

THE TCP UNIVERSITY MODEL

The Confess Project focuses on empowering frontline heroes and heroes in Communities across America. Our public training model diagram represents the different areas of training we offer.

Contact us below or email info@theconfessproject.com

GET INVOLVED

DONATE

CONTACT

Click to donate or contact us for training.

HOW WE DELIVER TRAININGS



BARBERS

With a huge lack of black providers and mental health access The Confess Project has America's First Mental Health Barbershop Movement where we are Training Black Barbers to become mental health advocates in their communities.

MENTAL HEALTH PROFESSIONALS

4% of Clinicians in the field are people of color, The Confess Project builds capacity to our white-caucasian clinicians and primarily white led-institutions that are looking to uplift, support and practice mental health treatment with the black community.

LAW ENFORCEMENT OFFICIALS

Black people are 3X more likely to be killed by police. The Confess Project realizes that we can help solve the problem to help train and support law enforcement regarding racial bias, trauma informed care and cultural competency.

EDUCATORS

The Confess Project understands that boys and young men of color face barriers to success as early as 10 years old; the age when they are perceived to be less innocent. We build capacity for enriched learning environments with K-12 Educators through a trauma informed approach and suicide prevention lens.



VIRTUAL LEARNING NETWORK



TCP



The Confess Project goes far beyond the shop! Our team of public health experts, therapists, and education professionals is continually innovating our programs to respond to community needs. Through our Beyond the Shop program, we train barbers to become mental health advocates around the country. We also work with city governments, universities, and organizations to highlight how mental health intersects with police brutality, LGBT issues, gender inequality, and more. The Confess Project team wants to build up capacity and help to amplify leaders on the ground who can support boys, men of color and their families.

FREE COURSE



VIEW ALL





BEYOND THE BARBERSHOP TRAINING

JOIN COURSE



Course Description

This course is to encourage cultural dialogue of African American males and speaking about emotional health. Beyond the Shop serves as the bridge for public health disparities with marginalized males that will come in contact with/or seek treatment of any emotional related social issues.

Ultimately, this yearlong course is designed to enhance the life trajectory and prolong the life expectancy of our brothers by promoting health and wellness.

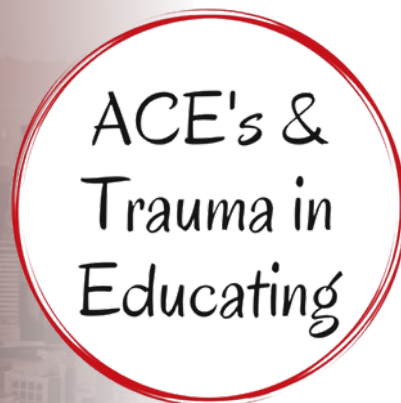
Course Outline

- Before You Begin
- Welcome
- Beyond the Shop Barbershop Training
- Mock Demonstration: I'm Ready To Confess(2:58)
- About The Confess Project
- "No One Cares About The Plight of Men"
- Wrap up
- Your feedback
- What's next

YOUR INSTRUCTOR

LORENZO P. LEWIS
FOUNDER & CEO OF
THE CONFESS
PROJECT





Course Description

This is a course about Adverse Childhood Experiences, trauma, and how those two things impact children in their classroom settings and follow into adulthood. Overall, participants of this training will walk away with a plan of action for implementing reform in their respective settings.

Course Outline

- Orientation(20:26)
- TCP Intake Survey
- Section 1: A Vocabulary of Trauma(35:04)
- Section 2: ACEs A Human Rights Perspective(12:47)
- Section 3: Considering Your Own ACEs
- Section 4: ACEs, Education, and the Trauma-Informed Approach(16:17)
- Chapter 5: Transformative Social Change



**TRAUMA
INFORMED**
CARE & RESILIENCY



Course Description

Learn ways to effectively handle trauma with an informed approach on taking care of yourself and staying resilient through triggers and tough times.

Resilience Training

- Trauma and Resiliency in Communities(51:53)

YOUR INSTRUCTORS

**AUDREY
FRESHWATER**
TRAUMA INFORMED
CARE, MOVING
BEYOND ACES



LORENZO P. LEWIS
FOUNDER & CEO OF
THE CONFESS
PROJECT



Youth Mental Health



JOIN COURSE

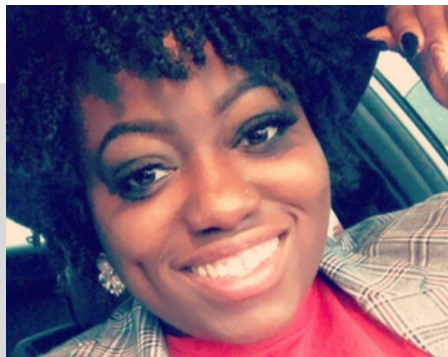


Course Description

This is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, and health and human services workers and any other citizen how to identify, understand, and respond to adolescent (ages 12-18) who may be experiencing signs of mental health or substance use challenge.

Course Outline

- Common signs and symptoms of mental illness in this age group, including
- Anxiety
- Depression
- Eating Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child of adolescent in crisis
- How to connect the person with help
- New: Expanded content on trauma, addiction and self-care and the impact of social media and bullying.



YOUR INSTRUCTOR

Francheska Parker
Community Engagement VISTA
The Confess Project

**To find the instructor visit
MentalHealthFirstAid.org or Email
fparker@theconfessproject.com*



Adult Mental Health

JOIN COURSE



Course Description

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Course Outline

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- NEW: Expanded content on trauma, addiction and self-care



Darnell Rice
Director of Membership
& Engagement
The Confess Project

TO FIND YOUR INSTRUCTOR:
Visit MentalHealthFirstAid.org
Email drice@theconferssproject.com



***QPR - Suicide
Prevention Training***



Course Description

The QPR model was created to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention methods. The signs of crisis are all around us. During this course, participants will learn how to ask a question, to save a life.

Learning Objectives:

1. Recognize someone at risk for suicide
2. Intervene with those at risk
3. Refer them to an appropriate resource



YOUR INSTRUCTOR

Dimika Nelson - Director of Programs and Partnerships
The Confess Project



TCP



Digital World Health

JOIN COURSE



Course Description

In the digital world there are several factors that directly effect your mental. Spending excessive time on the internet and social media gives us a heightened level of psychological arousal. This course covers how the internet affects your mental health and ways to use it to benefit

Course Outline

- How the Internet affects mental health
- Common mental struggles business minds and creatives face + Psychological arousal
- 8 ways social media is positive for mental health
- Step by step basics for bringing visions to life online
- "Rules & Tools" youth internet pledge (FREE PDF)
- Technology in the future and mental health



YOUR INSTRUCTOR

Courtney Woods
Graphic Design Director
The Confess Project

TO FIND YOUR INSTRUCTOR:

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