

NORTHERN RIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER

SATRI Training & Research

TRAINING NEWS LINK

May 2018 – June 2018

SATRI is excited to welcome **Shannon Mitchell, B.A.**

to the training team!

Shannon joined SATRI as a trainer on May 7th of this year. She comes to us from the Parsons residential program, where she has worked for the last several months as a residential supervisor. Before joining Northern Rivers, Shannon worked as a staff mentor, an instructor, and a field guide in a number of different capacities.

Shannon's experience with strength based support of staff, her instructor expertise, and her gift for writing/presenting curriculum will be an asset to the SATRI team. Shannon will be providing training opportunities to the Northern Rivers workforce, as well as working on the Bridges to health/transition to managed care contract, the SUNY professional development contract, and various school district contracts.

Welcome Shannon!

Jillian Gecewicz, LCSW
Director, Training and Research

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"In the truest sense, freedom cannot be bestowed; it must be achieved." —Franklin D. Roosevelt

"This nation will remain the land of the free only so long as it is the home of the brave." —Elmer Davis

Thank you to all who has served! Happy Memorial Day!

Internal Trainings

TCI Training (Therapeutic Crisis Intervention)

Full TCI:

Must attend all four days.

May 10, 11, 17, & 18, 2018 - TCI Full Training 8:30am-4:30pm at SATRI

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

First Aid/CPR

May 14, 2018 -First Aid/CPR 9:00am-3:00pm at SATRI

June 11, 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

May 3, 2018 - Med Admin 9:30am-11:00am at SATRI

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

Youth Mental Health First Aid

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

Clinical

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

Suicide Awareness

May 9, 2018 - Suicide Awareness 9:00am-4:00 pm at SATRI (6 CEU's)

Baseline Coding for CANS NY

May 22, 2018 - Baseline Coding for CANS NY 8:30am-12:00pm at SATRI

SafeTALK

June 27, 2018 –SafeTALK 9:00am-3:00pm at SATRI(3 CEU's for LMSW & LCSW only)



SAFESIDE: SUICIDE SAFER CARE FOR YOUTH AND ADULTS WORKSHOP

Presented by Anthony Pisani, PhD, and Kristina Mossgraber

Description

SafeSide is a framework for recovery-oriented suicide prevention that lifts our sights beyond merely “keeping clients safe” toward a vision of evidence-based care that is truly connected with a young person’s needs, experiences, and growth potential. SafeSide is the next-generation update of *Commitment to Living* (Pisani, Cross, Watts, & Conner, 2012), an evidence-based workshop that addresses common dilemmas, demands, and rewards of supporting individuals at risk for suicide. *Centered on Prevention Oriented Risk Formulation* (Pisani, Murrie, & Silverman, 2016), SafeSide comprises four components: connect, access, respond, and extend.

Every SafeSide workshop is co-led by an individual with lived experience of recovery from suicide attempts and mental illness. SafeSide features a new set of video-recorded skills demonstrations. These brief demonstrations bring the SafeSide model to life, driving discussion and practice.

Date: Wednesday, June 6

Time: 9:00 a.m.–4:00 p.m.

Location: SATRI

60 Academy Road, Albany, NY 12208

Credits: 6 continuing education units

Cost: Northern Rivers employees, FREE

About Anthony Pisani, PhD

Anthony R. Pisani, PhD, is an associate professor of psychiatry and pediatrics at the University of Rochester Center for the Study and Prevention of Suicide and founder of SafeSide Prevention. Dr. Pisani is an internationally recognized leader in suicide prevention education and workforce development. He served on the Workforce Preparedness Task Force for the National Action Alliance, the Joint Commission Technical Advisory Panel for the National Patient Safety Goal on Suicide Prevention, and the Zero Suicide Institute faculty. Dr. Pisani has published influential articles on clinician education, including two describing the rationale and efficacy of his own approach. In 2016, more than 14,000 clinicians in the United States and Australia learned his risk formulation model through in-person and online workshops.

About Kristina Mossgraber

Kristina Mossgraber is a patient advocate and lived experience consultant. After surviving multiple suicide attempts and learning to live with bipolar disorder, Ms. Mossgraber devoted herself to improving the care of patients who suffer the way she did. Ms. Mossgraber leads events, conducts media appearances, and provides school and community-based education on behalf of NAMI Rochester (N.Y.). As part of the SafeSide team, Ms. Mossgraber contributes to training events and the development of educational materials.

[Please email Jillian Gecewicz at Jillian.Gecewicz@parsoncenter.org with any questions.](mailto:Jillian.Gecewicz@parsoncenter.org)

Free Training Opportunity

SATRI is pleased to be able to offer a limited number of seats to Northern Rivers staff for both “**The Art of Constructive Confrontation**” and “**Enhancing Coaching Skills for Supervisors and Leaders**” trainings, facilitated by Frank Delano from the “Professional Package” organization. Both include **6 continuing education hours** and have a retail value of \$110, but will be **FREE** to you as an employee. If you are interested, please register via the **LMS**. If you have any questions, feel free to contact Jillian Gecewicz directly.

May 16, 2018 - The Art of Constructive Confrontation 9:00am-4:00pm at SATRI

Description:

“Confrontation” is something many people dread, or in many cases is done in a tense, angry or awkward way that creates more conflict and over-personalizes a situation. “Hostile encounter” or “war-like intervention” are just two of the typical definitions that are out there for confrontation. This highly interactive workshop will use an article published in an international journal by Frank Delano and Jill Shah on confronting in a culturally sensitive manner as a foundation to introduce participants to their working definition of confrontation as a more collaborative and constructive process that, when used well, can actually enhance a relationship between the parties involved. Participants are encouraged to bring real life situations to class for discussion.

Topics covered include:

Learn strategies to confront supervisees, your supervisor, colleagues and clients in a safer and more constructive way

Telling someone “Don’t do that anymore”, “That is not a good way to do it”, or “That upsets me” are not “confrontations”...they are directive statements.

Why we tend to avoid confrontation

Three things necessary for a successful confrontation

“Professionally Packaging” your confrontation...making it professional not personal

Understanding the magic of the three little words “Help me understand...”

May 17, 2018 - Enhancing Coaching Skills for Supervisors and Leaders 9:00am-4:00pm at SATRI

Description:

Great leaders don’t create a lot of followers, they create more leaders. One of the primary responsibilities for supervisors and leaders is staff development which, in turn, helps to create retention of the more positive staff in the program. Having a management style of supervision, or micromanaging supervisees, is not at all conducive to developing and retaining your “best and brightest” people. The key to nurturing and developing quality staff is to focus on a “coaching style” of supervision and leadership. This highly interactive workshop will present strategies to enhance coaching skills as well as developing and practicing coaching conducive questions to help maximize growth for workers.

Topics covered include:

Defining Coaching

Coaching vs. Managing: What are the differences?

Benefits of a coaching style

How coaching enhances delegation

How coaching role models what you want workers to do with clients

Grooming your successor and future agency leaders

Developing and practicing coaching conducive questions

Trauma Informed Care Workgroup

May 2018 Newsletter

Focus

May is foster care awareness month. Many children experience a range of emotions when they enter foster care. One symptom that occurs frequently and can manifest in different ways is anxiety. Children in foster care suffer from ambiguous losses which mean children and youth cannot be certain whether their parents, siblings, other caregivers and family will return to their lives. Their whole world has changed. As a result, these ambiguous losses can stall the grief process as well to adjusting to their new environment adding to their feelings of insecurity and confusion. Foster Parents and caregivers providing consistency and predictability are key components for foster youth to heal from the trauma children have faced.

Activities

51 Ways to Praise: Group activity: In smalls groups, ask each foster parent for praise words that can be used for children they care for. Treating Traumatic Stress in Children and Adolescents by Blaustein and Kinniburgh. ****see page 6-7.****

Success Story

Foster Care Success Story: <https://www.youtube.com/watch?v=udsBBO3vmj0>

Additional Resources

Youtube: Foster care 101: The anxiety of being placed into Foster Care:

<https://www.youtube.com/watch?v=Gkd6X6Y9eP4>

Trauma Informed Practice with Young People in Foster Care- Annie E. Case Foundation:

<http://www.aecf.org/resources/trauma-informed-practice-with-young-people-in-foster-care/>

Trauma Informed Care Workgroup

From: *Treating Traumatic Stress in Children and Adolescents* by Blaustein and Kinniburgh.

Understanding My Family

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51 Ways to Praise

Age: 3 years and up, including adults

Aim

To promote an emphasis on positive parenting and to increase skills at using verbal rewards. This can be especially useful when a family is trapped in a cycle of negative interaction, by illustrating that there are many ways of praising (it doesn't have to be repetitive) and many ways of making praise personal and enthusiastic.

Materials

Marking pens, large sheet of paper.

Method

Ask each member of the family to come up with as many ways of saying "well done" as possible, with an aim of 51. Write these down, either on one large sheet, or on many small sheets of paper which can be stuck together. Try to make it look interesting by circling various phrases, using different styles of writing and using color. It will work best if you show enthusiasm, becoming animated with each new praise, and modeling it in an enthusiastic tone. The "Ways to Praise" can be taken home and pinned up in a prominent place to act as a reminder to all the family of the many ways in which verbal rewards can be given. Ask each member of the family to keep a note of how many times they have heard someone praise someone else in the family.

Fifty-one may seem like a lot, but for this reason can be a good number, providing the family members reach the goal and pleasantly surprise themselves. We came up with our own list (see the example, p.123) which may help you with some prompts if the family becomes really stuck. Some families may be motivated to head for 101. If the family is not verbally skilled, the number may need to be reduced at the onset so that they are not disappointed - as few as ten can work. The list can then be added to at the beginning or end of subsequent sessions.

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Creative Therapy with Children and Adolescents

This exercise can work well with all family members if children are old enough (teenagers) to take some responsibility for providing positive feedback to caregivers.

Variation

Praise Record

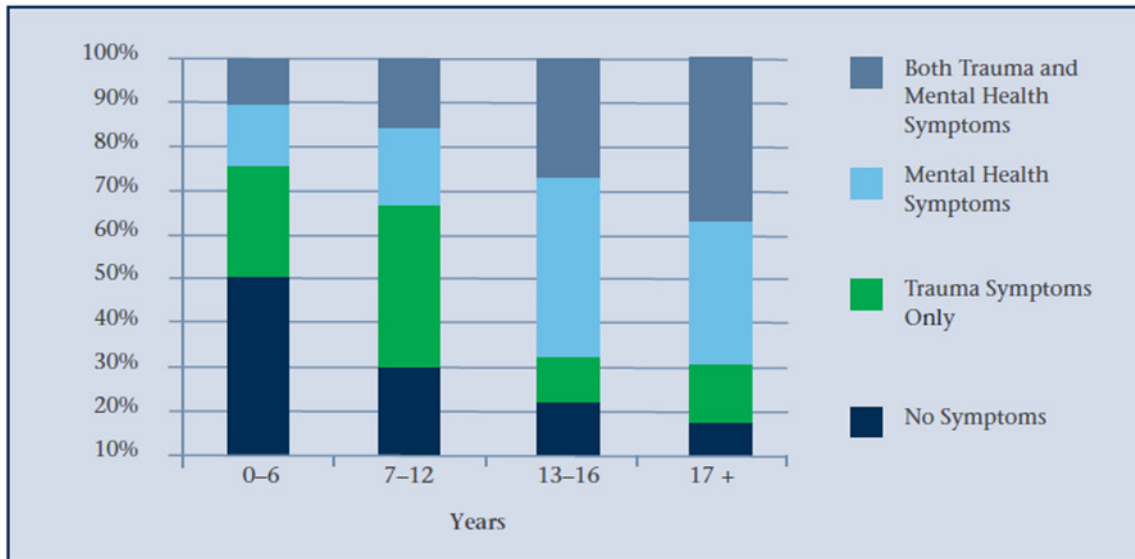
For families who are having difficulty adopting positive verbal rewards, the "Ways to Praise" list can act as a cue where parents have to record which praise they use, when, and how often, with a goal of increasing the number of praises given within any hour/day/week.

51 Ways to Praise

Well done **GREAT** Fantastic
You're so smart! Wonderful
I'm impressed **Good for you**
You're a Star You've made my day
Clever Girl/Boy **I'm so proud of you**
BEAUTIFUL That's my boy/girl!
I knew you could do it You little darling
Brilliant! You go to the top of the class
That's wonderful work
You're doing better than I am
That's Really Neat **WOW** Super
I'm really pleased with you
You deserve a prize *What a great helper!* terrific
FIRST-CLASS WORK
You've worked really hard
What a Sweetheart A gold star for you
I love it when you do that
I think you're really good at...
That's incredible! What an Achievement
I'm so Glad Everyone will be proud of you
You must be really pleased **EXCELLENT**
first-rate marvelous
You've done really well **out of this world**
That's sensational **SUPERB** *wonderful*
That's so creative *splendid* stupendous
far out cool! **AWESOME**

Trauma Informed Care Workgroup

FIGURE 3. PRESENCE OF TRAUMA AND MENTAL HEALTH SYMPTOMS IN CHILDREN AND ADOLESCENTS IN FOSTER CARE BY AGE



Source: Samuels, 2011.

Blaustein, M. & Kinniburgh, K. (2010) *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency*. New York. The Guilford Press.

Quote

“You might be temporary in their lives. They might be temporary in yours. But there is nothing temporary about the love or the lesson.” ~Tonia Christle



Sunday, June 17th

External Information



Person-Centered and Collaborative: New Safety Assessment for Suicide Prevention

Date: Wed., May 16, 1:00 p.m. ET

Register: <https://register.gotowebinar.com/register/3205989378808462081>

Caller safety and collaboration take center stage in the National Suicide Prevention Lifeline's refocused risk assessment, the Lifeline "Safety Assessment." Based on current research and consensus feedback, it is a person-centered, collaborative safety planning process for individuals who call crisis lines, including connecting them appropriately to care. Join National Suicide Prevention Lifeline experts Shye Louis, M.Ed., coordinator of best practices in suicide prevention, and Gillian Murphy, Ph.D., director of standards, training and practices, for the webinar "Person-Centered and Collaborative: New Safety Assessment for Suicide Prevention" to learn more about the Safety Assessment, including how to operationalize it. Bart Andrews, Ph.D., vice president of clinical operations at Behavioral Health Response, both a provider and survivor, will talk about the positive effects it will have on callers.



****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



MAY

Dr. Joe Hunter's
Learning Wednesday Series

Learning Wednesday Series with Dr. Joe Hunter

May 9 – **LIVE WEBINAR | 3:30PM – 5:00PM EST**

Suicide Risk Assessment: Getting it Right

NASW Member Fee: \$10 | Non-Member Fee: \$25

NYSSED Approved for 1.5 CE Contact Hours

May 12 – **CLINICAL LIVE WEBINAR | 10:00AM – 12:30PM EST**

Animal Assisted Social Work: Developing a social service/therapy dog program for your organization/agency

NASW Member Fee: FREE | Non-Member Fee: \$50

NYSSED Approved for 2.5 CE Contact Hours

May 17 – **LIVE WEBINAR | 12:00PM - 1:00PM EST**

Self-Care for Social Workers (Part Two)

NASW Member Fee: FREE | Non-Member Fee: \$20

There are no continuing education credit hours associated with this workshop



This workshop is part of the Annual Long Island Fellowship Celebration of Social Work Event and is sponsored by the Nassau and Suffolk Divisions in partnership with the Association of Black Social Workers and the National Association of Puerto Rican/Hispanic Social Workers

May 22 – **FARMINGDALE, NY | 6:00PM – 9:00PM**

Political Social Work: The Role of Social Workers in Politics

NASW/ABSW/NAPRHSW Member Fee: \$30 | Non-Member Fee: \$45

NYSSED Approved for 1.5 CE Contact Hours

CEPP

in partnership with Marist College

MAY 23 – POUGHKEEPSIE, NY | 9:30AM – 4:30PM

Best Practices in Field Education

NASW Member Fee: \$55 | Non-Member Fee: \$65

NASW Member Fee (with Lunch): \$110 | Non-Member Fee (with Lunch): \$120

NYSSED Approved for 6.0 CE Contact Hours

JUNE



Presented by NASW-NYS Suffolk Division Aging Committee

June 1 – **LIVE WEBINAR | 9:00AM - 1:30PM**

AGING IN PLACE: Using Technology and Resources To Maintain Dignity at Home

NASW Member Fee: \$30 | Non-Member Fee: \$40

FREE For Students!

NYSSED Approved for 4.0 CE Contact Hours



Presented by NASW-NYS Hudson Valley Division

June 2 – **POUGHKEEPSIE, NY | 9:00AM - 12:00PM**

Protecting Our Children: Child Sexual Abuse Recognition, Prevention and Mitigating the Immediate and Lingering Effects

NASW Member Fee: \$15 | Non-Member Fee: \$30

FREE For Students!

NYSSED Approved for 3.0 CE Contact Hours

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