



Southwest Ohio Regional Training Center
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Loveland, Ohio 45140
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STAFF & SUPERVISOR ONGOING TRAININGS

Summer 2024

Link for anyone with an OH ID: [Log In | OH ID | Ohio's State Digital Identity Standard](#)

Link to Guest Registration Information: [SWORTC – Ohio CAPS](#)

Date	Training	Session ID	Trainer	Time	Location
07/11/2024	Working with Youth at Risk for Human Trafficking	9242	Russelle Pratt	9:00 to 4:00	SWORTC
07/29/2024	Assertiveness in the Workplace: "Professional, Push-Over or Piranha?"	14195	Ruby Johnston	9:00 to 4:00	SWORTC
07/31/2024	Ethics in the Electronic Age: Standards for Ohio Social Service Professionals	12794	Stacy Simera	9:00 to 12:15	Virtual
08/01/2024	Burnout, Secondary Trauma and Self Care	13535	Faye Perkins	9:00 to 4:00	SWORTC
08/06/2024	Stress, Anxiety Relief with EFT/Tapping-Introduction	13481	Tiana Coso	9:00 to 12:00	Virtual
08/09/2024	Mission Possible: Effective Work with Parents with Mental Illness	12153	Jim Still-Pepper	9:00 to 4:00	SWORTC

08/14/2024	Using Films to Understand Factitious Disorder, Personality Disorder and Schizophrenia	13633	Linda Davis	9:00 to 4:00	Virtual
08/15/2024	Keep Your Cool and Help Others Calm Down	13956	Jody Johnston-Pawel	9:00 to 4:00	Virtual
08/20/2024	Building and Maintaining Boundaries	13885	Lauri Wolfe	10:00 – 3:15	Virtual
08/22/2024	Science of Supervision	12795	Stacy Simera	9:00 to 12:15	Virtual
08/26 and 08/27/2024 Meets OAC Requirement	Domestic Violence Facts and Fundamentals	6255	Brian Bethel	9:00 to 4:00	SWORTC
08/27 and 08/28/2024	Assessing, Preparing, and Supporting Adoptive Parents Who Care for Children Who Have Experienced Trauma	13333	Ruby Johnston	9:00 to 12:00 each day	Virtual
08/28/2024	ADHD Among Children and Adolescents	14359	Stacy Simera	9:00 to 12:00	Virtual
09/09/2024	Post Traumatic Stress Disorder and Children: I Can't Forget	10704	Brian Bethel	9:00 to 4:00	SWORTC
09/11/2024	Combatting Compassion Fatigue Through Self Care	9205	Anthony President	9:00 to 4:00	SWORTC
09/12/2024	Trauma: Unresolved Trauma Can be a Monster of Pain and Fire	13700	Linda Davis	9:00 to 4:00	Virtual
09/17/2024 and 09/18/2024	Safe and Supported: Empowerment Self-Defense for	13098	Lindsey Ross and Lauren Bailey	9:00 to 4:00	SWORTC

	Social Services Professionals				
09/20/2024	How to Identify and Address Microaggressions in Today's Climate	14402	Dan Houston	9:00 to 12:15	Virtual
09/24/2024	Affirming Transgender, Gender Non-Conforming/Non-Binary (TGNCNB) Youth	13373	Cory Fredrick	1:00 to 4:00	SWORTC
09/26/2024	Race Matters for Transracial Adoptions: Preparing and Supporting Families to be Race-Conscious Advocates	14116	Laura Morello	9:00 to 12:15	Virtual
09/30/2024	Fostering Healing, Resiliency, and Hope for Children who have Experienced Trauma	14007	Mary Vicario	9:00 to 4:00	SWORTC

Workshop Descriptions

Working with Youth at Risk for Human Trafficking (5.5 hours)

This training will cover the definition of human trafficking and how the federal and state laws apply to minors. The focus of this training will be on sex trafficking. It will outline what makes youth most at risk and vulnerable to trafficking, as well as defining the different types of trafficking. Learners will be able to identify indicators of youth trafficking, and how to begin a conversation with the youth they work with about the dangers of trafficking. This training will emphasize the importance of establishing safety, trust and building transformational relationships with the youth.

Completion of this learning meets OAC training requirements.

Assertiveness in the Workplace: “Professional, Push-Over or Piranha?” (5.5 hours)

Working in the field of human services is a challenging experience. For workers to find satisfaction and effectiveness in their jobs they need to be both willing and able to speak into situations that require advocacy. This requires confidence and strength, along with skills to be both assertive and respectful at the same time. Feeling intimidated by other professionals can quiet the needed voice of the champion for families and children at risk. Workers need to be willing to build their own assertiveness skills to manage the challenges. This workshop will help workers, leaders, and the emerging leader with the following:

- Becoming aware of their own strengths, talents, problem-solving skills as well as potential vulnerabilities under pressure
- Will increase their effectiveness as a respectful assertive leader or worker by identifying personal strengths and areas of concern and promotive factors
- Being able to cut through competing priorities, make difficult decisions, and engage others for solutions requires being both willing and able to speak up assertively into different situation to achieve success

Build relationships with colleagues and leaders that lend to loyalty, job satisfaction, and greater collaboration and joint decision-making.

Ethics in the Electronic Age: Standards for Ohio Social Service Professionals (3 hours)

Social service professionals face many ethical dilemmas in the electronic age. This course will examine the risks and appropriate use of electronic media for personal and professional use - from boundary violations on Facebook to effective electronic service delivery. The pros and cons of electronic service delivery will also be reviewed.

Burnout, Secondary Trauma and Self Care (5.5 hours)

While burnout and secondary trauma are becoming more frequently discussed in the field of social services and exposure to trauma in helping work, symptoms of each often go unrecognized or mislabeled. This presentation seeks to provide an overview of the continuum of reactions experienced by helping professionals due to exposure to secondary and primary trauma in their work. A range of self-care domains will be discussed. The facilitator will guide participants through several experiential activities including a chair yoga demonstration, breathing exercises, guided meditation, and the development of an individualized self-care plan using SMART goals and the latest research in behavior management.

Stress, Anxiety Relief with EFT/Tapping-Introduction (2.75 hours)

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.

Mission Possible: Effective Work with Parents with Mental Illness (5.5 hours)

When parents suffer from mental illness, the entire family is influenced. This training explores the impact on children when their parents carry a diagnosis. It offers practical steps to understanding and managing the dynamics of difficult parents. It also includes ways for motivating parents to create positive change.

Using Films to Understand Factitious Disorder, Personality Disorder, and Schizophrenia (5.5 hours)

This workshop will help participants learn how to identify mental health disorders. Popular Hollywood films will be used as case studies to help understand the criteria and the treatment methods for the disorders as described in the Diagnostic Statistical Manual of Mental Disorders.

The disorders that will be discussed are Schizophrenia Spectrum Disorder, Factitious Disorder, Autism Spectrum Disorder, Separation Anxiety, Antisocial Personality Disorder, and Social Anxiety Disorder. Small (breakout rooms) and large group discussions will occur. Three case examples of individuals diagnosed with Schizophrenia Spectrum Disorder will be evaluated and we will compare their level of functioning.

The computer game Kahoot will be played, and trainees will need a second handheld device to log into the game page (Kahoot.it(<http://Kahoot.it>) or Kahoot.com(<http://Kahoot.com>)). The game questions will pertain to this workshop. Other computer programs will be used: Padlet, Mentimeter, and Doodly.

Keep Your Cool and Help Others Calm Down (5.5 hours)

Prevent stress from bubbling over and anger from erupting by using the practical tools in this workshop. First, understand the differences between healthy and toxic stress, basic stress/anger management skills, and a simple two-step formula for creating an individualized stress and anger management plan for yourself or others, whether children or adults. Then dive deeper, to understand what's happening biochemically during stress/anger, how emotional addictions and trauma triggers get wired in, and how toxic emotions can create cellular changes that result in disease. Then preview several practical techniques that facilitate neuroplasticity (rewiring the nervous system) and returning to health. The information and skills strategies you learn in this workshop will help improve your personal and professional life, plus you can use what you learn to support or assist children or adults with whom you live or work in better understanding or managing their stress or anger, too.

Building and Maintaining Boundaries (4.25 hours)

Child protection is a demanding line of work. It can be physically, mentally, and emotionally taxing.

Without strong, defined boundaries in place, caseworkers can become overwhelmed and frustrated. Blurred boundaries can hinder professionalism, decision-making, and integrity.

Unmanaged boundaries can lead to burnout and turnover. This course will provide caseworkers with strategies to assess, build, and maintain boundaries for personal well-being and professional integrity. [Ethics licensure hours granted.](#)

Science of Supervision (3.0 hours)

When we hear the term “evidence-based practice” we often think of direct clinical interventions, yet any service we conduct as social service professionals should be backed by science - including supervision. In this workshop we will explore the research on supervision and identify ways to apply the evidence to all types of social service supervision – including explorations of the evidence-based methods of supervision, components of supervision, and impacts of supervision on the client and agency.

Domestic Violence Facts and Fundamentals (11 hours)

Despite the growing prevalence of domestic violence in our society, it remains one of the most under-reported crimes in the United States. Unfortunately, the secrecy surrounding the issue of intimate partner violence has only served to perpetuate many myths and misconceptions about the causes and treatment of domestic violence. Child welfare professionals are commonly some of the first professionals who serve families in which domestic violence is present. Therefore, child welfare professionals must maintain competencies for working with all parties in domestic violence cases.

This educational curriculum offers an overview of domestic violence. Participants will be exposed to the dynamic of domestic violence, specific laws that address domestic violence in the state of Ohio, as well as specific strategies for assessing risk in domestic violence cases and developing and implementing safe plans once domestic violence is identified.

[Completion of this learning meets OAC training requirements.](#)

Assessing, Preparing, and Supporting Adoptive Parents Who Care for Children Who Have Experienced Trauma (5.5 hours)

When a child enters a foster or adoptive home following a history of abuse, neglect, and trauma, that child will greatly impact the family. Often, the foster or adoptive family is broadsided by shattered expectations - the experience is nothing like they expected. They are confronted by confusing emotions and feel unequipped for the journey. This workshop addresses a key need – narrowing the gap between the expectations of the foster/adopt family and the reality of the experiences they may encounter. The goal of this workshop is to provide another layer of assessment skills and preparation for the foster/adoption assessor and to provide additional strategies for supporting families after finalization.

ADHD Among Children and Adolescents (2.75 hours)

The purpose of this workshop is to educate attendees on the diagnosis and management of attention deficit hyperactivity disorder. DSM diagnostic criteria and evidence-based treatment practices will be of primary focus.

Post Traumatic Stress Disorder and Children: I Can't Forget (5.5 hours)

Although childhood is supposed to be a time of laughter and joy, millions of children confront adverse experiences that profoundly impact their development. Nowhere is this more evident than with children who are served within the child welfare system. This training will highlight the effects that trauma can have on children. An overview of the recent changes in the diagnostic criteria of Post-traumatic Stress Disorder (PTSD) will be offered. Diagnostic indicators and appropriate assessment will further be discussed to empower professionals when serving traumatized children. Specific strategies will be provided to assist social service professionals in advocating for competent services to these vulnerable children.

Combating Compassion Fatigue Through Self Care (5.5 hours)

On most days, supporting clients, children in care, and co-workers takes up considerable time and emotional labor for CPS workers. When workers fail to take care of themselves in the midst of dealing with others' trauma, stressors can mount, and compassion fatigue could result. Half of all child welfare workers may suffer from high or very high levels of compassion fatigue (Child Welfare Info Gateway). This workshop provides strategies for helping participants to develop a comprehensive plan of self-care that encompasses the four dimensions of wellness: social support, diet & exercise, hobbies & leisure-time activities, and managing mental processes for increasing compassion satisfaction.

Trauma: Unresolved Trauma Can be a Monster of Pain and Fire (5.5 hours)

This workshop focuses on trauma and how it can affect individuals in different ways. We will discuss DSM-5 criteria on trauma- and stressor-related disorders, including Acute Stress Disorder, Adjustment Disorder, Post-traumatic Stress Disorder, Reactive Attachment Disorder, and Disinhibited Social Engagement Disorder. The definition of trauma, as well as the symptoms and types of traumas, will also be discussed; and indicators that help with the assessment and diagnosis of trauma-related disorders will be presented. Finally, treatment methods will be outlined and discussed to prepare caseworkers to better assist caregivers in working with clinicians to address trauma.

Safe and Supported: Empowerment Self-Defense for Social Services Professionals (5.5 hours)

Every day, social service professionals face unsafe situations, which they endure for the sake of the vulnerable. To decrease the risk of serious harm while on the job (or in their personal lives), safety training is a must. But personal safety isn't only about physical self-defense. It starts with awareness of the environment and the people around us, an understanding of and respect for our own intuition, and the ability to set clear and effective boundaries and de-escalate tense encounters. This course allows participants to learn and practice all these skills, in addition to simple escapes from grabs and holds, and basic strikes designed to allow escape. This is an active training that combines group activities and discussions, scenario-based skills practice, and physical technique practice.

Wear Comfortable Clothing

How to Identify and Address Microaggressions in Today's Climate (3.0 hours)

It's crucial for supervisors, workers, and clients to know how to identify and respond to microaggressions, either by talking about them or walking away. These conversations are essential to affect change, but they are also hard and uncomfortable. Microaggressions can be defined as thinly veiled, everyday instances of racism, homophobia, sexism (and more) that one experiences or witnesses in the workplace or toward a client. Sometimes it is an insult, other times it is an errant comment or gesture. Whether intentional or unintentional, a microaggression communicates hostile, derogatory, or negative viewpoints to others. Workshop goals are to create awareness of and provide ways of confronting these harmful comments and actions.

Affirming Transgender, Gender Non-Conforming/Non-Binary (TGNCNB) Youth (2.75 hours)

In this workshop, we will cover topics related to TGNCNB youth and their challenges. We will discuss current events affecting them, provide definitions of sexual orientation and gender identity terms, and explore the guidelines for supporting TGNCNB youth provided by ODJFS. Additionally, we will focus on training and supporting foster parents in creating an affirming environment.

The workshop will dive into the biology of sex and the social construction of gender as we unpack the ever-evolving landscape of gender-affirming care in Ohio and the standards set by the World Professional Association for Transgender Health for social and physical transitioning.

We will address transphobia and its different levels of oppression and offer strategies to counter it. Furthermore, we will share resources that can help foster an affirming environment for TGNCNB youth.

Throughout the workshop, we will engage in both large and small group discussions to explore important questions such as how can we ensure that transgender youth in foster care receive appropriate and affirming healthcare, including access to gender-affirming treatments or therapies, what steps can be taken to provide a safe and inclusive living environment for transgender youth in foster care, where they feel supported and respected, how can we address potential challenges or conflicts that may arise between foster parents and transgender youth in terms of understanding and respecting their gender identity, and many more.

Race Matters for Transracial Adoptions: Preparing and Supporting Families to be Race-Conscious Advocates (3.0 hours)

It can feel challenging to assess prospective adoptive parents who will be adopting a transracial child. Following MEPA (Multiethnic Placement Act) regulations may leave workers feeling perplexed about how to discuss race or racism during assessment or preparation with parents.

This course seeks to address some of those concerns by exploring how to best support transracially adoptive families through exploring best practices, gleaned from adoptees themselves. As vital members of the adoptive family's journey, workers will also explore how systemic racism seeps its way into their work and result in unconscious biases. However, with understanding and the development of cultural humility, workers will be able to better support adoptive families around the issues of race and racism. With that understanding, adoptive parents and transracial adoptees will then have much better outcomes.

Fostering Healing, Resiliency, and Hope for Children who have Experienced Trauma (5.5 hours)

Join us in learning practical ways to bring hope, healing, and resiliency to children who have experienced trauma. By allowing you to experience how trauma affects the brain, development, and attachment, we will take the latest trauma research and turn it into interventions you can use every day in your caregiving or in working with caregivers. Through real-life case examples and experiential learning, you will discover trauma-based strategies that will address the most challenging behaviors you face.