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|   | **Southwest Ohio Regional Training Center****420 Wards Corner Road****Loveland, Ohio 45140****513-248-1269**

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| **STAFF & SUPERVISOR ONGOING TRAININGS** |
| **Spring 2024** |
| Link for anyone with an OH ID: [Log In | OH|ID | Ohio's State Digital Identity Standard](https://ohid.ohio.gov/wps/portal/gov/ohid/login)  |
| Link to Guest Registration Information: [SWORTC – Ohio CAPS](https://ohiocaps.org/ocwtp/rtcs/swortc/) |

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| **Date** | **Training** | **Session ID** | **Trainer** | **Time** | **Location** |
| 04/09/2024**Meets OAC Requirement** | Human Trafficking: Modern Day Slavery | 11146 | Ken Lawson | 9:00 to 4:00  | SWORTC |
| 04/11/2024 | Elements of Empathy: Why Empathy Matters | 10637 | Kelly Mettler | 9:00 to 12:15 | **Virtual** |
| 04/15/2024&04/16/2024**Meets OAC Requirement** | Domestic Violence Fundamentals and the Effects on Adult and Child Victims | 5941 | Darla Bolon | 9:00 to 4:00  | SWORTC |
| 04/17/2028&04/18/2024&04/19/2024 | Beyond the Silence: Forensic Interviewing | 9109 | Heidi Malott | 9:00 to 4:00Last day is 9:00 to 12:00 | SWORTC |
| 04/18/2024 | Methamphetamine Use in Child Welfare: Standing on Thin Ice | 12822 | Brian Bethel | 9:00 to 4:00  | SWORTC |
| 04/19/2024 | Substance Abuse: Its Effects on Children and Families | 13051 | Dave Zidar | 9:00 to 4:00  | SWORTC |
| 05/01/2024 | Invisible Injuries: The Impact of Trauma | 10036 | Paula Walters | 9:00 to 4:00  | SWORTC |
| 05/02/2024 | Strangulation: What Every Caseworker Needs to Know | 10037 | Paula Walters | 9:00 to 12:00  | SWORTC |
| 05/02/2024 | Domestic Violence: The Victim, The Abuser, and the Incident | 10038 | Paula Walters | 1:00 to 4:00  | SWORTC |
| 05/08/2024 | Teaming with the Aggressive Client | 9207 | Anthony President | 9:00 to 12:00  | **Virtual** |
| 05/08/2024 | Lessons in Microaggressions | 9210 | Anthony President | 1:00 to 4:00  | **Virtual** |
| 05/13/2024 | Fentanyl Use in America: Playing with Poison | 10944 | Brian Bethel | 9:00 to 4:00 | SWORTC |
| 05/17/2024 | Grief: Exploring the Journey of Loss | 9682 | Linda Davis | 9:00 to 4:00 | **Virtual** |
| 05/29/2024 | Survivor-Led Human Trafficking Awareness | 12880 | Teresa Meriweather | 9:00 to 12:15  | **Virtual** |
| 05/30/2024 | S.E.E.K.: Search, Engage, Explore, Kinnect | 13359 | Rick Dencer | 9:00 to 4:00 | SWORTC |
| 06/03/2024 | RAD: Reactive Attachment Disorder or Really Afraid Disorder | 10262 | Mary Vicario | 9:00 to 4:00  | SWORTC |
| 06/05/2024 | Anxiety Disorders: Joy, Fear, Anger Disgust and Sadness all Working Together | 12724 | Linda Davis | 9:00 to 4:00 | **Virtual** |
| 06/13/2024 | Secondary Traumatic Stress: The Professional in Distress | 10943 | Ruby Johnston | 9:00 to 4:00 | **Virtual** |
| 06/17/2024 | Working with Parents of Limited Cognitive Functioning | 13203 | Jody Johnston-Pawel | 9:00 to 4:00 | **Virtual** |
| 06/21/2024 | Addressing Reoccurring Mental Health Issues in Families | 11647 | Linda Davis | 9:00 to 4:00 | **Virtual** |
| 06/26/2024 | From Conflict to Collaboration | 11343 | Lauri Wolfe | 9:00 to 4:00 | SWORTC |
| 06/27/2024 | Confidence in the Courtroom | 11344 | Lauri Wolfe | 9:00 to 4:00 | SWORTC |
| 06/28/2024 | Double Jeopardy: The Complexity of the Dual Diagnosis | 11515 | Brian Bethel | 9:00 to 4:00 | SWORTC |

**Workshop Descriptions**

**Human Trafficking: Modern Day Slavery**

**Millions of people are enslaved around the world today. Half are believed to be children. Seventy percent of those entering the United States as trafficked persons are commercially sexually exploited, and many of them are children. U.S.-born children who are commercially sexually exploited are victims of domestic trafficking. Recent studies place the number of children trafficked domestically between 100,000 and 300,000. This presentation will define human trafficking, explain why it is an issue for Ohioans, offer tools to evaluate if you have come into contact with a trafficked person, and emphasize the necessity of interagency cooperation.**

**Completion of this learning meets OAC training requirements.**

**Elements of Empathy: Why Empathy Matters (3 hours)**

**In this interactive and thought-provoking training, learners will obtain content as to why empathy matters when collaborating with co-workers and families. Through the course, learners will be provided with knowledge about empathy, as well as develop skills to assure that empathy becomes part of their practice in the workplace.**

**Domestic Violence Fundamentals and the Effects on Adult and Child Victims (11 hours)**

**This course begins with an in-depth overview of the dynamics of domestic violence/intimate partner violence (DV/IPV). We will explore the facts and myths of DV/IPV, causal theories, why adult victims stay in these relationships, and why perpetrators may be resistant to change. We will look at short-term and long-term effects on child witnesses to DV/IPV as well as the effects on adult victims. The CPS worker will have an opportunity to practice interviewing and assessment skills specific to this population, including interviewing the batterer, the victim, and the child. CPS workers will learn to assess for lethality and other risk factors and to develop appropriate safety plans for adult and child victims and. Legal issues will be addressed including the family's options for legal protection.**

**Completion of this learning meets OAC training requirements (5101:2-33-55; 5101:2-33-56) for domestic violence.**

**Beyond the Silence: Forensic Interviewing Part One (13.75 hours)**

**This workshop focuses on the forensic interview, with an emphasis on team building between law enforcement and child welfare. Sound forensic interviews are essential for the successful completion of a child sexual abuse investigation. The purpose of conducting a forensic interview is to determine whether a crime has occurred and to assess the child's safety. This 2½-day workshop will focus on the fundamental skills needed to conduct child interviews that are forensically appropriate.**

**Methamphetamine Use in Child Welfare: Standing on Thin Ice (5.5 hours)**

**This workshop will highlight the increased prevalence of methamphetamine use and offer participants a comprehensive overview of the risk factors associated with meth use and manufacturing. Moreover, this training will provide participants with the most evidenced-based treatment strategies for working with individuals struggling with meth addiction.**

**Substance Abuse: Its Effects on Children and Families (5.5 hours)**

**Substance use and abuse is epidemic. Drug use among families that are working with public child welfare agencies is higher than that of non-public child welfare families. The goal of this class is to provide to participants the language and understanding of the origins of substance use, treatment options, multi-generational patterns, and outcomes. Participants will also explore examples of the development of alternative activities to drug use.**

**Invisible Injuries: The Impact of Trauma (5.5 hours)**

**Trauma is not segregated pockets of events or occurrences that happen in silos. Rather, trauma is intersections of different adverse life events that layer upon each other, forcing these events to be intertwined. When this occurs, a person is not able to differentiate between healthy and harmful environments. The intention of this workshop is to dismantle these silos, as treatment cannot only tackle one component of trauma independently from the others. Attendees will address myths that surround abuse and be challenged to confront their own bias regarding the abusers, the victims, and the incidents of abuse. This workshop takes you to the uncomfortable steps of “walking a mile in the shoes of trauma survivors”.**

**Strangulation: What Every Caseworker Needs to Know (2.75 hours)**

**Strangulation has been identified as one of the most lethal forms of domestic violence and sexual assault. Strangulation is an ultimate form of power and control where the batterer can demonstrate control over the victim's next breath: it may have devastating psychological effects or a potentially fatal outcome. In strangulation, unconsciousness may occur within seconds and death within minutes. Death can occur in the days following the incident as well. When domestic violence perpetrators choke (strangle) their victims, not only is this felonious assault, but it may be an attempted homicide. Strangulation is often considered the "last warning shot" before homicide.**

**DV: The Victim, the Abuser, and the Incident (2.75 hours)**

**Domestic violence is a public health epidemic. It is also one of the most dangerous scenes for first responders. People face challenges when caring for adults or children whose life experiences have been centered around domestic violence. Domestic violence is difficult to understand because there is often blurred lines of what abuse is. Attendees will be addressing myths that surround abuse as well as be challenged to confront their own bias regarding the abusers, the victims, and the incidents of abuse. This workshop takes you to the uncomfortable steps of “walking a mile in their shoes.” The first step in addressing the struggles of those living with domestic violence is to understand it.**

**Teaming with the Aggressive Client (2.75 hours)**

**Aggression is anger in action. Child welfare clients may become aggressive with workers for a myriad of reasons in response to initial referrals or ongoing agency intervention. Aggression could be the result of your clients’ feelings of vulnerability coupled with perceived threat of severed legal ties with their children. One approach to diffusing aggression is to communicate synergy in your casework practice. This workshop deals with the concept of using synergy (goal centric teamwork) to help clients transform their energy from aggression into energy for case plan completion.**

**Lessons in Microaggressions (2.75 hours)**

**The dichotomy of Microaggressions is that they may be either subtle or shocking but unfortunately hurt just the same. Microaggressions are daily, verbal, behavioral or environmental actions directed towards diverse populations that communicate hostility. Most of us at one time or another have committed a microaggression and many times we are unaware. Well intentioned people who consciously disapprove of bias can still harbor implicit bias that could lead to microaggressions. This workshop examines microaggressions, their impact on Child Welfare team members, and strategies to reduce and respond to them.**

**Fentanyl Use in America: Playing with Poison (5.5 hours)**

**Fentanyl is a powerful synthetic opioid that is believed to be fifty to one hundred times stronger than morphine. Although Fentanyl was originally developed for the treatment of severe pain, in more recent years this drug has been associated with the escalation of drug related overdoses across the United States. This training will offer an overview of the drug Fentanyl and explore the correlation between this substance and the increase in drug overdose deaths. In addition, this training will highlight the strong addictive qualities of this substance and discuss research supported treatment strategies to assist persons who present with substance use disorders of opiates/Fentanyl.**

**Grief: Exploring the Journey of Loss (5.5 hours)**

**This workshop will present theoretical methods for dealing with loss and grief. The difference between normal grief (uncomplicated grief) and grief and depression (complicated grief) will be discussed and outlined. The bereaving process will be defined, and indicators and instruments that therapist use will be provided, which will help to assess loss and bereavement. A variety of specific and practical therapeutic techniques will be discussed to assist in coping with grief and loss. The Model of Complicated Mourning/Grief will be discussed, and we will explore how grief affects family systems. Ambiguous loss will be discussed so participants will recognize how this type of loss describes the loss children and parents experience in child welfare. Activities will be presented that will help children process their loss when they are mourning the loss of an attachment figure. Some of the activities/techniques that will be presented and discussed, which assist in the release of emotions for children and adults, are loss boxes, grief river, mapping the influence of the loss, grief drawer, memory books, journaling, and narrative storytelling. Large and small group discussions will occur, as well as discussing different case examples (film characters from Steel Magnolia, Manchester by the Sea, and Philomena), which will illustrate the theories and techniques.**

**Survivor-Led Human Trafficking Awareness Interdisciplinary Training (3.25 hours)**

**This is a survivor-led course that will not only provide the definition of human trafficking along with different typologies but offers real life specific case scenarios. The participants will have a better understanding of sex crimes and their element of crime specifics as they relate to children/youth.**

**The participants will have the opportunity through this training to be placed in actual situations of human trafficking using simulations.**

**S.E.E.K.: Search, Engage, Explore, Kinnect (5.5 hours)**

**Search, Engage, Explore, and Kinnect (S.E.E.K.) training is a values-based, intense family search and engagement (FSE) training. In this training, participants will increase their understanding of core values and foundations of FSE, from legislation history and evolution of practice, to integrating family finding across agencies. Learners will discuss the "why" behind kin-first decision-making, how to identify and overcome barriers to connecting children with their kin, and trends in practice. Participants will learn diligent searching techniques and meaningful engagement strategies, as well as skill sets for connecting and supporting kinship families through interactive curriculum and activities.**

**RAD: Reactive Attachment Disorder or Really Afraid Disorder (5.5 hours)**

**The once nearly "untreatable" Reactive Attachment Disorder (RAD) is being re-examined through the lens of neuroscience and found to be more related to fear-based dysregulation than intractable behaviors. This training will walk down and beyond Memory Lane as we explore the traditional (pre-neuroscience) beliefs and approaches to attachment-challenged youth, as well as the developing neuroscience-based approach to understanding and treating fear-based dysregulation that disrupts a child's ability to attach. Participants will explore the many early challenges that can create repeated fear responses and dysregulation that make trust and attachment challenging for many children. They will examine attachment and interventions for attachment challenges through the lens of a parent through our growing understanding of how the brain works and heals itself through safe, positive attachment. We will set power struggles aside and explore brain-based interventions that are proving to help children and their caregivers move beyond attachment issues to safe, calming, healing connection.**

**Anxiety Disorders: Joy, Fear, Anger Disgust and Sadness all Working Together (5.5 hours)**

In this workshop, the different types of anxiety that adults and children experience will be explored. The following DSM criteria will be explored: separation anxiety disorder, selective mutism, specific phobia, social anxiety (social phobia), panic disorder, agoraphobia, and generalized anxiety disorder. The statistical prevalence and treatment methods will also be identified and discussed for each criterion. Case examples will be discussed from Hollywood films and actors/authors. Large and small in-depth group discussions will occur as participants explore the psychological significances in the case examples and apply those discussions to the regulations of emotions and the diagnoses of anxiety disorders.

**Secondary Traumatic Stress: The Professional in Distress (5.5 hours)**

**This workshop will provide a concise overview of secondary traumatic stress, how it differs from stress and burnout, its potential impact on the professional and explore options for prevention and strategies to ensure workplace well-being. A review of PTSD and strategies to use in the workplace to keep oneself aware of the impact on their own personal health as well as how to manage the different warning signs of overwhelming stress.**

**Working with Parents of Limited Cognitive Functioning (5.5 hours)**

**In this highly interactive workshop, we discuss how to identify and meet the special needs of parents with three types of cognitive limitations: learning disabilities, mental health issues, and developmental delays. We share service options and available resources, discuss special case planning issues, and explore what parenting skills these parents may have difficulty learning. Then we apply what we’ve learned to real life and case studies.**

**Addressing Reoccurring Mental Health Issues in Families (5.5 hours)**

**This workshop will identify mental health disorders that are prevalent in child welfare. An exploration of the Diagnostic and Statistical Manual (DSM) statistical data, categories, and criteria will occur. Critical analysis of each of the disorders will take place through case examples from Toy Story and other Hollywood films. Group discussions will be utilized to facilitate further exploration of the psychological disorders. Discussions will focus on childhood disorders (primarily ADHD and oppositional defiant disorder), adult disorders (primarily adjustment disorder and depression), and post-traumatic stress disorder, which affects both children and adults. Large and small group discussions will facilitate transfer of learning.**

**From Conflict to Collaboration (5.5 hours)**

Child welfare is fraught with emotionally charged conversations, meetings, home visits, and court hearings. Particularly at the beginning of a case, communication can be hindered because trust between the child welfare agency and family is weak, at best. To be successful in gathering information, explaining matters, establishing rapport, and reaching collaboration, it is important for caseworkers and supervisors to be skilled in effective communication. It is equally as important for them to have the tools to do their jobs while maintaining healthy boundaries for themselves. From Conflict to Collaboration is a skill-building workshop focused on increasing skills for effective communication in the best interest of everyone involved: the children, the families, and the child welfare professionals. This training workshop provides immediate skills to increase effective communication skills, redirect difficult conversations, and encourage families to engage in their case. Those skills can be applied to benefit the working relationships between supervisors and caseworkers, and other agency relationships, as well. Finally, it provides guidance for case workers and supervisors to reduce stress and maintain personal boundaries for overall well-being.

**Confidence in the Courtroom** **(5.5 hours)**

Caseworkers often report that testifying in court is the most stressful part of their job. It can be compared to public speaking with the added stress of being cross-examined. Confidence in the Courtroom is a skill-building training program focused on increasing skills for effective preparation and delivery of testimony. This training program provides proven techniques to help reduce situational stress and anxiety in a number of ways, including: clarifying the court process and hearing types; using stress to boost confidence; monitoring and effectively using body language; defining defense attorney tactics and practicing appropriate responses when challenged on the spot; presenting effective testimony answers; providing efficient preparation tips; and equipping caseworkers with tools to increase overall self-confidence**.**

**Double Jeopardy: The Complexity of the Dual Diagnosis (5.5 hours)**

A dual diagnosis occurs when an individual is affected by both chemical dependency and an emotional or psychiatric illness. Individuals who present with coexisting disorders often require specialized services. Current research indicates the best outcomes occur when both disorders are treated simultaneously. However, social services, overall, are not well prepared to deal with people who have both disorders. Quite often only one of the two problems is identified. This workshop will provide an overview of the dual diagnosis and will address the challenges commonly associated with a dual diagnosis. In addition, participants will be exposed to evidenced-based treatment strategies for this population.