



THE CACE MISSION

Character Education Skill-Building For Mental Health Professionals

Counselors, social workers, and other mental health professionals who support students and adults are often overlooked for development specific to their unique needs. The Counseling Academy in Character Education (CACE) is designed to be a supportive community for those who work to meet the social, emotional, and mental health needs of young people in schools and other settings. This academy helps these essential caregivers rediscover why this work is important to who they are, intentionally focusing on self-awareness, trust, communication, and self-care.



To equip social workers, counselors, and mental health providers with knowledge, experiences, and tools to rekindle their passion and commitment to themselves and those they serve."

Program Details

Intention: To build a supportive community of wellness for mental health professionals that allows them to rekindle their passion for their work while forming a strong professional network.

Overview: This academy provides character education skill-building specifically for mental health professionals. It is designed to help participants embrace the power of self-awareness, rediscover their "why," sharpen communication skills, and uncover strategies to rekindle their self-care.

Outcome: Participants will develop a clearer focus on their work directly connected to their personal "why". They will improve their skills to establish trust and communicate with those they serve and their community of support, ultimately developing individualized definitions of self-care with intentional strategies to recharge.

A NOTE ON PARTICIPATION

Sessions are held at the CharacterPlus Offices in St. Louis and include lunch. Partner districts receive a discounted academy fee.



Learn More at CharacterPlus.org/CACE

CharacterPlus