

6 Core NAMI Bridges to Care (BTCSA) Training Modules

- Companionship Training [2 hours] *(Presented by Dr. Keely Petty)*
- Becoming a Trauma-Informed Organization [1.5 hours] *(Presented by The Ecumenical Center)*
- Mental Health Resources [1.5 hours] OR
Recursos de Salud Mental (en Español) [1.5 horas] *(Presented by NAMI & SACRD.org)*
- Suicide Prevention [1.5 hours] *(Presented by The Ecumenical Center)*
- Family & Friends &/or In Our Own Voice [1.5 or 2.5 hours] *(Presented by NAMI)*
- Building a Mental Health “Program” for Your Faith Community [1.5 hours] *(Presented by NAMI)*
- *One Elective of your choice

Training will be about 11-12 hours and is the foundation of NAMI-BTCSA. Additional training could be added to fit the needs of each cohort, and could be scheduled to maximize participation within each cohort.

* One elective module must be taken to become a certified NAMI-BTCSA Wellness Champion; however, we encourage you to take as many, if not all, of our elective courses.

Our Elective Courses include (in alphabetical order):

- ACEs Interface (2 hours) *(Presented by Dr. Keely Petty)*
- Adult Mental Health First Aid (6 hours) *(Presented by Bexar County’s Center for Healthcare Services)*
- Congregational Rapid Response Team Training (1.5 to 2 hours) *(Presented by Dr. Andy Gray)*
- Crisis Prevention & Verbal De-Escalation (2 hours) *(Presented by Dr. Keely Petty)*
- Cyber Safety for Youth (1.5 hours) *(Presented by NAMI’s own Donna Costa, LMSW)*
- Domestic Violence Training (1 hour) *(Presented by The P.E.A.C.E. Center)*
- Grief (1.5 hours) *(Presented by Inside Out Integrated Health)*
- Grief 101: Supporting a Grieving Adolescent (1.5 hours) *(Presented by The Children’s Bereavement Center)*
- Healthy Boundaries for Youth (1.5 hours) *(Presented by NAMI’s own Donna Costa, LMSW)*
- Healthy Relationships for Youth (1.5 hours) *(Presented by NAMI’s own Dr. Emma Alexander)*
- Mindfulness for Youth (1.5 hours) *(Presented by NAMI’s own Donna Costa, LMSW)*
- Recovery from Substance Use (1.5 hours) *(Presented by Rise Recovery)*
- Resiliency Workshop & Self-Care Toolkit (1.5 hours) *(Presented by Horizons-SA)*
- Self-Harm for Youth (1.5 hours) *(Presented by NAMI’s own Donna Costa, LMSW)*
- Youth Mental Health First Aid (6 hours) *(Presented by Bexar County’s Center for Healthcare Services)*

[Email](#) Geri Gregory for information on registering for any of these courses.