



BUILD THE RESILIENCE TO THRIVE

Mental Health Education for Community Members & Professionals

BaMidbar is building a Jewish community that actively supports young people in cultivating mental health and wellness. Mental health education programs are designed to strengthen young people's ecosystem of support. Programs target teens and young adults, caregivers, community members, and youth and young adult-serving professionals to give them the confidence, skills, and community support that *they* need to better support the young people in their orbit. Content can be adapted and targeted for your specific audience.

Programming is divided into three focus areas:

- 1) **Intrapersonal (Personal Wellness):** Fill your cup, build personal resilience, and explore how to create a culture of support so that those who love young people have the capacity to best support them
- 2) **Interpersonal (Skills to Support Youth):** Expand mental health literacy and understanding of mental health, wellness, regulation, and resilience in order to foster environments that help young people thrive
- 3) **Organizational (Strengthen the System):** Build mental health capacity at the organizational level by increasing mental health awareness, integrating trauma-informed frameworks, building inclusive environments, and taking holistic approaches to supporting mental health

BaMidbar's educational programs are offered both virtually and in-person. Partners can elect to offer one-off programs or select multiple modules to create a more in-depth experience. BaMidbar's educational programs are rooted in experiential pedagogy and a clinical foundation that stems from hands-on experience in the adventure therapy world. We integrate this background with the belief that Judaism and Jewish community, culture, and tradition can be robustly supportive of mental health and well-being, and we work together to bring this expertise into action and into the community.

Education program topics include, but are not limited to:

- Wellness Without Overwhelm
- Fostering Resilience in Our Students and Ourselves
- Values, Burnout, and Boundaries
- QPR Suicide Prevention Certification
- Mental Health First Aid
- Trauma-Sensitive Organizations
- Understanding Stress & Anxiety
- Communication Tools for Building Empathy and Rapport
- Building Motivation and Empowerment
- Vicarious Trauma and Compassion Fatigue

Interested in hosting an educational program for your organization, network, or community?

Reach out to emilyh@bamidbartherapy.org to discuss and learn more.

Compensation*

Program pricing is dependent upon expected participant numbers.

Number of Participants	Up to 20	21-40	41+
Per Hour	\$525	\$750	\$975

**Does your organization have a budget under \$1,000,000? Let us know, and we're happy to discuss alternative pricing.*