

## Sample Menu of Training Topics

Modules are half-day in length unless otherwise noted. Half-day minimum per training event.

### Attachment

#### Attachment 101

- Definition & importance of attachment
- How children attach
- Indicators of secure attachment in young children
- Indicators of secure attachment in parents of young children
- Culture and attachment

#### Attachment Problems: Causes, Contributing Factors and Indicators

- Insecure attachment
- Disorganized attachment
- Trauma
- Young children
- Adolescents
- Outcomes
- Overview of attachment disorders

#### Promoting Attachment

- Strategies for Caretakers with:
  - Infant to toddler
  - Age 2-5
  - School-aged 6-12
  - Adolescence 13-17
- Overview of evidence-based programs and treatments

### Engaging Families

#### Engaging Families 101

- What does engagement look like?
- What families need: Trust, hope, self-worth, competence
- What families need: Partnership
- Why coaching matters
- Coaching framework
- Skills practice

#### Engaging Families: Beyond the Surface

- Principles of engagement
- Best practices in working with families
- Going deeper: Emotion coaching
- Going deeper: Candid conversations
- Skills practice

#### Coaching for Change

- Stages of change
- Coaching for better family outcomes
- Coaching framework
- Skills practice

#### Managing Challenging Behaviors (ages 0-11 or ages 12+)

- Developing/sustaining healthy attachment
- Goodness/poorness of fit
- Understanding behavior
- Overview of behavior management
- Prevention strategies
- Power Tools

## Parent/Child Visitation

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### Visitation 101

- What is visitation?
- Visit planning
- 3 keys to success: frequency, location, relationships
- Considerations for divorce/custody

### Visitation 101 for Child Welfare-Involved Families

- What is visitation?
- Visit planning
- 3 keys to success: frequency, location, relationships
- Special considerations for child welfare-involved families

### Making the Most of Visits

- Trauma, separation & loss, grief
- Engaging families
- Coaching
- Pre-teaching
- Managing transitions

### Saying Hello & Goodbye: Managing Transitions Around Visits

- Separation & loss, grief
- Managing your grief
- Minimizing the kids' trauma
- Transitioning in/out of visits

### Strengthening Families via Visitation

- Impact of loss on the family system
- Shared parenting
- Emotion coaching
- Activities to build/sustain attachment

### Strengthening Families via Shared Parenting

- Trauma, separation & loss, grief
- Impact on child
- Impact on the family system
- Shared parenting

### Coaching Caregivers for Behavioral Change in Visits (full day)

*\*Visitation 101 is pre-requisite*

- Engaging families
- Coaching framework
- Strengthening Protective Capacity
- Utilizing teachable moments in visits
- Emotion coaching

## Trauma

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### Trauma 101

- Definition
- Types of Trauma
- Trauma Symptoms
- Trauma screening

### Child Development and the Effects of Trauma

- Trauma and brain development
- Trauma and Attachment
- Goodness of fit/poorness of fit
- Supporting attachment
- Recognizing trauma at different developmental stages

### Trauma-Informed Classrooms

- Foundations of trauma informed classrooms
- Psychological safety in the classroom
- Classroom management strategies (prevention)

### Trauma and Challenging Behavior

- How are trauma and behavior related
- Foundations of trauma-informed behavior management
- Trauma-informed behavior management strategies (intervention)
- Managing escalations

### Engaging Families with a Trauma History

- Impact of trauma on the family system
- Trauma and different types of caregivers (foster, adoptive, kinship, birth)
- Engagement strategies

### Secondary Traumatic Stress

- What is secondary traumatic stress
- Recognizing symptoms
- Assessing for secondary traumatic stress
- Prevention strategies
- In-the-moment strategies
- Low-impact stress debrief

### Building a Trauma-Informed Agency

- Essential elements
- Psychological Safety at work
- Strategies for addressing secondary traumatic stress

### Engaging Community Partners for a Trauma-Informed System of Care

- What is a trauma-informed system of care
- Engaging partners
- Using data to set common goals
- Effective implementation practices
- Evaluating and monitoring progress

### Critical Incident Stress Debriefing (length TBD)

- Seven-part debriefing process led by a facilitator after critical incidents

## Sexual Development and Sexual Abuse

### Sexual Development 101

- Typical sexual development in all age groups
- Indicators of possible sexual abuse
- How to have appropriate conversations with youth

### Sexual Development (Ages 0-5)

- Typical sexual development for children ages 0-5
- Indicators of possible sexual abuse
- Sexual safety/appropriate boundaries

### Sexual Development (Pre-Teens/Adolescents)

- Typical sexual development for pre-teens/adolescents (including information on LGBTQIA+)
- Indicators of possible sexual abuse
- When sexual behaviors are problematic
- Treatment options for sexually reactive/aggressive youth
- Having conversations about sex

### Healthy Sexual Relationships

- Consent
- Supporting survivors
- Relationship violence
- Safer sex practices

### Sexual Abuse Awareness & Prevention (full day)

- Definitions
- Trends and statistics
- Sexual development
- Phases of sexual abuse
- Debunking myths
- Prevention
- Safety (how to respond)

### Sex Trafficking

- What is sex trafficking
- Risk factors
- Signs
- Prevention

## LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, + All Other Sexes, Sexualities, and Genders)

### LGBTQIA+ Overview

- Defining terms around sexuality and gender
- Pronouns and why they matter
- How to be inclusive and supportive

### Supporting LGBTQIA+ Youth (In Care or In School)

- Defining terms around sexuality and gender
- Risk factors
- Best practices for emotional and physical safety
- How to be inclusive and supportive (in-care or in school)
- How to access resources and community supports
- Trends

### Creating and Supporting a LGBTQIA+ Inclusive Workplace

- Defining terms around sexuality and gender
- Creating an inclusive and attractive work environment for LGBTQIA+ potential and current staff
- Best practices in the workplace
- Legal aspects

### Supporting Transgender Individuals

- Defining terms around sexuality and gender
- Pronouns and why they matter
- How to be inclusive and supportive
- Risk factors
- Safety
- Best practices
- How to access resources & community supports

## Substance Use

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### Substance Use 101

- Definitions
- Common substances misused
- What is addiction?
- Supporting individuals with addictions
- Effective treatment
- Motivating individuals to change

### Effects of Substance Use on Parenting

- What is addiction?
- Neonatal abstinence syndrome (NAS)/Fetal alcohol spectrum disorders (FASD)
- Safe sleep
- Specific effects substances have on parenting

### Adolescents and Substance Use

- What is addiction?
- Substances commonly misused by adolescents
- Unique dynamics of adolescent substance use
- Effective treatment for adolescents
- Motivating individuals to change

### How Substance Use Affects the Workplace (2 hours)

- What is addiction?
- Signs and symptoms of addiction
- How addiction affects the workplace
- Creating a supportive work environment

### Supporting an Individual with a Substance Use Disorder (2 hours)

- What is addiction?
- Signs and symptoms
- Effective treatment
- Motivational techniques

### Women's Unique Substance Use Issues (2 hours)

- What is addiction?
- How substance use affects the brain
- Women's unique substance use issues
- Effective treatment for women

### Debunking the Myths of Substance Use (2 hours)

- What is addiction?
- How substance use affects the brain
- Facts about substance use

### Methamphetamines (2 hours)

- What is methamphetamine?
- Effects on an individual
- Overview

### Opioids (2 hours)

- What are opioids?
- Effects on an individual
- Overview