



Behavior & Mental Health

CENTER OF EXCELLENCE

DATES & TIMES:

October 19, 2020
October 26, 2020
December 7, 2020
December 9, 2020
12 - 3PM

COST:

\$800 per team
(maximum of 5 members)

LOCATION:

Virtual only. Pricing will be adjusted after registering; please register everyone in the team at one time or indicate the team members in your group.

REGISTRATION:

Myquickreg.com

CONTACTS:

Content Questions:
Elizabeth Freeman
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Registration Questions:
Kayla Kolstad
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Compassion Resilience TOF (Training of Facilitator)

DESCRIPTION: We want to show up strong and compassionate every day.

Compassion Fatigue is a normal response when we care about people in distress. Help yourself and your colleagues by learning the skills and supports to facilitate groups that build resilience. The Compassion Resilience Toolkit is a flexibly implemented set of resources to build awareness of compassion fatigue and strategies to increase compassion resilience in adults from a system and individual perspective.

Participation in this training of facilitators will provide you with the tools necessary to implement the Compassion Resilience Toolkit with your staff. It is highly recommended you attend this training with a team of three to five individuals from your school including administration representation who will work together to implement the Toolkit. The training is 12 hours in length, broken into four three-hour sessions.

PRESENTERS: Dr. Sarah Reed and Emily Jonesberg

Sarah Reed, PhD, is a Community Psychologist by training and the current Program and Evaluation Manager for Rogers InHealth, the education and advocacy department of Rogers Behavioral Health. Through InHealth, she works through partnerships to reduce the stigma associated with mental health challenges, trauma, and substance use.

Emily Jonesberg is the Training Coordinator with Rogers InHealth, the education and advocacy department of Rogers Behavior Health. In her role at Rogers, she leads trainings for leaders in the non-profit, education and healthcare sectors. Emily also facilitates programming for staff at Rogers Behavior Health and with parents in the community. Prior to her work at Rogers, Emily worked in a youth serving capacity for over thirteen years through various non-profits.

