



Educational Services Packet

Office of Faith-Based Initiatives

March 2026





This educational service packet includes typical events, presentations, and trainings that are provided, without cost, through the Tennessee Department of Mental Health and Substance Abuse Services, Office of Faith-Based Initiatives (OFBI). Although this is not an exhaustive list, it establishes an opportunity for the faith community to begin or continue the needed work of offering help and support to individuals so they can begin their recovery journey and become a part of something amazing!

Tennessee's Office of Faith-Based Initiative's Statewide Efficacy in Reducing Stigma and Increasing Understanding of Behavioral Health Challenges

The following information was provided by attendees of the OFBI's events, presentations, and trainings. The data was collected throughout the 2025 Fiscal Year via pre- and post-training surveys which offer the following results:

97.6% of respondents reported the event/training was beneficial in helping change their understanding of individuals with behavioral health challenges.

91.4% of respondents report being positively impacted by the presentations provided by our coordinators.

86.9% of respondents report a reduction in personal stigma because of the event/training provided by the OFBI.

98.2% of respondents report being more willing to assist someone in finding help with behavioral health challenges because of our events/trainings.

INITIAL EVENTS AVAILABLE FOR CONGREGATIONS AND COMMUNITIES

Faith Forum: A 2-hour information gathering session assessing the needs of the faith/general communities and how the faith community can partner together with the Office of Faith-Based Initiatives (OFBI) to meet the needs. The results from this meeting can help determine the substance of future meetings and trainings.

Town Hall Meeting: A 2-hour event including panel discussions with members from various sectors of the community discussing local behavioral health challenges and how the faith community can have a major influence in reducing stigma and providing hope to those in need of help. Following the panel discussions, and an Introduction to the OFBI will be provided by our team.

Introduction to the Office of Faith-Based Initiatives: A 1-hour training providing communities, congregations, and communities of faith with an understanding of the resources and education available across the state, a walk-through of our Lifeline, Hybrid Lifeline, Faith- Based, and Collegiate Recovery Initiatives, and information on how to become a Certified Faith-Based Recovery Partner.

FOLLOW-UP ACADEMIES

Back to Basics Academies:

- ***Faith and Mental Health Academy:*** A 3-hour evidence based/evidence informed event providing a choice of trainings on Person-First Language, Suicide Prevention (QPR), Basics of Mental Health, Overcoming Compassion Fatigue and Burnout, and Self-Care Strategies.
- ***Faith and Recovery Academy:*** A 3-hour evidence based/evidence informed event providing a choice of trainings on Person First Language, Suicide Prevention (QPR), The Addicted Mind, The Cycle of the Struggle, and Self-Care Strategies.

INDIVIDUAL FOLLOW-UP TRAININGS

Suicide Prevention:

Question, Persuade, Refer (QPR): A 1-hour basic or 2-hour Behavioral Health Focused, evidence-based, basic training for suicide prevention covering how to ask someone if they are thinking about suicide, how to persuade the individual to live, and how to refer the individual to the appropriate help. Individuals will become certified as a Gatekeeper.

Training Objectives:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

What is a Gatekeeper?

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone able to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Adverse Childhood Experiences (ACEs):

Building Strong Brains: A 1-hour introduction or 3-hour evidence-based training that aids in building a knowledge around early childhood brain development. The training helps individuals see how ACEs negatively impact the architecture of the developing brain but how a safe, stable, and nurturing environment can help a child to thrive.

This training aids in building a knowledge mobilization movement around early childhood brain development.

This knowledge mobilization means developing a common understanding about early childhood through a shared, up-to-date, clear storyline based on science, including the following:

Training Objectives:

- The architecture of a young child's brain is shaped by the interaction between genes and experiences, and this can have either a positive or negative result;
- Science makes it clear that Adverse Childhood Experiences negatively impact the architecture of the developing brain; and
- Children thrive in a safe, stable, nurturing environment of supportive families, caregivers, neighborhoods, and communities.

Trauma Informed Care: A 1-hour introduction or in-depth 4-hour evidence-based training covering the effects of trauma and the need to build resilience in children and adults alike. The training focuses on the importance of community and connection as well as helps organizations and congregations create a safe place for difficult but healing conversations to begin.

Training Objectives:

- Participants will be able to recognize Adverse Childhood Experiences (ACEs).
- Participants will be more knowledgeable about the prevalence of trauma.
- Attendees will learn how trauma informed programs operate with the universal expectation that trauma has occurred.
- Attendees will become familiar with the 4 "R's" of a trauma informed program organization, or system

Mental Health:

Basics of Mental Health: A 1-hour training providing an understanding of the differences between mental health challenges and mental health diagnoses. A basic knowledge of common issues will be discussed as well as possible resources for assistance.

Training Objectives:

- Raise awareness about the mental health continuum.
- Reduce stigma associated with mental illness;
- Promote help seeking behaviors and emotional well-being practices.

Mental Health Ally: This training provides participants with valuable insights into coping with mental health challenges, drawing from both lived experiences and current research. It focuses on strategies to support individuals who are struggling with mental health issues while highlighting the crucial role of resiliency, meaning, and purpose in fostering overall well-being.

Training Objectives:

- Understand Mental Health: Learn common mental health challenges and coping strategies.
- Build Resilience and Purpose: Explore the role of resilience, meaning, and purpose in mental well-being.
- Be an Ally: Gain tools to offer support and empathy to those facing mental health struggles.

Resiliency 101: This 1-hour training provides an overview of the foundational elements of resiliency, exploring the key characteristics commonly exhibited by resilient individuals. Participants will learn how to identify and cultivate these traits within themselves, enhancing their ability to adapt to challenges and maintain well-being in the face of adversity.

Training Objectives:

- Define resiliency and identify its foundational components as presented in the training.
- Recognize common characteristics and behaviors of resilient individuals in various personal and professional contexts.
- Apply strategies for identifying and strengthening personal resiliency traits to enhance coping and adaptability.

Understanding Grief and Loss: Grief is a deeply personal and often complex experience that can affect every aspect of our lives. This compassionate training provides a supportive space to explore the many forms of loss and the emotional impact they carry. Participants will gain a deeper understanding of the grieving process, learn how grief can manifest in different ways, and discover meaningful strategies for coping, supporting others, and navigating the path toward healing with empathy and self-compassion.

Training Objectives:

- Describe the emotional, physical, and behavioral responses commonly associated with grief and loss.
- Identify the diverse ways individuals experience and express grief across different types of loss.
- Apply supportive strategies for coping with personal grief and for offering compassionate support to others.

Addiction:

The Addicted Mind / The Belief System: A 1-hour presentation discussing the impact of addiction on the brain, the importance of connection in recovery, the cycle that can lead to addiction, and ways to break the cycle.

Training Objectives:

- Understand why many individuals initiate use and the cycle that can lead to addiction
- Learn how substance misuse impacts perception, decision-making, and self-control
- Know what the mind needs to recover from substance use disorder

Tell-Tale Signs of Use: A 1-hour presentation on signs someone may be using, research showing major factors for initialization and continued use, and resources that can assist the recovery process.

Training Objectives:

- Participants will learn to recognize common signs of drug use, abuse, and addiction.
- Participants will understand how to provide resources to individuals seeking help.
- Participants will learn what can be done to create an environment of prevention and recovery.

All-Recovery Support Group Facilitation Workshops:

A 5-hour workshop allowing individuals in recovery with group experience the understanding of how to effectively chair/facilitate 12-step support groups for individuals with behavioral health challenges and/or life-controlling issues.

or

An 8-hour workshop allowing individuals in recovery without group experience the understanding of how to effectively chair/facilitate 12-step support groups for individuals with behavioral health challenges and/or life-controlling issues.

Recovery Ally:

This training explores substance misuse and mental health, highlighting current data and the unique challenges individuals face throughout the recovery journey. Participants will gain a deeper understanding of recovery as a long-term, individualized process, while addressing common myths and reducing stigma surrounding substance use. Emphasis is placed on the importance of empathy, openness, and supportive environments that empower individuals in recovery to succeed in all areas of life.

Training Objectives:

- Describe the relationship between substance use, mental health, and the recovery process, using current data to inform understanding.
- Identify common myths and stigmas associated with substance use and recovery and explore their impact on individuals seeking support.
- Demonstrate strategies for fostering empathy, openness, and supportive environments that promote long-term wellness and recovery.

Stigma and Person First Language: This training focuses on addressing stigma related to substance misuse and promoting the use of person-first language. Participants will learn how language shapes perceptions, reduce harmful stereotypes, and adopt respectful, empathetic communication that emphasizes the individual over their challenges. The goal is to create a more inclusive and supportive environment for those affected by substance misuse.

Training Objectives:

- Understand Substance Misuse Stigma: Learn how stigma impacts individuals with substance misuse challenges.
- Promote Person-First Language: Develop skills in using respectful, person-first language to reduce stigma.
- Create Supportive Environments: Gain strategies to foster empathy and inclusivity for those affected by substance misuse.

- **Overdose Prevention:** (Provided by ROPS): A 1 – 2-hour evidence-based training that establishes overdose prevention as being a way of preventing disease and promoting health that meets people where they are rather than making judgments about where they should be. This includes scientifically proven methods of mitigating risks associated with use and the distribution of the lifesaving opioid overdose antidote: Naloxone.

Training Objectives:

- Introduction to key terms
- Review overdose trends in Tennessee and your county/region
- Discuss the science of addiction
- Understand stigma and overdose prevention
- Recognize the signs and symptoms of opioid and stimulant overdoses
- Learn how to respond to a drug overdose with Naloxone
- Understand compassion fatigue and burnout.

Self-Care:

Overcoming Compassion Fatigue and Burnout Workshop: A 1-hour presentation on practical & proactive Self-Care methods to prevent or heal from burnout. This training also provides mindfulness practices such as breathing techniques, grounding techniques, and creating your own daily grounding statement, as well as basic Cognitive Behavioral Techniques to establish and maintain forward momentum in one's own life. Participants will leave with simple, actionable tools they can integrate immediately into their daily routines.

Training Objectives:

- Participants will learn how to identify burnout and compassion fatigue.
- Participants will understand common physical and mental/emotional symptoms of burnout and compassion fatigue.
- Participants will develop strategies to prevent compassion fatigue and develop a personal self-care routine to avoid burnout and compassion fatigue.

**The listed events, trainings, presentations, and workshops are provided as a service of the Office of Faith-Based Initiatives and/or in conjunction with other partnering agencies to offer the highest standard of quality for your community.

Certificates are available upon request

**To schedule trainings or to become a Certified Faith-Based Recovery Partner,
contact the Faith-Based Community Coordinator in your region!**

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TN.gov/behavioral-health/faith

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Need help finding treatment
and recovery resources? Call



TN Peer Recovery Call Center
1-865-584-9125

Monday - Tuesday: 8:30am to 7:00pm,
Wednesday - Friday 8:30am to 5:00pm,
and Saturdays from 11:00am to 5:00pm
(All times Eastern).

Do you struggle with a behavioral health
challenge? Would you like to talk to
someone who understands?

- ✓ Speak to a peer specialist.
- ✓ Receive support and understanding.
- ✓ Learn about behavioral health resources and information.

This service is provided by the Mental Health Association of East Tennessee.