

NORTHERN RIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER

SATRI Training & Research

TRAINING NEWS LINK

September 2018 –October 2018

FIRST DAY BACK TO SCHOOL FROM DIFFERENT POINTS OF VIEW



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Baseline Coding of CANS-NY

This course is designed to improve the quality of the data being used to make service and treatment decisions and demonstrate how an accurately coded Baseline CANS can be used to demonstrate client progress.

September 24, 2018 –Baseline Coding of CANS– NY 8:30am-12:30pm at SATRI (4 CEU's)

Internal Trainings

TCI Training (Therapeutic Crisis Intervention)

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 .

Full TCI: Must attend all four days.

September 13, 14, 20 & 21, 2018 - TCI Full Training 9:00am-5:00pm at the Children's Home Schenectady

October 11, 12, 18 & 19, 2018 -TCI Full 8:30am-4:30 pm at SATRI

TCI updates:

September 5, 2018 –TCI Update 9:00am –3:00pm at Children's Home Schenectady

September 11 and September 12, 2018 -TCI Update 5:30pm to 9:00 (Must Attend Both Days) at SATRI

September 13, 2018 –TCI Update 9:00am –3:00pm at SATRI

September 19, 2018 –TCI Update 9:00am –3:00pm at Children's Home Schenectady

September 25, 2018 –TCI Update 9:00am –3:00pm at SATRI

First Aid/CPR

September 17, 2018 -First Aid/CPR 9:00am-3:00pm at SATRI

October 8, 2018 –First Aid/CPR 9:00am - 3:00 pm at SATRI

DASA

October 29, 2018 - DASA 9:00am-4:00pm at SATRI



Agency Holiday—September 3rd

Internal Trainings

Diversity

October 9, 2018 - Understand & Supporting LGBT Youth 8:30am-12:30 pm at SATRI (3 CEU's)

SafeTALK

October 31, 2018 –SafeTALK 9:00am-12:00pm at SATRI (3 CEU's for LMSW & LCSW only)

Med Admin

September 6, 2018 - Med Admin 9:30am-11:00am at SATRI

October 4, 2018 - Med Admin 9:30am-11:00am at SATRI

Supervision for Success (S4S)

September 25, 2018(in the Hudson Room); October 30, 2018; & November 20, 2018 (MUST ATTEND ALL 3 DAYS) - Supervision for Success 9:30am-4:00pm at SATRI (18 CEU'S)

Safety & Awareness

October 9, 2018 - Safety & Awareness 9:00am-4:00pm at SATRI (6 CEU'S)

Stereotypes in the Workplace

September 28, 2018 - Stereotypes in the Workplace 12:00pm-1:00pm at SATRI

Youth Mental Health First Aid

September 27, 2018 - Youth Mental Health First Aid 8:30am-4:30pm at SATRI

Teen Intervene

October 2, 2018 -Teen Intervene 9:00am -4:00pm at SATRI

Internal Trainings

Clinical

September 7 and 14, 2018 Foundations of Care 9:00am-4:30pm at SATRI (You must attend both days) **(14 CEU's)**

September 20, 2018 –Child & Adolescent Development 9:00am-4:00pm at SATRI **(6 CEU's)**

September 21, 2018 –Essentials of Assessment: Attachment 9:00am-12:00pm at SATRI **(3 CEU's)**

September 28, 2018 –Essentials of Assessment: Permanency 9:00am-12:00pm at SATRI **(3 CEU's)**

October 5, 2018 –Culture & Diversity in Service Planning 9:00am-12:00pm at SATRI **(3 CEU's)**

October 11, 2018 –Engagement and Family Assessment 9:00am-12:00pm at SATRI **(3 CEU's)**

October 23 and 24, 2018 –Caring for Children 9:00am-3:00pm both days at SATRI **(10 CEU's)**

October 26, 2018 –Intro to Trauma Recovery 9:00am-12:00pm at SATRI **(3 CEU's)**

ARC Advanced Experiential Training

(For Employees who have completed ARC 101 or equivalent training)

October 26, 2018 –ARC Advanced Experiential Training 10:00am-4:00pm at SATRI **(6 CEU's)**

Motivational Interviewing

October 30, 2018 –Motivational Interviewing 8:30am -4:30pm at SATRI **(6 CEU's)**

Trauma Informed Care Workgroup

Trauma Informed Care Newsletter ~ September 2018

FOCUS:

With the start of another school year, we are thinking about building routines into the rhythm of our daily lives. This will be the first of several newsletters to focus on this topic.

Trauma is often associated with chaos and loss of control as well as feeling helpless and hopeless. Predictability and routines help to build feelings of safety within children who have experienced trauma. Healing can occur when, through routines, children (and adults) know what is going to happen next; this can also help to replace feelings of helplessness and loss of control. We can help children feel safe and empowered.

Routines help provide families a felt sense of safety, and they assist with learning skills including modulation and affect expression. We learn better through repetition, and when we are feeling secure and comfortable.

Routines give all of our lives a daily rhythm.

ACTIVITIES:

Areas to Build- In Routines:

- Wake up
- Transitions
- School
- Specific Activities
- Meals
- Hygiene
- Bedtime
- Play ("together time," alone time, peer- to- peer time)
- Chores
- Homework
- Family together- time

Other Areas to Create Routine Plans:

- Wake up Plans
- Bedtime Plans
- Hygiene Plans
- Meal Plans
- Visitation Plans
- Transition Plans
- Off Grounds Plans

Trauma Informed Care Workgroup Cont.

ADDITIONAL RESOURCES:

Importance of Routine

<http://www.nmbreakthroughs.org/daily-health/health-benefits-of-having-a-routine>

18 Reasons Routines are Important

<http://www.skilledatlife.com/18-reasons-why-a-daily-routine-is-so-important/>

Maintaining Routines After Trauma

<https://www.atss.info/index.php/the-blog/21-maintaining-routines-after-trauma>

13 Tips to Make Your Daily Routines Easier {and save your sanity!}

<https://adayinourshoes.com/easier-daily-routines/>

QUOTE:

“The secret of your future is hidden in your daily routine.”

~ Mike Murdock

External Trainings

You're Invited

NEW YORK
NATIONAL GUARD 

Behavioral Health Workshop

SEPTEMBER 14, 2018 • 0800 - 1200

STRATTON VETERAN'S AFFAIRS MEDICAL CENTER
113 HOLLAND AVENUE, BUILDING 67
ALBANY, NY 12208

This workshop is intended for military and civilian personnel who encounter Service Members with behavioral health concerns.

Keynote Speakers

Major General
Mark A. Graham (Retired)
Director, Vets 4 Warriors

Sandlin Lowe, M.D., Psychiatrist
& Donna Lalwani
Amen Clinics

RSVP by August 17, 2018

Maximum occupancy is expected

Emily Smith, LCSW-R, BCD
(518) 270-1518 • emily.l.smith56.ctr@mail.mil

Questions or Concerns?
Deputy State Surgeon, LTC Luis Garcia • (518) 429-4102

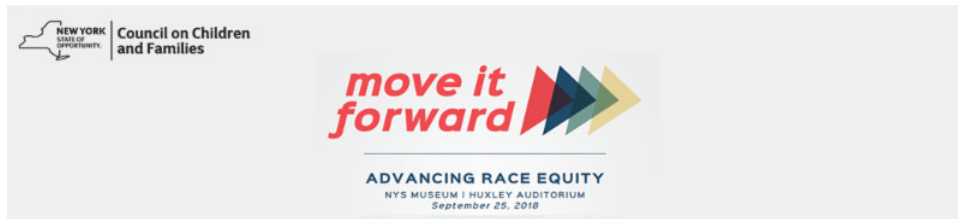
A joint collaboration between the NYARNG and the Stratton VA Medical Center

External Training

Advancing Race Equity takes all of us.

<https://bit.ly/MoveItForward>

Please contact Yvette Dickson, (518) 473-3652, yvette.dickson@ccf.ny.gov with any questions regarding this event.



Advancing Race Equity - Move It Forward

When

Tuesday, September 25, 2018 from 9:00 AM to 4:00 PM EDT

Where

NYS Museum - Huxley Auditorium

22 Madison Avenue
Albany, NY 12230

Dear Colleague,

Join the effort to advance race equity and attend the NYS Council on Children and Families' upcoming symposium. Be part of the group that moves race equity forward.

Our keynote speaker, Professor **John A. Powell**, Director of the Hass Institute for a Fair and Inclusive Society is an internationally recognized expert in the areas of civil rights, civil liberties and a wide range of issues including race, structural racism, ethnicity and poverty. He is one of the world's most important thinkers and scholars on civil and human rights.

Join us for an engaging, informative day and learn how to move race equity forward in your organization.

Register at:

<https://bit.ly/MoveItForward>

Please contact Yvette Dickson, (518) 473-3652, yvette.dickson@ccf.ny.gov with any questions regarding this event.

Thank you for your interest and we look forward to seeing you at this exciting event!

Sincerely,

NYS KIDS COUNT

NYS Council on Children and Families, 52 Washington Street, West Building, Suite 99, Rensselaer, NY 12144

External Training

Albany College of Pharmacy AND HEALTH SCIENCES

Anxiety, Depression and Suicide Prevention Symposium

Saturday, September 29, 2018

(registration starts at 8am & Program Adjourns at 2:15pm)

Location:

ACPHS-Albany Campus
Room 201, Student Center
106 New Scotland Avenue
Albany, N.Y. 12208

Register at: <https://pharmacyce.acphs.edu/user/login>

Registration Deadline: The deadline to register is Noon on Monday, September 24th. On-site registration is no longer accepted. There will be no exceptions.

Registration for the Anxiety, Depression and Suicide Prevention Symposium: The registration fee of **\$90.00** includes tuition, handouts, ACPE accreditation, a continental breakfast, and lunch.

The objectives of these activities are for the participants to be able to:

- Educate patients with major depressive disorder on the recent analysis of antidepressant medications, advantages and disadvantages of the various treatment options and possible non-pharmacologic options
- Educate patients with anxiety spectrum disorders on the use of anti-anxiety agents regarding onset of action, possible adverse drug reactions, drug interactions and the use of other agents and non-pharmacologic options
- Recognize how to identify the warning signs of possible suicide and identify resources for intervention or referral of high risk patients

Target Audience: Practicing pharmacists and student pharmacists.

Continuing Education Credit: Continuing Education credit has been approved for 4.5 live continuing education units (CEUs) or 0.45 contact hours of live continuing education

Participants must sign in at registration and must complete the online learning assessments for the activities attended after the program to receive credit for this activity. **You will have 30 days from the day of the program (or October 29, 2018) to complete the evaluations and learning assessments to receive ACPE credit.** Upon completion and verification, your continuing pharmacy education credits will be sent to CPE Monitor. Statements of credit may be printed from the CPE Monitor website at: www.nabp.net/pharmacists, or from the ACPHS Learning Management System.

Handouts: Program handouts and speaker bios will be e-mailed prior to the program.

Miscellaneous Information

Crisis on Campus: the Untold Story of Student Suicides

CRISIS ON CAMPUS THE UNTOLD STORY OF STUDENT SUICIDES

HARD NUMB3RS

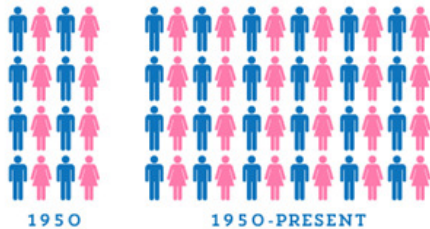
6% OF UNDERGRADUATES & 4% OF GRADUATE STUDENTS
IN 4-YEAR COLLEGES HAVE

"SERIOUSLY CONSIDERED
ATTEMPTING SUICIDE"
IN THE PAST YEAR



NEARLY
HALF
OF EACH GROUP DID NOT TELL ANYONE.

THE SUICIDE RATE AMONG YOUNG ADULTS, AGES 15-24
HAS TRIPLED
SINCE THE 1950S



1,100
suicides at colleges
per year. That's 75
per 100,000 students

1 IN 12
HAVE ACTUALLY MADE A
SUICIDE PLAN AT SOME POINT.

1.5 OUT OF 100
STUDENTS HAVE ACTUALLY ATTEMPTED IT.

TWO TIMES
AS MANY YOUNG MEN AGES 20-24
COMMIT SUICIDE
COMPARED TO YOUNG WOMEN

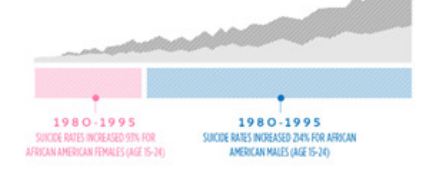
IN THE PAST 50 YEARS,
SUICIDE RATES FOR THOSE
AGE 15-24 INCREASED BY
OVER 200%



DEMOGRAPHICS:



THE RATE OF SUICIDE IS GROWING FASTER
AMONG YOUNG AFRICAN AMERICANS THAN
AMONG CAUCASIANS.



NATIVE AMERICANS
HAVE THE HIGHEST SUICIDE RATE AMONG ALL 15-24 YEAR OLDS.
ASIAN AMERICAN WOMEN
HAVE THE HIGHEST SUICIDE RATES AMONG WOMEN AGES 15 TO 24.

**MEN COMMIT SUICIDE
FOUR TIMES
AS OFTEN AS WOMEN**

**WOMEN ATTEMPT SUICIDE
THREE TIMES
AS OFTEN AS MEN**

SUICIDE BY FIREARM
IS THE MOST COMMON METHOD FOR
BOTH MEN AND WOMEN.

Miscellaneous Information

THE EMOTIONAL HEALTH OF COLLEGE FRESHMEN HAS DECLINED TO THE LOWEST IN 25 YEARS.

CAMPUS STRESS PRODUCERS



SIZING UP THE RISK FACTORS



SOME COMMON WARNING SIGNS



WHAT CAN PARENTS DO?

- 1 Stay in touch with your college kid. (Icon: smartphone)
- 2 Chat by phone, IM or Skype. (Icon: person on screen)
- 3 Send care packages. (Icon: envelope)
- 4 Visit occasionally. (Icon: car)
- 5 Be a calming voice when things get rough. (Icon: person)
- 6 Sleep, diet, exercise and de-stressing activities. (Icon: person running)
- 7 Familiarize yourself with the student health and mental health services. (Icon: person at desk)
- 8 Be sensitive to the signs of stress. (Icon: person with stress lines)

COMBAT STUDENT SUICIDES

THE GARRETT LEE SMITH MEMORIAL ACT GIVES

\$31 MILLION FOR OVER FIVE YEARS

TO HELP RAISE AWARENESS ABOUT YOUTH SUICIDE

THE CAMPUS SUICIDE PREVENTION
provides services for students with depression, substance abuse, and other behavioral health problems that put them at risk of suicide.

THE NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION
Leaders from Government, business, the advocacy community, and other groups are working together to advance the National Strategy for Suicide Prevention.

NATIONAL GRADUATE STUDENT CRISIS LINE,
OFFERS IMMEDIATE HELP FOR GRADS IN CRISIS

**1-800-GRAD-HLP
(1-800-472-3457)**

Brought to you by: collegedegreesearch.net

Sources

- <http://www.thedailybeast.com/articles/2010/04/04/the-50-most-stressful-colleges.html>
- <http://www.nabita.org/document/NewsDataonNatureofSuicidalCrisis.pdf>
- http://www.thedailybeast.com/newweek/galleries/2012/09/05/college-rankings-2012-most-stressful-schools-photos.html#slide_3
- http://www.nytimes.com/2010/02/27/education/27colleges.html?_r=0
- Suicide statistics taken from numbers provided by the American College Health Association (ACHA)
- <http://youngadults.about.com/od/healthandsafety/a/5signsofstress.htm>
- <http://www.stateuniversity.com/blog/bermalin/Suicide-and-Suicidal-Behaviors-Among-College-Students.html>
- http://facts.randomhistory.com/2009/01/16_suicide.html