

WEBINAR SERIES

30 on Thursday: Construction Skills and Town Hall Group



Every 3rd Thursday of the Month
12:00 pm - 12:30 pm ET

30 on Thursday is a closed group to Youturn Health's construction portfolio designed to assist leaders within an organization in creating a culture of care that is inclusive of behavioral health. Each month, we will cover a topic related to behavioral health and positive psychology principles to guide the process. In the month following the learned skill, we will have a "Town Hall" forum where members have the opportunity to share struggles amongst their team and best practices.

MEET THE SPEAKERS



Rich Jones,
MA, MBA, LCAS, CCS,
CCDP, CAI
Chief Clinical Officer
Youturn Health

Richard Jones is an experienced therapist, clinician, and healthcare entrepreneur operating primarily in the behavioral health space. Richard has wide-ranging professional experience across nearly all behavioral health domains. This includes mental health, substance use disorders, co-occurring disorders, and intellectual disabilities. He has over 20 years' management experience and has been instrumental in the launch and rebuild of multiple programs nationwide. Richard is passionate about providing quality care and supporting people in need. He has been the founding CEO of two non-profit organizations and two for-profit businesses dedicated to disrupting the behavioral health space for the betterment of people in need.



Erin Crow, Ph.D.
Account Director,
Client Success
Youturn Health

Erin Crow, Ph.D., earned her doctorate in Communication from Chapman University. Her research interests are at the intersection of health, interpersonal, and organizational communication as it relates to support seeking, social support, stigma, and resilience. She is particularly interested in translational research that improves access to needed support for underserved populations and those who face extensive barriers to gaining assistance. Erin is an Account Director at Youturn Health and a part-time Adjunct Professor teaching various communication-related courses at multiple universities in Connecticut, as well as a Certified Mental Health First Aid Instructor.

GOALS AND EXPECTATIONS

The goals for this group include:

- Participants will realize tangible, sustainable, and practical skills in focus areas.
- Participants will integrate positive psychology principles and practices into their lives and those around them.
- Participants will have a “play book” for achieving the culture they desire within their organization.
- Participants will gain a sense of how to help team members experiencing behavioral health challenges to improve organizational morale and well-being.

Expectations for this group include:

- Participants must come with an open mind.
- Participants must desire to create a culture of care in their organizations.
- Participants must agree to arrive on time and prepared for sessions.
- Participants must maintain confidentiality and respect each other during the process.
- Participants must be willing to actively share and trust the group process.

STRUCTURE OF THE GROUP

- Bi-monthly skill and training review.
 - **The first month will be a webinar style on a topic of interest** (i.e., Stress). Participants will learn three contributing factors, three coping techniques, and three ways to approach someone who looks like they are dealing with Stress.
 - The following month will be a **review of the topic and a Town Hall discussion** with participating individuals to ask questions, share how they have used the skill, and seek advice from Youturn’s facilitator and each other. Participants will be given an opportunity to share by choice, but it is not a requirement.
- Group participants may benefit more if they come with a goal in mind to help themselves and/or their team.
- Months will alternate between Skills Learning and Town Hall Training. Below is a schedule.

GROUP MATERIALS

- Youturn Health will provide a PDF recap of each Skill webinar
- Youturn Health will post the skills webinar as a Mini Series available in the Youturn Health video library for anyone who is unable to attend.
- Participants should also secure some type of notebook or online app that can be used to take notes and process thoughts.
- Also be sure to bring your positive attitude. If someone needs to borrow one, let us know.

COURSE SCHEDULE: 3RD THURSDAY OF EACH MONTH

Date	Topic	Overview	Registration Link
July 18	Stress	<ul style="list-style-type: none">• Causes of stress• Coping techniques for stress• Approaching someone who is stressed out	Stress Webinar Replay
Aug. 15	Stress Review	<ul style="list-style-type: none">• Review stress skills• Open for Q&A, case studies, and idea sharing• Intro to new topic	
Sept. 19	PERMA	<ul style="list-style-type: none">• What is PERMA (Positive Emotion, Engagement, Relationships, Meaning, & Accomplishment)?• How does PERMA impact your employees?• How can you introduce the concept in your organization?	PERMA Webinar Replay
Oct. 17	PERMA Review	<ul style="list-style-type: none">• Review PERMA• Open for Q&A, case studies, and idea sharing• Intro to new topic	PERMA Review Registration
Nov. 21	Relationships	<ul style="list-style-type: none">• Causes of relational challenges• Coping techniques for relationship challenges• Approaching someone who is going through relationship challenges at home or at work• Preparing for the holidays	Relationships Registration
Dec. 19	Relationships Review	<ul style="list-style-type: none">• Review relationships• Open for Q&A, case studies, and idea sharing	Relationships Review Registration