

The NAN Project is an initiative which seeks to promote mental health awareness and suicide prevention programs in classrooms across Massachusetts. The core of our work is our peer-to-peer model, where our peer mentors, young adults aged 18-25 with lived experience, present their comeback stories to students with the goal of opening up the conversation around mental health issues and reducing the stigma.

THE NAN PROJECT PROFESSIONAL DEVELOPMENT TRAINING

The NAN Project provides engaging Professional Development workshops for school staff, educators, and community stakeholders all with the goal of creating a culture of emotional wellbeing within our schools. Each workshop incorporates the lived experience of our Peer Mentors as well as practical, effective strategies to promote mental health.

All workshops are offered free of charge.

**"THESE PDS ARE
ALWAYS THE BEST
ONES WE HAVE ALL
YEAR!"**

Educator, Hopedale

**"INFORMATIVE,
INTERACTIVE, AND
FELT LIKE A SAFE
SPACE FOR QUESTIONS
OR CONCERNS. "**

Community Stakeholder, Roxbury

**"GROUNDED,
AUTHENTIC,
INFORMATIVE
SPEAKERS"**

Case Manager, Eliot

**"EASY TO IMPLEMENT
STRATEGIES FOR
OURSELVES AND OUR
COMMUNITIES."**

Educator, Lawrence High School

QPR FOR STAFF, FACULTY, AND COMMUNITY STAKEHOLDERS

This training will empower educators to act as a bridge to help for a student who may be struggling with suicidal thoughts. QPR is not intended to be clinical, but rather, but to offer a suicide prevention tool anyone can use. This interactive training offers three simple steps - Question, Persuade, Refer, as well as suicide statistics, risk factors & warnings signs, and strategies on how to support a young person dealing with mental health challenges.

BUILDING RESILIENCE IN THE SHADOW OF COVID-19

This workshop offers educators the tools to help build resilience within the schools for both teachers and students during and after the COVID-19 pandemic. Audience will learn practical steps to build hope and bounce forward to “the new normal.”

RECHARGE YOUR PROFESSIONAL BATTERIES: STRATEGIES FOR TEACHER SELF CARE

What is self-care, and why is it important to the work you do to support young people? This training will identify, develop and encourage self-care techniques for teachers and community providers.

TYPICAL VS TROUBLED

This training will compare and contrast the typical ups-and-downs of pre-teen and teenage development versus clear signs of a mental health challenge. We will cover our tried and true tips for starting everyday conversations about mental health. We will also offer strategies to approach a young person who may be struggling with the stress of this unpredictable time.

HOW TO BECOME A TRUSTED ADULT

We all have the opportunity to become a trusted adult. Participants will learn the attributes of a trusted adult. Our Peer Mentors will use their lived experience to exemplify the strategies that really work to engage young people.

MENTAL HEALTH 101: MENTAL HEALTH IN THE CLASSROOM

Mental Health 101 will help staff, faculty, or community stakeholders identify and respond to typical mental health diagnoses exhibited in the classroom and/or community setting.

For a more in depth discussion of common mental health presentations, consider:

- Anxiety In the Classroom,
- Depression in the Classroom,
- Anxiety & Depression in the Classroom,

MENTAL HEALTH 202: TRAUMA IN THE CLASSROOM

This training will help educators conceptualize the 2020-2021 academic year through a trauma informed lens. This training delivers the basics of trauma informed care, including how schools can support both students and staff.

STRATEGIES FOR COMPASSION FATIGUE

Caregivers, including teachers, experience the cost of caring. This training will help attendees recognize and respond to the signs of compassion fatigue in themselves.