



THRIVE

CONTINUING EDUCATION



Jenny Thrasher

In partnership with

heartling.org

From Crisis Intervention to Empowered Action

In today's world, mental health challenges can feel overwhelming, both personally and professionally leaving many people feeling helpless. Thrive Education offers a groundbreaking approach to mental health and suicide prevention, going beyond crisis intervention to empower individuals with tools for lasting wellness and fulfillment.

This course equips you with practical strategies to reduce the risk of suicide, discover root causes of mental health challenges, and explore therapeutic modalities that foster holistic well-being.

Whether you're looking to support others or seeking to enhance your own mental health, Thrive Education provides a comprehensive six-pillar framework that empowers you to shift from surviving to thriving.

This is more than suicide prevention ... This is Thrive Education.

Continuing Education Credits

This course is offered as a **pre-recorded program** and is designed to provide **2.25 contact hours of continuing education credit**.

Certificate of Completion & Learning Assessment

Participants must achieve an **80% or higher success rate** on the final learning assessment to receive a certificate of completion.

Eligibility for Continuing Education Credits (CECs)

- It is the participant's responsibility to confirm that this course meets the requirements set by their governing agency.
- Governing agencies determine the total number of **approved CECs** for this course.
- Upon course completion, participants should **submit their certificate of completion** along with the **course learning objectives** to their governing agency to receive credits.



Any questions?

Get in touch today: hello@thrive.us.org

Learning Objectives

Trust (0.5 hours)

- Develop a self-care routine for physical, mental, and emotional well-being.
- Recognize and dismantle harmful mental health stigmas.
- Use stigma-reducing language to foster compassionate conversations.
- Respond to crises with confidence in both personal and professional settings.

Hope (0.75 hours)

- Reframe hope as an actionable tool for growth and mental well-being.
- Identify and address key suicide risk factors: distress, isolation, and shifts in belief.
- Leverage meaning, connection, and contribution to prevent crisis.
- Apply the SIT method, a three-step approach to crisis support.

Resonance (0.25 hours)

- Understand the connection between physical, mental, and emotional health.
- Use the Human Blueprint model to achieve balance and well-being.
- Align health strategies for long-term resilience and thriving.

Investment (0.25 hours)

- Address root causes of health challenges rather than just symptoms.
- Explore holistic and conventional approaches to wellness.
- Implement strategies for sustainable health and vitality.

Vision (0.25 hours)

- Recognize the full spectrum of mental health from suicidal to thriving.
- Identify key symptoms for early intervention.
- Strengthen awareness of holistic mental health strategies.

Energy (0.25 hours)

- Define what thriving means for you and distinguish it from surviving.
- Develop self-awareness and strategies to create a fulfilling life.
- Move beyond resilience into thriving with confidence and clarity.



Any questions?

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Advisory Board



Dr. Katherine O. Courtney, PhD, MS

Dr. Katherine Ortega Courtney offers expertise in psychology specific to trauma. She has a Phd in psychology and is a Certified Life Coach.



Kevin Berthia

Kevin Berthia is a suicide attempt survivor who offers expertise in suicide prevention and building trust with those in crisis.



Kevin Briggs

Kevin Briggs, also known as the Guardian of the Golden Gate, offers expertise as an Army Veteran, retired California Highway Patrol Officer, and as a long-standing mental health advocate.



Kim Stumne, MBA, RN BSN, PHN

Kim Stumne offers expertise in western medicine practices, nutrition, and fitness. She is a Registered Nurse and Certified Health & Fitness Coach.



Any questions?

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Enroll Now At

www.thrivecourse.org

*For more information,
please contact:*

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