

**Dutchess County**  
**Department of Behavioral and Community Health**  
**Division of Mental Hygiene**

# **TRAINING & RESOURCE GUIDE**



**Tenth Annual Fall Conference & Networking Event**  
**October 12, 2018**  
**Marist College, Poughkeepsie**



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## COUNTY OF DUTCHESS

DEPARTMENT OF BEHAVIORAL AND COMMUNITY HEALTH  
DIVISION OF MENTAL HYGIENE

### **TRAINING OPPORTUNITIES**

The Dutchess County Department of Behavioral and Community Health is committed to preventing suicide, drug abuse and overdose, promoting wellness and engaging with community partners. We value rich resources within Dutchess County and seek to partner with them to create a healthy place to live. Prevention occurs on three levels: primary, secondary, and tertiary (before the problems have occurred, when they are first emerging and after they have developed, preventing escalation). DBCH offers a wide range of programs, trainings and curriculums that address various areas of need impacting schools, home, the workplace, and the community at large. If you would like to set up any of these trainings for your school, please contact Jean-Marie Niebuhr, LCSWR, Coordinator of Prevention Services, at (845) 486-2885, or email [jmniebuhr@dutchessny.gov](mailto:jmniebuhr@dutchessny.gov).

### **ADULT MENTAL HEALTH FIRST AID:**

Adult Mental Health First Aid is a public education program, much like CPR, which introduces participants to risk factors and warning signs of mental illness including anxiety, depression, substance abuse, bipolar disorder, and schizophrenia. It also prepares participants to offer initial help in a mental health crisis and connect the person to appropriate professional, peer, social and self-care. This is an 8-hour class.



### **YOUTH MENTAL HEALTH FIRST AID:**

Youth Mental Health First Aid is a public education program, which introduces participants to the unique risk factors and warning signs of mental health problems in adolescence, builds understanding of the importance of early intervention and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. This is an 8-hour class.

### **QPR – SUICIDE PREVENTION:**

This training will teach you 3 simple steps anyone can learn to help save a life from suicide. You will learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone for help. This is a 1 1/2hour training.

### **SUICIDE SAFETY FOR TEACHERS AND STAFF (SST):**

This is a 1 hour training specified for teachers and other staff who have no mental health training. The objectives are to review the importance of suicide prevention, describe the characteristics of at-risk students, outline educators' limited but critical roles, clarify building referral procedures, and identify school & community resources.

## NAMI Mid-Hudson (National Alliance on Mental Illness)

### PROGRAMS



**NAMI Family-to-Family** is a FREE, twelve-week, evidence-based course for families, partners, and friends of individuals with serious mental illness. Many family members describe their experience in this program as “life changing.”



**NAMI Basics** is a FREE, six-week or three-full Saturday course for parents and caregivers of adolescents and children who have behavioral health issues, undiagnosed emotional issues, ADHD, ODD, OCD, DMDD, or have developed symptoms of mental illness (brain disorder).



**NAMI Homefront** is a FREE, six-session education program to meet the needs of families of Military Service Members and Veterans who live with mental health conditions. Offered online in a virtual classroom.



## Monthly Family Support Groups

Dover Plains, Wappingers Falls, Poughkeepsie, and  
Kingston NY

★ Resources ★ Support ★ Hope ★

For more information, please check our website:

[www.namimidhudson.org](http://www.namimidhudson.org)



**NAMI Ending the Silence (ETS) for Students** is a 50-minute presentation for middle and high school students that helps raise awareness and change perceptions around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics
- How to get help for themselves or a friend

**The goal of NAMI ETS for Students** is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

**NAMI Ending the Silence (ETS) for Families** is a 50-minute presentation for parents and other primary caregivers of middle and high school students that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics
- How to approach your student
- How to work with school staff

**The goal of NAMI ETS for Families** is to educate families about the early warning signs of mental illness and how early recognition and prevention is key to positive outcomes.

**NAMI Ending the Silence (ETS) for School Staff** is a 50-minute presentation for middle and high school staff that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics
- How to approach students
- How to work with families

**The goal of NAMI ETS for School Staff** is to educate school staff members about the early warning signs of mental illness and how early recognition and prevention is key to positive outcomes.

## Addiction

### Effects of Addiction on Families

This 1-2 hour training uses 3 books describing all the stages of addiction from a child/youth point of view. This training provides a valuable method to address a difficult subject to children and adults. Worksheets are available in the books which are good for discussion/treatment.

Contact: Elyse DeMadaler, LCSWR at [edemadaler@gmail.com](mailto:edemadaler@gmail.com)

### Group Activities

#### Creative Activities/Discussion Topics

This 2 hour program will help in the treatment of people of all ages and topic driven group. They can be used by professional and non-professionals. Increase communication skills by using a variety of activities on important topics; i.e.: self-esteem, emotional concerns, problem solving etc.

**Elyse DeMadaler, LCSWR, currently at Spectrum Behavioral Health and The Arc of Dutchess. For information on these trainings contact Elyse at: [edemadaler@gmail.com](mailto:edemadaler@gmail.com)**



**Planned Parenthood Mid-Hudson Valley** is known for the quality and professionalism of its programs. Experienced educators work with diverse groups in many different settings to provide reality-based sexuality education in a creative and engaging manner. Programs are structured around individual and group activities and are designed to be flexible and responsive to the needs of each group.

PPMHV's Health Education staff provides professional training sessions for groups of teachers, youth leaders, school nurses, counselors, community health professionals, and others. The programs are designed to enhance professional skills and provide participants with specific teaching strategies and instructional aides. In addition to the programs listed below, special seminars are offered throughout the year. Please call the education office for further information or to arrange a session for your group. Training programs can be tailored to each group's needs.

We are happy to offer our educational programs to diverse populations including parents, professionals, youth, teens, college students, and people with special needs. The following list and sample workshops are intended to help you choose a program topic. We can also design a program to meet your specific needs.

For More Information call 838-1200 x107 Or Email: [education@ppmhv.org](mailto:education@ppmhv.org)

## WORKSHOPS

Below is a sample of our most popular workshops that can be customized for youth or professionals. Program times are typically 60-90 minutes and workshops can be combined for half day trainings. Additional topics are available.

***Talking Back and Forth*** is a 2-hour workshop for professionals who work with youth who are interested in learning and strengthening skills to effectively communicate with youth regarding sexuality, sexual activity, or potential sexual activity.

### ***Birth Control Options***

Teaching about birth control methods is more than just a “show and tell” of objects and devices. Our program begins by helping teens examine the many reasons why young people have difficulty using birth control consistently or effectively. Both males and females are encouraged to take responsibility for their sexual decisions and behavior. All methods of contraception, including abstinence are explored in detail. This workshop also discusses the rights of minors and their access to reproductive health care.

### ***Sexually Transmitted Infections, HIV/AIDS and Safer Sex***

When young people engage in sexual activity, they face many risks. Identifying these risks, teens can learn skills to protect themselves, act responsibly, and be as safe as possible. This program discusses a full range of sexually transmitted infections and explores ways to protect against transmission. Safer sex practices will be discussed including the correct use of condoms and dental dams.

### ***Sexual Diversity***

Homophobia and discrimination can have profound negative effects on gay, lesbian, bisexual and transgender people (GLBT), and especially on GLBT young people. Young people can grow up in an environment of overwhelmingly negative messages about being gay or lesbian, and school years can be the hardest. This program is designed to dispel myths and stereotypes, understand the components of sexual identity, and distinguish the difference between sexuality and sexual orientation.

### ***Sexting***

This program addresses the current phenomena hitting our communities and our schools: Sexting-the act of taking, sending, or receiving explicit pictures of a minor via cell phone or the internet. For Professionals: “The Sexting Issue in Schools: How to become a Sextpert Educator”. For More Information call 838-1200 x103 Or Email: [education@ppmhv.org](mailto:education@ppmhv.org)

For More Information call 838-1200 x107 Or Email: [education@ppmhv.org](mailto:education@ppmhv.org)

## **EVIDENCE-BASED CURRICULUMS**

For High School Youth:

Be Proud! Be Responsible!\* is a 7 sessions curriculum that provides High School adolescents with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted diseases. To change behavior, adolescents need not only information and a perception of personal vulnerability, but also the skills and the confidence in their ability to act safely.

Add on: Safe or Sorry (SOS) Youth Leadership Series  
(to any Evidence Based Program)

The SOS Program trains teens to provide pregnancy and HIV/STI prevention education for their peers. Through fun, interactive training sessions, teens learn about human reproductive systems, sexuality, abstinence, healthy relationships, sexually transmitted infections, substance abuse, harm reduction, and communication skills. Educators provide the education and training to help youth safely and effectively work with their peers. For More Information call 838-1200 x103 Or Email: [education@ppmhv.org](mailto:education@ppmhv.org)

## **PARENTING EDUCATION PROGRAMS**

### Changing Lives- Parent-Child Puberty Workshops

“Changing Lives” is a 2-hour workshop for parents/caregivers and their children ages 9-12 years old (gender pair groups). This program teaches child and adolescent sexual development and provides time for sharing feelings about puberty and growing up male/female. Most importantly, the workshop improves communication between parents/caregivers and their children.

### Parent-Child/Teen Workshops

“Table Talk”\* is a 2-hour workshop that brings parents/caregivers and teens together to improve communication and discuss important topics. Workshop includes one hour on communication followed by one of the following topics chosen in advance: Sexting, Healthy Relationships, Birth Control Options, Sexually Transmitted Infections and Sexual Orientation.

\*Table Talk can also be provided as a parents/caregiver only session in one- or two-hour workshops.

### For Parents & Caregivers Only

“Talking Back and Forth” is a 2-hour workshop for parents/caregivers to help improve communication skills. Parents will learn how to talk with youth about sexuality and sexual activity.

“Let’s Talk: Adolescent Development & Sexual Health” is a 90-minute workshop for parents/caregivers of youth ages 9-18. This program can be adjusted based on the age of the youth. Topics can include: what to expect at what age-birth to teenager, adolescent development, parent-child communication and techniques, risky behavior/trends, minor’s rights and reproductive health information for teens.

For More Information call 838-1200 x107 Or Email: [education@ppmhv.org](mailto:education@ppmhv.org)



## Community Education Workshops and Trainings 2018

Presenter: Marlene Taylor, M.P.S.  
Education and Training Coordinator

***Special Note: Workshops and trainings can be developed to meet your specific needs.***

Course Title: **YOUR DEFIANT CHILD**  
Course Length: 6—8 Sessions  
Course Description: This is a research based skill-building series for caregivers or educators of defiant children ages 2—11. The course material is derived from the work of Russell A. Barkley, Ph. D., author of [Your Defiant Child](#).  
Care givers will learn how to increase child compliance, decrease disruptive behavior, establish disciplinary systems, manage behavior in public places, and other valuable child management skills.

### Course Topics:

- Why Children Misbehave
- Pay Attention to Good Behavior and Your Child’s Compliance
- Giving Effective Commands and Attending to Independent Play
- When Praise is Not Enough: Poker Chips and Points
- Time Out! And Other Disciplinary Methods
- Improving School Behavior from Home
- Anticipating Problems: Managing Problems in Public Places and Managing Future Behavior Problems.

Course Title: **PARENTING EXPLOSIVE CHILDREN**  
Course Length: 6—8 Sessions  
Course Description: This course is for caregivers of children ages 2—12 who are easily frustrated, extremely inflexible, lose control, and become verbally and physically aggressive. The course is base upon the work of Ross W. Greene, Ph.D., author of [The Explosive Child](#).  
Care givers will learn how to understand and handle explosive behaviors and prevent meltdowns, establish realistic expectations, improve parent/child interactions, and how to help their child recognize, express, and think through frustrations.

### Course Topics:

- Understanding Explosive Behavior
- Handling and Preventing Meltdowns
- Establishing Realistic Expectations and Helping Your Child Handle Frustrations
- Using the Collaborative Problem Solving Approach
- Putting All the Pieces Together and Coping with Family Matters



Course Title: **PARENTING CHALLENGING TEENS**  
Course Length: 6—10 Sessions  
Course Description: This course is for caregivers of adolescents. The course is a natural progression from research and family therapy based on the work of Russell A. Barkley, Ph. D., author of Your Defiant Child. Dr. Barkley has also written the book Defiant Teens in collaboration with Gwenyth H. Edwards and Arthur L. Robin.

In this series caregivers will learn how to understand what triggers certain behaviors and how to better manage your teen’s behavior through acquiring increase parental attending and communication skills.

Course Topics:

- Principals of Behavior Management
- Positive Attention & Developing Parental Attending Skills
- Problem Solving
- Communication Training
- Establishing a Behavioral Contract
- Developing Your Plan

Course Title: **HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK**  
Course Length: 6 Sessions  
Course Description: “How to Talk So Kids Will Listen” is a six-part video workshop based on the book How to Talk So Kids Will Listen and Listen So Kids Will Talk by award winning authors Adele Faber and Elaine Mazlish.

The viewer sees a diverse group of parents who over time build better relationships with their children. The parents learn how to hear and understand the depth of their children’s feelings, how to engage their children’s cooperation, how to discipline without punishment, and how to help their child attain positive and realistic self-images.

The series combines role playing, group discussions and dramatizations to introduce principles that can help families achieve better communication skills and family harmony.

Course Topics:

- Dealing with Children’s Feelings
- Engaging Cooperation
- Alternatives to Punishment
- Encouraging Autonomy
- New Ways To Praise
- Freeing Children from Playing Roles



Course Title: **HOW TO TALK SO TEENS WILL LISTEN AND LISTEN SO TEENS WILL TALK**  
Course Length: 6 - 8 Sessions  
Course Description: “How to Talk So Teens Will Listen” is a six-part video workshop based on the book How to Talk So Teens Will Listen and Listen So Teens Will Talk by award winning authors Adele Faber and Elaine Mazlish.

The viewer see a diverse group of parents who over time build better relationships with their teenagers. The last two class sessions discuss sex and drugs.

The series combines role playing, group discussion and dramatizations to introduce principles that can help families achieve better communication skills and family harmony.

Course Topics:

- Dealing with Feelings
- Skills for Engaging Cooperation
- To Punish or Not to Punish
- Working It Out Together
- Meeting the Teens—Round Table
- Feelings, Friends and Family
- Parents and Teen Together
- Sex and Drugs

Course Title: **P.E.A.C.E.  
PARENT EDUCATION AND CUSTODY EFFECTIVENESS**  
Course Length: 6 hours  
Course Description: This six hour course is a child-centered educational program for separating and divorcing parents. In the course we explore children’s and parents’ responses to divorce and separation. Parents are give information concerning the restructuring and reorganization of the family and skills to improve communication with the child’s other parent.

Course Topics:

- The Child’s Experience of Divorce and Separation
- The Legal Process
- The Adult’s Experience of Divorce and Separation



Course Title: **PREPARING YOUR CHILD FOR SCHOOL SUCCESS—Part #1**  
Course Length: 4 Sessions  
Course Description: This course is based on the book Seven Skills for School Success by Pam Schiller. The material presented identifies seven key components in the development of social and emotional intelligence in children.

Course Topics:

- What is Social and Emotional Intelligence
- Developing Confidence in Your Child
- Developing Your Child’s Curiosity
- Helping Your Child Develop Self-Control

Course Title: **PREPARING YOUR CHILD FOR SCHOOL SUCCESS—Part #2**  
Course Length: 4 Sessions  
Course Description: This course is based on the book Seven Skills for School Success by Pam Schiller. The material presented identifies seven key components in the development of social and emotional intelligence in children.

Course Topics:

- Self Control
- Relating to Others
- Communication
- Cooperation

Course Title: **TAKE THE JOURNEY: FROM RELATIONSHIP TRAUMA TO RESILIENCE AND BALANCE**  
Course Length: 6—23 Sessions  
Course Description: The course is based on the book Emotional Sobriety by Tian Dayton, Ph.D. The book outlines a holistic approach to healing the mind, body, and spirit by helping you understand and regulate your emotions and behaviors to find balance.

Course Topics:

- What Is Emotional Sobriety?
- The Emotional Body: How Our Bodies Process Emotion
- The Biology of Love: Attachment and Self-Regulation
- Attaching Words to Feeling States: Developing Emotional Literacy
- When Kids Get Scared
- Relationship Trauma





- Resilience: Thriving in Spite of the Odds
- Passing on the Pain: What Am I Bringing into My Parenting?
- How high States of Stress Contribute to Anxiety and Depression
- Anger: What Is It All About? What Do I Do with It?
- Grief: Cleansing the Wound
- Healthy Self-Soothing and Natural Highs
- Finding Forgiveness
- Growing Soul
- Stick with the Winners: Habits of Emotionally Sober People

Course Title: **PARENT WELL-BEING**  
Course Length: 4 Sessions  
Course Description: Keeping yourself healthy while parenting, working and experiencing other life stressing circumstances. The material is derived from a collection of articles and excerpts from medical and family life journals.

Course Topics:

- What We Think and Our Health
- Effective Communication
- Forgiveness
- The Process of Healing

Course Title: **RAISING RESPONSIBLE, RESILIENT, SELF-SUFFICIENT TEENS**  
Course Length: 6-8 Sessions  
Course Description: The course is based on the book, Letting Go with Love and Confidence by Kenneth Ginsburg, M.D., M.S. Ed., and Susan Fitzgerald. The course guides parents through the really tough areas.

Course Topics:

- Developing Character, Confidence, Control, etc.
- Identifying Authentic Success in Today's World
- Healthy Ways to Manage Stress
- Peers: Relationships, Influence and Pressure
- Drug Prevention
- Healthy Sexuality
- Letting Go

***Special Note: Workshops and trainings can be developed to meet your specific needs.***

GLSEN Hudson Valley is the local Chapter of the Gay, Lesbian & Straight Education Network, which strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity or expression.

**GLSEN Hudson Valley's Key Services include:**

- Trainings and professional development for educators, students and parents on the educational experiences of LGBT youth, addressing anti-LGBT bias in schools, creating Safe Spaces and implementing the Dignity for All Students Act.
- Support for Gay-Straight Alliances including Safe School Project Grants.
- Student leadership development including the GLSEN Hudson Valley Student Leadership Academy.
- School-based programs: e.g., Ally Week, No Name-Calling Week, Day of Silence.
- LGBT-related books and book clubs for school libraries.
- Distribution of inclusive curriculum and groundbreaking research.
- Consultation on policy and protocol development.

**GLSEN Hudson Valley Serves:**

K-12 school communities in Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster & Westchester Counties.

**GLSEN Hudson Valley's Reach:**

- Training and professional development for over 9000 educators and administrators.
- Training for 2000 students.
- Distribution of GLSEN Safe Space Kits to over 100 school districts.
- No Name-Calling Week activities in over 250 schools including more than 700 student creative expression pieces submitted for display.
- Distribution of LGBT-related books and inclusive curriculum to 300 schools.
- Support to 100 Gay-Straight Alliances including \$3250 in funding for school-based projects.
- Facilitated student engagement in the community through participation in conferences (e.g., PrideWorks for LGBTQ youth), fundraisers (e.g., Hudson Valley AIDS Walk), and social activities (e.g., Breaking the Silence Dance, Hudson Valley Pride March.)

### **School Climate in New York State:**

- The majority of LGBTQ students experience verbal harassment in school (e.g., called names or threatened): 8 in 10 based on their sexual orientation and 6 in 10 based on the way they expressed their gender.
- Students also reported high levels of other forms of harassment at school: 91% felt deliberately excluded or “left out” by peers; 86% had mean rumors or lies told about them; 64% were sexually harassed; 57% experienced electronic harassment or “cyberbullying”; and 46% had property (e.g., car, clothing, or books) deliberately damaged and/or stolen.
- Nearly all students hear “gay” used in a negative way (e.g., “that’s so gay”) and 9 in 10 hear other homophobic remarks (e.g., “fag” or “dyke”) regularly at school. 17% of students hear anti-LGBT remarks from school staff.
- Many students do not have LGBT-inclusive curricular resources: only 23% report being taught positive representations of LGBT people, history, and events, and only 48% have access information about LGBT communities on school Internet.

### **Hudson Valley Schools Snapshot:**

- There are increasing need for educator professional development since the implementation of the Dignity for All Students Act in 2012.
- More and more Gay-Straight Alliances are being established in Middle Schools across the region.
- There is a growing number of gender non-conforming or transgender identified students at every grade level.
- Students are self-identifying as lesbian, gay or bisexual at earlier and earlier ages.
- Extracurricular activities such as Gay-Straight Alliances are threatened in many schools where District budgets are strained. At the same time, community-based youth programs have faced similar financial set-backs.
- The student population in most schools is diversifying quickly.

### **CONTACT:**

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WestchesterNY@chapters.glsen.org

GLSEN.ORG/HUDSONVALLEY





# 2018-2019 SCHOOL YEAR CALENDAR

**Start planning now!** The school year is full of opportunities to participate in GLSEN events, address LGBTQ and social justice issues, learn about diverse communities, and take action to create safe and inclusive schools for ALL! Use this calendar to schedule your GSA meetings, lesson plans, student events, and staff development workshops as part of your ongoing multicultural and LGBTQ-inclusion efforts.

**September**

**September 9-15**  
National Suicide Prevention Week

**September 15-October 15**  
Latinx Heritage Month

**September 16-23**  
Celebrate Bisexuality Week

**September 24-28**  
GLSEN Ally Week

**February**

**ALL Month!**  
Black History Month

**February 6**  
National Girls & Women in Sports Day

**February 4-8**  
National School Counseling Week

**February 20**  
World Day of Social Justice

**February 21-28**  
Aromantic Awareness Week

**October**

**ALL Month!**  
National Bullying Prevention Month

Islamic Heritage Month

LGBTQ History Month

**October 8**  
Indigenous People's Day

**October 11**  
National Coming Out Day

**October 18**  
Spirit Day

**October 19**  
GLSEN Respect Awards - Los Angeles

**October 22-26**  
Asexual Awareness Week

**October 26**  
Intersex Awareness Day

**March**

**ALL Month!**  
Women's History Month

**March 2**  
National Read Across America Day

**March 8**  
International Women's Day

**March 21**  
International Day for the Elimination of Racial Discrimination

**March 31**  
Transgender Day of Visibility

**November**

**ALL Month!**  
National Homeless Youth Awareness Month

Native American Heritage Month

**November 14-20**  
Transgender Awareness Week

**November 20**  
Transgender Day of Remembrance

**April**

**April 2**  
World Autism Awareness Day

**April 8-14**  
ALA's National Library Week

**April 10**  
National Youth & AIDS Awareness Day

**April 12**  
GLSEN Day of Silence

**April 22**  
Earth Day

**December**

**December 1**  
World AIDS Day

**December 3**  
International Day of Persons with Disabilities

**December 10**  
Human Rights Day

**May**

**ALL Month!**  
Asian Pacific Islander Heritage Month

Mental Health Awareness Month

**May 1-7**  
National Physical Education & Sports Week/Trans Athlete Awareness Week

**May 6-10**  
National Teacher Appreciation Week

**May 17**  
International Day Against Homophobia, Transphobia, & Biphobia

**May 20**  
GLSEN Respect Awards - New York

**May 22**  
Harvey Milk Day

**January**

**January 21**  
Martin Luther King Jr. Day

**January 21-25**  
GLSEN No Name-Calling Week

**June**

**ALL Month!**  
LGBTQ Pride Month

**June 12**  
Pulse Remembrance Day

**June 28**  
Anniversary of the Stonewall Riots





**Board Members**

Barbara V. Mauri, *Chair*  
Daniel Short, *Vice Chair*  
Barbara A. Patsey, *Treasurer*  
Donna Betts, *Secretary*  
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Brooke Fedigan  
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Francis Pomarico  
Elizabeth Roger  
Linda Sewell  
Marge Smith  
Tim Tarpey  
Jeanine Thompson  
Lisa Whalen  
Leigh Williams  
Mary Williams  
Tiffany Wisniewski

Michele Pollock Rich,  
*Executive Director*



## Violence Prevention & Education Workshops in Schools

Grace Smith House's *interactive* and *engaging* workshops are **FREE**. Our **trained educators** use the *Mentors in Violence Prevention Model (MVP)*, an interactive discussion which uses real life scenarios that teach bystander intervention skills from a social justice perspective. These MVP Workshops are held during *assemblies, phys-ed/health class, orientation, clubs, faculty meetings, in-service days*, etc. All workshops are available to middle school and high school students, parents, direct service providers, school staff and administrators, and **can be facilitated in 30-60 minutes**.

### Take a Stand: Bullying

- Provides the foundation for identifying bullying and its three forms, as well as the impact that bullying has on the individual, family and friends. Educates the participants to be helpful and supportive when faced with witnessing a bullying situation.

### Post, Don't Roast: Cyber bullying/ Internet Safety

- Educates about the different types of technology used to cyber bully and the impact cyber bullying has on the individual, family and friends. Also provides information on how to be safe when using technology, as well as ways to report cyber bullying.

### Teen Dating Violence

- Provides a foundation of the cycle of violence and how to identify the red flags of an unhealthy relationship. Participants will gain tools and language that will enable them to support a friend who is in an unhealthy relationship, as well as gain an understanding of the impact that dating violence has on the individual, friends, and family.

### In Their Shoes: Teens and Dating Violence

- An experiential training designed to help participants talk about what dating is like for teens – from their perspective. Through the use of fictional scenarios, participants will have the opportunity to make decisions about character relationships and discover how challenging it is to navigate an unhealthy relationship, with and without support.

### KNOW More: Safety Planning

- Participants will gain knowledge and skills of how to increase safety while in an unhealthy relationship, as well as during and after a break up. (*this is a follow up workshop to Teen Dating Violence*)

### Break the Cycle: Children and DV

- Participants will gain an understanding of how children are affected by domestic violence and how those affects can contribute to the cycle of relationship violence. (*valuable workshop for parenting and psychology classes*)

### Documentary Screenings:

- Documentary screenings including topics of: Peer Violence and teen dating violence for students, parents/ caregivers or school administrators.

To schedule your **FREE** workshop, please contact:

Megan Bajana- *Community Educator*

(W) 845-452-7155 x20

[meganb@gracesmithhouse.org](mailto:meganb@gracesmithhouse.org)



Instagram

Gsh\_unitedpeercouncil



turning conflict  
into conversation

205 South Ave, Suite 200  
Poughkeepsie, NY 12601

845. 471.7213  
845. 471.7264 fax  
[www.dutchessmediation.org](http://www.dutchessmediation.org)

## **Social-emotional Education, Conflict Resolution and Training**

The Mediation Center of Dutchess County offers a comprehensive approach to conflict prevention and intervention by providing whole community services involving youth and adults.

The Mediation Center's Restorative Justice Initiative hit the ground running in early 2017 and has already provided transformative social-emotional learning opportunities and outreach to over 200 students, school and organizational staff and faculty, as well as Dutchess County department personnel. The Initiative offers conflict resolution and training services to youth, families, neighbors, businesses, schools and communities.

**Restorative Justice** offers a relational approach to conflict incidents. Individuals and community members impacted by a conflict can come together to mutually understand an incident and discuss ways to move forward. This approach provides a transforming collective experience to healing through connection and understanding.

**Community Conferences** are organized in response to conflict incidents. Conferences involve an extended intake process with all affected individuals and a follow-up process with all participants. The Mediation Center is responsible for these processes, as well as anything else pertaining to the organization, coordination and facilitation of the conference process.

In educational settings, Conferences provide opportunities for students to share their feelings, build relationships and collectively solve problems. Participants shift from feeling misunderstood, unheard and unsafe to feeling heard, understood and in their own right. While engaging in this process, individuals come together, express their concerns and discuss ways to move forward.

**Pre-PINS Conferencing** offers students with chronic absence or behavioral challenges the opportunity to meet with school representatives and parents, guardians or advocates, to discuss obstacles to school attendance and classroom cooperation. Participants can come together to develop an action plan that supports all parties.

### **Restorative Practices**

Restorative practices include the use of processes that proactively build relationships and a sense of belonging and community to prevent conflict and provocation.

The **Circle Process** primarily focuses on communication, self-reflection, identity and personal and shared values, through a lens of diversity and difference. Employing a process of collective exploration, participants develop a more coherent sense of themselves as well as others. Circles cultivate a sense of belonging, while also providing opportunities to build confidence, develop active listening skills and nurture empathy and a greater acceptance of difference. All of these elements combined contribute to greater group cohesion, resulting in a significant decline in conflict behaviors. Circles can also be used as a tool for Culturally Responsive Education – as a way of folding all student experiences, values and cultural norms into the everyday narratives of the classroom culture.

Restorative Circles can be utilized for students returning to school after a period of absence. **Re-Entry Circles** are designed to formally welcome a student back into the school community and to establish a collaborative support plan for easing the transition back into school life.

The Mediation Center's **Conflict Resolution Circle Curriculum** uses Circle process to explore the common antecedents of conflict, which stem from differences in: values, world view, identity, needs, experience and communication style. This 4 – 6 Circle series addresses each element in turn, as a proactive approach to preventing conflict through creating greater self-awareness, self-knowledge and empathy for the differences of others. Through the process, participants experience safety and community through exercises in self-reflection and cultivate active listening and self-advocacy. The Mediation Center also offers a variety of themed circles on such topics as race, gender and identity, and can tailor circles to particular situations and group dynamics.

### **Training in Restorative Circle Process**

The Mediation Center offers a 15-hour training in Restorative Practices and Circle Process for teachers and program coordinators. The training introduces the foundations and philosophies of Restorative Justice and Restorative Practices and focuses on how to structure and develop Circle content.

On the first day of training you learn a range of restorative strategies you can use every day in response to conflict or misunderstanding. You'll learn how to set high expectations while being supportive. You will practice how to provide direct feedback and how to ask questions that foster reflection and accountability. You will also learn the most effective methods to resolve common conflicts.

We devote the second day entirely to teaching attendees to facilitate restorative circles. Circles are an essential process for building social and emotional capacity within a community or group, resolving social problems and responding when harm occurs. Circles create an open and dynamic learning environment, while maintaining structure and predictability.

Attendees learn by participating in circles with other others, taking turns to learn how to facilitate. By the end of the day, you are prepared to return to your setting and run your first circle! **Participants** receive a certificate upon completion of the training.

The Mediation Center provides consultation, facilitation and whole-school/organization implementation support, as well as conflict resolution services throughout this challenging and exciting process.

For more information, or to request a presentation on any of these services, contact Claudia Abbott-Barish by email at [cabbott-barish@dutchessmediation.org](mailto:cabbott-barish@dutchessmediation.org), or by phone at 845.471.7213 x203.

*In addition* to the programs offered through the Restorative Justice Initiative, we also provide a variety of other services:

**Mediation** is available to schools, families, businesses and other organizations, and the community. Mediators help support the conversation between parties in conflict in a confidential and voluntary process. We can offer mediation for many issues including civil disputes, special education, child custody and visitation, workplace, and other conflicts.

**Workshops and trainings for youth and adults** can be provided on a variety of topics including communication, conflict resolution and leadership. We are also available to conduct teambuilding and group development activities. We will design a workshop or a training specific to your needs.

**Workplace services** include organizational culture assessment and planning for transformative change in the workplace. Our practitioners support collaborative analysis of workplace values, challenges and obstacles to performance and productivity through non-judgmental and equitable dialogue facilitation.

For more information, visit [www.dutchessmediation.org](http://www.dutchessmediation.org) or contact the Center by phone at 845.471.7213.



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## **2018 PROGRAMS**

### **Personal Safety Program (PSP)**

The Personal Safety Program is a free program for Dutchess County schools that provides in-class presentations about sexual abuse prevention to children Pre-K to 5<sup>th</sup> grade. The program uses age-appropriate presentations to teach children to use their voice and speak out against their abuser. This lesson is considered a “just in case” lesson, similar to how students view fire drills. Just in case something bad happens, the student will know what to do to protect themselves. The program is offered once a year and students learn what to do if someone made them feel uncomfortable and broke the personal safety rules. We also serviced a couple school in Ulster County.

### **Special Needs Parenting Program (SNPP)**

Offers intensive case management to pregnant or parenting individuals with an intellectual deficit. Structured parenting classes are hosted on a weekly basis, which is supplemented by two hours of in-home case management, where lessons are reinforced. Case managers also provide support at court appearances, doctor’s visits, and other appointments as needed. Working together to achieve individualized goal plans, our Special Needs Parenting Program supports parents in attaining self-sufficiency.

### **Parent Empowerment Program (PEP)**

The Parent Empowerment Program is a 21-week support and education program open to parents who live or work in Dutchess County. Each week, we present a parenting topic and open discussion among group members as to how this topic affects their children, what struggles parents’ face, and what alternatives they can try at home in order to improve their relationships with their children. We focus heavily on developing empathy, communication skills, positive and effective disciplinary techniques, building self-esteem, and how parenting has changed in our modern society. We also discuss how parents were parented themselves and how that has shaped their parenting style today. Parents are asked to consider the impact their own personal history, their cultural background, and the location where they live has on their parenting philosophies.

### **Teen Parenting Program (TPP)**

Teen Parenting is a confidential case management program designed to build parenting skills for pregnant or parenting youth 13-21 in Dutchess County. We provide case management for our clients tailored to their individual needs while focusing on self-sufficiency through goal setting for their education, employment, and parenting. Our program provides pregnancy prevention in local high schools through peer discussion groups and fosters a nurturing environment for any teen that is pregnant and looking for support.

### **Community Education (CE)**

Educators provide trainings and education to schools and groups in our community. Participants gain information on preventing, identifying and reporting suspected abuse and neglect. Staff can design a presentation(s) that fit the needs of a variety of interested groups or organizations.





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### **Mandated Reporter Training**

In New York State, certain professionals and paraprofessionals are legally required to report any suspicion of child abuse or neglect. This training will help you meet that standard. Mandated Reporters are legally bound to make the call and submit follow-up information. All reports of child abuse or neglect should be made immediately – any time, any day – by phone to the State Central Registry of Child Abuse and Maltreatment. A mandated reporter is a person who, because of his or her profession, is legally required to report any suspicion of child abuse or neglect to the relevant authorities. These laws are in place to prevent children from being abused and to end any possible abuse or neglect at the earliest possible stage.

### **Internship Program**

We work with area colleges to have students do internships at the agency. They become acquainted with human services, the mission of child abuse prevention, and various agency programs and offer us fresh and new ideas to incorporate into our work as well.

## **CHILD ADVOCACY CENTER**

### **Child Advocacy Center (CAC)**

The Child Advocacy Center is a child friendly facility that is the first of its kind in New York State. The CAC brings co-located child protective service workers, law enforcement officers and other service providers together, under one roof, to meet the needs of child victims and their families while undergoing severe physical or sexual abuse investigations. In the past, children were interviewed in police stations and it was necessary for them to repeat their stories multiple times causing them further trauma. At our facility, we provide a comfortable and supportive environment, complete with snacks and a stuffed toy to hold close for comfort. Our on-site medical room alleviates the need for non-emergency medical exams so that children are not further traumatized by having to visit an emergency room. The CAC operates with the guidance of a multidisciplinary team with representation from each Dutchess County public and private agency involved in dealing with child sexual abuse, the most severe physical abuse and neglect and all child fatalities. This coordinated response reduces trauma to the child victim and enhances prosecution.

### **Multidisciplinary Team (MDT)**

The team includes social services, law enforcement, prosecutorial, mental health, victim advocacy, and medical professionals. Specific case reviews ensure the needs of the child and family are met following the investigative phase of a child abuse report. Additionally, the team works to ensure a positive legal outcome for the treatment or prosecution of perpetrators.



## **Training Offerings**

### **ADHD Assessment and Treatment**

#### **Description**

This training provides an overview of ADHD and pays particular attention to the importance of differential diagnosis, explores the social and behavioral impact on both children and adolescents, and introduces clinical strategies available for intervention. Participants will also discuss taking on a new perspective on the ADHD brain in order to deliver strengths-based treatment to clients.

### **Cognitive Behavioral Therapy: Cognition**

#### **Description**

This training provides a review of the theoretical underpinnings of Cognitive Behavioral Therapy with a focus on cognition and phases of treatment. Participants will learn about the core characteristics of automatic thoughts, conditional assumptions, and core beliefs and will explore the use of the downward arrow method as well as the thought record for identifying, evaluating, and restructuring thoughts.

### **Family Systems Therapy**

#### **Description**

This training provides an overview of both Structural Family Therapy and Bowenian Family Therapy. Participants will learn the core theoretical concepts and clinical techniques of each theory and will engage in case discussion focused on Bowen's 8 concepts. Participants will also learn how to develop a genogram and will discuss challenges and supports needed in order to fully engage in family therapy.

### **Risk of Harm to Self and Others**

#### **Description**

This training presents an overview of the risk factors associated with both harm to self and harm to others and introduces an effective risk assessment model that can be utilized for both. Participants will learn how to measure risk and deliver appropriate treatment interventions, which include structured follow-up and safety planning. Participants will also engage in risk assessment and safety planning practice using current client examples.

### **Treatment of Co-Occurring Disorders**

#### **Description**

This training highlights some of the common misconceptions around drug use and addiction and explores key aspects of childhood experiences that may often lead to the development of co-occurring disorders. Participants will learn about the neurobiological effects of drug use on the brain, particularly in the growing adolescent brain, and will also be introduced to the two prominent treatment approaches in the field, Acceptance Commitment Therapy (ACT) and Motivation Interviewing. Participants will have the opportunity to reflect on their own practices and discuss current cases.



### **Strength-Based Clinical Practice**

#### **Description**

This training provides an overview of the strength-based counseling model and discusses the impact of resilience and protective factors on positive clinical outcomes. Participants will learn how to draw out culturally-bound strengths and will review guidelines for engaging clients with a step-by-step strength-based approach.

### **Into to Trauma**

#### **Description**

This training provides an overview of trauma with particular focus on PTSD, Traumatic Stress, and Complex Trauma and introduces brain research to explain the development of trauma symptomology. Participants will learn about resilience and trauma-informed care and will gain a better understanding of their role in working with children who've experienced trauma.

### **Impact of Trauma on Development**

#### **Description**

Anne Rosenberg, LCSW clinical supervisor of Astor's SBBHT program provides a one-hour training exploring how trauma impacts a child's development. This training will briefly review typical emotional development and the frustrated fight or flight system that is a result of trauma. Training will focus on interpersonal trauma, rather than natural disasters or accidents due to the specific impact on trust and the parent/child interactive role throughout emotional development. This training will help Participants be able to better understand symptoms resulting from early childhood trauma and identify a few key ways of targeting interventions to meet the child's developmental needs. After the training Participants will be able to identify three key areas where development is impacted by trauma, and explore how to focus therapeutic interventions to promote growth in these specific areas. Anne Rosenberg, LCSW has been providing Trauma-Informed Treatment for 10 years to children, adolescents and adults, is a certified TF-CBT therapist, and trained as a trainer in the promising practice of Trauma Systems Therapy. She can be reached at [arosenberg@astorservices.org](mailto:arosenberg@astorservices.org)

### **Trauma and Relationships**

#### **Description**

Anne Rosenberg, LCSW clinical supervisor of Astor's SBBHT program provides a one-hour training exploring how trauma impacts a child's ability to form and maintain relationships. This training will briefly review attachment and the role of safe supportive adults in children's lives. Training will focus on interpersonal trauma, rather than natural disasters or accidents, due to the specific impact on trust and the parent/child interactive role.

**If you have an interest in a workshop you do not see listed above please contact Raven Maldonado-Brown, LMHC at (718) 231-3400 x12245 (length and focus can be altered to meet your needs).**

# DUTCHESS COUNTY

## Department of Community & Family Services

### Division of Youth Services

*List of FREE trainings available for Youth*

\***DO YOU! IDENTIFYING YOUR CORE VALUES:** identifying values important to you to assist in decision making

\***Chill Out! Cutback on Conflict and Acknowledge Your Anger:** recognizing angry feelings and learning to cope, understanding triggers, and learning to prevent conflicts from escalating.

\***SAY WHAT?!?!-HELPING TEENS COMMUNICATE EFFECTIVELY:** Understanding communication styles and learning how to communicate assertively without being aggressive

\***SELFIE SKILLS: 7 Interpersonal things you need to know that your phone can't teach you-** identifying and practicing life skills that you can't learn from your iPhone

\***HumanKIND- Learning how to achieve Interpersonal Competence building relationships-** understanding and practicing skills needed to develop empathy

\***Diversity Education/Activities:** helping youth to appreciate diversity.

Call the Youth Services Division at (845) 486-3354 to schedule a training.



### **Who We Are**

The Resilient Child Fund is a non-profit 501(c)(3) fund raising organization dedicated to improving the lives of children and teens who have had an Adverse Childhood Experience so they may grow to be confident, healthy and joyous participants in our community.

### **What We Do**

The Resilient Child Fund raises money and allocates grants to individuals and programs that provide creative healing arts therapies; art, music, drama, dance, movement and play therapy for children who have been traumatized, or had an Adverse Childhood Experience.

### **Why**

Nearly 35 million children have experienced one or more types of childhood trauma. Studies show that early childhood traumatic experiences create toxic stress on developing brains. Untreated this causes emotional and physical problems as they grow into adulthood.

### **Current and Upcoming Offerings**

The Resilient Child Fund is available to provide event film screenings and panel discussions of both *Resilience* and *Paper Tigers*. The *Resilience* film discusses the Adverse Childhood Experience study. *Paper Tigers* follows an alternative school that uses a trauma informed approach to disciplining, which decreased the drop out rate, violence and drug use.

The Resilient Child Fund provides trauma informed, creative expressive arts trainings to professionals and paraprofessionals who work with children.

**Please contact the Resilient Child Fund to learn more about our trainings and grant opportunities.**

**[info@resilientchildfund.org](mailto:info@resilientchildfund.org)**

**Beth Coons, LCSWR (845) 702-4806**