

Behavioral Health Training Catalog



Kansas City

About Our Training Sessions

Behavioral health and physical health are closely intertwined, which is why your Blue KC health plans include in-person and virtual employee behavioral health training sessions at no additional cost*.

Here's what you can expect when you schedule trainings with Blue KC.

NO ADDITIONAL COST

Whether you choose in-person or virtual sessions, you pay no additional cost*. Behavioral health training is part of your Blue KC health plan.

CHOOSE ONE SESSION OR A SERIES

Enhance your employee benefit program by offering one session or a series of training sessions throughout the year.

AUDIENCE-SPECIFIC SESSIONS

Personalize training sessions to your audience while maintaining core learning objectives.

BOOST INCENTIVE PROGRAMS

If you offer an HR incentive program, Blue KC behavioral health training sessions can be an important addition.

Get started

1. Browse our library of topics.
2. Email MindfulTraining@BlueKC.com to schedule an informational meeting with a Blue KC behavioral health trainer.
3. Work with the trainer to customize and schedule a program for your employees.
4. Invite employees to attend. We request a minimum of 10 employees for in-person training sessions. If fewer than 10 register, let's reschedule for a time that works better.

Email **MindfulTraining@BlueKC.com** to schedule an informational meeting and begin planning your behavioral health training program.

*For costs and further details of the coverage, including exclusions, any reductions or limitations, and the terms under which the policy may be continued in force, contact your Blue KC representative.

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Personal Health Well-Being

Confronting Seasonal Depression

Learn how seasonal changes can affect energy, mood, and productivity, and get practical guidance on how to stay balanced and energized year-round.

Maintaining a Healthy Mindset in Times of Stress

Discover how to manage stress more effectively and build habits that help you stay resilient and clear headed under pressure.

Making Small Changes for Big Impact

Explore simple, realistic changes that can lead to meaningful improvements in your health and daily routine.

Setting Attainable Goals

Turn intentions into results by learning how to set clear, realistic goals and create actionable steps to achieve them.

Understanding the Mind-Body Connection

See how physical health, stress, and mindset are connected, and learn how small changes can improve overall well-being and performance.



Workplace Well-Being

Optimizing Work-Life Balance

Learn practical strategies to manage competing demands and create a healthier balance between work and personal life.

Prioritizing Self-Care in a Busy Schedule

Identify simple, sustainable ways to take care of your well-being, even when time is limited.

Communicating Effectively with Professionalism

Strengthen workplace relationships by improving communication skills, navigating difficult conversations, and building trust.

Behavioral Health Awareness in the Workplace

Build awareness of common challenges employees face and learn how to foster a supportive, productive work environment.

Identifying and Addressing Burnout

Spot early signs of burnout, and learn actionable strategies to restore energy, improve focus, and prevent long-term impact.

Fighting Fair: Rules of Engagement

Improve how you handle conflict by using clear, respectful communication that leads to better outcomes and stronger relationships.

Caring for Life's Challenges

Substance Use Disorders and How to Help

Recognize the signs of substance misuse and learn how to respond with confidence.

Caregiver Support for the Sandwich Generation

Gain practical tools to manage the competing demands of caring for children and aging loved ones while maintaining your own well-being.

Understanding the Cycle of Domestic Violence and Relationship Abuse

Learn to recognize warning signs of unhealthy relationships and how to offer safe, supportive responses to those in need.

Behavioral Health: What it is and Why it Matters

Get a clear, practical overview of behavioral health and why it plays a critical role in how a person feels, thinks, and acts in everyday life.





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