

CASA/CRB Training Opportunities

October to December 2017



1. CASA volunteers are to take twelve (12) hours of on-going training annually, of which 3 hours must qualify as GAL training under Ohio Supreme Court Rule 48, noted as such below: ***Rule 48**.
2. Trainings in **BLUE** are especially recommended and are organized by CASA.
3. Submit all training certificates to **Colleen** in the CASA office for credit towards your required annual training.
4. **LCCS Note:** If you miss more than 15 minutes of any training at the Lucas County Conference and Learning Center, you will not be given a training certificate. Arrive on time!
5. **Please remember to cancel if you are unable to attend. Thank you!**

October, 2017

Childhood Depressive Disorders: Searching for Happily Ever After

Date: Tuesday, October 3, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.

Instructor: Brian Bethel

Description: Although adult depression has long been recognized as a common illness, the recognition and treatment of childhood depression has not always been as accepted. However, over the last two decades, childhood depression has gained more recognition in the professional literature and is being diagnosed at increasing rates. This training will offer an overview of child and adolescent depressive disorders. A discussion of various evidenced-based treatment strategies will be provided to assist professionals when working with children and adolescents who confront a diagnosis of depressive disorder.

***Rule 48**

Time: 9:00 am - 4:00 pm (6 hours)

Cost: Free

Overview of Self-Injurious Behavior: The First Cut is the Deepest

Date: Tuesday, October 3, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.

Instructor: Brian Bethel

Description: This three-hour workshop addresses self-injurious behavior, which has been called "the new anorexia," based upon the rapid increase in prevalence. Many individuals utilize self-injurious behavior as a means of coping with intense emotions, low self-esteem, and poor impulse control. Consequently, child welfare professionals often confront individuals who engage in some form of self-injurious behavior. In addition to a general overview of the various types of self-injury, caregivers will learn the various risks associated with self-injurious behaviors and be exposed to a variety of therapeutic methods that are used in treating individuals who engage in self-injury.

***Rule 48**

Time: 6:00 pm - 9:00 pm (3 hours)

Cost: Free

The Self Injurious Child: A Look and Mutilation, Embedding, and Other Harmful Behaviors

Date: Friday, October 13, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.

Instructor: Gene Smiley

Description: This three-hour workshop takes a closer look at intentional self-injury: the act of deliberately harming one's body, such as cutting or burning oneself (Mayo Clinic). Discussion will include reasons why children would want to intentionally hurt themselves. Caregivers will become more aware of the forms or expressions of self-injury, and learn how to recognize the signs, symptoms, and indicators that a child in their care may be self-injurious. This will include what to do if confronted by this issue in their home setting. Self-help techniques that can be practiced in the home will be presented, as well as information relative to what professional help and treatment modalities are available and effective in dealing with this problem.

***Rule 48**

Time: 1:00 pm - 4:00 pm (3 hours)

Cost: Free

Gangs, Cliques, and Crews: Understanding Gangs and Youth**Date:** Friday, October 13, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.**Instructor:** Anthony President**Description:** Youth of all socio-economic and racial/ethnic groups are emulating the behaviors, ideology, and pose of the most notorious national street gangs from Los Angeles, Chicago, and New York. This workshop explores the proliferation of gang culture among the spectrum of members, from hardcore members to "posers" who try to gain popularity by pretending to be members of a gang. Also discussed are reasons why kids join gangs, the profile of gang members, the pathos of gangs, and prevention strategies for keeping kids out of gangs.***Rule 48****Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free**Rebuilding Trust and Affectional Bonds: A Look at Insecure and Reactive Attachment Disorders** ***Rule 48****Date:** Saturday October 14, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Gene Smiley**Description:** In this six-hour workshop, caregivers will explore how positive attachments are formed from the womb through childhood; and how abuse, neglect, and/or separation from primary caregivers and familiar surroundings can negatively impact normal development. They will examine the importance of parent-child bonding to the development of a healthy and strong personality, as well as how the loss of such connections impacts the child's sense of trust, security, and self-identity. The characteristics of children with "trust" disorders will be presented, ranging from stressed attachment through Reactive Attachment Disorder (RAD).**Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free**Supporting Grandfamilies Raising Children in Child Welfare****Date:** Tuesday, October 17, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.**Instructor:** Anthony President**Description:** For every 1 kid in Foster Care, there are 20 being raised by Grandparents or other kin. (Annie E. Casey Foundation). Grandfamilies are families where Grandparents or other elderly kin raise children because their parents can't or won't. The new opioid epidemic has created an increased need for substitute care and many Grandfamilies are stepping up. This workshop deals with ways in which Workers can support the unique challenges of Grandfamilies such as social isolation and depression, shame & guilt of family opioid addiction, caregiver stress and service navigation.***Rule 48****Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free**Human Trafficking Basics for Caregivers****Date:** Saturday, October 21, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Tanisha Knighton**Description:** This three-hour workshop will focus on the different types of missing persons, analyze the profiles and vulnerability factors of "victims" of human trafficking, recruitment and grooming tactics of both sexual and labor trafficking, terminology and rules associated with pimping subcultures, legislative changes in both Ohio and the nation, and the impact social media has on the business of trafficking. Caregivers are encouraged to bring their smartphones and tablets to this workshop so they may participate in the workshop activities.***Rule 48****Time:** 9:00 am - 12:00 pm (3 hours)**Cost:** Free**Annual Potluck and Diversity Training****Date:** Tuesday, October 24, 2017**Place:** Pat Walter's Home 3450 River Rd Toledo, OH 43614**To Sign-Up:** E-mail casainfo@co.lucas.oh.us or call 419-213-6753**Instructor:** Rachael Gardner, MSW, LSW**Description:** Rachael Gardner will lead a discussion regarding implicit bias and the impact it has on service delivery and decisions made. We will discuss disproportionate minority conduct and why we need to care about it when working in the juvenile justice and child welfare systems. Discussion will be had about best practices for community engagement to address disproportionate minority conduct.***Rule 48****Time:** 5:30 PM-8:30 PM (2 hours)**Cost:** Free

RAD: Reactive Attachment Disorder or Really Afraid Disorder**Date:** Friday, October 27, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Mary Vicario and Carol Hudgins**Description:** This six-hour workshop will 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. This will include many early challenges that can create repeated fear responses and dysregulation that make trust and attachment challenging for many children. Caregivers will examine attachment and interventions for attachment challenges.. Discussion will also cover brain-based interventions that are proving to help children and their caregivers move beyond attachment issues to safe, calming, healing connection.***Rule 48****Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free**Children with Disruptive Attachments****Date:** Tuesday, October 31, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Marlin Cheyney**Description:** In this six-hour workshop caregivers will take a closer look at the impact of abuse and neglect on the child's emotional, social, cognitive, and moral development, and how this affects the child's ability to trust and form attachments. Caregivers will discuss the challenging behaviors of lying, stealing, defiance, and aggression, and how these behaviors present crisis opportunities to promote attachment.***Rule 48****Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free

November, 2017

Normalcy and the Reasonable and Prudent Parent Standard**Date:** Saturday, November 4, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Christine Cross**Description:** With the passing of the Federal Law - *Preventing Sex Trafficking and Strengthening Families Act of 2014*, child welfare agencies have been tasked to help foster caregivers make decisions to allow foster youth to have experiences on par with peers who are not in foster care. The law is a departure from the conventional belief that foster youth should not engage in some activities that would be normative for most children of their same age. This six-hour workshop seeks to shed light on what is the *Reasonable and Prudent Standard* and what agency staff and foster parents should do to help youth develop socially and emotionally while ensuring compliance with the law.***Rule 48****Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free**But Words Can Always Hurt Me: The Impact of Emotional Abuse****Date:** Tuesday, November 14, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30**Instructor:** Brian Bethel**Description:** Emotional abuse is the most common form of child abuse and yet the least recognized. For many, the complexity of defining emotional abuse presents numerous obstacles to obtaining appropriate interventions. Emotional/psychological abuse can occur with or without other forms of abuse; however, it is a frequent component of physical and sexual abuse. This form of child maltreatment is not only underreported, but the impact that emotional abuse can have on the lives of children is also often minimized. This workshop will define emotional abuse and address the impact that emotional maltreatment can have on a child's development. Participants will be exposed to the various forms of emotional abuse. Similarly, many signs of the emotionally abused child will be discussed. Specific strategies will be provided to assist participants in advocating for children who have experienced emotional maltreatment.***Rule 48****Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free

Prescription Drug Abuse: A Tough Pill to Swallow**Date:** Tuesday, November 14, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Brian Bethel

Description: This three-hour workshop will address various issues surrounding prescription drug abuse, which is one of the nation's fastest growing substance abuse problems and has tragically reached epidemic proportions. In addition to highlighting the growing prevalence of prescription drug abuse, this training will explore the physical and psychological consequences of prescription drug misuse. Evidenced-based treatment strategies will also be discussed to assist caregivers toward advocating for children and families impacted by prescription drug abuse.

Rule 48*Time:** 6:00 pm - 9:00 pm (3 hours)**Cost:** Free**Autism Spectrum Disorder: Practical Help for the Child Diagnosed with Autism, Asperger's, or Other Pervasive Developmental Disorders****Date:** Wednesday, November 15, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Gene Smiley

Description: In this three-hour workshop caregivers will enter the world experienced daily by the child diagnosed with autism, Asperger's syndrome, or one of the other pervasive developmental disorders. This will help them understand the symptoms of the various disorders making up the spectrum, and become more familiar with the most effective therapeutic treatments currently available. Caregivers will have the opportunity to consider the world of autism from the child's perspective, and be reminded that the child *is a child – not a diagnosis*. They will come to understand the importance of self-soothing and other strategies, including how to recognize triggers leading to explosive responses, and how to de-escalate a meltdown. They will consider helpful school-related information found in the Individuals with Disabilities Act (IDEA) related to autism. Practical techniques, helpful websites, and other resources will be identified to further inform caregivers beyond the training event.

Rule 48*Time:** 1:00 pm - 4:00 pm (3 hours)**Cost:** Free**Sexuality of Children: Healthy Sexual Behaviors and Behaviors that Cause Concern****Date:** Thursday, November 16, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30**Instructor:** Dawn Smitley

Description: To recognize and address problematic sexual behavior in children, caseworkers must first know what is considered to be normal and healthy at various stages of development. In this workshop, participants will learn normal development of children's sexual knowledge and behavior. They will also learn how sexual abuse affects sexual development, and how to distinguish normal sexual exploration behaviors from sexual behaviors that cause concern. Finally, caseworkers will explore practical information and interventions to help manage common behaviors exhibited by children who have been sexually abused or exposed to a highly sexualized environment.

Rule 48*Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free**Diffusing Crisis Situations Safely and Sanelly****Date:** Friday, November 17, 2017**Place:** Lucas County Conference and Learning Center**To sign up:** Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.**Instructor:** Mary Roach

Description: This six-hour workshop addresses anger as an unmet need, identify the stages of a developing crisis, and build corresponding de-escalation skills. The class is designed to help caregivers build their confidence about dealing with angry individuals. They will learn to recognize the role of body language and personal space in defusing tense situations. They will also assess how their own values, expectations, responses to anger, and personal temperament can either defuse a situation or contribute to even greater escalation.

Rule 48*Time:** 9:00 am - 4:00 pm (6 hours)**Cost:** Free

Child and Adolescent Suicide

Date: Wednesday, November 29, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.

Instructor: Dr. Paul Martin

Description: This is an in-depth discussion of suicide in children and adolescents, looking at age, gender and race. Participants will examine suicide causation by looking at socio-cultural and biological factors. We will look at signs of impending suicide and suicide attempts, as well as how to respond. Finally, strategies for treatment and prevention will be discussed.

***Rule 48**

Time: 9:00 am - 4:00 pm (6 hours)

Cost: Free

Child and Adolescent Psychiatric Disorders

Date: Thursday, November 30, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.

Instructor: Dr. Paul Martin

Description: This is an in-depth discussion of the most commonly-seen psychiatric disorders in children and adolescents:

- Reactive Attachment Disorder (RAD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Bipolar Disorder in Children
- Oppositional Defiant Disorder (ODD)
- Conduct Disorder
- Adjustment Disorder with Depressed Mood vs. Major Depression

Additionally, we will discuss current and cutting-edge medication and psychotherapy treatment modalities.

***Rule 48**

Time: 9:00 am - 4:00 pm (6 hours)

Cost: Free

Dangerous Games Kids Play

Date: Thursday, November 30, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.

Instructor: Anthony President

Description: "The Happy Slap," "Trunking," "Eyeballing," "Rainbow Party," "Pharm Parties," and "The Choking Game" all are seen as fun activities by today's youth. The fact is that these are all dangerous games that can have deadly consequences. These games can involve violence, risky stunts, sexual activity, or drug and alcohol abuse - in the name of fun and fitting in. In this workshop we will explore the nature of these games, the motivation to play with peers, and what caseworkers can do to help keep children safe.

***Rule 48**

Time: 9:00 am - 4:00 pm (6 hours)

Cost: Free

December, 2017

A New Paradigm in Substance Abuse Counseling: Stages of Change

Date: Tuesday, December 5, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.

Instructor: Brian Bethel

Description: Substance abuse treatment methods have historically focused on an individual's "noncompliance" and "failure." Recent research has found this approach to be counter-productive and stresses the Stages of Change model. This approach emphasizes an individual's readiness to make a change, recognizes barriers to the change process, and assists individuals in working toward a more successful recovery process. This workshop will provide an overview of the Stages of Change model and offer participants specific strategies for implementing this philosophy with families.

***Rule 48**

Time: 9:00 am - 4:00 pm (6 hours)

Cost: Free

Child's Play: The Early Years (0-5)

Date: Tuesday, December 5, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.

Instructor: Brian Bethel

Description: This experiential workshop will offer techniques designed to assist abused and/or neglected children with self-expression in the healing process. **Those attending this training will be asked to participate in numerous play activities.** Specific techniques will be offered for working with children confronting abuse and/or neglect issues, sexual victimization, family addiction issues, family violence issues, as well as social difficulties. The goal is to provide caregivers with tools for establishing rapport, promoting themes of safety and trust, and facilitating personal and family growth.

***Rule 48**

Time: 6:00 pm - 9:00 pm (3 hours)

Cost: Free

Filtering the Noise from Young Black Boys

Date: Wednesday, December 6, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.

Instructor: Brian Bethel

Description: In the communication process, noise is anything that impedes a message from being heard. Research suggests that positive messages from parents, teachers, and the media go ignored by black urban youth; yet these same youth display macho attitudes they see from media images of street subculture. The negative messages are sticking, and the good messages are not. Young boys need an adult voice to help them understand the dangers of buying into and emulating the negative subculture of "thugism." This workshop presents strategies for empowering boys to resist the call of "thug life" and become good, law-abiding citizens.

***Rule 48**

Time: 9:00 am - 4:00 pm (6 hours)

Cost: Free

Normalcy and the Reasonable and Prudent Parent Standard

Date: Wednesday, December 6, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Miriam Lewis at miriam.lewis@co.lucas.oh.us Registration is limited to 30.

Instructor: CeCe Norwood

Description: This three-hour workshop introduces caregivers to the concept of normalcy and defines the Reasonable and Prudent Parent Standard (RPPS). Caregivers will learn what needs to be considered when applying the RPPS, and will practice applying the standard in a number of scenarios.

***Rule 48**

Time: 10:00 am – 1:00 pm (3 hours)

Cost: Free

Promoting Successful Futures by Addressing Child Traumatic Stress in the Child Welfare System

***Rule 48**

Date: Thursday, December 7, 2017

Friday, December 8, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Megan Hite at megan.hite@co.lucas.oh.us Registration is limited to 30.

Instructor: Kristine Buffington

Description: This is a 9-hour workshop (6 hours on day one and 3 hours on day two). It will help child welfare professionals who have little or no experience and training in child traumatic stress and trauma-informed care advance their practices of trauma-informed care into their daily work. It includes an overview of types of trauma, the impact of trauma on child development, how to engage youth and families using Donna Hick's Dignity Model, and using a case study and participants' own case experiences to put the NCTNS's (1st edition) Nine Essential Elements of Trauma-informed care into practice. A significant portion of the workshop will address the risks of vicarious trauma and organizational, team, and individual strategies for reducing these risks and promoting resiliency.

Time: 9:00 am – 4:00 pm (6 hours)

9:00 am – 12:00 pm (3 hours)

Cost: Free

Understanding and Working with the Traumatized Child

Date: Friday, December 8, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30..

Instructor: Gene Smiley

Description: This three-hour workshop will explore the impact childhood trauma has on the developing child. It will look at how trauma in childhood can affect early brain development, thought patterns, temperament, behavior, and the child's ability to bond with others. Caregivers will be able to identify symptoms of childhood trauma, and understand sensory and other triggers which can sometimes cause the child to relive the experience. They will also learn the social, neuropsychiatric, and physical problems commonly associated with children who have experienced the unspeakable.

***Rule 48**

Time: 1:00 pm - 4:00 pm (6 hours)

Cost: Free

Navigating the Path to the Independent Living Process

Date: Saturday, December 9, 2017

Place: Lucas County Conference and Learning Center

To sign up: Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.

Instructor: Brian Lowery

Description: In this three-hour workshop, caregivers will learn about the tools and resources available to actually assist adolescents in reaching their goals of emancipation. The following will be introduced: Ansell Casey Life Skills Assessment, a scored report of the Assessment, guides for developing plans, the Independent Living Roadmap, and the Emancipation Preparation Goal Contract. Tips on motivating teens will be examined.

***Rule 48**

Time: 9:00 am – 12:00 pm (3 hours)

Cost: Free

Don't Talk...Don't Trust...Don't Feel: Growing Up with an Addicted Parent

***Rule 48**

Date: Saturday, December 9, 2017

Time: 1:00 pm - 4:00 pm (3 hours)

Place: Lucas County Conference and Learning Center

Cost: Free

To sign up: Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.

Instructor: Brian Lowery

Description: This three-hour workshop provides an understanding of the dynamics of growing up in a home where one of the primary caregivers is abusing substances or is addicted. Caregivers will examine roles children take on to meet their needs and bring balance to their family, and how those roles may transfer into the foster home. They will be armed with tools and strategies to support these children during out-of-home placement and upon return.

Human Trafficking Basics for Caregivers

***Rule 48**

Date: Saturday, December 16, 2017

Time: 9:00 am - 12:00 pm (3 hours)

Place: Lucas County Conference and Learning Center

Cost: Free

To sign up: Contact Miriam Lewis at Miriam.lewis@co.lucas.oh.us Registration is limited to 30.

Instructor: Tanisha Knighton

Description: This three-hour workshop will focus on the different types of missing persons, analyze the profiles and vulnerability factors of "victims" of human trafficking, recruitment and grooming tactics of both sexual and labor trafficking, terminology and rules associated with pimping subcultures, legislative changes in both Ohio and the nation, and the impact social media has on the business of trafficking. Caregivers are encouraged to bring their smartphones and tablets to this workshop so they may participate in the workshop activities.
