

NORTHERN RIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER

SATRI Training & Research

TRAINING NEWS LINK

October 2018 –November 2018



In this Issue:	Page
Internal Trainings	1-3
Trauma Informed Care Workgroup	4-5
External Training	6-8

Internal Trainings

Safety & Awareness

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

Teen Intervene

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

Motivational Interviewing

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

Dignity for All Students Act (DASA)

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

SafeTALK

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

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.

October 11, 12, 18 & 19, 2018 -TCI Full 9:00am-5:00pm at Children's Home Schenectady

November 8, 9, 15, & 16 , 2018– TCI Full 9:00am-5:00pm at Children's Home Schenectady

First Aid/CPR

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

November 19, 2018 –First Aid/CPR 9:00am - 3:00 pm at SATRI

Suicide Awareness

November 1, 2018 - Suicide Awareness 9:00am-4:00pm at SATRI (6 CEU's)

Baseline Coding of CANS-NY

November 15, 2018 –Baseline Coding of CANS– NY 8:30am-12:30pm at SATRI (4 CEU's)

Columbia Suicide Severity Rate

November 13, 2018 –Columbia Suicide Severity Rate 9:00am-10:00am at SATRI

Diversity

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

Internal Trainings

Clinical

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)

November 2, 2018– Service Planning Referral to Discharge 9:00am-12:00pm at SATRI (3 CEU's)

November 16, 2018– Healing from Trauma/Protective Factors 9:00am-12:00pm at SATRI (3 CEU's)

November 30, 2018– Support Family Members 9:00am-12:00pm at SATRI (3 CEU's)

Cognitive Behavioral Therapy

November 7, 2018 –Cognitive Behavioral Therapy 9:00am-4:00pm **and**
November 8, 2018 9:00am-12:00pm at SATRI (9 CEU's)
(You must attend both days)

Med Admin

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

November 1, 2018 - Med Admin 9:30am-11:00am at SATRI

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)

Trauma Informed Care Workgroup

Trauma Informed Care Newsletter ~ October 2018

FOCUS:

This month we would like to bring an awareness to our team members and our clients of the images we are consuming daily through the media including social media and our daily and national news.

When you watch a violent video of mass shootings and other violence, you increase your chances of developing *vicarious traumatization*. You are bombarding yourself with violent images while not being able to stop or help. This increases your chances of anxiety, depression, chronic [stress](#), and [insomnia](#). If you have PTSD, viewing these videos can cause an increase of symptoms such as flashbacks.

Repetitive viewing of violent news stories can increase [fear](#) and [anxiety](#) in viewers, and can even cause people to have increased [health](#) issues (Vasterman et al. 2005). In a study by Pfefferbaum, et al. (2014), viewing of disasters on television, particularly terrorism, can increase cases of PTSD, depression, anxiety, perceived stress, and even substance use.

In a study by Ahern et al. (2004), people who watched more television images in the seven days after 9/11 had more PTSD symptoms compared to people who had the least amount of viewing.

The [traumatic](#) effects of watching distressing images on the news can have a lasting effect. After the 2008 Sichuan Earthquake, adolescents who frequently watched earthquake imagery on the news had a higher rate of probable PTSD at a six-month follow-up (Yeung, et al. 2016).

<https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201710/watching-violent-news-video-can-be-hazardous-your-health>

ACTIVITIES:

The solution? Be aware and mindful of the images you, your family, and your clients are viewing online, on your phone, and on television.

- Let your media outlets know when the content you are viewing is beyond acceptable limits. There is a difference between reporting on an event and repetitively showing video of it.
- Take action. Volunteer in your community or become active in social awareness organizations. When we take action after viewing violence we can't control, we regain a sense of control. Helping others also can decrease vicarious traumatization effects.

<https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201710/watching-violent-news-video-can-be-hazardous-your-health>

Trauma Informed Care Workgroup Cont.

SUCCESS STORY:

It's not all bad.

Please see the below from an article titled “**5 Ways Social Media Makes Good Things Happen**” by **Team Caffeine**.

Social media is great for businesses. We know that – it's what we're all about here at *Social Caffeine*. With social media, you get to talk directly to your customers and find out exactly what they want.

But is that all there is to it? Of course not! We all know that social networks help us stay in touch with friends.

And it's good for society, too. Here are five reasons why.

- 1. Social Media Helps People Make New Friends (All Around the World)**
- 2. Social Media Makes Learning Easier**
- 3. Social Media Helps Raise \$\$\$ Millions for Good Causes**
- 4. Social Media Is Good for Democracy**
- 5. Social Media Helps Us Find Common Ground**

About **Team Caffeine**

Lori R Taylor is the founder and executive editor of Social Caffeine. Follow Lori on [Twitter](#).

David is our acting editor.

ADDITIONAL RESOURCES:

“When Bad News Gets to Be Too Much”

<https://www.cnn.com/2016/07/20/health/how-to-deal-with-traumatic-news-trnd/index.html>

“Fred Rogers Talks About Tragic Events”

<https://www.fredrogers.org/parents/special-challenges/tragic-events.php>

“Helping Your Child Cope with Media Coverage of Disasters: A Fact Sheet for Parents”

https://www.oumedicine.com/docs/ad-psychiatry-workfiles/parent_disaster_media_factsheet_2011.pdf

QUOTE:

“When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.” ~ **Fred Rogers**

External Training

innovaTel Telepsychiatry:

Back to School: Helping Children and Parents



Now that school's in session, there's more on a child's mind than the books in their backpacks. The effects of social media, peer pressure or bullying may top their list of concerns -- affecting their mental health. If you're a mental health professional working closely with school age children and looking for tips and tools to help, attend innovaTel TelePsychiatry's [Back to School: Helping Children and Parents Webinar](#) with Dr. Philip Liu, Child and Adolescent Psychiatrist. This webinar will equip you with methods and solutions to mental health challenges your patients and their families may face, in and throughout the school year. Mark your calendar and register today.

Back to School: Helping Children and Parents

Wednesday, October 17 at 1:00 p.m. ET

Register: <https://attendee.gotowebinar.com/register/5332024856885869315>

About the webinar:

Starting a new school year is exciting but can come with mental health challenges. Initiating routines, a positive mindset and leading by example can help make the transition back-to-school much easier. If you are a mental health professional that works closely with school age children, this webinar will help you prepare your patients and their families for back-to-school and how to face challenges throughout the year.

Dr. Philip Liu, Child and Adolescent Psychiatrist, will discuss methods and offer solutions and approaches to different situations including:

- Preparing families for the school year
- Using cell phones and social media
- Bullying
- Reasons children have anxiety about school



together, the voice

[About ACRC »](#) [Get Involved »](#) [Resources »](#) [Membership »](#) [Members Only »](#)

Webinar: Family Finding

Event Host: ACRC & Moderator Neal Sternberg

Date: Tuesday, October 30, 2018 - 11:00am to 1:00pm

Our purpose in Family Finding is to restore the opportunity for all youth in the care system to be unconditionally loved, to be accepted and to be safe in a family and community. This training will answer the question: How can we remove the systemic barriers that block children and adolescents living in out-of-home care from maintaining or reestablishing contact and relationships with those that love them? The “family finding” model implements extraordinary frameworks outside of traditional child welfare practice that may help us rethink what is possible in terms of improving safety, well-being, and permanency outcomes for these important youth.

One of the foundational beliefs that the Family Finding model is built on is that every young person has an immediate and extended family, and they can be found if we try. No caseworker fails to see the effects on their client of this experience or wants youth and young adults to be discharged to the community without the support and affection of caring, safe adults. But in our current practice model this continues to be what happens for far too many youth and young adults. Family Finding provides an alternative that has been shown for a remarkably high percentage of these youth in the United States and Canada to create an opportunity for different experiences for youth in care and young adults who have left the care system.

The Network or Team you bring together is the resource or context that provides the possibility of parents, children and adolescents reaching a sufficient state of readiness to in fact benefit from time intensive and expensive health care and social service interventions. To accept, you must see the importance of rapidly creating these networks and fostering their full participation and voice in the recovery processes for individuals and families. To fail to do this is to recreate the system and outcomes we now struggle with.

Presenter: Kevin Campbell is an internationally known youth permanency expert, founder of the Center for Family Finding and Youth Connectedness, and developer of Family Finding, a set of strategies now utilized throughout the US and Canada to establish lifelong supports for youth in foster care.

This Event Requires Registration

ACRC members \$0/\$0 (Webinar/CEU's) for non-members \$50/\$25 (Webinar/CEU's). Once the host approves your registration, you will receive a confirmation email message with instructions on how to join the event.

REGISTRATION COMING SOON

External Training



Dr. Joe Hunter's
Learning Wednesday Series

Learning Wednesday Series with Dr. Joe Hunter

October 10 – **LIVE WEBINAR** | 3:30PM – 5:00PM EST

Inpatient Psychiatry: When to Admit and When to Discharge

NASW-NYS Member Fee: \$10 | NASW Member (Non-NYS): \$20

Non-Member Fee: \$25

NYSED Approved for 1.5 CE Contact Hours

<https://naswnys.org/event/inpatient-psychiatry-when-to-admit-and-when-to-discharge-2/>

PERSONAL

This program has been rescheduled from September 7

October 16 – **LIVE WEBINAR** | 5:30PM - 7:00PM EST

The Cost of Caring: Managing Secondary Traumatic Stress Part I

NASW-NYS Member Fee: FREE | NASW Member (Non-NYS): \$10

Non-Members: \$20

There are no continuing education credits associated with this workshop

<https://naswnys.org/event/the-cost-of-caring-managing-secondary-traumatic-stress-part-1-2/>



Veterans Mental Health Training Initiative event

sponsored by the NASW-NYS Nassau and Suffolk Divisions

October 26 – **OAKDALE, NY** | 12:00PM – 6:00PM EST

A Closer Look at Moral Injury: Existential Challenges Faced by Returning Veterans Along with a Film

Screening of Almost Sunrise

NASW-NYS Member Fee: \$35 | Non-Member: \$55

NYSED Approved for 3.5 CE Contact Hours

<https://naswnys.org/event/vmhti-moralinjury-2018/>

