

MENTAL HEALTH & WELLBEING

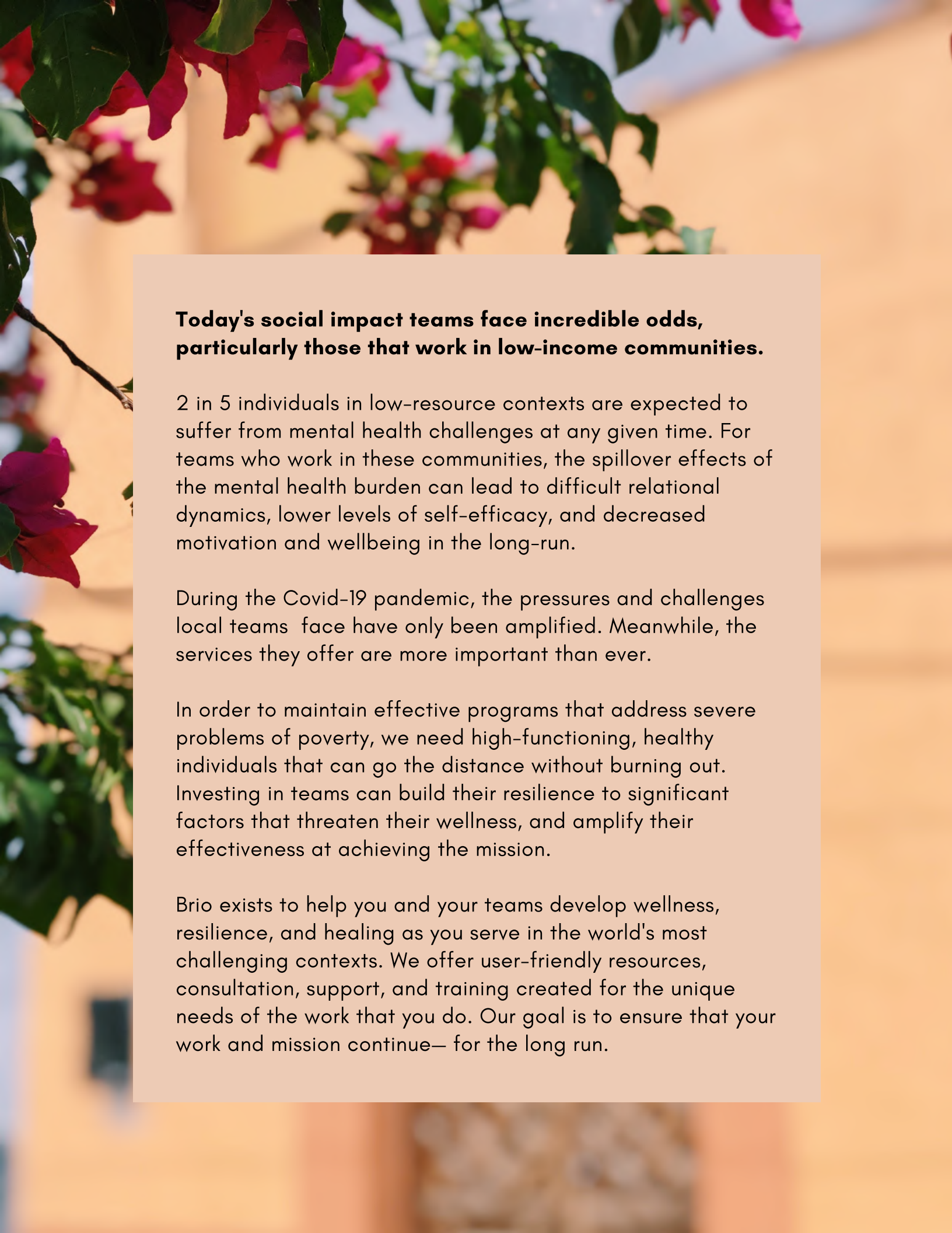
resources & opportunities
for social impact teams



**LEADERSHIP DEVELOPMENT THROUGH
ACCOMPANIMENT & TRAINING**



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Today's social impact teams face incredible odds, particularly those that work in low-income communities.

2 in 5 individuals in low-resource contexts are expected to suffer from mental health challenges at any given time. For teams who work in these communities, the spillover effects of the mental health burden can lead to difficult relational dynamics, lower levels of self-efficacy, and decreased motivation and wellbeing in the long-run.

During the Covid-19 pandemic, the pressures and challenges local teams face have only been amplified. Meanwhile, the services they offer are more important than ever.

In order to maintain effective programs that address severe problems of poverty, we need high-functioning, healthy individuals that can go the distance without burning out. Investing in teams can build their resilience to significant factors that threaten their wellness, and amplify their effectiveness at achieving the mission.

Brio exists to help you and your teams develop wellness, resilience, and healing as you serve in the world's most challenging contexts. We offer user-friendly resources, consultation, support, and training created for the unique needs of the work that you do. Our goal is to ensure that your work and mission continue— for the long run.

FOR LEADERS & TEAMS



Resilience & stress management training for teams

Our stress management training works with you to identify your teams' most stress-inducing factors, and offers insights into how best to respond.

Depending on your team's needs, this training can offer:

- Live workshops with brief presentations, exercises, and Q&A.
- Responsive strategies to cope with the challenges your team faces, within their particular context constraints.
- Downloadable guide and worksheets to implement practices to manage specific stressors.



Leader's wellbeing spaces

Research shows that humanitarian workers and impact teams are less likely to seek professional psychological services. Frequently, they turn to colleagues and friends for support. Brio offers a co-developmental opportunity to work directly with leaders and teams in your network to create lightly-facilitated wellbeing spaces that enhance the quality of this mutual support.

- In-depth interviews for specific areas of interest for leaders experiencing stress
- Co-develop and co-design wellbeing spaces that can be conducted virtually or in person
- Tailored content and structure that is tested with participants then offered to your team through training
- Long-term support for maintaining momentum of wellbeing spaces while designing for participant ownership.

FOR SUPPORT NETWORKS & FUNDERS



Live sessions on specific topics of interest

During a crisis, there may be specific mental health-related issues that the team would like to explore together. Prior to the session, we work with you to identify the most critical pain points and how you would like to structure the conversation. Possible topics include adaptive coping strategies, effective self-care while caring for others, and activating agency amidst uncertainty.



Resilience evaluation and response design

This is an opportunity to gather in-depth insights into the mental health challenges unique to your teams' contexts, and create long-term resources within your programming to address them. Here's how it works.

- Brio works with you to identify a group of individuals for whom you would like to provide leadership support. We recommend conducting evaluations at the time of selection into your program.
- Brio conducts confidential, burden-free evaluations. We tabulate and analyze the results, and give you easy-to-use insights. We do not reveal individual raw results.
- Based on our findings, we work with you to determine the most cost-effective options to help the group reach healthy benchmarks. This may involve wellness practices, therapeutic consultation, leadership and team coaching, recommended resources, and trainings. Where appropriate, we re-evaluate to mark changes and improvements in the group.



Resilience-building consultation

Brio works as a hired consultant to help you identify and address key aspects desired for building wellness and resilience within your teams or programs.

ABOUT BRIO

designing community-owned mental health
care with local teams



What we do: Brio enables access to quality mental health care in low-resource contexts through design and collaboration with local community organizations. Through its flagship multi-year partnership program, Brio provides a mental health design process, toolkit, consultation, evaluation and leadership support for building community-owned models of care. Since 2018, Brio has worked with local organizations in Ecuador, Mexico, Peru, and India, creating first-ever care and training to address addiction, trauma, burnout, social-emotional learning, and more.



Leadership: Dr. Aaron Rosales is a clinician with over 3,000 hours of supervised experience offering therapy to diverse clientele. As a clinician and researcher, Aaron has conducted training and evaluation for organizations of all sizes and sectors. Aaron holds a BA in Psychology from Columbia University and PhD in Clinical Psychology from Fuller Theological Seminary.

Daisy Rosales is a nonprofit professional specializing in strategy, content creation, and collaboration in the nonprofit sector. She has supported numerous organizations in maximizing the effectiveness of their programs while staying aligned in mission and values. She is Brio's full-time Executive Director. Daisy holds a BA from Harvard and MBA from Yale.

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