

NORTHERN RIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER

SATRI Training & Research

TRAINING NEWS LINK

June 2018 – July 2018

Internal Trainings

SafeTALK

July 25, 2018 – SafeTALK 9:00am-12:00pm at SATRI (3 CEU's for LMSW & LCSW only)

Motivational Interviewing

July 11, 2018 – Motivational Interviewing 8:30am-4:30pm at SATRI (7 CEU's)

ARC Training

July 16, 2018 – ARC Training 10:00am-4:0pm at SATRI (6 CEU's)

Baseline Coding of CANS-NY

July 18, 2018 – Baseline Coding of CANS– NY 8:30am-12:30pm at SATRI (4 CEU's)

Youth Mental Health First Aid

June 12, 2018 - Youth Mental Health First Aid 8:30am-4:30pm at SATRI

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Internal Trainings

TCI Training (Therapeutic Crisis Intervention)

Full TCI:

Must attend all four days.

June 7, 8, 14, & 15, 2018 - TCI Full Training 8:30am-4:30pm at SATRI

July 12, 13, 19, & 20, 2018 - TCI Full Training 9:00am-5:00pm at the Children's Home Schenectady

First Aid/CPR

June 11, 2018 -First Aid/CPR 9:00am-3:00pm at SATRI

July 9, 2018 -First Aid/CPR 9:00am-3:00pm at SATRI

Applied Suicide Intervention Skills Training (ASIST)

June 19 & 20, 2018 – Applied Suicide Intervention Skills Training (ASIST) 8:30am-4:30pm at SATRI (14 CEUs) (*Must attend both days*)

Med Admin

June 7, 2018 - Med Admin 9:30am-11:00am at SATRI

July 12, 2018 - Med Admin 9:30am-11:00am at SATRI

Clinical

June 1, 2018 - Child & Adolescent Development 9:00am-4:00pm at SATRI (6 CEU's)

July 10, 2018 - Understanding & Supporting LGBT Youth 8:30am- 12:30pm at SATRI (4 CEU's)

July 13, 2018 –Stereotypes in the Workplace 12:00pm-1:00pm at SATRI (1 CEU's)

Trauma Informed Care Workgroup

Trauma Informed Care Workgroup

April 2018 Newsletter

FOCUS: School violence and bullying behaviors are unfortunate topics children are faced with in today's society. One of the building blocks of the ARC trauma model (Attachment, Regulation and Competency) is attunement. By attuning and building positive connections to others can have an impact on bullying prevention as well as reducing and hopefully eliminating school violence. Self-Regulation of emotions, also a core component of the model can contribute to the individual impact of preventing school violence and coping with bullying behaviors.

ACTIVITIES:

Walk up Movement

Walk Up Not Out proponents say “students should try harder to reach out with friendliness and compassion to their more solitary peers. By moving out of their comfort zones and helping their peers feel more welcome, the theory goes, students could potentially head off angry impulses or an outbreak of violence”.

<https://www.indystar.com/story/news/2018/03/13/school-shootings-inspire-new-movements-national-school-walkout-and-walk-up-not-out/420837002/>



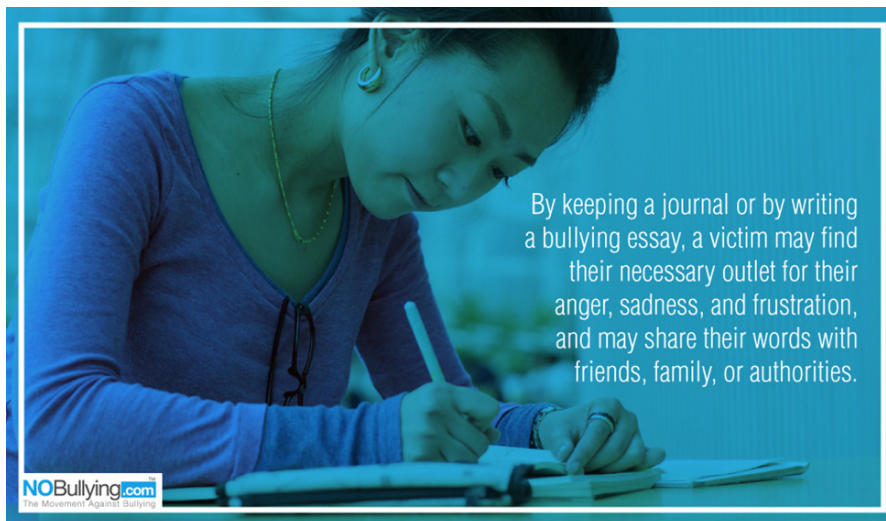
Trauma Informed Care Workgroup

SUCCESS STORY:

Sweethearts and Heroes:

“Sweethearts and Heroes is a message that believes in educating society about the impact that bullying has on all of our schools, our neighborhoods, and individuals. Through knowledge and communication, we are committed to bringing our message to individual communities -- not only to help the victims, but especially to empower bystanders to make a difference. We all have the potential to be someone’s hero. The message is so universal that it can help create climates of empathy, kindness and leadership in all settings including schools, colleges, and corporations.”

www.sweetheartsandheroes.com



ADDITIONAL RESOURCES:

Perspective with Jimmer Fredette www.youtube.com/watch?v=JLdURk7UZ2k

Wilting flowers www.youtube.com/watch?v=fPnlpnzbmD0

“How to Teach Your Child to Be An Includer?” by Katie Hurley, LCSW

<http://www.pbs.org/parents/expert-tips-advice/2016/06/be-an-includer/>

Kabat-Zinn, Jon. 1994. Wherever You Go There You Are: Mindfulness Meditation in Everyday Life. Hyperion. New York, NY.

GoZen Lovingkindness Meditation (Dance Remix)

<https://www.youtube.com/watch?v=93mj4PaiOUo>

QUOTE:

Be the person who can smile on the worst day ~ Cate

Did you know?

Did You Know?



Fourth of July (From - <http://www.history.com/topics/holidays/july-4th>)

Introduction

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

The Birth of Independence Day

When the initial battles in the [Revolutionary War](#) broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical. By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet “[Common Sense](#),” published by [Thomas Paine](#) in early 1776.

On June 7, when the [Continental Congress](#) met at the [Pennsylvania](#) State House (later Independence Hall) in Philadelphia, the [Virginia](#) delegate Richard Henry Lee introduced a motion calling for the colonies’ independence.

Amid heated debate, Congress postponed the vote on Lee’s resolution, but appointed a five-man committee—including [Thomas Jefferson](#) of Virginia, [John Adams](#) of [Massachusetts](#), Roger Sherman of [Connecticut](#), [Benjamin Franklin](#) of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain.

Did You Know?

John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826—the 50th anniversary of the adoption of the Declaration of Independence.

On July 2nd, the Continental Congress voted in favor of Lee’s resolution for independence in a near-unanimous vote (the [New York](#) delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 “will be celebrated, by succeeding Generations, as the great anniversary Festival” and that the celebration should include “Pomp and Parade... Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other.”

Did you know?

Fourth of July Cont...



On July 4th, the Continental Congress formally adopted the [Declaration of Independence](#), which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Early Fourth of July Celebrations

In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King [George III](#), as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty.

Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.

[George Washington](#) issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties—Federalists and Democratic-Republicans—that had arisen began holding separate Fourth of July celebrations in many large cities.

Fourth of July Becomes a National Holiday

The tradition of patriotic celebration became even more widespread after the [War of 1812](#), in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees. Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

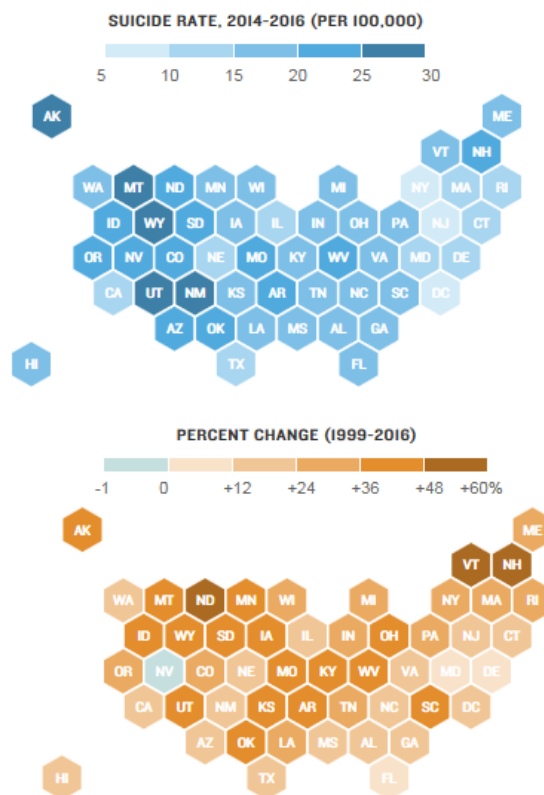
Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "[The Star-Spangled Banner](#)," the national anthem of the United States.

Interesting Article

CDC: U.S. Suicide Rates Have Climbed Dramatically June 7, 2018 1:00 PM ET



Nell Greenfieldboyce



Interesting Article page two

The findings were published in the CDC's *Morbidity and Mortality Weekly Report*. Guns were the most common method used for suicide, accounting for almost half of the people who died.

Often, the suicide seemed to happen without warning: 54 percent of the people who killed themselves didn't have a previously known mental health issue. "Instead, these folks were suffering from other issues, such as relationship problems, substance misuse, physical health problems, job or financial problems, and recent crises or things that were coming up in their lives that they were anticipating," says Stone.

Researchers and advocacy groups who work to prevent suicide say the report shows that much more needs to be done to tackle this growing problem.

"None of this is surprising information, which is not to trivialize its importance. I think it captures a lot of trends that we've been becoming more and more aware of over recent years," says psychologist [Michael Anestis](#) at the University of Southern Mississippi, who researches suicide and is the author of *Guns and Suicide: An American Epidemic*.

He thinks the general public commonly pictures someone like fashion designer [Kate Spade](#), who was getting treatment for a long period before killing herself, but that's often not the case. That means any public health effort to reduce suicides can't solely focus on those who have reached out for help. It has to be paired with measures that would make suicidal people less likely to die even if they never went to see a doctor.



Criminal Justice Collaborative

Gun Studies: Permit Laws Reduce Murders; Red Flag Laws Cut Suicides

The CDC report cites several different approaches that could work, such as working to stabilize housing and teaching coping and problem-solving skills early in life.

The report also cites the need to reduce "access to lethal means," but without explicitly mentioning firearms or controversial issues such as gun control legislation. Asked if that was a deliberate omission, because of the political climate surrounding gun control, Stone said that suicide rates have been increasing across all methods.

"So it's not just about firearms, it's also about other methods of suicide such as hanging, suffocation, poisoning and the like," she said. "We are concerned with all aspects of suicide prevention, including access to lethal means, and so we do include that in a comprehensive approach to suicide prevention."

But Anestis believes that it's important to not beat around the bush when it comes to guns, and to talk about the importance of things like waiting periods for purchase, and storing guns locked and unloaded.

Interesting Article page three

"American suicide is predominantly a firearm issue. Anytime we want to resolve something that involves firearms, we've need to talk about firearms explicitly," he says. "The conversation about firearms and suicide doesn't have to be a debate about the Second Amendment. It could be a debate about where can we find some common ground that doesn't simply involve only talking about people with mental illnesses, because as this paper shows, that's not going to get the job done."

Research shows that the decision to attempt suicide is often made quickly, in an impulsive way, says [Robert Gebbia](#), the head of the American Foundation for Suicide Prevention.

"You may be thinking about it over time, but that moment when you actually make an attempt is a very short window," he explains. "If you could make it harder to make that attempt by not having access to the means, often what happens is the feelings will pass, it gives people time for someone to intervene and get them help, so that is a really important preventative step that can be done. And there's good research to support that."

Suicide researchers already know a lot of the information in this new report, says Gebbia, "but the public doesn't. And so a report like this really draws attention to the fact that we need to do a whole lot more to prevent suicide, to save lives."

He points out, for example, that the nation currently has no federally funded suicide prevention program for adults. "There are some for youth, but they're very, very tiny," says Gebbia. "We can't expect a major public health problem like this to be addressed unless we see the investment."

The CDC said that people can learn about warning signs of suicide to help people at risk. One resource is the website: www.BeThe1to.com. To reach the [National Suicide Prevention Lifeline](#), call 1-800-273-TALK (8255).

Upcoming Holidays.



Sunday, June 17th



Wednesday, July 4th

****If you have an article or website that you think other staff will benefit from send it to SATRI attention:**

sheila.frank@parsonscenter.org We may use it in the link...

External Training



JUNE

June 11 – **LIVE WEBINAR | 10:00AM - 1:00PM EST**
Understanding and Working with Sex Offenders
(Clinical)
NASW Member Fee: FREE | Non-Member Fee: \$60
NYSSED Approved for 3.0 CE Credit Hours

Dr. Joe Hunter's
Learning Wednesday Series

Learning Wednesday Series with Dr. Joe Hunter
June 20 – **LIVE WEBINAR | 3:30PM – 5:00PM EST**
Adolescent Addiction Treatment: Addressing Individual Difference Variables
NASW Member Fee: \$10 | Non-Member Fee: \$25
NYSSED Approved for 1.5 CE Contact Hours

June 26 – **LIVE WEBINAR | 3:00PM - 4:00PM EST**
Self-Care for Social Workers (Part Three)
NASW Member Fee: FREE | Non-Member Fee: \$20
There are no continuing education credit hours associated with this workshop

June 28 – **LIVE WEBINAR | 6:00PM - 8:00PM EST**
Legislative Advocacy (Macro)
NASW Member Fee: FREE | Non-Member Fee: \$40
NYSSED Approved for 2.0 CE Credit Hours

JULY **Due to the July 4th holiday, this Learning Wednesday will take place on Monday, July 2nd*

Dr. Joe Hunter's
Learning Wednesday Series

Learning Wednesday Series with Dr. Joe Hunter
July 2* – **LIVE WEBINAR | 3:30PM – 5:00PM EST**
Schizophrenia, Schizoaffective, and Bipolar Disorder
NASW Member Fee: \$10 | Non-Member Fee: \$25
NYSSED Approved for 1.5 CE Contact Hours

Dr. Joe Hunter's
Learning Wednesday Series

Learning Wednesday Series with Dr. Joe Hunter
July 20 – **LIVE WEBINAR | 3:30PM – 5:00PM EST**
Motivational Interviewing: Jump-Starting the Process of Change
NASW Member Fee: \$10 | Non-Member Fee: \$25
NYSSED Approved for 1.5 CE Contact Hours

Mental Health First Aid Certification Training
July 23 – **RONKONKOMA, NY | 8:00AM - 5:30PM**
Mental Health First Aid Certification Training for Youth
NASW Member Fee: \$80 | Non-Member Fee: \$160
NYSSED Approved for 8.0 CE Contact Hours

Mental Health First Aid Certification Training
July 24 – **RONKONKOMA, NY | 8:00AM - 5:30PM**
Mental Health First Aid Certification Training for Higher Education
NASW Member Fee: \$80 | Non-Member Fee: \$160
NYSSED Approved for 8.0 CE Contact Hours

Mental Health First Aid Certification Training
July 25 – **RONKONKOMA, NY | 8:00AM - 5:30PM**
Mental Health First Aid Certification Training for Higher Education
NASW Member Fee: \$80 | Non-Member Fee: \$160
NYSSED Approved for 8.0 CE Contact Hours

Mental Health First Aid Certification Training
July 26 – **RONKONKOMA, NY | 8:00AM - 5:30PM**
Mental Health First Aid Certification Training for youth
NASW Member Fee: \$80 | Non-Member Fee: \$160
NYSSED Approved for 8.0 CE Contact Hours

Go to: <https://naswnys.org/continuing-education/nasw-nys-continuing-education-schedule> for program information and registration.