

## On-Going Trainings

**June, July, August, and September 2024**

Title	CAPS Locator #	Date & Time	Trainer	Location
Lunch and Learn - <b>Coaching</b> – Creating Healthy Bonds	Contact Julie Neidhart at 937-562-6677 or Julie.Neidhart2@jfs.ohio.gov	Monday June 10 <sup>th</sup> 12:00 – 1:00	Jim Still-Pepper	Virtual
Lunch and Learn – Trauma Informed Care – <b>Resource Readiness</b>	11744	Thursday June 13 <sup>th</sup> 11:00 – 1:00	Jody Johnston Pawel	Virtual
For Better or For Worse	11774	Saturday June 15 <sup>th</sup> 9:00 – 4:00	Jim Still-Pepper	Mercer County DJFS 220 West Livingston St Celina
Trauma Informed Care and Emotional Resiliency	12812	Thursday June 27 <sup>th</sup> 9:00 - 4:00	Faye Perkins	WORTC 1312 Research Park Dr Dayton
Separation Grief and Loss - <b>Resource Readiness</b>	9427	Saturday June 29 <sup>th</sup> 9:00-11:00	Deb McMullen	Allen County Children Services 123 W Spring St, Lima
Attachment – <b>Resource Readiness</b>	9428	Saturday June 29 <sup>th</sup> 12:00-2:00	Deb McMullen	Allen County Children Services 123 W Spring St, Lima
Lunch and Learn – Mental Health Considerations - <b>Resource Readiness</b>	13918	Thursday July 11 <sup>th</sup> 12:00 – 1:00	Jody Johnston Pawel	Virtual
Communicable Diseases	14168	Monday July 15 <sup>th</sup> 6:00PM - 9:15PM	Megan Wendling	Virtual



## On-Going Trainings Continued

June, July, August, and September 2024

Title	CAPS Locator #	Date & Time	Trainer	Location
Lunch and Learn – <b>Coaching</b> – Mental Health and Mental Illness	Contact Julie Neidhart at 937-562-6677 or Julie.Neidhart2@jfs.ohio.gov	Wednesday July 24 <sup>th</sup> 12:00 – 1:00	Jim Still-Pepper	Virtual
Trust Based Relational Interventions: Module 1	9425	Saturday July 27 <sup>th</sup> 9:00 – 4:00	Jayne Schooler	Allen County Children Services 123 W Spring St, Lima
Lunch and Learn – <b>Coaching</b> – Difficult Behaviors	Contact Julie Neidhart at 937-562-6677 or Julie.Neidhart2@jfs.ohio.gov	Monday August 5 <sup>th</sup> 12:00 -1:00	Jim Still-Pepper	Virtual
Lunch and Learn – Impact of Substance Use– <b>Resource Readiness</b>	13919	Thursday August 8 <sup>th</sup> 11:30 – 1:00	Jody Johnston Pawel	Virtual
Stress, Anxiety Relief with EFT/Tapping – Introduction	14369	Friday August 9 <sup>th</sup> 9:00 – 12:00	Tijana Coso	Virtual
What’s the Foundation of Your Parenting	14626	Saturday August 10 <sup>th</sup> 9:00-12:00	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima
Trauma Related Behaviors – <b>Resource Readiness</b>	14627	Saturday August 10 <sup>th</sup> 1:00-3:00	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima
Parenting a Child with a History of Sexual Trauma – <b>Resource Readiness</b>	14628	Saturday August 10 <sup>th</sup> 3:15-4:45	Jody Johnston Pawel	Allen County Children Services 123 W Spring St, Lima



## On-Going Trainings

### June, July, August, and September 2024

Title	CAPS Locator #	Date & Time	Trainer	Location
Fetal Alcohol Spectrum Disorders: A Hidden Struggle	14298	Wednesday September 11 <sup>th</sup> 9:00-12:00	Karen Channels	Virtual
Lunch and Learn - Attachment – <b>Resource Readiness</b>	13920	Thursday September 12 <sup>th</sup> 11:00 – 1:00	Jody Johnston Pawel	Virtual
Normalcy	10437	Saturday September 21 <sup>st</sup> 9:00-4:00	Anthony President	Allen County Children Services 123 W Spring St, Lima
Lunch and Learn – <b>Coaching</b> – Behaviors and Bullies	Contact Julie Neidhart at 937-562-6677 or Julie.Neidhart2@jfs.ohio.gov	Wednesday September 25 <sup>th</sup> 12:00-1:00	Jim Still-Pepper	Virtual
Zzz's to A's: Supporting Sleep for Better Functioning	14299	Wednesday September 25 <sup>th</sup> 9:00-12:00	Stacy Simera	Virtual



## **Training Descriptions**

### **For Better or For Worse: How to Get Along with the System**

Frustration can lead to burnout, and burnout is one of the chief motivators of dissatisfaction. Effective caseworkers and caregivers quit because they don't know how to handle "the system." This workshop will help participants learn ways of dealing with "the system" that will help them to avoid burnout. This will be a fast-paced training, filled with lots of success-oriented strategies. There will be no time for complaining! This combined class will provide an opportunity for caregivers and caseworkers to glean from each other's perspectives.

### **Trauma-Informed Care: Trauma and Resilience**

Participants will learn about the individualized nature of trauma, and how our clients' trauma responses can present as myriad maladaptive behaviors or symptoms. Using Dr. Bruce Perry's Neurosequential Model of Therapeutics and an orientation to Developmental Trauma, trauma will be explained from a biological perspective as well as an emotional one. We will learn how the brain is shaped by life experiences and discuss neuroplasticity in the context of both trauma and resilience. Participants will learn the importance of assessing for trauma to ensure trauma-responsive interventions and how to teach families about the impact of trauma on behavior, emotions, thinking, and relationships. They will learn how to deliver Trauma-informed care in their interactions with clients and will learn how to enhance resilience for both clients and themselves.

### **Separation Grief and Loss**

This course helps participants understand the impact of separation and ambiguous loss, and the different ways children grieve. Life-long grieving and the importance of providing opportunities for grieving is explored. Strategies to help children deal with grief and loss are identified. Participants will understand loss and fractured attachments with birth family members and previous placements; recognize the importance of establishing and maintaining essential relationships with and for children; understand the impact of frequent moves and the importance of managing transitions for children; and understand the separation, grief and loss experienced by all members of the foster/adoption network.



## **Attachment**

This course helps participants understand the importance of attachment in parenting, both for the children and parents who are fostering or adopting. It covers the impact of fractured attachments/lack of attachments on children's ability to attach and identifies strategies to develop healthy attachment bonds. This course also covers developing trust and developing children's sense of connectedness and belonging. How to be attuned to children and recognizing and honoring children's primary attachment to their families is also highlighted.

## **Communicable Diseases**

The primary purpose of this training course is to educate caregivers in identifying signs and symptoms of illness and contagious conditions, protect themselves from exposure, learn how to respond to an exposure risk, and how to transfer their knowledge to educate family and children in the home. The course content and activities will prepare caregivers to make appropriate decisions about preventing and educating on communicable disease transmission.

## **Trust Based Relational Interventions: Module 1: Introduction**

Module one of the Trust-Based Relational Intervention (TBRI®) series will focus on understanding the meanings behind child behaviors, the brain chemistry of a child from a hard place, and helping the child (and his/her family) heal and connect. Participants will learn tools they can put into action immediately. This module is a prerequisite for additional TBRI® modules.



## **Stress, Anxiety Relief with EFT/Tapping - Introduction**

Straightforward Course for Immediate Skill Application

Now, more than ever, skills that help reduce stress, anxiety and improve unbiased, critical thinking are desperately needed. This workshop introduces Tapping, a simple and effective tool that quickly helps to reduce stress/anxiety and the effects of trauma and secondary trauma.

Evidenced-based Emotional Freedom Technique (EFT), commonly called Tapping, is a self-regulation tool that offers rapid results and easy application. Gently tapping acupuncture meridian points on your own face and upper body helps ground a person, establishes calmness, and re-engages the thinking brain.

Participants will also learn the brain science of how stress and anxiety affect critical and objective thinking, including how our childhood experiences influence how we relate to others. Having this awareness helps us to consider and reflect on how we treat others.

This skill-building course is designed in a straightforward manner to enable the immediate use of Functional Tapping (FT), an abbreviated form of EFT. It's so easy to learn and use that participants will leave with the ability to reduce their stress and anxiety by Tapping and teaching it to another.

With Tapping, stress relief is just a Tap away!

## **What's the Foundation of Your Parenting**

See a parenting "style show" that reveals which parenting practices will get the long-term results you want. Discover the secrets for building healthy parenting habits and working together as a team with your parenting partners, including caseworkers and birth parents.

## **Trauma Related Behaviors**

This course helps participants learn how chaos, threat, neglect, and other adversity during development can alter the developing brain and that, in turn, can change the ways children think, feel and act. Participants will understand the major stress-responses we use to cope with perceived and actual threat and the reasons for and range of adaptive symptoms from inattention and distractibility to avoidance and shut-down. Also covered are the reasons for rejection and testing and recognition of the survival skills and coping strategies that result in a complex range of behaviors.



## **Parenting a Child with a History of Sexual Trauma**

This course identifies the indicators of sexual abuse and the impact of interrupted sexual development, highlighting the unique challenges associated with parenting children who have been sexually abused. The potential risk factors for children who have experienced sexual trauma including re-victimization, sexual trafficking, and re-enactment behaviors are covered. Effective parenting strategies that can help keep children safe and help them heal from sexual trauma are highlighted.

## **Fetal Alcohol Spectrum Disorders: A Hidden Struggle**

The course will cover what FASDs are, the primary symptoms of this brain-based disability, the difference between willful misbehavior and symptoms of FASD, how secondary symptoms can cause misdiagnoses, and how to find the support and help needed to get a child diagnosed and properly supported.

## **Normalcy**

Children in the Foster Care System need access to age-appropriate activities that can help them developmentally with the life skills necessary to succeed in the real world. In order to safely prioritize normalcy, each child's individual risk factors and abilities must be considered as their care team determines the right activities for each child.

This workshop provides staff and foster parents with a set of tools to help with the decision-making process to evaluate each instance to determine what may be in the best interest of each child for their development and overall well-being.

## **Zzz's to A's: Supporting Sleep for Better Functioning**

The purpose of this course is to educate child protective workers and caregivers on child and adolescent sleep needs, the effects of chronic sleep deprivation, and how to better support healthy sleep.



# CPR Schedule 2024

## Weekday evenings - ECORTC

## Saturdays - WORTC

Date	CAPS Locator #	Day	Time	Date	CAPS Locator #	Day	Time
<b>January</b>				<b>July</b>			
1/6/2024	8249	Saturday	9:00-12:15	7/6/2024	8261	Saturday	9:00-12:15
1/10/2024	8554	Wednesday	6:00-9:15	7/10/2024	8629	Wednesday	6:00-9:15
1/20/2024	8250	Saturday	12:00-3:15	7/20/2023	8273	Saturday	12:00-3:15
1/23/2024	8555	Tuesday	6:00-9:15	7/23/2024	8635	Tuesday	6:00-9:15
<b>February</b>				<b>August</b>			
2/3/2024	8254	Saturday	9:00-12:15	8/3/2024	8262	Saturday	9:00-12:15
2/7/2024	8556	Wednesday	6:00-9:15	8/7/2024	8638	Wednesday	6:00-9:15
2/17/2024	8267	Saturday	12:00-3:15	8/17/2024	8274	Saturday	12:00-3:15
2/21/2024	8559	Wednesday	6:00-9:15	8/19/2024	8642	Monday	6:00-9:15
<b>March</b>				<b>September</b>			
3/2/2024	8255	Saturday	9:00-12:15	9/7/2024	8263	Saturday	9:00-12:15
3/4/2024	8564	Monday	6:00-9:15	9/9/2024	8649	Monday	6:00-9:15
3/16/2024	8268	Saturday	12:00-3:15	9/21/2024	8275	Saturday	12:00-3:15
3/20/2024	8567	Wednesday	6:00-9:15	9/27/2024	8650	Friday	6:00-9:15
<b>April</b>				<b>October</b>			
4/6/2024	8257	Saturday	9:00-12:15	10/5/2024	8264	Saturday	9:00-12:15
4/9/2024	8572	Tuesday	6:00-9:15	10/8/2024	8651	Tuesday	6:00-9:15
4/20/2024	8269	Saturday	12:00-3:15	10/19/2024	8276	Saturday	12:00-3:15
4/24/2024	8585	Wednesday	6:00-9:15	10/23/2024	8654	Wednesday	6:00-9:15
<b>May</b>				<b>November</b>			
5/4/2024	8259	Saturday	9:00-12:15	11/2/2024	8265	Saturday	9:00-12:15
5/9/2024	8614	Thursday	6:00-9:15	11/6/2024	8655	Wednesday	6:00-9:15
5/18/2024	8270	Saturday	12:00-3:15	11/16/2024	8277	Saturday	12:00-3:15
5/20/2024	8619	Monday	6:00-9:15	11/18/2024	8656	Monday	6:00-9:15
<b>June</b>				<b>December</b>			
6/1/2024	8260	Saturday	9:00-12:15	12/7/2024	8266	Saturday	9:00-12:15
6/3/2024	8623	Monday	6:00-9:15	12/11/2024	8657	Wednesday	6:00-9:15
6/15/2024	8272	Saturday	12:00-3:15				
6/18/2024	8626	Tuesday	6:00-9:15				





## Virtual Preservice Training Beginning 8/12/24

### Daytime / Weekday

Day	CAPS Locator #	Date	Time	Training	Trainer
Monday	14492	8/12/24	8:00-10:30 am	Basics of Placement	Angie Buckalew
	14494		10:45-12:15pm	Partnering with the Primary Family	Angie Buckalew
Tuesday	14495	8/13/24	8:00-10:00am	Child Development	Angie Buckalew
	14496		10:15-11:15am	Adolescent Development	Angie Buckalew
Wednesday	14497	8/14/24	8:00-9:30am	Trauma Overview	Angie Buckalew
	14498		9:45-11:15am	Impact of Trauma	Angie Buckalew
Monday	14500	8/19/24	8:00-10:00am	Effects of Caregiving	Megan Wendling
	14501		10:15-12:15pm	Discipline Foundations	Megan Wendling
Tuesday	14503	8/20/24	8:00-9:30am	Diversity Foundations	Megan Wendling
	14504		9:45-11:15am	Maintaining Connections	Megan Wendling
	14505		11:30-12:30pm	Permanency	Megan Wendling





## **Preservice Training Descriptions**

### **Basics of Placement**

This course, part of the Preservice training series, helps learners understand how children come into care and are matched with a family. Laws influencing matching decisions are discussed, including MEPA, ICWA, Title VI. Learners will understand the importance making an informed decision about the placement and how to create an environment in which the child feels welcomed and safe.

### **Trauma Overview**

This course, part of the Preservice training series, defines trauma and explores how trauma influences brain architecture, development, and the ability to attach. Learners will consider how trauma may impact not just the child, but others on the child protection team. Learners will think about how their trauma histories may impact how they will provide care.

### **The Impact of Trauma**

This course, part of the Preservice training series, focuses on how trauma impacts the children in care. Learners will consider what new skills and knowledge they will need to provide appropriate care to children who have been impacted by trauma.

### **Permanency**

This course, part of the Preservice training series, explains the importance of permanency and reviews permanency options for children in care, including reunification and adoption. Adoption supports, including subsidies, are discussed. Learners will consider how they can help prepare children for permanency.

### **Partnering with the Primary Family**

This course, part of the Preservice training series, helps learners understand their need to partner with the primary family for the child's benefit. The importance of empathy is explored, and learners consider child protection from the perspective of the primary family. Learners will hear about the value of partnering from those with lived experience.



## **Maintaining Connections**

This course, part of the Preservice training series, explores the importance of maintaining the child's connections to their primary family and other important adults and peers. Learners will be introduced to the C.A.R.E. Guide, Ohio's recommended best practice in co-parenting. Learners will consider strategies to support the child's important relationships.

## **Effects of Caregiving**

This course, part of the Preservice training series, will help learners take a realistic look at caregiving including stressors and challenging events. This course defines burnout and secondary stress and explores the risk to caregivers. Learners will understand the importance of self-care and develop a self-care plan.

## **Child Development**

This course, part of the Preservice training series, discusses how to find and apply good child development information. It introduces the importance of providing positive childhood experiences and supporting nurturing relationships. Learners are made aware of the concept of normalcy and how to apply the reasonable and prudent parenting standard.

## **Adolescent Development**

This course, part of the Preservice training series, explores what happens during adolescence, including brain development, identity development, and life skills development. Learners will consider how they can support adolescents through this period of development.

## **Diversity Foundations**

This course, part of the Preservice training series, introduces the concepts of diversity competence and cultural humility, disproportionality, and disparity. Learners will consider how equity and inclusion efforts can mitigate disparity and disproportionality. Learners will also explore their own implicit bias and think about how they can confront their bias. Strategies for creating an inclusive and equitable home will be discussed.

## **Discipline Foundations**

This course, part of the Preservice training series, discusses the knowledge and skills needed to appropriately discipline children. Learners will consider the importance of re-framing behavior and taking an approach that focuses on relationship, managing their emotions, and being intentional. Learners will also discover how to determine if a discipline strategy is appropriate.



## Welcome to Lunch and Learn!

Lunch and Learn sessions are virtual coaching opportunities for **licensed caregivers** that will take place during the lunch time during a weekday. Please see the schedule below for upcoming events. Many of these events are coaching sessions that you cannot find in CAPS. **Pay close attention to registration instructions for each session.**

### General information

- Contact Julie Neidhart ([Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)) if you would like a reservation for a **coaching**.
- **For coaching's:** Zoom link and handouts will be emailed to all participants prior to the day of the coaching. For sessions in CAPS, registration will be through CAPS
- Same rules apply to these sessions as all other virtual trainings – including wearing proper attire, no multi-tasking and participation expected.
- If there is a topic that you would like more information on contact [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)



## Upcoming Lunch and Learn Sessions

Monday, June 10<sup>th</sup>, 2024 - 12:00-1:00pm

Please contact Julie Neidhart for a reservation ... [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)

**Creating Healthy Bonds:** How Come the Glue Doesn't Stick? Relating To Kids Who Struggle with Bonding. This training explores the impact trauma on a child's ability to bond. This lunch and learn will help you develop specific strategies to assist children in rebuilding trust. Increased understanding of this topic will lead to decreased frustration and improved relationships.

**Coach: Jim Still-Pepper**

Thursday, June 13<sup>th</sup>, 2024 - 11:00-1:00pm

Register in CAPS with **Locator # 11744**

**Resource Readiness –Trauma Informed Parenting:** This course helps participants learn the three Rs (Regulate, Relate, Reason) and other practical trauma-informed parenting strategies. Trauma support resources for children are described. Participants will recognize the importance of finding activities to have fun with children; recognize the importance of connected parenting and the relationship as the foundational cornerstone; understand how to promote healthy behaviors; and recognize the importance of parent's self-regulation. Also highlighted are ways to be proactive versus reactive and the difference between discipline and punishment.

**Trainer: Jody Johnston-Pawel**



**Thursday, July 11<sup>th</sup>, 2024 - 12:00-1:00pm**

Register in CAPS with **Locator # 13918**

**Resource Readiness –Mental Health Considerations:** This course provides a basic understanding of mental health disorders and conditions that commonly occur in childhood. Content is shared to illustrate that not all ‘survival’ behaviors or symptoms of grief relate to mental health disorders. Commonly administered psychotropic medications are described and information about how to obtain consistent, adequate and appropriate access to mental health services is highlighted.

**Trainer: Jody Johnston-Pawel**

**Wednesday, July 24<sup>th</sup>, 2024 - 12:00-1:00pm**

Please contact Julie Neidhart for a reservation ... [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)

**Everything you always wanted to know about Mental Health and Mental Illness:**

Each learner is asked to come to the session with a question or two that they would like addressed regarding Mental Health and Mental Illness and the effects on the children and families. Coach Jim Still-Pepper will try to get to as many questions as possible in an open discussion forum.

**Coach: Jim Still-Pepper**

**Monday, August 5<sup>th</sup>, 2024 - 12:00-1:00pm**

Please contact Julie Neidhart for a reservation ... [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)

**Everything you always wanted to know about Difficult Behaviors:** Each learner is asked to come to the session with a question or two that they would like addressed in regard to Difficult Behaviors in children and the effects on the family. Coach Jim Still-Pepper will try to get to as many questions as possible in an open discussion forum.

**Coach: Jim Still-Pepper**



### Thursday, August 8th, 2024 – 11:30-1:00pm

Register in CAPS with **Locator # 13919**

**Resource Readiness –Impact of Substance Use:** This course helps participants understand the short and long-term impact on children exposed to substances prenatally including FASD. Also covered are issues that may be present if parents use(d) substances and medical issues that can arise due to substance exposure including a higher risk of later addiction. The genetic component of addiction and addiction as a chronic disease is described. This course also shares parenting strategies for children exposed to substances prenatally.

**Trainer: Jody Johnston-Pawel**

### Thursday, September 12<sup>th</sup>, 2024 – 11:00-1:00pm

Register in CAPS with **Locator # 13920**

**Resource Readiness –Attachment:** This course helps participants understand the importance of attachment in parenting, both for the children and parents who are fostering or adopting. It covers the impact of fractured attachments/lack of attachments on children's ability to attach and identifies strategies to develop healthy attachment bonds. This course also covers developing trust and developing children's sense of connectedness and belonging. How to be attuned to children and recognizing and honoring children's primary attachment to their families is also highlighted.

**Trainer: Jody Johnston-Pawel**



**Wednesday, September 25<sup>th</sup>, 2024 - 12:00-1:00pm**

Please contact Julie Neidhart for a reservation ... [Julie.Neidhart2@jfs.ohio.gov](mailto:Julie.Neidhart2@jfs.ohio.gov)

***Everything you always wanted to know about Behaviors and Bullying:*** Each learner is asked to come to the session with a question or two that they would like addressed regarding Bullying Behaviors in children if they are the bully or if they are being bullied. Coach Jim Still-Pepper will try to get to as many questions as possible in an open discussion forum.

**Coach: Jim Still-Pepper**

**Learn At  
Lunch**

