

Capability Statement



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THE HONOR FOUNDATION



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ORGANIZATION OVERVIEW:

The Nourish the Brain Institute is a premier organization specializing in interdisciplinary behavioral training, focused on advancing brain and behavioral health. Led by Gemi Bertran, PhD, the institute offers a suite of programs designed to provide training, education, and support for individuals and teams seeking to enhance their cognitive and behavioral functions.

Utilizing deep expertise in brain nutrition, cognitive science, and holistic methodologies, the Institute has crafted a comprehensive framework. This approach enables participants to identify triggers, alter unhealthy patterns, and effectively apply cognitive knowledge. The training programs are tailored to meet the specific requirements of individuals or teams, aiding in their pursuit of superior behavioral and brain performance.

Engagement in these programs equips participants with insights into detrimental patterns and equips them with actionable strategies to form new habits and neural pathways, thus elevating their performance and promoting a lifestyle characterized by enhanced cognitive function and overall well-being.

CORE COMPETENCIES:

- Brain & Behavior Coach Certification.
- Train Your Brain Group Series Course
- Team Coaching (tailored per agency)
- The Fabulous Brain - Book written by Gemi Bertran
- Make it Brain Podcast
- Global Brain Foundation

PAST PERFORMANCE:

- Veteran Outreach Program.
- Behavioral Health as a Council for Suicide Prevention
- Veterans Services Collaborative.
- The Honor Foundation: Coaching Special Operations.
- Regional Center Families with IDD Children.
- California Workers' Compensation programs that support injured workers' work relocation.

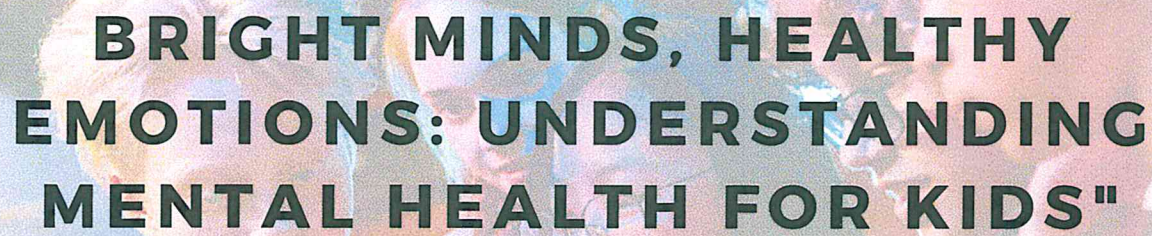
DIFFERENTIATORS:

- Brain & Behavior Researcher
- Author & Public Speaker
- Earned MBA & PhD
- English and Spanish



"May your choices reflect your hopes, not your fears."

- Mandela - Circa 1994



BRIGHT MINDS, HEALTHY EMOTIONS: UNDERSTANDING MENTAL HEALTH FOR KIDS"

This program is tailored for children aged 10 to 13, focusing on educating them about emotions, depression, and anxiety through engaging and interactive modules.

Module 1: Introduction to Feelings and Emotions

- **Objective:** Introduce basic concepts of different emotions, including happiness, sadness, anger, and fear, and how they affect us.
- **Activities:** Interactive activities like emotion charades or storytelling to identify emotions.

Module 2: Understanding Depression

- **Objective:** Explain what depression is in a child-friendly way, emphasizing that it's more than just feeling sad.
- **Activities:** Use stories or animations to depict scenarios of children experiencing depression, highlighting its signs.

Module 3: Understanding Anxiety

- **Objective:** Describe anxiety and its effects, making it clear that feeling anxious at times is normal but sometimes it can be overwhelming.
- **Activities:** Group discussions on personal experiences with anxiety, guided relaxation exercises.

Module 4: Recognizing the Signs

- **Objective:** Teach how to recognize signs of depression and anxiety in themselves and others.
- **Activities:** Role-playing, video examples followed by group discussions.

Module 5: Expressing Our Feelings

- **Objective:** Encourage healthy expression of emotions, showing that it's okay to talk about how we feel.
- **Activities:** Art and writing projects focused on expressing feelings.

Module 6: Coping Strategies for Tough Times

- **Objective:** Introduce basic coping strategies for managing difficult emotions, including simple mindfulness and relaxation techniques.
- **Activities:** Practicing mindfulness, breathing exercises, and creating personal coping strategy cards.

Module 7: The Importance of Self-Care

- **Objective:** Highlight how taking care of our bodies can affect our feelings and mood.
- **Activities:** Interactive discussions on sleep, nutrition, and physical activity's role in mental health, including a class challenge to try new self-care activities.

Module 8: Building Support Systems

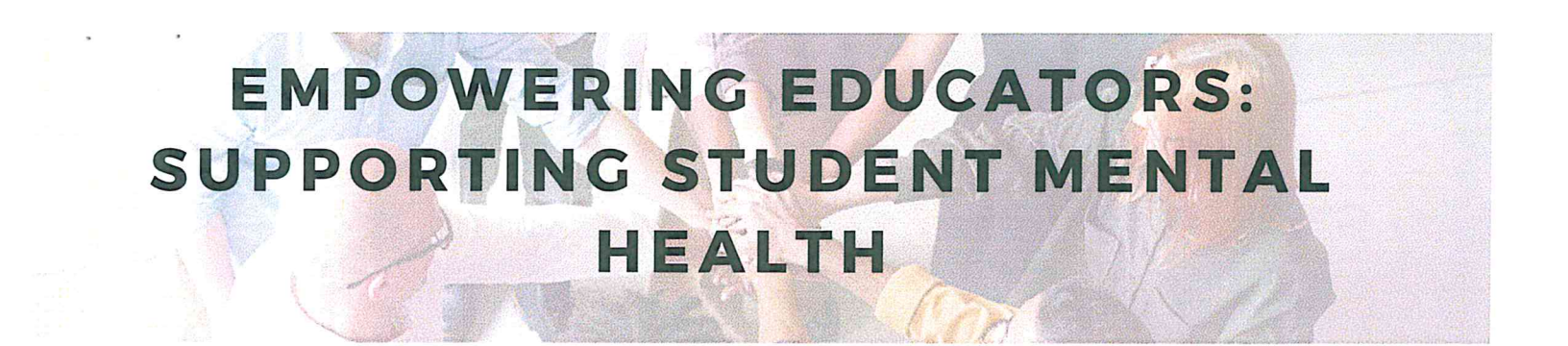
- **Objective:** Stress the importance of seeking support from friends, family, and trusted adults.
- **Activities:** Role-play on asking for help, creating a "support tree" with names of people they can turn to.

Module 9: Breaking the Stigma

- **Objective:** Address the stigma around mental health, teaching empathy and understanding towards those experiencing mental health challenges.
- **Activities:** Group projects to create posters or presentations on mental health awareness.

Module 10: Review and Resources

- **Objective:** Review key concepts from the program and introduce local and online resources for further support.
- **Activities:** Quiz games to recap what they've learned sharing of resource list including



EMPOWERING EDUCATORS: SUPPORTING STUDENT MENTAL HEALTH

Designed for teachers of children aged 10 to 13, this course provides insights on recognizing and supporting students' mental health challenges, including depression and anxiety.

Module 1: Introduction to Child Mental Health

- **Objective:** Familiarize teachers with the basics of mental health, including definitions, prevalence, and impact on learning and development.
- **Activities:** Interactive presentations on mental health statistics, stories to illustrate how mental health affects children's lives.

Module 2: Recognizing Depression in Children

- **Objective:** Equip teachers with the knowledge to recognize signs of depression specific to children aged 10 to 13.
- **Activities:** Workshops using case studies, role-playing scenarios to identify symptoms of depression..

Module 3: Understanding Anxiety in Children

- **Objective:** Provide teachers with an understanding of anxiety disorders in children, including how they manifest in school settings.
- **Activities:** Group discussions on real-life examples, video analysis of children displaying signs of anxiety, and strategies for support.

Module 4: The Impact of Mental Health on Learning

- **Objective:** Explore the relationship between mental health issues and learning outcomes, attention, and behavior in class.
- **Activities:** Interactive lectures, sharing experiences, and discussing strategies to support learning among children with depression or anxiety.

Module 5: Communication Strategies

- **Objective:** Develop effective communication strategies for teachers to engage with children experiencing mental health issues.

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Module 6: Creating Supportive Classroom Environments

- **Objective:** Guide teachers in creating a classroom environment that supports mental well-being and reduces stigma.
- **Activities:** Brainstorming sessions to develop classroom strategies, creating a class charter on mental well-being.

Module 7: Intervention and Referral Processes

- **Objective:** Inform teachers about the intervention process and how to make appropriate referrals for professional support.
- **Activities:** Guidance on referral processes, guest speakers from local mental health services, case study analysis.

Module 8: Collaborating with Parents and Caregivers

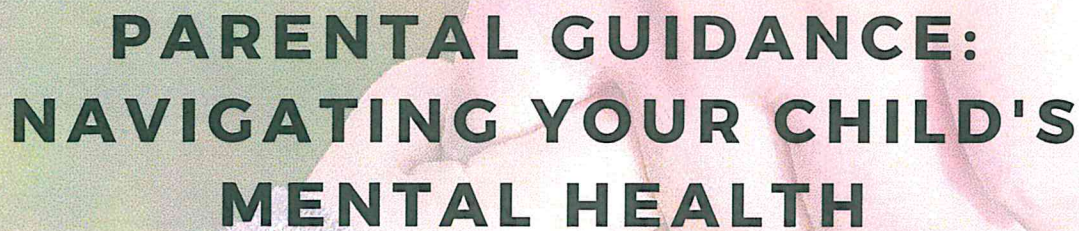
- **Objective:** Foster effective collaboration between teachers, parents, and caregivers to support children's mental health.
- **Activities:** Role-playing parent-teacher meetings, developing communication templates, and discussing case studies.

Module 9: Self-Care for Educators

- **Objective:** Emphasize the importance of self-care for educators and provide strategies to manage their own stress and mental health.
- **Activities:** Workshops on stress management techniques, mindfulness sessions, creating personal self-care plans.

Module 10: Implementing School-Wide Mental Health Policies

- **Objective:** Equip teachers with the knowledge to advocate for and implement school-wide mental health policies and practices.
- **Activities:** Group projects to design school



PARENTAL GUIDANCE: NAVIGATING YOUR CHILD'S MENTAL HEALTH

This program equips parents with knowledge and strategies to understand, communicate about, and support their children's mental health, with a focus on depression and anxiety.

Module 1: Understanding Mental Health

- **Objective:** Introduce basic mental health concepts, focusing on the importance of recognizing both positive and mental health issues.
- **Activities:** Interactive presentations and discussions on what mental health means, the spectrum of mental health, and common misconceptions.

Module 2: Identifying Signs of Depression and Anxiety

- **Objective:** Educate parents on the signs and symptoms of depression and anxiety in children, emphasizing age-specific manifestations.
- **Activities:** Sharing stories and experiences, video demonstrations of behaviors indicative of depression and anxiety, question-and-answer sessions with experts.

Module 3: Communicating About Mental Health

- **Objective:** Enhance parents' communication skills to talk effectively and sensitively about mental health with their children.
- **Activities:** Role-playing exercises, communication workshops focusing on active listening and open-ended questioning techniques.

Module 4: Supporting Your Child

- **Objective:** Provide strategies for parents to support a child experiencing depression or anxiety, including emotional support and practical help.
- **Activities:** Small group discussions on case studies, sharing resources and tools for support, and workshops on creating a supportive home environment.

Module 5: Communication Strategies

- **Objective:** Guide parents through the process of seeking professional help, understanding treatment options, and advocating for their child.
- **Activities:** Information sessions with mental health professionals navigating insurance and

Module 6: School Collaboration and Advocacy

- **Objective:** Empower parents to collaborate with schools and advocate for their child's needs related to mental health.
- **Activities:** Workshops on communicating with teachers and school administrators, understanding educational rights, and creating an Individualized Education Plan (IEP) if needed.

Module 7: Building Resilience and Coping Skills

- **Objective:** Teach parents how to help their child build resilience and develop healthy coping mechanisms for stress and anxiety.
- **Activities:** Interactive sessions on resilience-building activities, stress management techniques, and fostering problem-solving skills.

Module 8: The Role of Lifestyle in Mental Health

- **Objective:** Highlight the impact of sleep, nutrition, physical activity, and screen time on children's mental health.
- **Activities:** Presentations by nutritionists and fitness experts, creating family plans for healthy living, time management workshops.

Module 9: Parental Self-Care and Mental Health

- **Objective:** Stress the importance of parental self-care for their mental health and its impact on their children.
- **Activities:** Self-care workshops, stress management strategies, creating personal self-care plans, mindfulness, and relaxation techniques.

Module 10: Creating a Supportive Community

- **Objective:** Foster a sense of community among parents for mutual support and sharing experiences and strategies.
- **Activities:** Group discussions, forming support networks, using social media or messaging apps

MIND MATTERS: A HIGH SCHOOLER'S GUIDE TO MENTAL WELLNESS

Aimed at high school students, this course offers an understanding of mental health, with an emphasis on self-care, coping strategies, and peer support for depression and anxiety.

Module 1: Understanding Mental Health and Wellness

- **Objective:** Introduce the concept of mental health as a key component of overall wellness, debunking myths and addressing stigma.
- **Activities:** Interactive discussions, personal story sharing, and video presentations featuring relatable examples of mental health experiences.

Module 2: Depression and Anxiety in Teens

- **Objective:** Educate students on the signs, symptoms, and effects of depression and anxiety, with a focus on how these can specifically manifest in teenagers.
- **Activities:** Scenario-based learning, group discussions, and role-plays to identify signs of depression and anxiety in hypothetical peers.

Module 3: The Science Behind Mental Health

- **Objective:** Provide a basic understanding of the biological, psychological, and social factors contributing to mental health conditions.
- **Activities:** Interactive presentations, Q&A sessions with mental health professionals, and simple experiments or demonstrations on stress and the brain.

Module 4: Coping Strategies and Resilience Building

- **Objective:** Teach effective coping strategies for managing stress, anxiety, and depressive feelings, and ways to build resilience.
- **Activities:** Workshops on mindfulness, stress management techniques (e.g., breathing exercises, mindfulness), and resilience-building activities (e.g., goal setting, problem-solving skills).

Module 5: Healthy Habits for Mental Health

- **Objective:** Highlight the role of lifestyle choices in maintaining mental health, including sleep, nutrition, exercise, and digital wellness.
- **Activities:** Interactive workshops with health

Module 6: Communication and Seeking Support

- **Objective:** Empower students to communicate their feelings effectively and seek support from friends, family, and professionals.
- **Activities:** Role-playing exercises on how to ask for help, discussions on how to support a friend, and information sessions on available mental health resources.

Module 7: Navigating Mental Health Services

- **Objective:** Familiarize students with the mental health services available to them, including school-based resources, community services, and online support.
- **Activities:** Presentations by school counselors, virtual tours of community mental health resources, and guides on using online mental health support tools.

Module 8: Peer Support and Advocacy

- **Objective:** Train students to be supportive peers and advocates for mental health awareness and destigmatization.
- **Activities:** Peer support training sessions, projects to promote mental health awareness in school, and participation in mental health advocacy campaigns.

Module 9: Planning for the Future

- **Objective:** Encourage students to consider their future mental health and wellness as part of their life and career planning.
- **Activities:** Workshops on managing future stressors (e.g., college, work), setting long-term wellness goals, and mindfulness-based planning for the future.

Module 10: Creating a Supportive School Culture

- **Objective:** Collaborate on initiatives to foster a school environment supporting all students' mental health and wellness.
- **Activities:** Student-led projects to enhance the

MENTOR MINDSET: FOSTERING MENTAL HEALTH AWARENESS IN HIGH SCHOOLS

This program is designed for high school teachers, offering tools and techniques to identify mental health issues like depression and anxiety in students and create a supportive educational environment.

Module 1: Understanding Mental Health in Adolescents

- **Objective:** Provide an overview of mental health with a focus on the unique challenges faced by adolescents, including depression and anxiety.
- **Activities:** Presentations on adolescent development and mental health, including case studies and current research findings.

Module 2: Recognizing Signs of Depression and Anxiety

- **Objective:** Equip teachers with the skills to recognize early signs of depression and anxiety in high school students.
- **Activities:** Interactive workshops using video examples, role-plays, and symptom checklists to enhance recognition skills.

Module 3: Effective Communication about Mental Health

- **Objective:** Develop teachers' communication skills to engage in sensitive and effective conversations with students about mental health.
- **Activities:** Role-playing exercises focusing on approaching a student about whom they are concerned, with feedback from peers and mental health professionals.

Module 4: Supporting Students with Mental Health Issues

- **Objective:** Provide strategies for teachers to support students experiencing mental health issues within the bounds of their role.
- **Activities:** Development of support plans, exploration of case studies, and discussions on balancing support with academic expectations.

Module 5: Referral and Collaboration with Mental Health Services

- **Objective:** Familiarize teachers with the process of referring students to mental health services and collaborating with these services.
- **Activities:** Information sessions with school counselors and mental health professionals

Module 6: Creating a Supportive Classroom Environment

- **Objective:** Guide teachers in creating a classroom environment that promotes mental well-being and reduces stigma around mental health issues.
- **Activities:** Brainstorming sessions, development of classroom policies, and peer discussions on fostering a positive classroom culture.

Module 7: Addressing Stigma and Promoting Mental Health Awareness

- **Objective:** Empower teachers to address stigma associated with mental health issues and to promote awareness in the school community.
- **Activities:** Workshops on combating stigma, planning awareness campaigns, and creating educational materials for the school community.

Module 8: Teacher Self-Care and Wellness

- **Objective:** Highlight the importance of teachers' mental health and well-being, providing strategies for self-care.
- **Activities:** Self-care strategy sessions, stress management techniques, and creating personal wellness plans.

Module 9: Navigating Online and Community Resources

- **Objective:** Introduce teachers to a range of online and community resources available for supporting students' mental health.
- **Activities:** Guided tours of online mental health resources, guest presentations by community mental health organizations, and compilation of resource lists.

Module 10: Leadership in School Mental Health Initiatives

- **Objective:** Encourage teachers to take on leadership roles in school-wide mental health initiatives and policies.
- **Activities:** Leadership training, project management for mental health initiatives, and strategy development sessions for school-wide