

COLLABORATIVE PARTNERS PROGRAM:

Logistics

This 12-month comprehensive program provides trauma-informed care and stress reduction services designed to benefit youth, families, and the professionals supporting them.

Program Overview

This program is a collaboration between Chester Street Foundation (CSF), Mental Health America of Greater Houston, and your organization.

Program Includes:

- Access to CSF's On-Demand Video Courses.
- Up to Three In-Person Training Sessions led by Shawn Alex Nemeth (Founder/GEO of CSF) and Dr. Ann Friedman, Psychologist.
- Three Virtual Progress Collaboratives, held every 3-4 months, featuring Shawn Alex Nemeth and Dr. Friedman, aimed at maximizing program impact.
- Yoga for Youth with Nosa & Susie Edebor, The Jung Center.
- Comprehensive Outcome Data Reports based on participant feedback through post-course surveys.

Partnerships Requirements:

- Sign a 12-month commitment to the program.
- Schedule all courses, trainings, and progress collaboratives within 60 days of signing the agreement.
- Participation in post-course surveys for program impact assessment.
- Inclusion in CSF marketing materials, including:
 - Use of your organization's name and/or logo on CSF digital and printed promotional materials.
 - Submission of at least one participant impact story.
 - Use of outcome data reports statistics.

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It's hard to overstate the value of our relationship with Chester Street Foundation. CSF's trainings have been meaningful, memorable, and so impactful to our health plan clinical team. Hundreds of our service coordinators have learned about self-care and managing stress to prevent burnout. But perhaps more importantly, these SCs now have practical tools to support youth through a trauma-informed approach, reducing triggers and fostering resilience as they grow into adulthood.

- Salil V. Desphande, MD, MBA, FACP, Chief Medical Officer, UnitedHealthcare



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COLLABORATIVE PARTNERS PROGRAM

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ChesterStreetFoundation.org
832.982.4514

Through education and collaboration, our mission is to shine a light on the invisible wounds of childhood trauma to promote prevention, recovery, and resilience in children, their families, and the professionals who serve them.



 @CSF4TheChildren

 @ChesterStreetFoundation

 @Chester-Street-Foundation

 @ChesterStreetFoundation2045

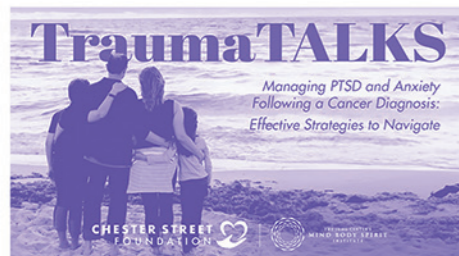
On-Demand Course Offerings

CEUs available for nurses, psychologists, social workers, educators, and advocates



The Invisible Wounds of Childhood Trauma: A Personal and Professional Perspective (1 hour)

An introductory overview of childhood trauma and Shawn's inspirational story.



Managing PTSD and Anxiety Following a Cancer Diagnosis: Effective Strategies to Navigate (1 hour)

A focused presentation of this complex issue including evidence-based tools to relieve fear and anxiety.



An Introspective Look at Trauma and the Need for Self-Care (2 hours)

Designed to equip professionals and child-serving organizations with self-care tools, a personalized plan, and insights into how trauma impacts availability to others.



Could it be Trauma?

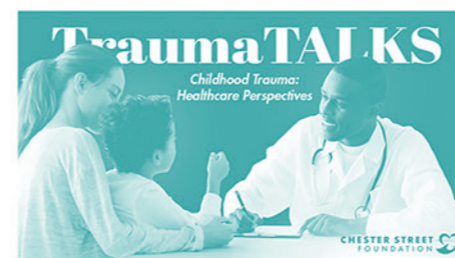
On-Demand series

An evidence-based training that helps professionals and caregivers understand trauma's impact on children's development, recognize its effects, and apply strategies to support healing.



Could it be Trauma? With Developmental Disabilities (3 hours)

Allows learners to connect the foundational information learned from *Could it be Trauma?* to help formulate best practices when working with this vulnerable population.



Could it be Trauma? With Healthcare Perspectives (3 hours) + Bonus Video on Developmental Disabilities

Healthcare Perspectives will allow learners to connect the foundational information learned from *Could it be Trauma?* to provide healthcare professionals with essential knowledge on recognizing childhood trauma in the healthcare setting.

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I thoroughly enjoyed the entire presentation. It was highly engaging and kept my attention. Both speakers were fantastic and provided authentic useful information.

- Laila P., Training Participant

Participating Instructors

Abdullah Alobaidi, MD
Assistant Professor / Baylor College of Medicine / Department of Psychiatry

Nicole Robinson, DNP, APRN, NE-BC
Family Nurse Practitioner / Nurse Educator
University of Houston / Fertitta Family College of Medicine

Bobbie Salinas, BSN, RN
Health Service Manager / UnitedHealthcare

Kenneth Monfort, PhD
Licensed Psychologist / Co-founder of Montfort Psychology Associates

Natalie Monfort, PhD
Licensed Psychologist / Co-founder of Montfort Psychology Associates

In-Person Trainings

CEUs available for psychologists, social workers, educators, and advocates



Burnout: Fueling the Flame of Resilience (1 hour)

A focused training that uses evidence-based techniques to address burnout, manage stress, and build resilience against the impacts of trauma on mental health.



Managing PTSD and Anxiety Following a Cancer Diagnosis: Effective Strategies to Navigate (1 hour)

A focused presentation of this complex issue including evidence-based tools to relieve fear and anxiety.



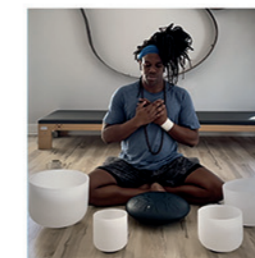
An Introspective Look at Trauma and the Need for Self-Care (2 hours)

Designed to equip professionals and child-serving organizations with self-care tools, a personalized plan, and insights into how trauma impacts availability to others.



Could it be Trauma? Supporting Kids on the Road to Recovery (3 hours)

An evidence-based training that helps professionals and caregivers understand trauma's impact on children's development, recognize its effects, and apply strategies to support healing.



Yoga with Youth

With Nosa & Susie Edebor

This calming practice teaches youth focus, emotional regulation, stress reduction, and conflict resolution through meditation and mindful movement. Available in the Greater Houston area only.



Our Lead Instructors

Shawn Alex Nemeth
Founder & CEO
Chester Street Foundation

Ann Friedman, PhD
Psychologist and Certified Trauma Specialist,
Mental Health America of Greater Houston