

NORTHERN RIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER

SATRI Training & Research

TRAINING NEWS LINK

July 2018 - August 2018

Camp to Belong



Camp To Belong NY 2018 has concluded! Camp To Belong is a week-long camp for youth ages 9-15 who are separated from their sibling within the foster care system. This unique opportunity allows siblings to create and share lifelong memories in a camp setting. This summer the CTB theme was The Olympics! Our 19 campers participated in the opening ceremony (opening campfire) displaying their family flags with pride and a huge smile. During the week campers joined in a friendly completion of the Summer Olympics and Winter Olympics at Lake George's YMCA Camp Chingachgook. The campers met John Napier, 2010 Winter Olympic USA bobsledder and the USA Special Olympics Softball Team.



A huge thank you goes out to all the Northern Rivers' staff and volunteers who made this week a memorable one for the campers!

~ **Rhonda Daniel**
Student Intern &
Volunteer Specialist



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Internal Trainings

TCI Training (Therapeutic Crisis Intervention)

Full TCI:

Must attend all four days.

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

August 9, 10, 16 & 17, 2018 - TCI Full Training 8:30am-4:30pm at SATRI

TCI updates

Updates are due every 6 months. SATRI is working diligently to keep staff in compliance with their mandatory trainings. We are now facilitating TCI updates for all residential staff in March and September and school staff in April and October. In the event that you missed all opportunities for an update within your sections assigned month, you may participate in day 4 of the full TCI training. **Any staff who receives an update in this manner will need to participate again with the rest of their program during the assigned month in order to get them into the proper training rotation.**

Please contact SATRI at StaffTraining@northernrivers.org if you need to be included in the day 4 of TCI

First Aid/CPR

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

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

August 13, 2018 -First Aid/CPR 9:00am-3:00pm at SATRI

Med Admin

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

August 2, 2018 - Med Admin 9:30am-11:00am at SATRI

DASA

August 27, 2018 - DASA 9:00am-4:00pm at SATRI

Internal Trainings

Clinical

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

August 6, 2018 -Suicide Awareness, Prevention, Screening & Treatment -9:00am -4:00pm at SATRI (6 CEU's)

August 9, 2018– Cognitive Behavioral Therapy (CBT) 9:00am-4:00pm at SATRI and
August 10, 2018– Cognitive Behavioral Therapy (CBT) 9:00am-12:00pm at SATRI (**You must attend both days**)

August 14, 2018 -Trauma Informed Care 9:00am-12:00pm at SATRI

August 14, 2018 -Person Centered Care 1:00pm-4:00pm at SATRI

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)

Motivational Interviewing

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

SafeTALK

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

August 22, 2018 –SafeTALK 9:00am-12:00pm at SATRI
(3 CEU's for LMSW & LCSW only)

Trauma Informed Care Workgroup

Trauma Informed Care Workgroup July Newsletter

FOCUS:

No matter if you are a professional caregiver, parent, foster parent or care for others in any capacity, self-care through mindfulness is a form of self-care to assist in dealing with any challenges. The Webster dictionary definition of mindfulness is "the quality of state of being conscious or aware of something". Self-awareness "is the ability to take an honest look at your life without any attachment to it being right or wrong, good or bad" (Debbie Ford). Being self-aware and mindful are important to remember as we live busy, stressful lives.

ACTIVITIES:

Five Simple Daily Mindfulness Practices:

Observe your thoughts without judging them

Focus intently on the task at hand

Take 5 minutes several times a day to close your eyes and breathe

Walk outside, close your eyes, and listen to the sounds of nature

Notice when your mind is in the past or future, and gently return to the present

<https://blog.calm.com/relax/5-simple-ways-to-practice-mindfulness-in-daily-life>

Self-Awareness worksheet (Page Four)

Research demonstrates the importance of regular breaks throughout the day. People are more productive, better at problem- solving, less irritable, and healthier if they take regular breaks.

Wehrenberg, Margaret, 2018. The 10 Best- Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can Do To Change It. WW. Norton. New York, NY.

Trauma Informed Care Workgroup Cont.

SUCCESS STORY:

Please watch the below video to learn how news correspondent, Dan Harris, began using mindfulness after an on- air panic attack.

Dan Harris: Hack Your Brain's Default Mode with Meditation (Big Think)

<https://www.youtube.com/watch?v=FAcTlrA2Qhk>

ADDITIONAL RESOURCES:

<https://www.mindful.org/>

<https://www.rickhanson.net/rick-hanson/>

Mindfulness Meditation activities for children

<https://www.gozen.com/category/mindfulness-meditation>

QUOTE:

"Being self-aware is not the absence of mistakes, but the ability to learn and correct them."

~ Daniel Chidiac

Trauma Informed Care Workgroup Cont.

SELF-AWARENESS WORKSHEET

PHYSICAL SELF-CARE

- Eat regularly breakfast, lunch, dinner)
- Eat healthily
- Exercise
- Get regular medical care for prevention and when needed
- Take time off when you are sick
- Get massages
- Dance, swim, walk, run, play sports, sing or do other physical activity you enjoy Take time for romance
- Get enough sleep
- Wear clothes you like
- Take vacations

PSYCHOLOGICAL SELF-CARE

- Take day trips or mini-vacations
- Make time away from the telephone
- Make time for self-reflection
- Attend your own therapy/counseling
- Write in a journal
- Read that is unrelated to work
- Do something at which you are not an expert or in charge
- Decrease stress in your life
- Listen to your thoughts, feelings, beliefs and attitudes
- Let others know different aspects of you
- Go to an art museum, history exhibit, sports event, auction or theater
- Practice receiving from others
- Say no to extra responsibilities sometimes

EMOTIONAL SELF-CARE

- Spend time with others you enjoy
- Stay in contact with important people in your life
- Give yourself love, praise and encouragement
- Reread favorite books, review favorite movies
- Identify comforting people, places and things and seek them out Allow yourself to cry
- Find things that make you laugh
- Express your thoughts and feelings to others

SPIRITUAL SELF-CARE

- Spend time with nature
- Find a spiritual connections or community
- Be open to inspiration
- Identify what is meaningful to you and notice its place in your life Pray, Meditate, Reflect
- Listen to music, read inspirational literature

WORK-PLACE SELF-CARE

- Take time for lunch
- Take time to chat with coworkers
- Make quiet time to complete task
- Identify aspects of work that are exciting and rewarding
- Arrange your work space so it is comfortable and comforting

Online Training Options

SATRI is committed to providing multiple options for the Northern Rivers Workforce to meet training requirements and increase proficiency in the most efficient ways possible. In order to do so, we continue to increase the number of training options available to staff electronically through the learning management system. Below please find a detailed list of all of our electronic course offerings. If you have any questions about any of these offerings, or suggestions for topics to add, please feel free to contact Jillian Gecewicz at Jillian.Gecewicz@nrfs.org.

Online Training Options

Orientation & Mandatory Trainings	Physical Health
<ul style="list-style-type: none"> · BBP/Hazcom · · Compliance Training & Expectations for affected parties (DSRIP) · · HIPAA Privacy · · Core Principles · · Corporate Compliance · · General Workplace Safety · · HR Fair Policy treatment · · Mandated Reporter · · NRFS Emergency Response Plan 	<ul style="list-style-type: none"> · Asthma · · Childhood Obesity · · Diabetes · · Health Across Cultures · · Immunizations
Trauma	Diversity
<ul style="list-style-type: none"> · Sanctuary modules 1-8 · · Sexual Development and Behavior in Children · · Trauma Informed Care · 	<ul style="list-style-type: none"> · Culturally Competent treatment · · Family Structures · · Recognizing and Understanding Cultural Diversity · · LGBTQ Youth ·
External Required Trainings	Special Interests
<ul style="list-style-type: none"> · Outreach & Engagement · · Communication Skills & Behavioral Supports · · Interaction with B2H & Child Welfare · · Supporting normative experiences: applying the reasonable and prudent parent standards · · Awareness & Personal Safety when working in the community · · Meeting Facilitation 	<ul style="list-style-type: none"> · Suicide awareness, prevention, screening, treatment · · Child & Adolescent Development · · Person Centered Planning · · Understanding Professional Boundaries

QUILTS

QUILTS- The Quilting Guild of Schenectady has been generously donating quilts to Northern Rivers Family of Services for over 25 years! These dedicated volunteers lovingly craft beautiful, one of a kind quilts, that are given to the children we serve in all programs. The criteria for requesting a quilt are very simple; any child receiving services from Northern Rivers is eligible! All we ask in return is a brief note (non-identifying information) about the impact on the child who received it. We periodically forward them on to the Quilting Guild who is thrilled to receive the feedback and they become even more motivated to create more beautiful keepsakes.

Please email Fran Altshuler, Director of Student Interns and Volunteers at Fran.Altshuler@northernrivers.org with your request and we will ensure that they make their way to your program!



****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



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

NYSED 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

NYSED 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

NYSED 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

NYSED 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

NYSED Approved for 8.0 CE Contact Hours

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