

MENTAL HEALTH PROMOTION

CONSULTATION, TRAINING, COACHING, MODELING





Chastain
Consulting
Services,
LLC

Mental Health Consultation

Chastain Consulting Services, LLC is a minority female owned mental health/prevention consultation and training small business. The owner is Annette Chastain, a Licensed Clinical Social Worker since 2000.

Services include:

- Mental Health Promotion consultation for the whole agency, classrooms, and all staff.
- Training, coaching, modeling, with staff in Conscious Discipline®, trauma informed practices and staff wellness. Provided by Annette's team of Mental Health Consultants.
- 200 hours from February 1- June 30 2023



An agency's climate impacts the success of all who learn and work within it. Chastain Consulting Services, LLC will partner with you to focus on essential practices for shifting from power struggles to cooperation, promoting safe classrooms where children thrive, from blaming to problem solving and from upset to calm relationships.



We will do this by:

- Creating 4 Learning Groups =
 - Group 1 Administration,
 - Group 2 Education/Mental Health,
 - Group 3 Family Services,
 - Group 4 Teachers/Staff
- In consultation with MCCC staff, create a plan that promotes strategies that help with staff stress management, to increase skills with trauma informed practices that promote positive mental health and to provide consultation with documentation and policies that support mental health for staff, families and children.
- Provide training and coaching with Mental Health Promotion strategies for all staff including classroom strategies, parenting curriculum and strategies for the adults in the agency.



Classrooms

Chastain Consulting Services will partner with MCCC to create a coaching structure for teachers to support implementation of Mental Health Promotion Strategies using Conscious Discipline® and other trauma informed approaches in the classroom.

We will do this by:

- Providing observations of identified classrooms with plans to promote safe, connected, problem solving classrooms.
- Deliver plan of training, coaching, modeling and consulting.
- Document progress and share staff data that help create a picture of the Mental Health Promotion work taking place in MCCC.

Conscious Discipline Pre-Assessment

We are excited to partner with you to focus on weaving in Conscious Discipline and healthy Mental Health practices within your agency. We will do this by connecting with you as your trainer, to provide modeling for practices you wish to implement and to coach you along the way.

As we begin, it will be important for us to have a baseline regarding your mindset and your beliefs. There are no right or wrong answers.

Please see the attached survey monkey survey. Please take this survey as soon as you are able. As you answer think about how things play out during your day rather than how you wish they could play out. The survey results will be anonymous and will help us with creating your training program.

I wish you well - and cannot wait to meet you,
Annette Chastain, LCSW



[MCCC Caregiver Mindset Pre-Training Assessment](#)
[surveymonkey.com](#)

In June 2023 we will assess the future training/consulting/coaching needs and create a plan for school year 2023-2024.