**Honest, Open, Proud**

**FACILITATOR TRAINING**

**for School Student Services Staff and other Youth Serving Staff**

**May 5th, 8:30-3:00**

At Rogers InHealth in the Outpatient Services Building of Rogers Memorial Hospital

4555 W. Schroeder Drive Suite 185

BROWN DEER, Wisconsin

**Honest, Open, Proud is a small group program for youth 8th-12th grade.**

Youth with mental health challenges face decisions everyday about what to say to friends, extended family, teachers, and others about what they have experienced. Whether a youth is returning from a treatment setting, had a momentary “meltdown” or is asked about a behavior that someone has noticed, having an answer that points to their strength and resilience can be key to moving forward with their recovery.

Honest, Open, Proud (HOP) is a five-session program for youth who have faced mental health challenges. Youth do not need a formal diagnosis to benefit from participation. It is based on the evidence-based adult program of the same name. HOP works well in the school setting with student services staff facilitating the sessions or in community, youth-serving settings.

Youth explore the story they have been telling themselves about their challenges and resilience. They practice skills to reverse hurtful self-talk and then take a deep look at the costs and benefits of talking to others in the various settings of their lives (friendships, workplaces, school, social media, etc.). For situations where the youth decide to talk about their challenges and strengths, the program prepares them to respond to unanticipated reactions. They practice writing their story from a strengths based perspective and, if they desire, sharing that with the group. The fifth session focuses on options for positive peer and adult support. One month after the initial five sessions, the group re-convenes for a booster/check-in session.

WISE, Wisconsin Initiative for Stigma Elimination, is the home for Honest, Open, Proud – in Wisconsin.

**To register for the Honest, Open, Proud facilitator training,**

**contact** **wise@wisewisconsin.org****. The group is limited to 20. There is no cost to participants. Lunch will be provided.**

