silo, the town locals must put aside their deeply rooted differences to save him from drowning in the grain they harvest.

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## CPR

Audience: Schools, Organizations, Community Groups

Trainer: Cynthia Garza & Nicole Berosek

Length: Varies depending on the school needs

Cost: \$70 per person for CPR and \$100 per person for CPR/First Aid + Mileage

CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple the chances of survival after cardiac arrest.

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## KEEPING OUR CHILDREN HEALTHY!

Audience: Schools, Organizations, Community Groups

Trainer: Melissa Haas, Megan Barhafer & Kendra Lauruhn

Length: 70 minutes

Cost: FREE!

Lead Awareness: Keeping our Children Healthy curriculum is meant to provide communities an educational tool to discuss potential lead exposure and promote in-home activities that parents, grandparents, childcare providers and others can do to reduce childhood lead exposure. Each module consists of materials (i.e., lesson plan, worksheet, key messages, presentation slides and kids activity sheet) to facilitate interactive sessions with participants.

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## 8 TO GREAT

Audience: Schools, Organizations, Community Groups

Trainer Nicole Berosek

Length: Customized

Cost: FREE!

8 to Great empowers students and adults with the skills for greater happiness and success, thereby instilling hope and inspiring possibilities.

It is also a CASEL-aligned 8-step Life Skills process that is as practical as it is powerful.

# PROFESSIONAL DEVELOPMENT: OTHER

## MOTIVATIONAL INTERVIEWING (MI)

Audience: Schools, Organizations, Community Groups

Trainer: Cheri Farris

Length: Customizable

Cost: FREE!

We weren't all born knowing how to communicate in the most effective ways. MI provides tools to have more impactful conversations to support positive change and growth.

MI Training Objectives include:

- Explain the meaning of the MI Spirit and general coaching approach to communication
- Ability to utilize key Motivational Interviewing Processes
- Improved ability to engage and empower others in conversations when any behavior change is needed

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## DIVERSITY AND INCLUSION INTRODUCTORY TRAINING

Audience: Schools, Organizations, Community Groups

Trainer: Megan Barhafer

Length: 1 hour, but can be customized

Cost: FREE!

This customizable training provides information regarding the following topics:

- Discover Diversity Within
- Honor Diversity Within & Around
- Roll With Resilience in the Face of Diversity

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## FINANCIAL WELLNESS: LIVING FINANCIALLY WELL

Audience: Schools, Organizations, Community Groups

Trainer: Nicole Berosek

Length: 55 minutes

Cost: FREE!

Living Financially Well provides information on:

- Thought Barriers to Financial Wellness
- Essential 1: Budgeting



# BIOS



## MEGAN BARHAFER

Megan Barhafer, BS, is a passionate presenter. She is currently in an MPH program at UNMC. She is a certified lead paint inspector and risk assessor. She is passionate about environmental health and health equity. She encourages engaging dialogue. People who have attended her sessions say she makes complicated data understandable and interesting.

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## NICOLE BEROSEK

Nicole Berosek, MS, is a dynamic facilitator. She holds a Master of Science in Organizational Management, is a National Board-Certified Health Coach and American College of Lifestyle Medicine Coach. Nicole works as an Organizational Wellness Coordinator and Community Health Educator at Panhandle Public Health District.

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## CHERI FARRIS

Cheri Farris, MPH, CHES, NBC-HWC, Community Health Educator, is an experienced and engaging facilitator. She brings a bit of humor along with real life experience and fidelity to empower people to take charge of their health and happiness through the various health promotion programs, trainings, and activities she facilitates.

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## CYNTHIA GARZA

Cynthia is a Bilingual Public Health Nurse and Community Health Worker. She holds a License in Practical Nursing and nearly 10 years of experience in various nursing functions and community health. At PPHD, she administers immunizations, health screenings, disease investigation, and is a Fit Testing and CPR trainer.

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## MELISSA HAAS

Melissa Haas, MS, is a Environmental Health Coordinator which involves West Nile virus surveillance, radon awareness, air quality monitoring, and is a state licensed Lead Hazard Risk Assessor. She holds a Master of Science in Biology from the University of Nebraska-Kearney and has been working in public health for 10 years.



## MYRRANDA KELLEY

Myrranda Kelley, BSN, RN, is a Registered Nurse in Public Health. Among her ten years of experience in her nursing career, she confirmed her passion in prevention amid community nursing work in 2020. Myrranda is a familiar face to the immunization program. She offers Respirator Fit Testing and CPR training services while also assisting in the investigations of communicable disease surveillance.

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## KENDRA LAURUHN

Kendra Lauruhn, BS, RDH, Lead Abatement Risk Assessor and Childhood Lead Poisoning Prevention Program Coordinator. At PPHD, she performs home lead inspections and risk assessments, manages blood lead testing and referrals, and coordinates childhood lead poisoning case management.

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## LIZ MACDONALD

Liz MacDonald coordinates the Panhandle Prevention Coalition in efforts to prevent tobacco usage, underage drinking, binge drinking, promoting mental health awareness, and suicide and overdose prevention. She has extensive experience working with at-risk youth and providing case management services.

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## KELSY SASSE

Kelsy Sasse, MHA, is a Panhandle native who has been with PPHD since 2021. As a community health planner, her passion lies in implementing strategies to increase the health and wellness of all Panhandle residents and ensuring that everyone has access to the resources they need to lead a healthy life. She is a trained QPR facilitator and passionate about reducing the stigma surrounding mental health.

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## EMILY TIMM

Emily Timm will be assisting with substance abuse prevention efforts included in the workplan. Timm has over 20 years' experience as a Licensed Practical Nurse and is the current Opioid Response Program coordinator for PPHD. She is a trained facilitator in WRAP (Wellness Recovery Action Planning) and Living Well.

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## JANELLE VISSER

Janelle Visser has been with Panhandle Public Health District since 2008. She is a warm and engaging presenter who is passionate about prevention and being proactive by living and promoting a healthy lifestyle. She enjoys sharing health education with all ages, especially the tobacco-free message. When she is not sharing the healthy lifestyle message, you can find her enjoying rural life outdoors walking, gardening, or traveling.