

Adverse Childhood Experiences - ACES Training Series

ACES 101:

Understanding Childhood Trauma and Its Impact

1.5 Hours

TRAINERS:

Dr. Barb Brady
John Barton
& Corey Beahm

TRAINING OBJECTIVES:

1. Become familiar with the 10 types of Adverse Childhood Experiences (ACES) to establish a common language for traumatic childhood experiences.
2. Review how trauma affects brain architecture, behavior, and traits.
3. Understand the connection between one's ACE Score and health risk factors.
4. Consider implications for educator and youth development role and next

ACES 102:

Overcoming Adverse Childhood

1.5 Hours

TRAINERS:

Dr. Barb Brady
John Barton
& Corey Beahm

TRAINING OBJECTIVES:

1. To review the basics concepts of ACES.
2. To learn ways to overcome ACES.
3. To understand variables related to resilience; protective factors; and Safe, Stable and Nurturing Relationships and Environments.
4. To gain an understanding of Trauma Informed Care risk factors.

ACES 103:

Preventing Adverse Childhood Experiences

1.5 Hours

TRAINERS:

Dr. Barb Brady
John Barton
& Corey Beahm

TRAINING OBJECTIVES:

1. To review the basics concepts of ACEs.
2. To understand the role of Trauma Informed Care in healing and preventing ACES.
3. To identify how individuals, families, providers, schools and the community can prevent ACES.

TOXIC STRESS

Supporting Youth & Families to Overcome Trauma

1.5 Hours

TRAINER:

Dr. Barb Brady

If not addressed, individuals exposed to ongoing trauma and toxic stress suffer negative outcomes, including poor mental and physical health, and early death. Since WV has the lowest life expectancy in the nation, it is likely that our children and families are experiencing high levels of trauma and toxic stress. Best practices for helping children and families overcome and prevent generational recurrence of trauma will be discussed. Professionals who work with youth and families will understand supportive or trauma-informed practices and be able to examine their own practices in creating a safe environment to prevent secondary trauma and instead promote healing.

Objectives:

1. Understand how trauma and toxic stress affects the brain and impacts behavior, school success, as well as poor health outcomes.
2. Understand ACEs that contribute to toxic stress
3. Learn ways to support families to mitigate toxic stress, including building resilience and protective factors; and the importance of Safe, Stable and Nurturing Relationships and Environments

Building Relationships and Resilience

1. 5 to 2 Hours

TRAINER:
Dr. Barb Brady

PART I (45 - 60 Minutes) OBJECTIVES:

1. To share research about healthy adult/youth relationship outcomes.
2. To identify and discuss key elements of healthy adult/youth relationships.
3. To understand nonjudgement listening and effective feedback practices that form healthy adult/youth connections.

PART II (45 - 60 Minutes) OBJECTIVES:

1. To review the 7 keys to building resilience.
2. To identify 7 positive experiences that help youth thrive and have positive outcomes.
3. To understand protective factors and the mentor's role with connecting youth

CONNECTIONS MATTER

2,4, 6 Hours

TRAINERS:
Dr. Barb Brady
Kelly Tanner Duffield
Jessica Dianellos
& other Master Trainers

Everyday connections are more important than we ever believe. Our brains, our relationships, and our community are all interconnected. Science tells us that relationships have the power to shape our brains. Relationships help us learn better, work better, and parent better. When we experience tough times, they help us heal. With each positive connection, we develop a healthier, stronger community. This session uses video, discussion, and experiential activities. The curriculum was developed by Linda Chamberlain, PhD for the Iowa Chapter of Prevent Child Abuse America, and brought to West Virginia by the West Virginia ACEs Coalition.

CULTURAL COMPETENCY, I'M OKAY YOU'RE OKAY

3 - 6 Hours

TRAINER:
Dr. Barb Brady

Cultural competence is the ability to understand and interact effectively and respectfully with people from other cultures. Upon completion of this training, participants will be able to understand:

- multiple components of culture competence
- cultural competence in today's world
- why conflict occurs between various cultures disrupting cultural competence
- ways to practice and build cultural competence
- how to support individuals with disabilities build cultural competence

NAVIGATING the IDN YOUTH DEVELOPMENT PORTAL

TRAINER:
Dr. Barb Brady

This workshop will help participants explore and navigate the ION Youth Development Portal to assist participants in easily locating resources by topic for youth, families, and adults who serve youth. Participants will be able to share additional best practices resources and discuss any needs for additional resources.

MENTAL HEALTH 101: Understanding and Taking Charge of Mental Health

60 Minutes

TRAINERS:
Dr. Barb Brady
Jennifer Dent

This training supports the counselor in leading safe, nonthreatening discussions with youth to understand the components of mental health based on the CDC and WHO definitions. The counselor is able to discuss with students what interferes with good mental health, and what we can do to take charge of and improve their mental health. Additionally, this training provides mental health resources to improve mental health and identifies some basic coping skills, resiliency traits, and habits that students can develop to lead to positive mental health outcomes.

PREPARING STUDENTS FOR A SUCCESSFUL SUMMER

60 - 90 Minutes

TRAINER:
Dr. Barb Brady

Summer can be a difficult and challenging time for youth, or it can be filled with fun, inspiration, and growth. Counselors can play a key role in identifying strategies and resources for utilization over the summer, as well as, in educating and supporting parents and community members to support student success during the summer.

Workshop Goals:

- To review best practice summer activities for youth (Grades PK - 23)
- To share resources that are fun, safe, and engaging for summer learning and growth
- To discuss and share online safety resources
- To encourage participant sharing of best practices and resources

Partnering with Families to Inspire Youth Career Dreams

1.5 Hours

TRAINER:
Heather McChesney

A young person who has a career dream and is inspired about their future is more likely to stay out of trouble and succeed in school. Learn how to use the state's premier free career portal to support middle and high school youth with exploring career and college options and building career dreams. The College For West Virginia (CFWV) portal is a free one-stop-shop for WV youth to explore careers and plan, prepare, and apply for college or other training options after high school. During this workshop, participants will be guided through the portal to empower you to support students with navigating the website to explore and plan a path of success for their future. Even if you just have a few extra minutes here and there, youth-serving adults in our communities can be that vital extra resource to help youth become inspired and have hope for their future.

CFWV.COM has a variety of tools for youth-serving adults do exactly that. This free source is sponsored by the West Virginia Higher Education Policy Commission, Community and Technical College System of West Virginia, West Virginia GEAR UP, and West Virginia Department of Education. CFWV and is available at www.cfwv.com.

SUICIDE PREVENTION: Recognize, Respond, REACT

2 to 3 Hours

TRAINERS:
Barri Faucett -Prevent Suicide WV
Michelle Tobin - Brother U

Suicide is a complex, multi-faceted event that requires a comprehensive, collaborative approach to both prevention and intervention efforts. This session will provide a responsive model for families and youth-serving adults on suicide prevention, including how to have a safe and meaningful conversation about

Participants will

- be introduced to the significance and prevalence of suicide.
- learn the risk and protective factors associated with suicide.
- learn the general gatekeeper model of how to recognize and respond to individuals with suicidal risk.

Supporting Youth in Building Financial Literacy Skills

1 Hour

TRAINER:
Diana Whitlick
Chase Bank

Often financial literacy is never discussed with youth, and they are left to make good financial decisions on their own. Financial stress impacts mental health outcomes. Counselors are in an ideal position to engage with youth and families to support them in building good financial literacy skills.

Participants learn from an expert how to engage with youth and families to discuss these important skills and help youth begin planning for a successful financial future. Student and family friendly financial literacy tools are shared.

Success Coaching and Mentoring

SUCCESS COACHING & MENTORING OVERVIEW

2 - 4 Hours

TRAINERS:

Linda Bragg
Teresa Epperley
and other trainers

SUCCESS COACHING AND MENTORING focuses on clear and tangible steps of student engagement, grit, perseverance, and responsible reactive behavior choices, practices that when effectively implemented will help students by leading them to believe that success is possible for them. For at-risk students, the SUCCESS COACH is often that one adult with whom they can feel a connection. Our focused concepts and steps are designed to transform students from a status of "at risk of academic failure" to a trajectory of improvement and empowerment.

This initiative is designed to train school personnel and volunteers to use proven, evidenced-based strategies when working with students who are at-risk of academic failure. The overview will provide information that will enable community providers and education leaders to decide if and how they may implement this exciting, evidenced-based initiative.

SUCCESS COACHING & MENTORING WORKSHOP

1 - 2 Days

TRAINERS:

Linda Bragg
Teresa Epperley

This one- or two-day, interactive workshop is designed to train success coaches and project coordinators to support students who are at risk of academic failure. The best-practice model ideally includes a year-long follow-up support and consultation for coaches and coordinators to support effective implementation. As a result of participation in the workshop, education organization leaders and coaches will be able to determine the manner in which they can implement and support success coaching in their system to produce amazing results.

This interactive workshop is designed for school and organizational leaders and success coaches of middle and high school students; targeted to meet the needs of educators working with at-risk youth; and limited to 40 participants.

A follow-up support schedule can be developed with ION success coach coordinators, or this can be offered as a stand-alone training.

TEACHING WITH A SUCCESS COACHING AND MENTORING STATE OF MIND

4 Hours

TRAINERS:

Linda Bragg
Teresa Epperley
and other trainers

This school-wide initiative requires much consideration and change in the way a teacher delivers each lesson. The practices introduced in this workshop, when effectively implemented, WILL substantially increase student engagement and result in improved student learning.

Teaching with a Success Coaching and Mentoring State of Mind requires a collaborative atmosphere between teacher and students, and students to one another. The interactive workshop will focus on clear and tangible steps of student engagement, grit, perseverance, and responsible reactive behaviors. The teacher (like a success coach) is an adult with whom students can feel a connection. Listening to what students are saying - even when they're frustrated - will strengthen the teacher/student relationship because it builds trust and will result in students taking ownership of their learning.

The workshop and follow-up support (including collaborative meetings) will build the skills necessary to Teach with a Success Coaching and Mentoring State of

Neurodiversity Training

A BRIEF INTRODUCTION TO NEURODIVERSITY

1 - 2 Hour(s)

TRAINER:
John Barton

Have you ever wondered what neurodiversity means and what exactly we are referring to when we mention adults or youth with neurodiverse needs?

This workshop:

- helps participants understand the term 'neurodiversity' and how to better address the needs of individuals with neuro diverse needs.
- describes common characteristics of neurodiversity, what it is, and what it looks like.
- provide best-practices strategies to manage common symptoms and how to improve accessibility to resources and services for the neurodiverse in your community.

DISPELLING MYTHS ABOUT AUTISM

1 - 2 Hour(s)

TRAINER:
John Barton

Autism is the fastest growing neurological disorder in the world. In the US, 1 in every 44 children is diagnosed with Autism. This workshop will focus on explaining autism in everyday language and dispelling common myths about autism including causes, characteristics and impact.

Participants will also learn about treatment options, resources, and best practices in behavior management and positive learning supports.

NEURODIVERSITY & ACCESSIBILITY

1 Day

TRAINER:
John Barton

In the "Neurodiversity & Accessibility" training, we delve into the concept of neurodivergence, celebrating the unique ways peoples' brains function. We explore conditions like autism, ADHD, and dyslexia as natural variations in cognitive abilities, challenging the notion that there's a singular "normal." The training emphasizes understanding, acceptance, and practical strategies to support individuals with diverse neurological traits. By embracing neurodiversity, we foster a more inclusive and accessible environment that benefits everyone. Participants will have an opportunity to ask questions, seek clarification, discuss experiences and struggles related to interacting with neurodiverse clients and co-workers; and brainstorm strategies to improve interactions and supports to more adequately support individuals with neurodivergence needs.

Learning Objectives:

- Define Neurodiversity and describe common neurodivergent conditions and implications for supporting individuals with neurodivergent needs.
- Discuss the need for empathy and promote ways to create inclusive environments to support better accessibility to services for individuals with neurodiverse needs, including reasonable accommodations and support mechanisms for adapting learning materials.
- Facilitate Peer Learning that allows participants to learn from each other by sharing experiences, insights, successes, and challenges when working with individuals with neurodiversity needs.
- Examine various communication styles and preferences, considering the diversity in how individuals with neurodivergent traits may prefer to communicate.
- Understand sensory sensitivities and provide practical support strategies and guidance on creating sensory-friendly spaces that accommodate neurodivergent individuals.

Regrounding Our Response WV Training Curriculum *RORWV

The Regrounding Our Response: West Virginia five-part educational series aims to raise awareness about the public health concepts and best practices used to address the overdose crisis. Reducing substance-related overdoses ultimately improves outcomes for West Virginia families. By providing education and resources for families and the community, we can begin healing from the impact and stop the multigenerational cycle of substance use disorder.

RORWV ACES

1 - 3 Hours

TRAINERS:
Amy Snodgrass
& various Master Trainers

Learn how adverse childhood experiences impact health and substance use and how to build resiliency.

RORWV Stages of Change

1 - 3 Hours

TRAINERS:
Amy Snodgrass
& various Master Trainers

Learn how intentional behavior change happens and how to support it through the process of change.

RORWV Social Determinants of Health

1 - 3 Hours

TRAINERS:
Amy Snodgrass
& various Master Trainers

Learn how social determinants of health affect individuals' and communities' health equity and bias as well as approaches to the overdose crisis.

RORWV MAT

1 - 3 Hours

TRAINERS:
Amy Snodgrass
& various Master Trainers

Use of Medical Assisted Treatments (MAT) can help family members resume normal function (working, parenting roles, etc.). By better understanding MAT, counselors can have informed conversations and help reduce associated stigmas.

Participants will learn:

1. how medications for opioid use disorder can prevent fatal overdoses and help drug users gain back control of their lives.
2. how stigma creates barriers to effective treatment, and
3. how to reduce stigma by their own language and behaviors

Comprehensive Health Framework for People Who Use Drugs

1 - 3 Hours

TRAINERS:
Amy Snodgrass
& various Master

Learn how stigma impacts health and discuss harm reduction practices for infectious disease prevention. Consider all other topics discussed and how to establish working services for people who use drugs.

Mental Health First Aid

ADULT MENTAL HEALTH FIRST AID

6.5 Hours (NO CEUs)
Adult Mental Health First Aid Certificate earned

TRAINERS:
Dr. Barb Brady
Candace Smith
John Barton
& other partners

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions and covers:

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

YOUTH MENTAL HEALTH FIRST AID

6.5 Hours (NO CEUs)
Adult Mental Health First Aid Certificate earned

TRAINERS:
Dr. Barb Brady
and other partners

Identify. Understand. Respond.

This is a must-do training for volunteers and staff who work with youth (Ages 12 - 23). Since the pandemic the number of youth considered at-risk has more than doubled. This training helps adults working with youth to distinguish between typical adolescent behavior and at-risk behaviors and teaches best practices for supporting these youth.

Youth Mental Health First Aid (YMHFA) is an interactive, skills-based training course that teaches participants about common adolescent mental health issues and teaches a five-step process on how to identify, understand and respond to these youth issues. Participants are able to practice using the skills to build confidence in supporting youth. Those who successfully complete the course earn a Mental Health First Aider Certificate. Nursing CE Us and Graduate credit can be offered as an option.

TRAUMA INFORMED CARE

2 to 6 hour workshops are offered. Up to 6 CEUS or STARS Credit

TRAINERS:
Dr. Barb Brady
Tiffany Pittman
& other expert trainers

When home, family and organizational environments are not trauma-informed, they can unintentionally cause secondary trauma, increasing the effects and negative outcomes of individuals who have had traumatic experiences. This training is designed for caregivers, daycare and afterschool providers, school staff, first responders, social service providers, and other professionals who work with youth and families to foster a greater understanding of trauma informed care and child traumatic stress. This training can be customized for the setting and audience where provided.

Objectives for this workshop include:

- To understand what trauma is and its impact on children and adults
- To understand what trauma is and its impact on children and adults
- Learn about trauma, secondary trauma, and healing from trauma
- To become familiar with various types of trauma, including the 10 types of Adverse Childhood Experiences (ACEs)
- Understand how trauma impacts the brain, child development, and life functioning
- To understand the six key principals of a trauma informed care approach
- To walk through the 10 domains of implementing a trauma informed approach and self-reflect on current practices and policies
- To set some personal and agency, or schoolwide goals to move your organization to fully implement a system of trauma informed care approach

Additional Trainings

School Counselor Role in Delivering, Documenting, and Communicating the Comprehensive School Counseling Program

2 - 3 Hours

TRAINER:
Dr. Barb Brady

The school counseling profession is ever evolving; as student needs and school systems change, so must school counseling programs. The American School Counselor Association and the WV Department of Education (WVDE) are continually tweaking policies and models to give school counselors and school administrators guidance for school counselors to deliver programs that support every student achieve success. Some school counselors are still saddled with inappropriate duties and struggle to lead a comprehensive school counseling programs (CSCP) that addresses changing student needs. Often this is due to others not understanding the role of school counselors and what modern CSCP should look like. This workshop will provide an overview of the current ASCA and WVDE models, program components, and tools for documenting and communicating the CSCP to students, families, school staff, and administrators.

Objectives:

1. Provide brief overview of ASCA and WVDE School Counseling Models
2. Review CSCP Delivery Systems
3. Discuss Indirect and Direct Services
4. Discuss appropriate and inappropriate duties and program activities
5. Discuss tools to plan and assess school counseling program
6. Discuss ways to document and communicate your school counseling program
7. Discuss counselor/principal agreement

Lean On Me: Supportive Practices for Families to Prevent Child Abuse and Neglect

1.5 Hours

TRAINER:
Paula Kerner

Parenting is hard and imperfect. Everyone needs help sometimes. LEAN on Me WV is an initiative to promote child well-being by supporting families with listening, empathy, affirmation, and nonjudgment. The goal of LEAN on Me is to promote community responsibility to support families, rather than solely report families to CPS. All of us can use the LEAN on Me approach to support families and prevent child abuse and neglect. Techniques practiced in this training will better equip providers including school personnel in making the decision of what resources are needed and if mandatory reporting is utilized.

Objectives:

1. Discerning needs vs. neglect.
2. Building Protective factors.
3. Child Protective Services – processes, capabilities, and difficulties
4. Bias in decision making. · Community resources.

Supporting LGBTQ Youth: Implementing a Support Plan for Student Safety and Well-Being

1 - 1.5 Hours

TRAINER:
Paula Kerner

Success for our LGBTQ youth and especially transgender youth requires competent and compassionate care offered by all adults in a child's life. Well-being encompasses physical, mental, emotional, and intellectual health. This training shares guidance that is designed to assist administrators, student support staff, teachers, and families in best practices when specifically assisting transgender and non-binary students and their families with their needs in school. Topic areas include using affirmed names and pronouns, restroom and locker room usage, overnight excursion best practices, inclusive dress codes, allyship, etc.

**You Are Invited!
Connecting as a Community to help Youth
Navigate Difficult
Situations**

(3) 1.5 Hours Sessions

TRAINER:
Paula Kerner

"Families and Friends as Allies." Fairness WV wants to offer a safe space to bring together youth organizations and families to discuss how families, youth workers and friends can unite to support youth identifying with the LGBTQ+ community. Increasingly, parents, grandparents, and friends are realizing they want to do better to support their LGBTQ family members and friends. Strong connections to others help youth navigate difficult situations and increase the likelihood that they will be successful socially, emotionally, and academically. Reach out if you want to host or join us for this three-session series including food, fun and community building.

Objectives:

1. Creating understanding and safe spaces at home.
2. Navigating policies and procedures that protect youth at school.
3. Building strong supportive relationships.

**TOXIC STRESS:
Supporting Individuals
to Overcome ACEs and
other Trauma**

1.5 Hours Sessions

TRAINER:
Dr. Barb Brady

If not addressed, individuals exposed to ongoing trauma and toxic stress suffer negative outcomes, including poor mental and physical health, and early death. Since WV has the lowest life expectancy in the nation, it is likely that our children and families are experiencing high levels of trauma and toxic stress. Best practices for helping children and families overcome and prevent generational recurrence of trauma will be discussed. Professionals who work with youth and families will understand supportive or trauma-informed practices and be able to examine their own practices in creating a safe environment to prevent secondary trauma and instead promote healing.

Objectives: Participants will

1. Discuss the ten types of adverse childhood experiences (ACEs) and learn about the ACES movement in WV.
2. Understand how ACEs and other trauma events lead to toxic stress that affects the brain and impacts behavior, school success, and leads to poor health outcomes.

Learn ways to support individuals and families to mitigate toxic stress, including building resilience and protective factors; Safe, Stable and Nurturing Relationships and Environments; trauma-informed.

**Bullying Prevention:
Understanding and
Addressing**

2-3 Hours

TRAINER:
Tiffany Pittman

This training provides an overview of best practices in bullying prevention and approaches you might take to address the challenge. Participants will learn about bullying prevention programs, discuss the definition of bullying (what it is and what it isn't), the roles various people play to perpetuate bullying, and what can be done to decrease bullying. The session will end with open discussion about resources, interventions, and an opportunity to discuss and ask questions in relation to your observations and experiences with bullying and how to address

Objectives: Participants will

- Understand what bullying is and what it is not,
- Be able to define bullying,
- Understand the various roles individuals play that perpetuate bullying,
- Learn best practices to support students to understand the role they are playing, how to switch roles, and support others who are being bullied, and
- Examine and improve policies, practices, and interventions to decrease bullying.

Bullying Prevention in WV, the Olweus Way

1.5 Hours Sessions

TRAINER:
Tiffany Pittman, WV LPC,
AADC

This presentation provides an overview of the Olweus Bullying Prevention Program (OBPP) ©Clemson University. We will learn about the OBPP, discuss the definition of bullying, and review some best practices in Bullying Prevention. Additionally, we learn about the Olweus initiative in WV and where the program is implemented in WV. The session ends with interaction relative to resources, how you can be involved in bullying prevention and includes a Q & A time.

Objectives: Participants will

1. Learn the basics of the Olweus Bullying Prevention Program (OBPP).
2. Understand the definition of bullying.
3. Discover where and how the OBPP is implemented in WV.
4. Identify 2 ways you can interact with existing program sites or advocate for bullying prevention in your area

Cyber Safety: Keeping Kids Safe Online

2 Hours

TRAINER:
Dr. Barbara Brady

Increased access to devices and online sites has increased exposure to unsafe sites. Also, social media sites has drastically increased cyberbullying. Parents and adults who support kids are often at a loss on how to protect and support kids from online threats. The workshop will provide information on unsafe sites, protecting digital reputations, and best practices to improve your efforts to keep kids safe online.

Participants will learn:

- how predators stalk, exploit, and pose harm to children online;
- how to monitor and set safeguards best practices to keep kids off unsafe sites;
- how children are groomed to trust and become vulnerable to strangers;
- about various sites that are unsafe for children;
- about examining and improving policies, practices, and interventions to improve on-line safety; and
- best practices, resources, and tools to share with parents to improve efforts to keep kids safe online.

Anger Management with Youth: Calming Volcanic Emotions

60-90 Minutes

TRAINER:
Dr. Barbara Brady

Post-pandemic more students than ever are struggling with emotional regulation. Calming Volcanic Emotions focuses on strategies, tools, and resources adults can use to help youth emotionally regulate and manage big emotions. Participants will learn about strategies for helping deescalate volcanic emotions when they erupt. as well as, learn about some emotional regulation and coping skills students can use to help them avoid build up of big explosive emotions, Additionally, this session will review strategies for assessing and controlling's one own emotional escalation when working with emotionally charged youth.

Objectives:

- Understanding root causes of anger
- Differentiating between Concerning and Unsafe behaviors and how to address
- Understanding the brain's response to anger and the emotional response cycle
- Understanding the six steps of de-escalation for the adult helper
- Understanding the five step de-escalation process to teach youth
- Practicing strategies to access and calm one's own volcanic emotions

Additional Training Available Upon Request

Keep in mind that this is not a comprehensive list. IDN, with its multiple experts, can develop or customize training for your organization. We regularly collaborate with diverse experts and are continually updating our training options.

Contact: drbarbbrady@inspiringdreamsnetwork.org • 304-633-6833