

strong communities topic catalog

Bring Lena Pope experts to your workplace or event for free! Our engaging speakers tailor each session to your audience. Contact us by phone or email to schedule a presentation or explore how we can support your event.

 **Also Available in Spanish**

Mental & Behavioral Health

Intended Audience: Mental Health Professionals, Teachers, Parents & Caregivers, General Public

Understanding Mental Health & Behavioral Disorders

Explore mental health fundamentals, common behavioral challenges (internalizing & externalizing), and strategies to support wellness.

Trauma and Trauma-Informed Approaches

Understand how trauma affects the brain and behavior; learn trauma-informed practices to support healing in youth and adults.

Evidence-Based Trauma Interventions (EMDR & TBRI)

Introduction to Eye Movement Desensitization and Reprocessing (EMDR) and Trust-Based Relational Intervention (TBRI) therapy methods for trauma treatment and building trust-based relationships with vulnerable youth.

Recognizing and Supporting Mental Health in Youth

Learn to identify emotional distress in youth, including signs of mental health struggles, risk behaviors, and self-harm.

Family Mental Health & Therapeutic Approaches

Explore Functional Family Therapy and strategies to strengthen youth and family relationships.

Mental & Behavioral Health (cont.)

Intended Audience: Mental Health Professionals, Teachers, Parents & Caregivers, General Public

Mental Health First Aid & Early Intervention

Learn how to recognize mental health crises and offer support while awaiting professional assistance.

BFRBs: Body-Focused Repetitive Behaviors

Learn to recognize and support youth with BFRBs like hair pulling and nail biting.

Understanding Self-Harm

Understand self-harm and how to offer supportive, informed care.

Emotional Regulation & Behavioral Strategies

Techniques for teaching emotional regulation and managing challenging behaviors in children.

Animal-Assisted Therapy

How animals can support emotional healing and therapeutic outcomes in diverse populations.

Parenting Journey

Intended Audience: Mental Health Professionals, Teachers, Parents & Caregivers, General Public

Early Childhood Development & Mental Health

Focus on early childhood mental health, family dynamics, and the importance of early interventions and partnerships.

Child Development & Play Therapy

Examine how play supports emotional and behavioral growth; including developmental play and therapeutic techniques.

Building Resilience in Children

Techniques to help children develop emotional strength through supportive parenting and teaching.

Problematic Sexual Behaviors

Learn how to recognize sexual behaviors in children that are outside typical development, understand potential causes, and explore supportive ways to respond and seek help when needed. (This session is designed for parents and caregivers).

Intended Audience: Mental Health Professionals, Teachers, Parents & Caregivers, General Public

Fostering Critical Thinking & Problem Solving

Encourage cognitive development by giving children time and space to think, solve problems, and learn from struggle.

Managing Anxiety in Children & Parents

Learn how anxiety presents in both parents and children and family management strategies.

Healthy Teen Relationships

Help parents identify warning signs and strengths in their teen's romantic or peer relationships.

Screen Time & Digital Wellness

Understand screen time impacts and how to set healthy boundaries around technology use in children and teens.

Social Emotional Learning (SEL)

Building empathy, self-awareness, and social skills in children through SEL-based practices.

Through Their Eyes: Centering Healing, Hope, & Relationship in Parent-Child Therapy

Using a strength-based, trauma-informed lens, this session explores how therapy can be a space for both repair and reconnection — where families are supported not just to comply with services, but to heal and grow back together.

Mom Said “No”, Let’s Ask Dad

Strengthen communication with your partner and work together toward common family goals.

What to Expect During Puberty & Normal Teen Development

Take a proactive approach in preparing your child to developmentally adjust in their next phase of growth.

Talking to Your Child About the “Elephant” in the Room

Addressing various problematic behaviors children may be experiencing.

Community & School Engagement

Intended Audience: Mental Health Professionals, Teachers, School Administrators, Parents

Community Outreach & Partnerships

Learn strategies to engage families and communities and foster partnerships in education and early childhood.

Mental Health in Schools

Promote school-based mental health awareness, create positive school climates, and support students through mental health programming.

Community-Based Youth Programs

Overview of programs and workshops that support youth mental health, life skills, and family engagement.

Youth Mental Health Challenges

Discussion on the most pressing mental health issues facing youth today and how schools and families can respond.

Communication & Coping Skills for Youth

Help youth develop strong communication, emotional regulation, and stress management skills.

Foundations in Leadership

Strong leadership is the cornerstone of high-quality learning. This session provides early childhood and elementary administrators with essential leadership foundations to effectively manage teams and cultivate a positive organizational culture.

Juvenile Justice Support

Intended Audience: Mental Health Professionals, Juvenile Justice Staff, Teachers, Administrators

Juvenile Justice & Mental Health

Explore how justice involvement intersects with youth mental health and strategies for effective rehabilitation.

Juvenile Justice Support (cont.)

Intended Audience: Mental Health Professionals, Juvenile Justice Staff, Teachers, Administrators

Trauma-Informed Systems of Care

Learn how to build trauma-informed practices within juvenile justice and educational systems.

Working with Justice- Involved Youth

Support strategies for youth involved in the justice system, including behavioral, educational, and emotional approaches.

Outreach Community Services

Intended Audience: Community Organizations, Corporate Teams, General Public

Strategic Communication & Branding

Learn how to communicate your mission clearly and build a strong brand for community impact.

Social Media for Community Engagement

Use social media tools effectively to connect with and engage your community.

Leadership & Operational Excellence in Human Services

Develop executive leadership skills and learn how to overcome administrative and operational challenges in service-based organizations.

Lena Pope Venue & Event Services Overview

Learn about Lena Pope's event venues—including Marty Leonard Chapel and Amon Carter Center—and how they can support community gatherings, celebrations, and professional events.

Program Development & Delivery

Best practices for creating, delivering, and evaluating impactful community and youth-focused programs.

Intended Audience: Students, Teachers, Parents & Caregivers, General Public

Understanding Emotions

Learn how to identify, manage, and express emotions in healthy ways, while also understanding the feelings of others.

Digital Balance: Managing Screen Time & Online Habits

Explore the effects of screen time on your mind and body, and learn how to create healthy tech routines for everyday life.

Family Talk: Communicating at Home

Gain tools to better understand family dynamics and learn how to express yourself clearly and respectfully at home.

How Talking Helps Us Heal & Grow

Discover how conversations with trusted adults and professionals can support healing, growth, and stronger relationships.

Respecting Your Body & Others

Learn about the physical and emotional changes that come with growing up, including how to make safe, respectful choices and understand personal boundaries — for yourself and others.

Solving Conflicts & Managing Behavior

Learn effective ways to handle conflict, manage strong emotions, and build positive relationships with others.



Intended Audience: Working Adults, Teachers, Office and Frontline Staff. General Public

Burnout Starts Earlier Than We Think

Burnout is rarely a sudden collapse. This topic focuses on how subtle mental and emotional strain builds over time, shows up as fatigue, irritability, numbness, or simply getting through the day and why noticing these early signs matters.

The Cost of Constantly Being “On”

High alertness and emotional control can be useful at work but draining over time. This session looks at how sustained activation keeps stress from shutting off and how to downshift without losing effectiveness.

Recovery After Difficult Interactions

One tough interaction can throw off an entire day. This session offers practical ways to mentally and physically reset between people or tasks instead of carrying stress forward.

When Motivation Drops but Standards Don't

Caring about your work while feeling mentally depleted creates a unique kind of strain. This topic normalizes that experience and explores ways to protect mental health without disengaging.

Decision Fatigue & Cognitive Overload

Constant decisions, interruptions, and competing demands quietly tax mental health. Learn why mental overload leads to mistakes, irritability, and low motivation and how to reduce it during the workday.

Keeping Calm Under Pressure

Many workers are expected to manage conflict or strong emotions while staying composed. This topic examines the mental health cost of sustained pressure and practical ways to recover.

