

THE SOURCE

YOUTH MENTAL HEALTH NETWORK



Training Catalog

www.TheSourceElkhartCounty.org

The SOURCE seeks to support formal and informal community organizations (non-profits, associations, schools, churches etc.) by providing high-quality and free virtual and in person trainings in subject areas connected to children's mental health.

The SOURCE trainings are typically provided by local subject matter experts or The SOURCE staff members with an eye for low cost models which can be sustainable beyond grant funding. Trainings are delivered in response to community/partner request or identified needs, with the goal of promoting actionable and measurable change by the attendees.

Available Trainings General Audience

<i>Title:</i>	ACE Interface	<i>Length:</i>	1-2 hours
<i>Instructor(s):</i>	Amy Seipel, Dory Lawrence, Darlene Radcliff, Lisa Zakowski	<i>Format:</i>	Virtual
<i>Description:</i>	This training will introduce the concept of Adverse Childhood Experiences and its impact on health over the lifespan. It will provide actionable ways to build and support resilience and prevent further ACEs.		

<i>Title:</i>	Cultural Competence & African Americans	<i>Length:</i>	1-2 hours
<i>Instructor(s):</i>	Darial Sterling	<i>Format:</i>	Virtual
<i>Description:</i>	This training will provide an introduction to cultural competency and give insight into disparities and disproportionalities in the African American		

population. It will encourage a journey of self-reflection to reduce your own biases and promote health equity.

Title: **Cultural Sensitivity and Humility** *Length:* 1-1.5 hours

Instructor(s): Darial Sterling *Format:* Virtual

Description: This training will focus on practical ways to show cultural humility to people of color. It will demonstrate practical ways to communicate more effectively with all races by emphasizing verbal de-escalation skills and empathy.

Title: **Preventing a Crisis** *Length:* 6-8 hours

Instructor(s): Darial Sterling *Format:* In-person

Description: This training will focus on preventing a crisis before it happens by recognizing precipitating factors and how behavior influences behavior. It will teach interventions and communication for the appropriate stage of escalation as well as ways to defend yourself if needed.

Title: **Verbal De-escalation** *Length:* 4 hours

Instructor(s): Darial Sterling, Christian Milovich *Format:* Virtual

Description: This training will focus on how to de-escalate others or a difficult situation. It will discuss ways to calm yourself or others during conflict by understanding verbal and non-verbal messages with the goal of intervening to promote safety for all involved.

Title: **Stages of Grief and COVID-19** *Length:* 1-2 hours

Instructor(s): Darlene Radcliff, Rebecca Shetler Fast *Format:* Virtual

Description: During this pandemic we have all experienced unexpected upheaval and losses due to COVID-19. In this virtual conversation, we will explore Kübler-Ross' 6-stages of grief as a model for understanding our emotional responses during this pandemic; denial, anger, bargaining, depression, acceptance and meaning making. We will end by exploring meaning making as a framework that can allow us to build our emotional resilience and support each other through these difficult times.

Title: **Introduction to Psychological First Aid** *Length:* 1-3 hours

Instructor(s): Rebecca Shetler Fast *Format:* Virtual

Description: Psychological First Aid (PFA) is an evidence-informed approach to helping children, adolescents, and families in the immediate aftermath of disasters. PFA is designed to reduce the initial distress caused by traumatic events and to foster short-and long-term adaptive coping. This training will provide an overview of the core actions responders can provide to survivors.

Title: **Domestic Violence** *Length:* 1-1.5 hours

Instructor(s): Jenny Steinmetz *Format:* Virtual

Description: This training will explore the effects of domestic violence on individuals and the community. It will identify community resources and support for those working with families that may experience domestic violence.

Title: **Mosaic LGBTQ+ Cultural Awareness** *Length:* 2 hours

Instructor(s): Mixhi Marquis *Format:* Virtual

Description: This training will give participants the tools to create welcome and support for LGBTQ+ people through kindness and competent interaction. Training is individualized to the organization's needs and uses the power of story and personal experience to highlight the needs of our rural LGBTQ+ community.

Title: **QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention** *Length:* 1-2 hours

Instructor(s): Rebecca Zakowski *Format:* Virtual

Description: This training is an evidence-based educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). Trainees receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources. The training is delivered in person by certified QPR gatekeeper instructors or online.

Title: **Substance Use 101** *Length:* 2 hours

Instructor(s): Luke Lefever *Format:* Virtual

Description: This training will explore substance use, addiction, and recovery. Participants will learn about resources, outreach, and prevention efforts in North Central Indiana.

<i>Title:</i>	Narcan Use	<i>Length:</i>	30 minutes
<i>Instructor(s):</i>	Luke Lefever	<i>Format:</i>	In person
<i>Description:</i>	This training will teach participants how to use Narcan in emergency situations. Narcan will be distributed to the organization after the training. The amount of Narcan for each organization will depend on availability.		

Available Trainings

Working with Children/Youth

<i>Title:</i>	Suicide Awareness	<i>Length:</i>	1 hour
<i>Instructor(s):</i>	Becky Loth	<i>Format:</i>	Virtual
<i>Description:</i>	This training will focus on what to do in the moment that a youth comes to you and says they are thinking of killing themselves. Objectives: understand the signs, understand imminent risk, and how to keep youth safe.		

<i>Title:</i>	Introduction to Children's Mental Health	<i>Length:</i>	1-2 hours
<i>Instructor(s):</i>	Krystal Kalb-Weldy	<i>Format:</i>	Virtual
<i>Description:</i>	This training will provide a brief introduction to children's mental health. Participants will identify the prevalence of common mental health disorders in children, understand the role of trauma in children's mental health, understand how mental health affects emotions and behaviors in children, and identify at least 3 practical tools to use as early intervention strategies.		

<i>Title:</i>	Mindfulness	<i>Length:</i>	1-1.5 hours
<i>Instructor(s):</i>	Darlene Radcliff, Shin Yee Tan	<i>Format:</i>	Virtual
<i>Description:</i>	This training will focus on the benefits of mindfulness and explore different ways to introduce mindfulness to children.		

<i>Title:</i>	Youth Mental Health First Aid	<i>Length:</i>	6 hours
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<i>Instructor(s):</i>	Cory Witmer	<i>Format:</i>	Virtual
<i>Description:</i>	This training teaches adults the basics of mental health issues faced by youth and simple intervention strategies when a youth is facing a mental health crisis.		

<i>Title:</i>	Introduction to Conscious Discipline	<i>Length:</i>	1-1.5 hours
<i>Instructor(s):</i>	Darlene Radcliff, Shin Yee Tan	<i>Format:</i>	Virtual
<i>Description:</i>	This training will focus on the fundamental principles of Conscious Discipline® and some tips on how to interact with young children. It will introduce basic structures that promote safety, connection, and problem-solving among young children.		

<i>Title:</i>	SBIRT (Screening Brief Intervention Referral to Treatment)	<i>Length:</i>	1 day
<i>Instructor(s):</i>	Cory Witmer	<i>Format:</i>	Virtual
<i>Description:</i>	This training is for adults who have interaction with youth to help them identify and provide motivational interviewing brief interventions for substance use.		

<i>Title:</i>	Teen Mental Health and Wellness: Managing Stress	<i>Length:</i>	1-1.5 hours
<i>Instructor(s):</i>	Krystal Kalb-Weldy	<i>Format:</i>	Virtual
<i>Description:</i>	This training will focus on the basics of stress and teen mental health. It will identify positive coping skills and provide participants an opportunity to practice coping skills. Shortened Zoom recording: www.thesourceelkhartcounty/pfc		

<i>Title:</i>	Self-Regulation in Children	<i>Length:</i>	1-1.5 hours
<i>Instructor(s):</i>	Krystal Kalb-Weldy	<i>Format:</i>	Virtual
<i>Description:</i>	This training will focus on understanding the zones of regulation, children's responses to big feelings and will identify calming strategies to use with children. Shortened Zoom recording: www.thesourceelkhartcounty/pfc		

<i>Title:</i>	Developing Empathy in Children	<i>Length:</i>	1-1.5 hours
<i>Instructor(s):</i>	Krystal Kalb-Weldy	<i>Format:</i>	Virtual

Description: This training will identify empathy, why it is important, and how to build empathy in children. Shortened Zoom recording: www.thesourceelkhartcounty/pfc

Title: **Building Connection Through Play** *Length:* 1-1.5 hours

Instructor(s): Krystal Kalb-Weldy *Format:* Virtual

Description: This training will focus on understanding the purpose and process of play. It will identify play techniques and activities that can build connection between children and those working with children. Shortened Zoom recording: www.thesourceelkhartcounty/pfc

Title: **Darkness to Light: Stewards of Children** *Length:* 2 hours

Instructor(s): Sarah Cole, Audrey Evans *Format:* Virtual

Description: This is an evidenced-based training on preventing, recognizing, and reacting responsibly to child sexual abuse.

Title: **Darkness to Light: Recognizing and Reporting Child Abuse and Neglect** *Length:* 1-2 hours

Instructor(s): Sarah Cole, Audrey Evans *Format:* Virtual

Description: This training builds off of the training Darkness to Light: Stewards of Children. It will teach definitions and indicators of sexual, physical, emotional abuse and neglect. It will discuss legal obligations as a mandated reporter.

Title: **Trauma-informed Environments for Children** *Length:* 1-1.5 hours

Instructor(s): Krystal Kalb-Weldy *Format:* Virtual

Description: This training will explore biological and psychological effects of trauma in children and how to apply components of trauma informed care to create trauma informed environments for children. Shortened Zoom recording: www.thesourceelkhartcounty/pfc

Title: **Creating a Supportive Environment for Teens** *Length:* 1-1.5 hours

Instructor(s): Lindsey Monge, E-man Monge *Format:* Virtual

Description: This training will explore brain development of teenagers and identify ways to create supportive environments when working with teenagers.

<i>Title:</i>	Effects of Domestic Violence on Children	<i>Length:</i>	1-1.5 hours
<i>Instructor(s):</i>	Jenny Steinmetz	<i>Format:</i>	Virtual
<i>Description:</i>	This training will explore the psychological and behavioral effects of domestic violence on children. It will identify trauma-informed responses for those working with children affected by domestic violence.		

<i>Title:</i>	Supporting Children Through Grief and Loss	<i>Length:</i>	2 hours
<i>Instructor(s):</i>	Ryan's Place	<i>Format:</i>	Virtual
<i>Description:</i>	This training will explore the grief and loss process and identify ways to support children during this process.		

<i>Title:</i>	Let's Play! Healing Hearts and Building Resilience	<i>Length:</i>	1-1.5 hours
<i>Instructor(s):</i>	Shin Yee Tan, Darlene Radcliff, Amy Seipel, Krystal Kalb-Weldy	<i>Format:</i>	Virtual
<i>Description:</i>	This training will explore how play builds healthy brains, strengthens relationships, and fosters the growth of a resilient community. Participants will experience the power of play and develop a personal plan for engaging playfully with children.		

Available Trainings Leadership

<i>Title:</i>	Trauma-informed Leadership	<i>Length:</i>	1-2 hours
<i>Instructor(s):</i>	Rebecca Shetler Fast, Darlene Radcliff	<i>Format:</i>	Virtual
<i>Description:</i>	A compassionate and trauma informed approach to leadership is essential for creating healthy workplace cultures. This training will explore an understanding of the impact of trauma in the workplace, characteristics of a trauma informed leaders and review principles of trauma-informed workplaces.		

<i>Title:</i>	Leadership in COVID-19 Times	<i>Length:</i>	1-2 hours
<i>Instructor(s):</i>	Rebecca Shetler Fast	<i>Format:</i>	Virtual
<i>Description:</i>	Leadership in a crisis is about how you make decisions, communicate with your team and frame the narrative. This training will focus on practical application and skills.		

<i>Title:</i>	Building Resilience on Your Team	<i>Length:</i>	1-2 hours
<i>Instructor(s):</i>	Rebecca Shetler Fast, Darlene Radcliff, Amy Seipel	<i>Format:</i>	Virtual
<i>Description:</i>	Resilience is a major protective factor in times of hardship and trauma and this training will explore the neurobiology of resilience and concrete skills to building resilient teams.		

Available Trainings

Law Enforcement

<i>Title:</i>	Policing the Teen Brain	<i>Length:</i>	Two 8-hour days
<i>Instructor(s):</i>	Cory Witmer	<i>Format:</i>	Virtual
<i>Description:</i>	This training will increase understanding of adolescent brain development and identify strategies for better engaging youth in your work.		

Presenters

- **Sarah Cole**, MA – Assistant Director of Community Education, CAPS
- **Aileac Deegan**, LSW - President and CEO, Ryan's Place
- **Audrey Evans**, BA – Authorized Facilitator, CAPS
- **Krystal Kalb-Weldy**, LMHC, RPT-S – Training Specialist, The SOURCE/Oaklawn
- **Dory Lawrence**, MA – Manager of Training, Oaklawn
- **Luke Lefever**, LCSW, LCAC, MATS – Mobile Opioid Response Unit Coordinator, Oaklawn
- **Becky Loth**, LMHC – Team Leader, The SOURCE/Oaklawn
- **Mixhi Marquis**, Executive Director & Healing Arts Practitioner, Mosaic
- **Lindsey Monge**, Operations Manager – The Post
- **Darlene Radcliff**, LCSW, RPT-S - Early Childhood Mental Health Consultant, The SOURCE/Oaklawn
- **Amy Seipel**, LCSW – System of Care Operations Coordinator, The SOURCE/Oaklawn
- **Rebecca Shetler Fast**, LCSW - Director of Elkhart County's System of Care, The SOURCE
- **Jenny Steinmetz**, BS – Domestic Violence Advocate-Team Lead, YWCA
- **Darial Sterling**, BS – Behavioral Health Equity Consultant, The SOURCE/Oaklawn
- **Shin Yee Tan**, LCSW – Early Childhood Mental Health Consultant, The SOURCE/Oaklawn
- **Cory Witmer**, LMHC – Mental Health Consultant Juvenile Intake Project, The SOURCE/Oaklawn
- **Lisa Zakowski** – Director – Parent Aid/Community Partners, CAPS
- **Rebecca Zakowski** – St. Joseph County Cares SOC Coordinator, Oaklawn

Presenting Organizations

- <https://capselkhart.org>
- <https://oaklawn.org>
- <https://ryansplace.org>
- <https://the-post.org>
- www.thesourceelkhartcounty.org
- <https://www.ywcanin.org>